



**PHYS ED Elementary Ballet (.5 units)**

**Instructor:** Priya Shah  
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**Office:** 243 Hearst Memorial Gymnasium  
**Office Hours:** T 4-5pm  
**Required Text:** None

**I. Course Description:** Continued study of the basic principles of classical ballet, including alignment, placement, turnout, positions of the feet, carriage of the arms, musicality and movement quality. Intermediate level barre and center work.

**II. Statement of Course Goal and Learning Objectives:** The goal of this course is to provide a continued introduction to the basic principles of classical ballet. Objectives: At the conclusion of the course, students shall be able to:

1. Further identify and describe the basic principles of classical alignment.
2. Further define and identify the elements of a ballet barre.
3. Identify and demonstrate intermediate level combinations of movement in center practice.

**III. Method of Assessment and Evaluation:** The achievement of course objectives shall be assessed by the following: attendance (50%), technical proficiency (35%), and visible improvement (15%). Final grades shall be based on the percentage of the overall points accumulated according to the following:

Attendance:	50 points (50%)
Technical Proficiency:	35 points (35%)
Visible Improvement:	<u>15 points (15%)</u>
Total Points:	100 points (100%)

GRADE (FOR ROSTER)	GRADE POINTS PER UNIT	RECOMMENDED PERCENTAGE BREAKDOWN	DESCRIPTION
A+	4.0	94–100%	Excellent: The grade of "A+", when awarded at the instructor's discretion, represents extraordinary achievement, but does not receive grade point credit beyond that received for the grade of A.
A	4.0	94–100%	
A-	3.7	90–93%	
B+	3.3	86–89%	Good
B	3.0	83–85%	
B-	2.7	80–82%	
C+	2.3	76–79%	Fair: Each course in a certificate program must be completed with a grade of C or better, although some programs have higher requirements.
C	2.0	73–75%	
C-	1.7	70–72%	
D+	1.3	66–69%	Barely passed
D	1.0	63–65%	
D-	0.7	60–62%	
F	0.0	< 60%	Failed
P			Passed at a minimum level of C-minus or 70%
NP			Not Passed—anything below a C-minus or below 70%

#### IV. Course Requirements

##### Dress Code:

- Ballet slippers (canvas or leather)/pointe shoes
- Leotards and tights, or other clothing that outlines the body
- Long hair should be pulled back and secured
- Dance belts are highly recommended for male students
- Dance attire and slippers are available at the following locations/websites:

Costume Corner  
3820A San Pablo Dam Road  
El Sobrante, CA 94803  
(510)222-9200

[www.discountdance.com](http://www.discountdance.com)

[www.nydancewear.com](http://www.nydancewear.com)

##### Code of Conduct:

1. Each student must abide by the university's honor code (see <https://teaching.berkeley.edu/berkeley-honor-code>):

***“As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others.”***

Violation of the Honor Code shall result in a grade of an “F” for the course.

2. All examinations must be completed according to the university's policies and by the posted due dates within bCourses.
3. The written assignments must be submitted digitally within bCourses by the posted due dates. **Late assignments are not accepted.**
4. This is a university course; “extra credit” is not available. Just complete everything properly initially.
5. The use of laptops and other electronic equipment is encouraged during class; however, all tasks being conducted or viewed should be related to the course and not distracting to others.
6. Attendance is expected, but is not graded in a lecture-based course; students are graded on their individual performances on the examinations and the written assignments.
7. Students should be prepared for each lecture by having read the appropriate materials and viewed the corresponding presentations and/or videos in accordance with the course schedule. Students not prepared for class may be dismissed.
8. Enjoy the course. You are here at UC Berkeley - the top public institution of higher education in the world - because you are one of the best and the brightest. Do your best; always act with honor. *Fiat Lux.*

#### V. Official Policies of the University of California at Berkeley

All students must abide by the *Berkeley Campus Code of Student Conduct* <https://sa.berkeley.edu/code-of-conduct>.

**Statement of Accommodation.** The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at [dsp@berkeley.edu](mailto:dsp@berkeley.edu).

**Accommodation of Religious Creed.** The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

**Academic Integrity.** "You are a member of an academic community at one of the world's leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

**Scheduling Conflicts.** Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* <https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

**VI. Safety and Emergency Preparedness.** The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See <http://emergency.berkeley.edu/contacts.shtml>).

- Emergency Contacts <http://emergency.berkeley.edu/contacts.shtml>
- WarnMe/Nixie emergency alerts <https://warnme.berkeley.edu>

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- Campus Emergency Management Areas <http://emergency.berkeley.edu/emerg-mgmt-areas.shtml>
- Campus Map <http://emergency.berkeley.edu/lib/img/campusmap.pdf>
- Safe and Well by the American Red Cross <https://safeandwell.communityos.org/cms/>

### **Tentative Course Schedule**

#### August

- 22 *Course Introduction, Syllabus, and bCourses*
- 29 **Elementary Alignment/Placement**

#### September

- 5 **Sequential Barre -Introduction**
- 12 Elementary Sequential Barre Continued (Plie, Tendu, Degage)
- 19 Elementary Sequential Barre Continued (Rond de Jambe, Fondu, Developpe)
- 26 Elementary Sequential Barre Continued (Frappe, Grand Battement)

#### October

- 3 **Center Practice-Introduction**
- 10 Elementary Center Practice Introduction Continued (Positions of the Body/Schools of Ballet)
- 17 Elementary Beginning Center Practice Introduction Continued (Order of Center work - Adagio, Center Tendu, Waltz/Pirouette, Petit/Grand Allegro)
- 24 Elementary Steps Introduced (Adagio/Center Tendu/Waltz/Pirouette Preparations)
- 31 Elementary Steps Introduced (Petit/Grand Allegro)

#### November

- 7 **Beginning Combinations-Introduction**
- 14 Elementary Combinations Continued (Adagio/Center Tendu/Waltz/Pirouette Preparations)
- 21 Elementary Combinations Continued (Petit/Grand Allegro)

#### December

- 6 **Final Class/Review/Complete Execution**