

ANT 101 – Anatomy

An in-depth study of functional Human Anatomy as it applies to the needs of the dancer and the dance teacher, providing a basic understanding of the structure and function of the Human body.

DNC 101 - Ballet Technique

An introductory class designed to familiarize all incoming students with the NBS style and approach to ballet training. Focus is on increasing strength and technical proficiency. Includes study of RAD Intermediate (see DNC 103).

BMN 101 - Benesh Notation

Introduces Benesh Dance notation, emphasizing the abilities to read, write and interpret notated dance.

DNC 102 - Cecchetti Intermediate

Introduces the Cecchetti syllabus at the Intermediate level. Emphasizes artistry, style and technique, and provides preparation for an externally assessed exam with the Cecchetti Society.

DNC 202 - Cecchetti Advanced I

Continues the work begun in DNC 102. Focuses on a deeper understanding of the artistry and technique unique to this syllabus, and provides preparation for an externally assessed exam with the Cecchetti Society.

DNC 302 - Cecchetti Advanced II

Continues the work begun in DNC 202. Emphasizes increased technical ability and includes syllabus teaching points. Provides preparation for an externally assessed exam with the Cecchetti Society.

SOC 301 – Communications *(Not available in 2022-2023)*

Introduces the skills of management, problem solving and effective communication. Explores child development in terms of cognitive and psychological growth.

PHS 101 – Conditioning I

Focus on personal development of the physical attributes of flexibility, strength, muscular endurance, and cardiovascular endurance.

PHS 201 – Conditioning II

Studies the development of the physical attributes of flexibility, strength, muscular endurance, and cardiovascular endurance, in addition to the motor attributes of agility, balance, body awareness, coordination, and spatial orientation.

DNC 307 – Dance in the Community *(formerly Dance in the Classroom)*

This is a course focused on the applications of Creative Dance in an elementary school setting. The material covered will include dance as arts education, dance as physical education and dance as a co-curricular learning tool.

HST 102 - History of Art

The study of visual art as a way of developing the dance teacher's eye for line, form and style. Focuses on building general knowledge about art and artists, and how to interpret and evaluate their work.

HST 101 – History of Ballet I *(formerly History of Dance I)*

Focuses on the development of dance from its original manifestations in primitive ritual through its development as a theatrical art form up to the end of the Romantic Period.

HST 201 – History of Ballet II *(formerly History of Dance II)*

Continues the work begun in HST 101. Studies the development of classicism in Russia, neo-Romanticism, the Diaghilev period, neo-Classicism and German Expressionism.

HST 301 – History of Ballet III (formerly *History of Dance III*) *(Not available in 2022-2023)*

Continues the work done in HST 201. Focuses on developments in dance in Europe and North America from the mid-twentieth century to the present day.

DNC 306 – Modern

Explores the fundamental principles of modern dance including fall and recovery, articulation of the torso, use of the floor, and the development of the body as an expressive instrument. Focuses on physicality, use of space, phrasing and dynamics (2 year course).

MUS 101 - Music I

An introduction to music theory concepts. Emphasizes the skills required to work effectively with a musician, and to integrate musical forms into practical dance class situations.

MUS 201 - Music II

Continues the work begun in MUS 101. Focuses on rhythm and phrasing, unusual meters, and practical work highlighting effective communication with a musician.

MUS 202 - Music/Practicum II

Studies the practical application of music knowledge in a classroom environment. Focuses on selecting appropriate music, demonstrating counts and phrasing, and communicating with a musician within the structure of a ballet class.

MUS 301 - Music/Practicum III *(Not available in 2022-2023)*

Studies the practical application of music knowledge in a classroom environment. Focuses on selecting appropriate music, demonstrating counts and phrasing, and communicating with a musician within the structure of a ballet class.

DNC 104 - National Intermediate

The study of traditional folk dance and an introduction to character dance. Provides preparation for an externally assessed examination with the Imperial Society of Teachers of Dancing, including style, partnering and patterning.

DNC 204 - National Advanced I

Continues the work begun in DNC 104. Further exploration of European folkdance, with focus on theory, demonstration, and working with partners. Provides preparation for an externally assessed examination with the Imperial Society of Teachers of Dancing.

DNC 304 - National Advanced II *(Not available in 2022-2023)*

Continues the work begun in DNC 204. Further exploration of European folkdance, with focus on theory, demonstration, and working with partners. Provides preparation for an externally assessed examination with the Imperial Society of Teachers of Dancing.

DNC 205 - National Associate

Introduces the ISTD National Dance Associate syllabus. Focuses on the dances in the Primary to Intermediate levels as a basis for teaching. Provides preparation for the Associate level examination of the Imperial Society of Teachers of Dancing National Dance Branch.

PED 101 - NBS Curriculum I

Introduces the NBS curriculum and approach to teaching in the Associates Program. Focuses on the Primary Ballet to Certificate 6 vocabulary, and includes practicum sessions.

PED 201 - NBS Curriculum II

Continues the work begun in PED 101. Focuses on Level I and II of the seven year curriculum of the NBS Full Time Ballet & Academic Program.

PED 301 - NBS Curriculum III

Continues the work covered in PED 201. Focuses on the NBS curriculum for Levels II – IV, and encourages a process of critical thinking about how the mechanics of dance translate into defined goals.

PED 401 - NBS Curriculum IV

Offers an advanced study of the NBS curriculum. This course is offered to students in the 2nd year of the Professional Dancer Program, and requires a high level of technical proficiency and understanding.

PED 102 – Pedagogy I Cecchetti

Studies the syllabus of the Cecchetti Society. Focuses on developing a technical and stylistic understanding of the material covered in Grades 1-6.

PED 302 - Pedagogy III Cecchetti *(Not available in 2022-2023)*

Continues the work begun in PED 102. Focuses on the principles of teaching, using the pianist and music in teaching, analysis of vocabulary, class content and structure, and demonstration techniques. Students work towards the Associate level teaching qualification.

PED 103 - Pedagogy I RAD

Studies the syllabus of the Royal Academy of Dance Pre Primary through to Grade 5, and Intermediate Foundation, boys and girls. Emphasizes the systematic and logical progression of dance movements in the RAD syllabus.

PED 303 - Pedagogy III RAD *(Not available in 2022-2023)*

Continues the work begun in PED 103. Focuses on the principles of teaching, using the pianist and music in teaching, analyzing vocabulary, class content and structure, and demonstration techniques. Students work toward obtaining Registered Teacher Status with the RAD.

DNC 103 — RAD Advanced

DNC 103 is a one term course based on the syllabus of the Royal Academy of Dance Advanced Foundation Level, which culminates in an externally assessed examination with the RAD. Artistry and technical application are an integral part of the course and students are expected to have a thorough knowledge of both the girls and boys syllabus. A successful result allows continuation to the Advanced 1 level.

DNC 203 — RAD Advanced

DNC 203 is 2nd/3rd year course based on the syllabus of the Royal Academy of Dance Advanced 1 Level taking place during the second term of the school-year. For those who have progressed sufficiently, this culminates in an optional, externally assessed examination with the RAD. Artistry and technical application is an integral part of these courses and students are expected to have a thorough knowledge of the girls' syllabus by year end. A successful result allows continuation to the Advanced 2 level.

DNC 303 - RAD Advanced B

Continues the work begun in DNC 203. Focuses on artistry and technical application of the RAD syllabus material. Provides preparation for an externally assessed exam with the RAD.

TCH 304 - Repertoire Studies *(Not available in 2022-2023)*

Provides an in depth look at composition and basic choreography and the teaching of pointe work. Also offers an introduction to Pas de Deux, and classical repertoire.

TCH 204 - Studio to Stage

Offers a grounding in theatrical design and production, preparation for the job search process and an overview of topics and resources needed in business management.

TCH 101 - Teaching Methodology in Action I

Offers the opportunity to observe and assist in NBS student dance classes. Students monitor class and student progression, and learn teaching skills from experienced NBS Staff. A portfolio is submitted, which documents material observed in both AP and PBP. Includes observing and assisting credits: Associates Program, Professional Ballet Program.

TCH 201 -Teaching Methodology in Action II

Continues the work begun in TCH 101. Offers the opportunity to assist in NBS student dance classes. Students monitor class and student progression, and learn teaching skills from experienced NBS Staff. A portfolio is submitted, which documents material observed in both AP and PBP. Includes assisting credits: Associates Program, Professional Ballet Program.

TCH 301 - Teaching Methodology in Action III *(Not available in 2022-2023)*

Continues the work begun in TCH 201. Offers the opportunity to assist in NBS student dance classes with increased responsibility. Students are given the opportunity to teach classes and receive feedback from NBS Staff with teaching assessments. A portfolio is submitted, which documents material observed in both AP and PBP. Includes the following assisting credits: Associates Program, Professional Ballet Program.

TCH 401 - Teaching Methodology in Action Professional

Provides the opportunity to assist in numerous NBS student dance classes. Students are given the opportunity to teach classes and receive feedback from NBS Staff. A portfolio is submitted, which documents material observed in both AP and PBP. Includes assisting credits: Associates Program, Professional Ballet Program.

TCH 501 - Teaching Methodology in Action V for Professional Dancers

Continues the work begun in TCH 401. Offers the opportunity to assist in NBS students' ballet classes with increased responsibility. Students are given the opportunity to teach classes and receive feedback from NBS Staff through teaching assessments.

TCH 302 - Teaching Intern Practicum

Students have an opportunity to experience aspects of the profession outside of the classroom. Using the knowledge acquired, students work a minimum of 25 hours in a dance or teaching related professional environment.

TCH 105 – Voice

A seminar course that studies voice as a tool of communication and expression in the teaching environment. Focuses on training the mouth, diaphragm and vocal chords, and producing a well-modulated voice.

TCH 103, 203, 303 - Workshop Series

Offers a variety of seminar style classes on issues relating to teaching dance. Features sessions that focus on teaching 3, 4 and 5 year old children, a pointe shoe fitting seminar, and a class on the application of theatrical make-up.