



THEA 2142 Dance for Theatre: Ballet
Fain College of Fine Arts

Spring 2026
MWF 9:00-9:50 AM

Contact Information

Instructor: Liz Redmill

Office: B107

Office hours: M/W 11:00 AM-1:00 PM, T/Th 2:00-3:00 PM or by appointment

Office phone: 940-397-4395

E-mail: elizabeth.redmill@msutexas.edu

Course Catalog Description

Students will engage and learn basic ballet dance technique. This includes principles, skills, and vocabulary. Each class will begin with a barre warm-up and progress to movement combinations.

Textbook & Instructional Materials

There are no required texts. Handouts and PDFs of reading materials will be provided through D2L.

Recommended texts:

Technical Manual and Dictionary of Classical Ballet by Gail Grant

Course Objectives

This course is designed to introduce students to the foundational principles of classical ballet technique while fostering body awareness, musicality, and expressive movement. Through consistent studio practice, students will develop proper alignment and placement, coordination, strength, flexibility, and balance. Emphasis is placed on learning and applying basic ballet vocabulary, understanding safe and sustainable movement practices, and cultivating focus and professionalism in the studio.

Through this course, students will:

- Demonstrate foundational ballet technique with proper alignment and placement.
- Execute basic barre and center exercises with coordination and musical awareness.
- Use correct ballet terminology (primarily in French) in practice and discussion.
- Apply safe body mechanics, warm-up, and stretching practices.
- Show growth in strength, flexibility, balance, and performance quality.
- Demonstrate professionalism, focus, and respect for the studio environment.

Course Requirements

IN-CLASS PARTICIPATION:

- Turn off or silence cell phones. Cell phones should not be seen or heard during class time.
- Engage in daily activities and class discussions
- NO gum, food, or drinks are allowed in the studio. A water bottle with a lid is welcome and encouraged.
- Listen and remain attentive during class. Have fun, be engaged, participate fully to develop your skills and imagination, and gain insight into yourself. Participation will be graded on attitude, effort, execution of concepts, improvement, and classroom discipline and conduct.
- Remain respectful and attentive while others are speaking/demonstrating in class.
- Any injuries that prohibit class participation must be reported to the instructor.
- If you cannot participate in class due to an injury you must quietly take notes on the combinations, ideas, and concepts discussed in class. These notes must be turned in to the instructor at the end of the class period.
- If you must leave the classroom before the end of class, please let the instructor know beforehand.

DRESS CODE POLICY:

- Women: Leotard and tights. Leggings and form-fitting top that covers the midriff permitted. Cover up of ballet skirt or ballet shorts permitted. Please no crop tops.
- Men: form fitting shirt, tights or leggings and dance belt required.
- Footwear required: black, pink or skin colored flat, split soled ballet slippers. No socks permitted.
- Hair should be away from the face and secured. No ponytails flying around.
- Students dressed inappropriately will not be permitted to participate.

SELF-ASSESSMENTS:

- Students will complete three self-assessments during the semester to reflect on their personal growth around the concepts being taught. Each assessment will focus on their progress, strengths, and areas for improvement.
- Self-assessments will be submitted on D2L.

INFLUENTIAL DANCER PRESENTATION:

- Students will research and present on an influential ballet dancer from the 20th/21st centuries. More information will be given later in the semester.

TECHNIQUE, VOCABULARY, AND SKILL DEVELOPMENT

- Students will be assessed weekly through instructor observation of technical growth and accurate use of ballet vocabulary, with attention to progress, effort, and the application of corrections during class.

PRODUCTION REVIEW:

- Students are required to attend *Cabaret*. You can receive a free ticket with your valid MSU Student ID.
- Students will write a 2-page, double-spaced paper for the production reflecting on their observation of the performance. Specific details for the paper will be given later in the semester.
- This paper should demonstrate thoughtful observation and connection between class content and live performance.

- Students that are in *Cabaret* will be required to write an alternate paper based on connecting their experience in the production with class content.

FINAL EXAM:

- The final exam for this course consists of a practical ballet technique evaluation and a written reflection. Students will demonstrate selected barre and center exercises covered throughout the semester, with assessment based on individual growth, effort, musicality, and application of corrections. The written reflection allows students to articulate their learning process, technical development, and understanding of ballet vocabulary.

Attendance

This is a studio course and carries the expectation that students should be active participants in their coursework. Participation is the only way to meet the objectives of this course. Attendance is MANDATORY. The content of each class builds on the content covered in the prior class. Students who are absent will be expected to proactively seek out and understand the information covered in class.

Three non-official absences are allowed to accommodate students who must miss class due to illness, family functions, etc. If a student is acting as an official representative of the University they must provide prior written verification from the faculty/staff supervisor of the event. Please communicate with the instructor as soon as possible about illness or scheduled absences.

Tardiness is extremely disruptive and disrespectful to the creative process; please arrive on time, ready to engage in the activities. If a student is more than 25 minutes late for class without contacting the instructor in advance, it will be considered an absence. Students who disappear for more than 10 minutes during class will also be considered absent.

Late work will not be accepted. If a student is absent, homework must be turned in via email, D2L (when applicable), or a classmate the day it is due.

Instructor Class Policies

Please Note: Teaching dance involves “hands on” corrections and guidance. This is a way of informing your body through tactile cues and has been integral to dance classes throughout the ages. Areas that respond especially well to tactile guidance are the legs, arms, head and neck, and torso (back, ribs and shoulders). However, tactile cues can vary from student to student. If you are not comfortable with this type of “hands on” training, please speak with your instructor privately.

Different types of music may be played throughout the course. Please let the instructor know if you have any music restrictions due to religious or personal standards.

SAFE ZONE STATEMENT

The instructor considers this classroom (or whatever space in which this class is meeting) to be a place where everyone will be treated with respect as a human being –regardless of gender, race, ethnicity, national origin, religious affiliation, sexual orientation, political beliefs, age, or ability. Additionally, diversity of thought is appreciated and encouraged, provided all can agree to disagree. It is the instructor’s expectation that ALL students consider the classroom/meeting location a safe environment.

Behavior that interferes with either the instructor’s ability to conduct the class or the ability of other students to benefit from the instruction will result in the instructor removing the disruptive student(s) from the class, either temporarily or permanently (instructor drop), and receive a final lower grade, up to an F. In addition,

and depending on the nature of the behavior or conduct, the student(s) may be subject to further disciplinary actions as per MSU policies.

CELL PHONES AND OTHER RECORDING DEVICES

The use of cell phones and other recording or electronic devices is strictly prohibited during class. The instructor may record performances, from time to time, on a cell phone for legitimate class reasons. Student recording of the class is prohibited, unless it is part of a reasonable accommodation under ADA, unless it is done by the instructor for grading purposes, or can be done by obtaining written consent by the instructor. If you are uncomfortable having your performances recorded, please let the instructor know.

SCHOOL CLOSURES/INCLEMENT WEATHER

In the case of a school closure due to inclement weather or other situations, classes will be moved to Zoom through D2L. Make sure to check D2L announcements for specific instructions.

AI STATEMENT

You may use AI for planning, idea development, and initial research. Your final submission should show how you developed and refined these initial ideas into the final submission.

Grading

Assignments	Percentage
Daily Participation/Activities	30%
Self-Assessments	10%
Influential Dancer Presentation	10%
Technique & Skill Development	20%
Production Review	10%
Midterm & Final Technique Evaluations	20%
Total Percentage	100%

Grade	Percentage
A	94-100
A-	90-93.99
B+	87-89.99
B	83-86.99
B-	80-82.99
C+	77-79.99
C	73-76.99
C-	70-72.99
D+	67-69.99
D	63-66.99
D-	60-62.00
F	Below 60

Course Schedule

Week	Activities/Assignments/Exams	Due Date
Week 1	Introduction to Ballet Self-Assessment #1 DUE	 1/23
Week 2	Building the Barre	
Week 3	Balance and Coordination	
Week 4	Strength and Control	
Week 5	President's Day-No Class Assign Influential Dancer Research Project TBD	2/16 2/18 2/20
Week 6	Across-the-Floor Basics CLASS ONLINE: ACTF	 2/23
Week 7	Across-the-Floor Basics Midterm Technique/Vocabulary Check Self-Assessment #2 DUE	 3/6 3/6
SPRING BREAK	SPRING BREAK	3/9- 3/13
Week 8	Allegro Foundations Influential Dancer Research Project Slides DUE	 3/16
Week 9	Influential Dancer Presentations Theatre Honors Day-NO CLASS Influential Dancer Presentations <i>Cabaret</i> -you are required to see at least one performance.	3/23 3/25 3/27 3/26- 3/29

Week	Activities/Assignments/Exams	Due Date
Week 10	Influential Dancer Presentations	3/30
	Influential Dancer Presentations	4/1
	Holiday Break-No Class	4/2-4/3
Week 11	Turns and Transitions	
	Cabaret Production Review DUE	4/5
Week 12	Combination Building	
Week 13	Combination Building	
Week 14	Review and Refinement	
	<i>Revolutionists</i> - you are not required to see a performance, but it is strongly recommended.	4/30-5/3
Week 15	Review and Refinement	
	Self-Assessment #3 DUE	5/8
Finals Week		TBA

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Student Handbook

Refer to: [Student Handbook](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

[Office of Student Conduct](#)

Student Privacy Statement

Federal law prohibits the instructor from releasing information about students to parties outside the university without the signed consent of the student. Thus, in almost all cases the instructor will not discuss a student's academic progress or other matters with his/her parents without the proper release from students.

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Student Wellness Center (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

College Policies

Campus Carry Rules/Policies

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Participation in laboratory classes (acting, voice, movement) often requires students to wear yoga, movement, or period style clothes/costumes. These types of garments may be thin or form fitting which may make concealed carry of a firearm difficult if not impossible. In addition, students are often required to make physical contact with other students while learning exercises, choreography and/or physical positioning within special technique work. This required physical contact may also make concealment of a firearm difficult. While concealed carry is not prohibited in laboratory style class, students are reminded that intentional display of a firearm may result in criminal and/or civil penalties and unintentional display of a firearm is a violation of university policies and may result in disciplinary actions up to and including expulsion from the program and university. Students should factor the above in their decision as to whether or not to conceal carry in any theatre laboratory class.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC.

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [MSUReady – Active Shooter](#). Students are encouraged to watch the video entitled "Run. Hide. Fight." which may be electronically accessed via the University police department's webpage: ["Run. Hide. Fight."](#)

Grade Appeal Process

Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

***Notice:** Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.