

PDP DA 129 Ballet Beginning

Instructor: Jennifer Markham

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A1: Meets Mondays & Wednesdays 12:20pm – 1:50pm in L126: 1.0 Credit

B1: Meets Mondays 10:10am-11:40am in L126: 0.5 Credit

Dance Program Mission:

Our dance program provides students with technical, historical and compositional courses in multiple genres of dance designed to prepare and enhance their skills in communication, critical thinking and self-expression. Our curriculum choices offer multiple ways of investigating dance as a physical, aesthetic, intellectual and cultural practice. As part of *One BU /Recommendations for Accessing the Arts at BU*, we encourage our students to use their imaginative spirit to find opportunities to create innovative cross-discipline research and practice.

Course Description:

This class is designed for first time students of ballet or for students returning after several years without practice. The majority of course work is physical and experiential in nature and takes place during class time. The students are guided in movement exercises accompanied by live and recorded music. Students begin with exercises at the ballet barre designed to teach basic ballet technique and to build student's strength, flexibility, control and alignment. As each class develops, the movement progresses to center practice and then to larger phrases across the floor.

Required Attire:

- Form fitted clothing required (dance, aerobic or bike wear); supportive undergarments (i.e. sports bras, athletic supporters) recommended to ensure comfort and ease - individuals can determine best options for their body and can consult instructors with any questions.
- Please, no gum or dangerous jewelry.
- Hair secured away from face.
- Ballet shoes recommended.

Learning Outcomes:

- Students will develop their ability to execute and utilize basic ballet vocabulary and steps in movement phrases.
- Students will develop alignment and improve flexibility, strength, coordination and endurance.
- Students will increase their understanding and appreciation of ballet as an art form and as a movement discipline, learning about the origins of ballet, the codification of the form, the principles of the technique and its practice around the world today.
- Students will become familiar with the progression of a ballet class from barre through center practice and will apply skills learned at the barre to their center practice. They will increase their ability to learn and take cues from both visual and aural sources to hear the rhythm of the music and understand how it is counted for dance.
- Students will develop a sense of style in dance and a presence in moving.

Lockers: Currently unavailable due to FitRec's COVID-19 restrictions.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% or more classes attended (for classes that meet twice per week); 80% or more classes attended (for classes that meet once per week).

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate, and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Letter Grade: Dance Minors will receive a letter grade (A, B, C, D) indicative of their attendance, skill and improvement throughout the semester. (Note that these factors are directly correlated; good attendance leads to improvement and success.)

Diversity, Inclusion, Equity and Antiracism Statement

The BU Dance Program commits to actively improve our diversity, inclusion and equity programming and practice antiracism. We are committed to listening, assessing, and doing better to bring about change within our classes, programs, and in our community. We support FitRec's pledge.

FitRec is committed to:

- Listening to the voices of Black and Indigenous POC and the lessons of history
- Learning as individuals and as a staff, including stretching ourselves and knowing we will make mistakes
- Creating space, both physical and mental, to expand the dialog about inclusion, equity and equality
- Challenging the status quo and pushing past “what is” and moving into genuine inclusion and belonging

In our dance classes, faculty and students will be expected to:

- Be attentive and self-aware of biases and prejudices that impact choices and interactions
- Create thoughtful and intentional actions
- Be respectful of each other's opinions and be open to changing our mind
- Assume positive intent and recognize we are all growing and learning

We ask our students and members of the BU dance community to share their experiences, recommendations, and concerns.

Respectfully,

Micki Taylor-Pinney, Coordinator of Dance, mtaypin@bu.edu; Lynda Rieman, Assistant Coordinator of Dance/Theater Manager, Irieman@bu.edu; Liz Roncka, Assistant Coordinator of Dance, lizronck@bu.edu

Attendance Policy & Make-Up Classes:

Classes begin promptly, typically with a warm-up. Accordingly, arriving more than 10 minutes late jeopardizes full immersion in the lesson. Students entering class beyond that time may not receive credit for the day. Please come on time and ready to dance.

Students are expected to adhere strictly to the BU Dance Department's attendance policy. For classes that meet twice per week, students must have 85% attendance and are allowed no more than 4 absences per semester, medical and family emergencies notwithstanding (instructor may excuse 2 more absences). For classes that meet once per week, students must have 80% attendance and are allowed no more than 3 absences per semester, medical and family emergencies notwithstanding (instructor may excuse 2 more absences). Full participation for the entire class is expected from all students; injured students may receive credit for observing class. Students who will be missing class, arriving late or leaving early for any reason should please notify instructor in advance.

Standard Make-Up Options:

- Attend other credit dance classes taught by your instructor.
- Attend other credit dance classes after receiving permission from instructor.
- Attend dance performances approved by your instructor.
- Attend free End-of-Semester classes.
- Get written permission from budance@bu.edu to attend non-credit dance class (2 business days' notice; fee required) NOTE: make-ups slips must be signed and provided to instructor or Micki Taylor-Pinney (slips on website).
- Please feel free to ask questions and/or make appointments for consultations with your instructor or with Micki Taylor-Pinney, Director of Dance, at (617) 353-1597 (mtaypin@bu.edu).

Compliance

Access to FitRec and class demands full compliance with the University policies. Be informed. Be safe.

Safety/compliance protocols

During class.

- Students will be wearing masks throughout class.
- Students will wear appropriate and clean foot attire: non-slip socks.
- Class content will be modified appropriately to limit exertion with masks on as well as avoiding direct hand contact with the floor.

Cleaning Plan

- Students will have sanitized hands and dance footwear before entering and as they exit the space.
- Class times will be adjusted so students can wipe down individual floor areas at the end of class with wipes available in the studio in multiple locations.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and if so, can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).