

Ballet Benefits and Basics Design Document

<p>Business Purpose</p>	<p>Mayberry Recreation District is the state’s premier public parks and recreation district. The Mayberry population serviced by the district ranges from toddlers to seniors 80+. While youth programs are consistently popular, many adult programs are still struggling to rebound since COVID. Mayberry RC is implementing an interest survey to help match adults with programs the district offers. One of the programs they wish to build back is the adult ballet program, which provides a unique opportunity for both exercise and creative expression, accessible to a wide range of ages and abilities. However, MRC has found many Mayberry adults believe they cannot participate in ballet due to age, size, gender, or other perceived barriers. Others see ballet as performance/recital-focused and do not recognize the benefits of practicing and learning the art in recreational classes. The goal of this training is to familiarize potential adult ballet class members with the art form and communicate the physical and mental benefits of ballet in an effort to close this information gap and increase class sizes. Successful training would result in a rebound for adult ballet classes to pre-COVID numbers or higher in one year.</p>
<p>Target Audience</p>	<p>The focused target audience is adults ages 18-80 whose interest survey indicates they are looking for a combination of creative and physical activity that is low-impact, past adult dance students, and past yoga, pilates and art students.</p> <p>The broad audience is adults ages 18-80 within Mayberry Recreation District. The instruction will be available to all adults who login to their website.</p>
<p>Training Time</p>	<p>15–20-minute eLearning course</p>
<p>Training Recommendation</p>	<p>Potential students should access an e-learning course through the Mayberry Recreation District website to allow for asynchronous and self-paced learning, accessible from anywhere. eLearning will be the most efficient method of training to reach various populations within the Mayberry Recreation District in a convenient way for learners. The course will include scaffolded interactivity and knowledge checks. Visual representations of various ages/genders of adults practicing ballet will be included to counter misconceptions that only a certain type of person can participate.</p>
<p>Deliverables</p>	<ul style="list-style-type: none"> ● 1 storyboard with script outlining the Ballet Benefits and Basics course ● 1 eLearning module, developed in Articulate Storyline with voiceover narration. Includes scaffolded interactivity with knowledge checks and end-of-course assessment. ● One (1) “Types of ballet” PDF Job Aid, provided in eLearning course Resources ● One (1) “5 positions of the feet and arms” PDF Job Aid, provided in eLearning course Resources

	<ul style="list-style-type: none"> ● One (1) “20 Reasons Adult Ballet is a Great Workout” PDF job aid, provided in eLearning course Resources ● One (1) “How to search and register for classes at MRC” PDF Job Aid, provided in eLearning course Resources
Learning Objectives	<p>By the end of the training, the learners will be able to...</p> <ul style="list-style-type: none"> ● Recall how ballet got its start ● Recognize physical and mental benefits of ballet training ● Match basic ballet positions and terms to the movements they describe
Training Outline	<p>Introduction</p> <ul style="list-style-type: none"> ● Welcome ● Navigation ● Objectives <p>Topic: Origin of Ballet</p> <ul style="list-style-type: none"> ● What is Ballet? <ul style="list-style-type: none"> ○ Ballet is an art form, usually performed on stage ○ Ballet began in Italy, but was formalized in France ○ Ballet is over 400 years old ○ In the 19th century, ballet became very popular in Russia ○ Today most ballet schools are either French or Russian-technique based, but the language of the art remains largely French ● Knowledge Check: Origin of ballet <p>Topic: Benefits of Ballet</p> <ul style="list-style-type: none"> ● Why Ballet? ● Physical Benefits <ul style="list-style-type: none"> ○ Strength and Flexibility ○ Flexibility ○ Improved Posture ● Mental Benefits <ul style="list-style-type: none"> ○ Mental Strength and Focus ○ Expressive/Creative Outlet ○ Social Interaction and Camaraderie ○ Confidence ● Knowledge Check: Recognize physical and mental benefits of ballet <p>Topic: Ballet Basics</p> <ul style="list-style-type: none"> ● Tools used in ballet <ul style="list-style-type: none"> ○ The human body ○ Ballet shoes or slippers ○ Ballet barre ● Basic Foot positions <ul style="list-style-type: none"> ○ First position ○ Second position

	<ul style="list-style-type: none"> ○ Third position ○ Fourth position ○ Fifth position ● Three basic movements <ul style="list-style-type: none"> ○ Plie—a bending of the knees ○ Releve—raising up on toes ○ Saute—to jump ● Knowledge check: positions of the feet <p>Assessment</p>
Assessment Plan	80% passing on e-learning module assessment over learning objectives via 5 multiple choice questions. Learner will have unlimited attempts.
Evaluation of Success	<ul style="list-style-type: none"> ● Pre-/post-learning surveys of Mayberry adults and their outlook on taking ballet class. ● The amount of new registrations MRC receives for adult ballet classes within the course of one year.