

UNIVERSITY OF NORTH TEXAS

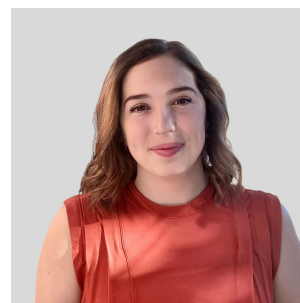
Department of Dance & Theatre

Fall 2024

DANC 1411: Ballet Technique I **Tuesday/Thursday 10:30 -11:50 AM** **DATH 111**

Faculty Information

Name of Instructor: Emily Jensen (She/Her)
Contact: emily.jensen@unt.edu
Office Location: 103J
Student Hours: By Appointment



Teaching Philosophy (Excerpt): I feel that learning is an ongoing, evolving, and continuous process. Everything we take in is something that informs, introduces, reinforces, adapts, transforms, or questions – regardless if that stems from academic readings, passing conversations, things we witness, or even long walks we take. In this sense, I believe that we learn by doing. This means that learning draws connections, considers new perspectives, tries unfamiliar things, and forms artistic views with agency.

COURSE DESCRIPTION

This is a beginning course that incorporates elements of classical and contemporary ballet. Course format emphasizes alignment, form, coordination, technical execution, and performance. Students will learn, identify, and embody beginning ballet vocabulary as well as employ critical thinking and analysis. The course will introduce beginning concepts of somatic practice, historical and cultural contexts of ballet, and the cultivation of a personal ballet practice. The intent of the course is successful upon a continued commitment towards and consistency in a professional and positive attitude, shaping and refining movement patterns, and discovering creative interpretation and artistic expression.

COURSE MATERIALS

There are no required textbooks. Selected videos/films may be shown in class or may be required for viewing from online video databases, which will be shared via Canvas.

Additional resources (NOT required for purchase):

- *(Re:) Claiming Ballet* by Dr. Adesola Akinleye
- *Technical Manual and Dictionary of Classical Ballet* 3rd Ed. by Gail Grant
- *Inside Ballet Technique* by Valerie Grieg
- American Ballet Theatre Online Ballet Dictionary:
<https://www.abt.org/explore/learn/ballet-dictionary/>

STUDENT LEARNING OUTCOMES

As a dancer developing technical practice, artistry, and professionalism, upon completion of this course the student will be able to achieve the below mentioned elements within ballet practice and performance:

- Demonstration of Line and Form
- Dynamic Alignment
- Safe and Effective Body Patterning
- Spatial Awareness
- Rhythmic Accuracy
- Initiation and Follow-Through
- Strength, Flexibility and Endurance
- Professionalism, Etiquette, and Performance

This will be structured around three goals...

Goal I: Engaging the Body Through Vocabulary and Dynamic Alignment...

- Barre
- Adagio
- Petit and Grand Allegro
- Instructor-Lead, Self-Created, and Collaborative Choreography

Goal II: Engaging the Environment in Performance, Musicality, Movement Dynamics...

- Shift responsively between movement qualities to communicate a range of performance intentions.
- Perform clear relationships to musical down beats and syncopations when performing ballet sequences.
- Maintain spatial relationships and responsiveness to others in group combinations.

Goal III: Exercising Community Respect...

- Demonstrate commitment to individual growth as a dancer/artist by preparing self-directed class goals and developing reflective physical and writing practices (including taking notes and completing journal entries/other assignments).
- Gauge the dynamics of the learning environment in a way that responsibly promotes empowered learning by asking appropriate questions and taking the space to deepen skills and expand knowledge.
- Work with others in a professional manner regardless of interpersonal dynamics.
- Process and apply instructor and peer-provided feedback.
- Prioritize curiosity and open possibility for joy in the ballet dance environment.

Touch-Based Learning

In this class, touch-based partnering and touch-based feedback may be offered as strategies to support student learning and curriculum goals throughout the semester. Students always maintain the right to offer or withhold consent to be touched or to touch another, or to request modifications, for any reason. Students are not expected to report rationales for withholding consent.

In this class we follow these protocols regarding the use of touch:

- Consent to touch must be requested each time touch is to be offered by the teacher or between students and this consent must be sought from each student in the class.
 - Giving permission once is not consent to future touch.
- If consent is not given, the teacher should be prepared to communicate the information without touch through verbal language or other means.
- When touch is offered one should identify the location to be touched and the purpose for the touch.

If a student has concerns about the use of touch, the student is encouraged to notify the instructor verbally, through email, or with assistance from another instructor in order to share their concern. Instructors are committed to working with students to develop appropriate, individualized learning plans and strategies to support students in meeting course expectations, requirements, and learning outcomes.

*Touch-Based Learning policy adapted from Texas Woman's University Dance Practices syllabi.

COURSE REQUIREMENTS & GRADING

COURSE ETIQUETTE

- Arrive on time and ready to engage in dance practices. This means arriving ahead of class time to stow belongings and enter the dancing space ready for class by the designated class period and using the bathroom before or after class.
- Remove street shoes before entering the studio. No chewing gum, and no food/beverages other than water in the studio during class.
- Cell phones will not be tolerated unless explicitly used for a research tool when asked to during class. PLEASE SILENCE THEM.
- Be kind to your fellow classmates. We will be giving constructive critiques and will help each other progress in our artistic journey.
- You will be expected to work on your own and in groups. Recognize the pace in which you work and allot the necessary time to complete your assignments

COURSE ATTIRE

Ballet shoes are encouraged, but not required. If socks are worn, they must be thin and of minimal slickness.

Appropriate attire for freedom of movement is required. The instructor will set the standard for appropriate dress in each class in accordance with the standards and norms of the movement form. For our course, this means clothing that supports safety and adequate feedback – please do not wear excessively baggy clothing, aside from extra layers that may be worn during warm up to later be removed. Be considerate of the ways clothing, jewelry, adornments, etc. may impact self and others in class.

ACTIVITIES, ASSIGNMENTS, & GRADING POLICY

Rubrics for each of the following activities will be supplied by the instructor.

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|-----------------------------------|-----|
| 1. Daily In-Class Participation | 70% |
| 2. Periodic Assessments | 30% |
| ● Journals, Discussions, Homework | 10% |
| ● Midterm Assessment | 10% |
| ● Final Assessment | 10% |

Assessment throughout the Course:

Evaluation is ongoing throughout the semester via verbal and written comments from the instructor, outside observers, and peers. Criteria for success in the performance of technique is based on technical expertise, the

student's commitment to the activity as evidenced by energy investment, attention to performance quality, presence in practice, contributions to discussions, and application of suggestions from the instructor, peers and self.

Daily Grading and Evaluation:

A student may receive 10 points per day based on the following grading criteria:

“A” 9-10 pts (Daily)

The student demonstrates *exemplary* ability to integrate, analyze, initiate, consistently apply, and attend to technical abilities such as connectivity, movement pick-up, physical capacity, musicality, improvisation, artistry and agency during the class time.

"B" 8-9 pts (Daily)

The student demonstrates *proficient* ability to integrate, analyze, initiate, consistently apply, and attend to technical abilities such as connectivity, movement pick-up, physical capacity, musicality, improvisation, artistry and agency during the class time.

"C" 6-7 pts (Daily)

The student demonstrates *marginal* ability to integrate, analyze, initiate, consistently apply, and attend to technical abilities such as connectivity, movement pick-up, physical capacity, musicality, improvisation, artistry and agency during the class time.

“D” 1-5 pts (Daily)

The student demonstrates *insufficient* ability to integrate, analyze, initiate, consistently apply, and attend to technical abilities such as connectivity, movement pick-up, physical capacity, musicality, improvisation, artistry and agency during the class time.

“F” 0 (Daily) Student is absent.

Attendance Grading Policy for Department of Dance studio classes:

Since performance in studio classes in particular relies almost entirely on work accomplished during each class any absence from class will impact the grade. Students who do not attend the first day of class may be dropped to accommodate those who are on the waitlist.

First and second absences result in zeroes for their respective daily attendance/participation grades. The third absence from class will result in a 5% grade drop (for example, 90% becomes 85%). **At the fourth absence, the student will fail the course.** There are no excused absences except for personal or family emergencies or a UNT official activity, for which the student must provide proof in writing and the professor needs to approve. Students are therefore responsible for providing satisfactory evidence to the professor to substantiate excused absence and delivering the request personally to the professor assigned to the course.

Students are expected to attend class meetings regularly and to abide by the attendance policy established for the course. It is important that students communicate with the professor prior to being absent in the interest of mitigating the impact of the absence on the student's attainment of course learning goals. A student needing

assistance verifying absences due to illness or extenuating circumstances for all courses should contact the Dean of Students office. The Dean of Students office will verify the student's documentation and advocate on the student's behalf, as appropriate, to instructors.

Injuries and Serious Illness

In the event of an injury or serious illness that prevents a student from engaging in any activity for more than two weeks, the student should drop the course rather than risk receiving a failing grade. However, students may continue enrollment in a class by fulfilling minimal participation requirements agreed upon with the teacher until recovery from the injury or illness allows for return to full participation. A period of minimal or adapted activity due to injury or illness should not exceed a total of four (4) weeks during any long semester.

Minimal or adapted participation may be in the form of substituting floor work for standing work, working the upper body while sitting in a chair, adapting choreography assignments to accommodate physical limitations, refraining from jumping, or working with reduced range of motion. In addition, an extended Pilates program may be the appropriate course of action during injury recovery. The goal is to maintain physical conditioning and fitness during recovery so that the return to full activity will not compromise health and wellness.

If you are sick, are experiencing COVID-19 symptoms, or have come in contact with someone who tested positive for COVID-19, please reach out to the instructor right away so you and the instructor can create a plan of action to support your education and absences. UNT recommends you follow [CDC guidelines](#) for any COVID 19 related illness. Proof of a positive test will be required.

Lateness and Early Departures: Students should not arrive late to class or ask to leave early. Typically, **(2) tardies and/or early departures will equal one absence**. Students arriving 5 minutes late to class will be deducted 3 points from their daily (10) participation points. 10 minutes late and onward, 5 points will be deducted. In order to ensure all students are properly warmed up and prevent injuries, students arriving 10 minutes late for class may not be allowed to take class.

Observations/Sitting Out: Observations are considered exceptions and require instructor approval. If a student is unable to fully participate in class due to injury or illness, the instructor should be informed ASAP via email and when they arrive at class. The student must articulate how they will modify the content to protect from further injury and inform recovery. If the student elects to observe, they must take notes, describing and articulating what the student learned from observing the class and why (it's not enough to just describe what happened in class).

Minimal or adapted participation may be in the form of substituting floor work for standing work, working the upper body while sitting in a chair, adapting choreography assignments to accommodate physical limitations, refraining from jumping, or working with a reduced range of motion. In addition, an extended Pilates program may be the appropriate course of action during injury recovery. The goal is to maintain physical conditioning and fitness during recovery so that the return to full activity will not compromise health and wellness.

Late/Make-Up Work may be accepted if the student communicates with the instructor, requests an extension, and follows the instructor's guidelines. The instructor is not required to accept late or make-up work. Late work

may receive diminishing percentage points each day. No late work will receive credit after 7 days past due date.

UNT POLICY STATEMENTS

Principles of Engagement

PoE refers to the way students are expected to interact with each other and with their instructors. Here are some general guidelines as provided by UNT:

- While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
- Ask for and use the correct name and pronouns for your instructor and classmates. • Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual’s experiences.
- Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals. • Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!” • Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
- Avoid using “text-talk” unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

Student Behavior in the Classroom

Student behavior that interferes with an instructor’s ability to conduct a class or other students’ opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student’s conduct violated the Code of Student Conduct. The University’s expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT’s [Code of Student Conduct](https://deanofstudents.unt.edu/conduct) (<https://deanofstudents.unt.edu/conduct>) to learn more.

Academic Integrity Standards and Consequences

According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University.

ODA Accommodation Statement

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time, however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the Office of Disability Access website at

<https://studentaffairs.unt.edu/office-disability-access>. You may also contact ODA by phone at (940) 565-4323.

Course Safety Procedures (for Laboratory Courses)

Students enrolled in this course are required to use proper safety procedures and guidelines as outlined in UNT Policy 06.038 Safety in Instructional Activities. While working in laboratory sessions, students are expected and required to identify and use proper safety guidelines in all activities requiring lifting, climbing, walking on slippery surfaces, using equipment and tools, handling chemical solutions and hot and cold products. Students should be aware that the UNT is not liable for injuries incurred while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in the event of accidental injury. Students who do not have insurance coverage should consider obtaining Student Health Insurance. Brochures for student insurance are available in the UNT Student Health and Wellness Center. Students who are injured during class activities may seek medical attention at the Student Health and Wellness Center at rates that are reduced compared to other medical facilities. If students have an insurance plan other than Student Health Insurance at UNT, they should be sure that the plan covers treatment at this facility. If students choose not to go to the UNT Student Health and Wellness Center, they may be transported to an emergency room at a local hospital. Students are responsible for expenses incurred there.

Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Blackboard for contingency plans for covering course materials.

Access to Information

Eagle Connect. Students' access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student's Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail: eagleconnect.unt.edu/

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14 and 15 of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the SPOT website at www.spot.unt.edu or email spot@unt.edu.

Survivor Advocacy

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565-2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX [Coordinator at oeo@unt.edu](mailto:Coordinator@oeo@unt.edu) or at (940)

565 2759.