



## UNIVERSITI TEKNOLOGI MARA

### FFD112: BALLET TECHNIQUE

<b>Course Name (English)</b>	BALLET TECHNIQUE <b>APPROVED</b>
<b>Course Code</b>	FFD112
<b>MQF Credit</b>	3
<b>Course Description</b>	This course will explore the ballet techniques by using the Royal Academy of Dance method which is designed to involve the whole body in every movement, with equal attention paid to the upper body, legs, and feet as well as the development of the lower back strength and arm plasticity, and the strength, flexibility, and endurance required for ballet. A strong torso is a necessity for the method, as the torso forms the foundation of all movements. With all those techniques, the students will be able to perform several techniques at a certain level before they move to another level.
<b>Transferable Skills</b>	Creativity, Communication, Team work
<b>Teaching Methodologies</b>	Lectures, Blended Learning, Practical Classes, Workshop, Supervision, Performance
<b>CLO</b>	<p>CLO1 Explain the body positions and postures of ballet techniques based on the Royal Academy of Dance (RAD) and other technical factors, appropriate to ballet requirements.</p> <p>CLO2 Manipulate appropriate techniques in ballet with instruction, such as center works and enhancing techniques for other dances.</p> <p>CLO3 Exhibit the right techniques of ballet movements in short dance performance according to the syllabus of the Royal Academy of Dance</p>
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	<p><b>1. Introduction to ballet history and culture</b> 1.1) Preparation before ballet class 1.2) a. Attire 1.3) b. Warm up exercise</p> <p><b>2. Practice and demonstrates Ballet techniques (phase 1)</b> 2.1) Barre work practice 2.2) a. Plie 2.3) b. Battement Tendus 2.4) c. Battement Glisses 2.5) d. Transfer of Weight</p> <p><b>3. Practice and demonstrates Ballet techniques (phase 2)</b> 3.1) Barre work practice 3.2) a. Ronds de Jambe a Terre 3.3) b. Battements Fondus 3.4) c. Battements Frappes 3.5) d. Grand Battements</p> <p><b>4. Refine the ballet techniques</b> 4.1) Refine the ballet techniques: week-2 and week-3</p> <p><b>5. Refine the Ballet techniques and assessment</b> 5.1) Refine the ballet techniques: week-2 and week-3</p>

<b>6. Practice and demonstrates Ballet techniques (phase 3)</b> 6.1) Centre work 6.2) a. Port de Bras 6.3) b. Pas de Bourrees 6.4) c. Petit Allegro 6.5) d. Pirouette en Dehor 6.6) e. Pirouette en Dedans
<b>7. Refine the Ballet techniques</b> 7.1) Refine the ballet techniques: week-6
<b>8. Applying ballet techniques into other dance forms</b> 8.1) Short dance combination practice
<b>9. Refine the dance combination</b> 9.1) Refine the dance combination: week-8
<b>10. Refine the dance combination and assessment</b> 10.1) Refine the dance combination: week-8 10.2) Assessment 2: student presentation (solo)
<b>11. Dance practice (phase 1)</b> 11.1) Short dance repertoire practice
<b>12. Dance practice (phase 2)</b> 12.1) Short dance repertoire practice
<b>13. Dance practice (phase 3)</b> 13.1) Short dance repertoire practice
<b>14. Dance practice and presentation</b> 14.1) Short dance repertoire practice

<b>Assessment Breakdown</b>		<b>%</b>		
Continuous Assessment		100.00%		
<b>Details of Continuous Assessment</b>	<b>Assessment Type</b>	<b>Assessment Description</b>	<b>% of Total Mark</b>	<b>CLO</b>
	Group Project	Group dance presentation	40%	CLO3
	Individual Project	Solo dance presentation	30%	CLO1
	Individual Project	Solo dance presentation	30%	CLO2
<b>Reading List</b>	<b>Recommended Text</b>	<ul style="list-style-type: none"> <li>• Ken Browar, Deborah Ory 2016, <i>The Art of Movement</i>, Black Dog &amp; Leventhal [ISBN: 0316318582]</li> <li>• Misty Copeland 2017, <i>Ballerina Body</i>, Grand Central Life &amp; Style [ISBN: 1455596302]</li> <li>• Peter Martins 1997, <i>NYC Ballet Workout</i>, Harper Collins [ISBN: 0688152023]</li> <li>• Heli Santavuori 2017, <i>Ballet for Everybody</i>, Books on Demand [ISBN: 9515680441]</li> </ul>		
	<b>Reference Book Resources</b>	<ul style="list-style-type: none"> <li>• Charlotte Richards, <i>Classical Ballet Fundamentals</i> [ISBN: 1973188082]</li> </ul>		
<b>Article/Paper List</b>	This Course does not have any article/paper resources			
<b>Other References</b>	This Course does not have any other resources			