



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Basics of ballet

Level of study

Bachelor academic Master's Doctoral

Type of course

Elective

Semester

Spring

Year of study

Third

Number of ECTS allocated

5

Name of lecturer/lecturers

Katarina Herodek, Ph.D, full professor

Teaching mode

Lectures Group tutorials Individual tutorials
 Laboratory work Project work Seminar
 Distance learning Blended learning Other

PURPOSE AND OVERVIEW (max. 5 sentences)

*Students will understand elementary movements and development of basic techniques for classical and modern ballet with aim to improve the very complex motoric behavior.
Students are able to practically apply acquired knowledge in physical education teaching process, sports training, and research in scientific work.*

SYLLABUS (brief outline and summary of topics, max. 10 sentences)

Theory: History of classical and modern ballet; titles of ballet dancers. Proper posture; an ideal ballet body. Age characteristics and the beginning of ballet training. Ballet wardrobe and equipment; proper selection and use of ballet shoes. Significance and methods of ballet warm-up; stretching legs on the floor and with the ballet barre. Basic segments of ballet class: exercises with the barre, exercises in the middle of the hall (center), adagio, and allegro. Basic arm and leg positions; aplomb; facial expression at ballet performances. Body positions in ballet, small and big jumps in classical ballet. Turns on two and one leg. Structure of classical ballet classes. The concept of modern ballet and basic techniques. Musicality and focus. The role of the choreographer and the types of choreography. Ballet notation; health risks of professional players; dance therapy

Practicals: All forms of elementary movements, ballet techniques on the floor and with the barre, specific shaping exercises, basic arm and leg positions; aplomb; body positions in ballet, small and big jumps in classical ballet. Turns on two and one leg. The basic techniques as: plie, demi-plie, battemants, piques and pirouettes, tours, chenees, soutenus, changements, glissades, chesses, jetes, sissonne, pas de chat. Practicing the common choreography of classical and modern ballet.

LANGUAGE OF INSTRUCTION

- Serbian (complete course)
 English (complete course)
 Other _____ (complete course)
 Serbian with English mentoring
 Serbian with other mentoring _____

ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory	5	Theoretical examination	40
Practicals	5		
Colloquium1(practical)	10		
Colloquium 2(theory)	10		
Seminar paper	10		
Interactive teaching	20	OVERALL SUM	100

*Final examination mark is formed in accordance with the Institutional documents