

**BALLE 1140: Ballet 1 for Non-Majors**  
**Spring 2025 | 3 Credits**  
**Mondays & Wednesdays 8:05-9:25AM**  
**Marriott Center for Dance (MCD) Studio 40**



“Ballet is important and significant, yes.  
But first of all, it is a pleasure.”

Image credit: Erin Baiano for the New York City Ballet performing Justin Peck’s Copeland Dance Episodes, quotation credit: George Balanchine

**Instructor:** Erin Payner, Ballet MFA candidate, 2026

**Contact:** [erin.payner@utah.edu](mailto:erin.payner@utah.edu)

**Office location/Office hours:** MCD 206, by appointment. Email me to schedule.

**Preferred method of contact:** Canvas preferred. I will aim to respond via 48 hours.

### **Required Materials**

Ballet slippers are recommended, see notes on attire below in “course policies” section.

### **Course Description**

A foundation course covering the basic vocabulary, technique, and styles of ballet.

This is an introductory ballet course designed for non-major students. Students will be exposed to the fundamentals of classical ballet technique primarily through instructor-led movement and studio practice with live piano accompaniment. Emphasis will be placed on learning to move safely, utilizing proper alignment and on enjoying ballet movement to music. By the end of this course, students will better understand the fundamental elements of ballet, feel more confident dancing and will gain a broader appreciation of the art form.

This class will meet two times a week in a dance studio, and most of the class time will be dedicated to physical, in-person practice. Students are encouraged to adapt movements to their own abilities and/or level of practice.

## Course Outcomes

By the end of this course, students will be able to:

- Demonstrate basic ballet positions and movements
- Understand fundamental ballet vocabulary
- Recognize the typical ballet class structure and progression
- Appreciate live piano accompaniment to our classes
- Explore different qualities of ballet movements as they relate to music

## Teaching and Learning Methods

Our classes will consist of guided movement combinations beginning at the barre and moving to the center, with a short break between for water/restroom. My teaching philosophy is all about sharing the joy of movement to music and for those that are new to this style of movement, I hope this is just the beginning of your journey with ballet!

## Course Policies

Attendance & Punctuality: Note: as this is a practice-based course, attendance and punctuality are important. As we will progress our exercises in sequence and missing the warm up portion could present a safety hazard, students who are more than 15 minutes late will not be allowed to join our practice that day and as such, will be marked absent for the class. Students may miss up to 4 classes without this affecting their grades, see “Grading Policy” section below.

Attire: Typical ballet class attire consists of a leotard or form fitting/workout shirt (often black or white), tights or leggings and ballet slippers (often flesh-colored, black or white), but students should wear what they feel comfortable moving in and most workout/yoga clothes are likely appropriate. Hair should be tied back and midriff covered. Ballet slippers or socks should be worn as street shoes are not allowed in the studio. Here is a [link](#) to a recommended example unisex ballet slipper available on Amazon: “Sansha Unisex Pro Canvas Ballet Slippers”. Note: dressing rooms are available to change before/after class on the lower floor of the MCD.

Canvas: Canvas will be our primary means of communication in the class.

Electronic Devices in Class: We are lucky to be able to enjoy live piano accompaniment to our classes. Out of respect for our pianist and your fellow students, please silence all electronic devices and do not access them while in the studio, except during our break between barre and center. Video recording during class is prohibited.

Food & Drink: Only water is allowed in the studio. In order to protect and preserve our flooring, no food, drinks (other than water), gum or lotions are allowed in the studio.

Participation: Participation will be the primary metric that your grade is based upon in this course, see “Grading Policy” section below.

## Assignments - Written Reflections

As participation and related attendance are the primary metric for your grade in this course, see “Grading Policy” below, there will only be 3 written assignments:

- **1 - Statement of Intent** (Due Jan-23) - Your goals and interests in taking this course. *65 points.*
- **2 - Midterm Reflection** (Due Mar-6) - A reflection on how your learnings are progressing relative to your goals, any comments on what you’d like to see more of less of in our regular

classes, reflections on what you are enjoying (or not!) about ballet, how you may carry any learnings from ballet into your everyday life and any comments or questions that you would like to explore further. *65 points.*

- **3 - Final Reflection** (Due Apr-17) - Similar to the midterm reflection above, but undertaken at the end of the course. *65 points.*

Written Reflections should be 400 to 1,000 words in length and journal entry in style. While the tone may be casual, academic standards for grammar, punctuation, and clarity are expected. Written reflections should be submitted as a Word document in Canvas. Note: late papers will receive a 2 point deduction for every day that they are late. Late papers will not be accepted more than 7 calendar days after the due date.

*Extra Credit:* Students will also have the opportunity to earn up to 70 points of extra credit by attending up to 2 School of Dance (SOD) performances, which are free with your Student ID through the Arts Pass program. More details on upcoming SOD performances and tickets can be found here: [Performances & Events — University of Utah School of Dance](#). There are 2 mainstage programs running this term that our class will focus on:

- February 13-22: ANEW: A Black History Month Celebration
- April 10-19: Classique

In order to receive extra credit, please complete a short ~250-500 word essay with a summary of the performance and your reaction to it along with a photo of your ticket embedded in your essay’s Word document. *Turn in via Canvas within 1 week of attending the live SOD performance. Late submissions unfortunately not accepted.* Students may only earn credit for one performance of each of the 2 programs for a total of 70 points (35 points per performance).

**Grading Policy**

There are 1,000 points total in this course:

- 805 Participation Points (27 classes, 35 points per class, with an allowance for up to 4 missed classes, no excuse note necessary - life happens!) Please be aware that absences beyond the allotted 4 absence days will lower your final grade.
- 195 Written Reflection Assignment Points (3 essays, 65 points per essay)

Note: up to an additional 70 extra credit points will be offered for attendance at up to 2 School of Dance performances (35 points per performance) with the submittal of a 1 page reflection essay, see details above in “assignments” section.

*Grading Rubrics*

<b>Criteria</b>	<b>Exemplary - A</b> <i>CP: 32-35 pts</i> <i>WR: 59-65 pts</i>	<b>Accomplished - B</b> <i>CP: 28-31 pts</i> <i>WR: 52-58 pts</i>	<b>Developing - C</b> <i>CP: 25-28 pts</i> <i>WR: 46-51 pts</i>	<b>Beginning - D</b> <i>CP: Below 25 pts</i> <i>WR: Below 46 pts</i>
Class Participation (CP)  <i>35 points per class</i>	- Attendance at at least 21 of our 27 classes - Great attitude in class, ready to learn - Observed class etiquette with	- Attendance at at least 19 classes - Good attitude, mostly ready to learn - Mostly observed class etiquette with regard to	- Attendance at at least 16 classes - Sometime ready to learn in class - Sometimes observed class etiquette with regard to	- Attendance at less than 14 classes - Not usually ready to learn in class - Class etiquette mostly not

	regard to timeliness, electronics, attire, etc.	timeliness, electronics, attire, etc.	timeliness, electronics, attire, etc.	observed
Written Reflections (WR) <i>65 points per paper</i>	Strong voice and tone that clearly addresses the purpose for writing. Many interesting, specific facts and/or ideas are included. All grammar and spelling is correct.	Appropriate voice and tone. The purpose is largely clear. Many facts and/or ideas are included. Only one or two grammar and spelling errors.	Attempts to use personal voice and tone. Somewhat addresses the intended purpose. Some facts and/or ideas are included. A few grammar and spelling errors.	Demonstrates limited awareness of use of voice and tone. Limited evidence of intended purpose. Few facts and/or ideas are included. Many grammar and spelling errors.

### Grading

This course utilizes a 1,000-point grading scale and follows the [University grading policy](#) (Policy 6-100):

Course Points	Grade	GPA Points	Explanation
930-1000	A	4.0	Excellent performance, superior achievement
900-929	A-	3.7	Excellent performance, superior achievement
860-899	B+	3.3	Good performance, substantial achievement
830-859	B	3.0	Good performance, substantial achievement
800-829	B-	2.7	Good performance, substantial achievement
760-799	C+	2.3	Standard performance and achievement
730-759	C	2.0	Standard performance and achievement
700-729	C-	1.7	Standard performance and achievement
660-699	D+	1.3	Substandard performance, marginal achievement
630-659	D	1.0	Substandard performance, marginal achievement
600-629	D-	0.7	Substandard performance, marginal achievement
0-599	E	0.0	Unsatisfactory performance and achievement

## Course Schedule

<b>Week #: Class Dates</b>	<b>Topics for exploration</b>	<b>Assignments (<i>with due date</i>)</b>
Week 1: Jan 6, 8	Welcome and Intro to ballet class	
Week 2: Jan 13, 15	Ballet vocabulary	
Week 3: Jan 22	Positions of the body. <b><i>No class Jan-20 due to MLK day.</i></b>	Statement of Intent ( <i>due Jan-23</i> )
Week 4: Jan 27, 29	Positions of the body (cont'd)	
Week 5: Feb 3, 5	Turnout and stance	
Week 6: Feb 10, 12	Turnout and stance (cont'd)	Feb 13-15: SOD Spring Concert 1: ANEW ( <i>extra credit</i> )
Week 7: Feb 19	Arm positions and form. <b><i>No class on Feb-17 due to President's day.</i></b>	Feb 20-22: SOD Spring Concert 1: ANEW ( <i>extra credit</i> )
Week 8: Feb 24, 26	Arm positions and form (cont'd)	
Week 9: Mar 3, 5	Basic combinations	Mid term reflection ( <i>due Mar-6</i> )
Week 10: Mar 9-16	<b><i>No class this week due to Spring Break</i></b>	
Week 11: Mar 17, 19	Basic combinations (cont'd)	
Week 12: Mar 24, 26	Music & musicality	
Week 13: Mar 31, Apr 2	Music & musicality (cont'd)	
Week 14: Apr 7, 9	Learning a dance	Apr 10-12 SOD Concert 2: Classique ( <i>extra credit</i> )
Week 15: Apr 14, 16	Learning a dance (cont'd)	End of term reflection ( <i>due Apr-17</i> ) Apr 17-19 SOD Concert 2: Classique ( <i>extra credit</i> ) <i>due by Apr-21</i>
Week 16: Apr 21	Performing a dance and end of course reflections	
Finals week	<b><i>No class this week. We will not have a final exam.</i></b>	

*Note: This syllabus is meant to serve as an outline and guide for our course. Please note that I may modify it with reasonable notice to you. I may also modify the Course Schedule to accommodate the needs of our class. Any changes will be announced in class and posted on Canvas under Announcements.*

## University Policies

The following statements are required on every course syllabus.

- 1. *The Americans with Disabilities Act.*** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access, 162 Olpin Union Building, (801) 581-5020. CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access. *Given the nature of this course, attendance is required and adjustments will only be permitted as required by Policy 6-100(III)(O). If you need to seek an ADA accommodation to request an exception to this attendance policy due to a disability, please contact the Center for Disability and Access (CDA). CDA will work with us to determine what, if any, ADA accommodations are reasonable and appropriate.* In compliance with ADA requirements, some students may need to record course content. Any recordings of course content are for personal use only, should not be shared, and should not be made publicly available. In addition, recordings should be destroyed at the conclusion of the course.
- 2. *University Safety Statement.*** The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit <https://safeu.utah.edu>
- 3. *Addressing Sexual Misconduct.*** Title IX makes it clear that violence and harassment based on sex and gender (which Includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 383 South University Street, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).
- 4. *Academic Misconduct Statement.*** It is expected that students adhere to University of Utah policies regarding academic honesty, including but not limited to refraining from cheating, plagiarizing, misrepresenting one's work, and/or inappropriately collaborating. This includes the use of generative artificial intelligence (AI) tools without citation, documentation, or authorization. Students are expected to adhere to the prescribed professional and ethical standards of the profession/discipline for which they are preparing. Any student who engages in academic dishonesty or who violates the professional and ethical standards for their profession/discipline may be subject to academic sanctions as per the University of Utah's Student Code: <https://regulations.utah.edu/academics/6-410.php>
- 5. *Drop/Withdrawal Policies.*** Students may drop a course within the first two weeks of a given semester without any penalties. Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade "W" is not used in calculating the

student's GPA. For deadlines to withdraw from full-term, first, and second session classes, see the U's Academic Calendar.

6. Other important information to consider including:
  - a. Student Code: <http://regulations.utah.edu/academics/6-400.php>
  - b. Accommodation Policy (see Section Q): <http://regulations.utah.edu/academics/6-100.php>
7. **Supports for Students.** Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you. Please refer to the [Student Support Services page for the U](#) for updated information.
8. **Basic Needs Student Support Statement.** Success at The University of Utah includes learning about and using available resources. The [Basic Needs Collective](#) (BNC) is a coordinated resource referral hub. They educate about and connect students to campus and community resources to help them meet their basic needs. As a central location for resource referrals related to food, housing, health insurance, managing finances, legal services, mental health, etc., any student experiencing difficulty with basic needs is encouraged to contact them. Drop into their office located in the Union basement or schedule with them online for an in-person or virtual visit through their webpage: <https://basicneeds.utah.edu/>.