

## Dance 13: Beginning Ballet

**University of California, Los Angeles**  
**Department of World Arts & Cultures/Dance**

**Instructor: Annie Kahane**

**Location: Gloria Kaufman Hall, Studio 1000**

**Office Hours: Thursdays after class 4:30-5:30 or by appointment**

**\*Please email (24) hours in advance to schedule a meeting**

*The UCLA Department of World Arts and Cultures/Dance acknowledges the Gabrielino/Tongva peoples as the traditional land caretakers of Tovaangar (Los Angeles basin, So. Channel Islands) and is grateful to have the opportunity to work for the taraaxatom (indigenous peoples) in this place. As a land grant institution, we pay our respects to the Honuukvetam (Ancestors), 'Ahihirom (Elders) and 'Eyoohiinkem (our relatives/relations) past, present and emerging.*

### COURSE DESCRIPTION

This course offers an introduction to ballet technique primarily through weekly movement practice. Classes will incorporate conditioning for dancers and ballet exercises at the barre, center (away from the barre) and traveling across the floor. We will sometimes integrate reading, writing, discussion and other non-movement activities to supplement our learning and to locate our practice in a geographical and historical context beyond Gloria Kaufman Hall.

### COURSE OUTCOMES

**Students develop fluency in basic ballet vocabulary and principles including:**

- ◇ Positions of arms, legs and head and torso relative to a shared understanding of “front”
- ◇ Working in external rotation
- ◇ Use of plié
- ◇ Foot articulation
- ◇ Anatomically healthy alignment of the skeleton
- ◇ Rhythm, counting & musicality
- ◇ French terminology for ballet steps and exercises

**Students gain basic understanding of:**

- ◇ The origins of ballet and its varied codifications, in order to locate our course of study as one option among many.

**Advanced students:**

- ◇ Apply their expertise & adapt exercises in order to self-direct growth as technicians and artists.
- ◇ Identify goals and challenge themselves to make the most of each session.

## ATTIRE + ETTIQUETTE

**Footwear:** Ballet shoes are recommended and socks are acceptable if they do not inhibit movement – i.e. if you're not so worried about slipping that you find yourself holding back. Suggestions for where to purchase ballet shoes:

- Online: <https://discountdance.com>
- In person: <https://www.thedancestore.com>

**Attire:** Please wear clothing that you can freely move in. Stretchy, form fitting clothing is recommended, but not required. Please secure your hair out of your face. Please do not wear heavy, swinging jewelry.

**Etiquette:**

- Please be on time to class. **If you are more than 15 minutes late you will be asked to observe.**
- Please keep cell phones silenced and put away unless we are using them to film or take notes.
- Only water is allowed in the Kaufman dance studios.

## COURSE COMPONENTS

### Attendance & Participation (45%)

Because this is a practice-based class, your success depends on your physical and mental presence. Set yourself up for success by planning ahead so that you can give your attention and energy both to your personal practice and to the group. Full participation also means presence in class discussions and upholding the community agreements we set on the first day of class.

In the words of Zena Bibler: “Please consider the variables that make for a productive class for you: Do you need to eat something right before class? Do you have access to water? Is your hair getting into your eyes? Are phone/computer notifications drawing your focus elsewhere? Where in the room do you want to be? We do not have control over all of these variables all of the time, but we can use the aspects but we can use the aspects that we can control to our advantage.”

Listen to your body! Although ballet requires physical effort, this class should be pain-free. If a movement hurts you, find a good time check in with me about it. If you are unable to dance and need to observe, you can take detailed notes for attendance credit. You must email me a copy of your notes at the end of the class.

### Assignments (45%)

Week (0) Writing assignment:

- What do you hope to get out of this class? How do you want to show up for yourself? (This is an expanded version of what you answered on the pre-class survey.) Why are your personal goals important to you?
- 1-2 pages, double spaced due on Bruin Learn
- You can answer this question in whatever way makes the most sense to you. Here are some ideas if you are stuck:

*Do you hope to break a sweat? To become stronger? Stronger how? To improve your ballet technique? What do you want to improve specifically? To try ballet for the first time? If you are taking the class because you need the credit, how can you best use this time for yourself?*

Week 2 Reading, summary, in class assignment:

- Due Thurs, Read before class: A Brief History of Ballet From European Courts to Modern Dance by Madeline Muzdak <https://mymodernmet.com/history-of-ballet/> Write a 1-2 paragraph summary, post to BruinLearn and bring it to class for a group activity)

Week 7 Viewing assignment + 2 thoughts to share:

- Watch before class Feature-length documentary [First Position](#) (\*\*this is a link to the trailer\*\*) & bring (2) thoughts about the film to share. You don't need to turn anything in, just come prepared to contribute to a class discussion.
- The film is free on AmazonPrime & [www.documentaryarea.tv/video/](http://www.documentaryarea.tv/video/)

Week 10 - Two Part Final

*Part (1) Final Skills Practice*

We will film an entire class. I will evaluate your movement based on your understanding and application of course concepts, your commitment to your practice, and your improvement during the quarter.

*Part (2) Written Self-Assessment*

Due on BruinLearn by Thurs, : Written self-assessment. I will post the video of the filmed class online for you to review. After you watch yourself, you'll write a 2 page, double-spaced self-assessment using correctly spelled ballet terminology and class concepts to describe your observations. You can also use this as an opportunity to revisit what you wrote in your Week 0 initial writing assignment.

Midterm Check-in (10 %)

During week (5) all students are required to attend an office hours meeting with the instructor to touch base about questions, concerns, and the objectives you wrote about in your Week 0 writing assignment. Sign-ups will be made available during Week 4.

## GRADING

Rather than grading each assignment on a points system, I will offer written and verbal feedback throughout the quarter, and invite you self-reflect and self-assess. You will receive a cumulative grade at the end of the quarter. If you want to get an A in this class:

- ◇ Attend at least 18 of the 20 classes with an on-time arrival
- ◇ Bring your full presence to the room
- ◇ Complete the assignments on time
- ◇ Uphold community agreements
- ◇ COMMUNICATE with me in advance if you are unable to dance or complete class work on time

You may receive a lower grade in the class if you do not meet these expectations.

## COURSE PLAN – SUBJECT TO CHANCE

### **Week 0 – Who are we and how do we want to dance together?**

**Homework, due Sun, 9/25:** What do you hope to get out of this class? (This is an expanded version of what you answered on the pre-class survey.) How do you want to show up for yourself? Why are your personal goals important to you? 1-2 pages, double spaced due on Bruin Learn by Sunday 9/25

*No Class*

*Introductions + Orientation + Community Agreements*

### **Week 1 – External Rotation, Positions, Plié as the Source + (different codification systems)**

*Movement Practice*

*: Movement Practice + A note on codification systems*

### **Week 2 – Foot Articulation, Heels Forward, Alignment + (quick ballet origin story)**

**Due Homework:** Read “A Brief History of Ballet From European Courts to Modern Dance” by Madeline Muzdakis <https://mymodernmet.com/history-of-ballet/> Write a 1-2 paragraph summary, post to BruinLearn & bring your summary to class.

*Movement Practice*

*Movement Practice + Discuss Reading*

### **Week 3 - What We Know So Far: Integration Week**

*Movement Practice*

*Movement Practice*

### **Week 4 – Épaulement + Body Angles + Vocabulary Check**

**Classwork / Homework:** Sign up for your Midterm Check in

*Movement Practice*

*Movement Practice + Terminology/French Vocabulary*

### **Week 5 – Weight-shifting + Balance + (Midterm Check-ins)**

*Movement Practice*

*Movement Practice*

### **Week 6 – Inspiration Week: Watching Prodigies**

*NO CLASS, Viewing Assignment*

- Watch before class on Tues 11/8: Feature-length documentary [First Position](#), bring (2) thoughts about the film to share for class discussion
- The film is free on AmazonPrime & [www.documentaryarea.tv/video/](http://www.documentaryarea.tv/video/)

### *Guest Instructor*

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#### **Week 7 – Rhythm, Musicality, Counting**

*Movement Practice + Discussion of Film*

*Movement Practice*

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#### **Week 8 - Traveling Through Space + Dancing Together**

*Movement Practice*

*Movement Practice + Prep for final*

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#### **Week 9 – Integration Week: Everything we’ve learned so far**

*Movement Practice + Prep for final + Final Vocab Check*

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#### **Week 10**

*Final Movement Exam*

*Stretch Class / Wind Down + Check out*

### HOW TO REACH ME

#### Office Hours

If you have questions about the class or just want to check in and tell me how things are going, office hours are the best place to start. Everyone will come in for a meeting during midterms, but feel free to schedule an appointment to chat any time. Email me at least 24 hours in advance of your meeting request to schedule an appointment.

#### E-mail

I will usually respond to email within 24 hours, but occasionally it may take me up to 48 hours. I generally do not respond after 6pm or on weekends so please keep this in mind when planning and submitting your assignments.

## UCLA WACD WELLNESS STATEMENT

### *Wellness Statement*

Your health and well-being, and that of our community, are essential. So, as valuable as it is that you attend class, if you feel sick, regardless of whether it's related to the flu, COVID-19, mental health, food poisoning, etc., please stay home, contact your health provider to keep yourself and the UCLA community healthy.

If you are experiencing symptoms associated with COVID-19, you should remain at home and contact Ashe Center COVID-19 Hotline (310-206-6217). Campus health officials will then advise you and any close contacts on how to proceed.

If you have been in "close contact" with an individual who has tested positive for Covid-19 (within 6 feet of someone in an indoor setting for a total of 15 minutes over a 24-hour) and have not been contacted by a contact tracer or campus health official, contact Ashe Center COVID hotline at (310)206-6217 for guidance.

<https://covid-19.ucla.edu/information-for-students/>

<https://www.studenthealth.ucla.edu/>

You are strongly encouraged to wear a mask during all indoor classroom activities. Please step out of the classroom or studio if you need to eat or drink during indoor class activities. Please remember that food and drink are not allowed in classrooms or studios.

Update your personal healthcare kit to include such items as band aids, coach tape, disposable ice bag, additional masks, hand sanitizer, and wipes. Wash your hands before and after class. It is possible that, during the quarter, there may need to be updates to how the course is taught. We will keep you apprised of any changes to the syllabus.

Although you are not required to disclose your health status, it is recommended you notify instructors when you are staying home because of illness to ensure your absences are addressed.

If you need to take an absence, send your instructors an email letting them know, and they will work with you to ensure you are able to keep up with classes. We don't need to know any specific information about your personal situation, however if you do feel comfortable sharing, we can help connect you with available UCLA support resources. We will reach out to additional campus services and units on your behalf if you are missing classes and we have not heard from you.

### **Accommodations & Accessibility**

If you are already registered with the Center for Accessible Education (CAE), please request your Letter of Accommodation in the Student Portal. If you are seeking registration with the CAE, please submit your request for accommodations via the CAE website. Students requiring academic accommodations should submit their request for accommodations as soon as possible, as it may take up to two weeks to review the request. For more information, please visit the CAE website, visit the CAE at A255 Murphy Hall, email [caeintake@saonet.ucla.edu](mailto:caeintake@saonet.ucla.edu), or contact CAE by phone at (310) 825-1501.

## ADDITIONAL RESOURCES & SUPPORT

- **Counseling and Psychological Services (CAPS):** <https://www.counseling.ucla.edu/> Provides counseling and other psychological/mental health services to students. Walk-in hours are Monday-Thursday 8am-4:30pm and Friday 9am-4:30pm in John Wooden Center West. Crisis counseling is also available 24 hours/day at (310) 825-0768.
- **Ashe Student Health and Wellness Center:** <http://www.studenthealth.ucla.edu> Provides high quality and accessible ambulatory healthcare and education by caring professionals to support the academic success and personal development of all UCLA students.
- **The CPO Food Closet:** <http://www.cpo.ucla.edu/cpo/foodcloset/> Provides free food for any UCLA student who may be experiencing hunger and/or struggling to attain food due to financial hardships.
- **UCLA Recreation:** <https://www.recreation.ucla.edu/> Offers a broad array of services and programs including fitness, yoga, dance, martial arts, meditation, sports, and much more.
- **Equity, Diversity and Inclusion:** <https://equity.ucla.edu/> Committed to providing an equal learning, working and living environment at UCLA and supports a range of programs to promote these goals campus-wide.

### Resources for Students Dealing with Financial Stress

- **Bruin Shelter:** <http://www.bruinshelter.org/> Provides a safe, supportive environment for fellow college students experiencing homelessness by fostering a collaborative effort between universities, community-based organizations, and service providers.
- **Crisis support:** <https://www.studentincrisis.ucla.edu/> Support for students in crisis.
- **Healthy Campus Initiative (HCI):** <https://healthy.ucla.edu> Provides links to a wide variety of resources for enhancing physical and psychological well-being, positive social interactions, healthy sleep, healthy eating, healthy physical activity and more.
- **Campus and Student Resilience:** <https://www.resilience.ucla.edu/> Provides programs to promote resilience and trains students to help support their peers.
- **Economic Crisis Response Team:** <https://www.studentincrisis.ucla.edu/> Economic-Crisis-Response(ECRT), for students in financial distress. ECRT provides meal vouchers and emergency housing for 14 days.

### Title IX Resources

If you have experienced gender discrimination, domestic violence, dating violence, sexual harassment or sexual violence, there are a variety of resources to assist you.

### CONFIDENTIAL RESOURCES:

You can receive confidential support and advocacy at the CARE Advocacy Office for Sexual and Gender-Based Violence, 1st Floor Wooden Center West, CAREadvocate@careprogram.ucla.edu, (310)

206-2465. Counseling and Psychological Services (CAPS) also provides confidential counseling to all students and can be reached 24/7 at (310) 825-0768.

#### **NON-CONFIDENTIAL RESOURCES**

- You can also report gender discrimination, sexual violence or sexual harassment directly to the University's Title IX Office, 2255 Murphy Hall, [titleix@conet.ucla.edu](mailto:titleix@conet.ucla.edu), (310) 206-3417. Reports to law enforcement can be made to UCPD at (310) 825-1491. These offices may be required to pursue an official investigation. Students who have questions about the rights of pregnant/parenting students should contact the Title IX Office as well. The Title IX Office can assist students with reporting options and identifying resources if they believe their rights have been violated.
- Faculty and TAs are required under the UC Policy on Sexual Violence and Sexual Harassment to inform the Title IX Office—A NON-CONFIDENTIAL RESOURCE—should they become aware that you or any other student has experienced sexual violence or sexual harassment.