



First Level Ballet Instructor Diploma Course

COURSE DESCRIPTION

ACADEMIC YEAR 2023–2024

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Introduction

The roots of the La Scala Academy reach all the way back to the year 1813, when Teatro alla Scala opened its Ballet School, now recognized internationally as one of the world's preeminent institutes of dance. In the 1950s, Arturo ensured the continuity of the Italian operatic tradition with the creation of the “Cadetti della Scala” school to fulfill the true La Scala vocation of promoting the growth of young talents. In the 1970s, Tito Varisco, then director of scenes and costumes, founded the Set Designers course to transmit the creative and manual excellence of La Scala artists to the coming generations.

New course offerings developed around these core programs and in 2001, transforming into a private foundation under the superintendency of Carlo Fontana, the Academy assumed its current form. Its curriculum is structured around four departments—Music, Dance, Stagecraft, Management—providing professional development for all figures associated with musical theatre via training courses, advanced study, workshops, and internships. The high level of the teaching staff guarantees the most appropriate preparation, thanks to the contributions of Teatro alla Scala professionals who team with consummate artists and the most renowned experts.

Every year, young talents from all over the world study to achieve excellence in artistic, technical, and managerial professions: opera singers, orchestra musicians, choir singers, piano accompanists and opera coaches, ballet dancers, set designers, costume makers, hair and makeup artists, wig makers, lighting designers, stagehands, photographers, audio technicians, videomakers, managers...

The curriculum, based on the teaching method of learning by doing—including real-world employment experience in internships—, ensures the acquisition of competencies and their consolidation through application. The Academy Project, an opera included on the Teatro alla Scala season program in which many students are involved, is joined by other opportunities provided during the learning experience: concerts, events, exhibitions, seminars.

In the more recent years contacts on the international level have been incentivized to increase exchanges among students, hospitality, and concerts, and further development was given to research and cooperation projects undertaken with eminent partners with the support of the European Community.

The same principle of openness and collaboration underpins the teaching and outreach area, created to promote projects to communicate and share the culture of the theatre and music both within and outside of the Academy by means of guided listening, musical workshops, guided tours, and meetings with singers and musicians.

With Ministerial Decree no. 396 of May 16, 2018, the Academy received authorization from the Italian Ministry of Education, Universities, and Research (MIUR) to establish a First Level Ballet Instructor Diploma Course [*Corso di Diploma Accademico di I livello in Danza Classica ad indirizzo tecnico-didattico – DDPL01*] in its Milan facilities.

First Level Ballet Instructor Diploma Course

Goals and Structure

The First Level Ballet Instructor Diploma Course is geared to students seeking advanced, in-depth study of ballet technique and performance. The course entails analytical study of ballet technique and repertoire complemented by study of all disciplines historically associated with dance: music, choreography, science, art. The course provides broad, in-depth development, preparing the student for a career at a high technical and artistic level or for further study in the Second Level Academic Diploma Courses.

The goal of the First Level Ballet Instructor Course is to provide dancers with in-depth training in both ballet technique and the art of teaching so that they can plan and conduct ballet lessons and courses applying the method of the La Scala Academy Ballet School.

The curriculum is based on the first six years of the eight-year Academy Ballet School program and is the same for all students; attendance is mandatory.

Students will acquire practical and theoretical knowledge and competency in anatomical, physiological, rhythmic, and musical disciplines complemented by study of psychology and pedagogy to hone their skills as teachers.

The teaching method includes the following activities:

- lessons in the dance room;
- theory lessons in the classroom;
- assistance in ballet lessons conducted by Ballet School instructors;
- observation of ballet rehearsals;
- student teaching (observation and practice) with Ballet School students.

The foundational principles of the teaching method applied in the course are: integration of theory and practice; opportunities to observe Ballet School lessons; keeping pace with the program in the various disciplines; and monitoring of individual student progress.

Students completing the course (180 credits in course plan, other educational activities, and final exam) will receive a First Level Academic Diploma [*Diploma Accademico di I livello*] recognized by MIUR.

FIRST YEAR

The first year of the three-year program focuses on laying the groundwork for the creation of a shared language or mode of communication through the acquisition and active implementation of specific aspects of ballet technique and elements of anatomy, music, and psychology and pedagogy applied to dance. The objective in the first year is to give the student solid basic training, integrating study of theory with practical experience in the teaching program of the first two years of Academy Ballet School.

A focus of study, involving both practical exercises and observation in the dance room, are the floor and barre steps practiced in the first two years of the Academy ballet program. In parallel with the courses “Ballet Technique and Analysis” and “Ballet Teaching Method and Lesson Planning”, students will approach music theory through rhythm studies. They will study the skeletal-muscular system in learning about “Anatomy Applied to Dance”, and also learn how to apply the principles of psychology and pedagogy to the specific context of ballet instruction. The student will thus be guided through the development of the necessary competencies, put into practice during the internship, to design and plan ballet lessons with an emphasis on the

musical characteristics of dance steps, the physical development of the students, and the educational relationship. This will be complemented by basic elements in history of dance, music for dance, and historical dances. The study of the fundamentals of dance, not just from a technical point of view but also historical and stylistic, contributes to the acquisition of solid, in-depth knowledge and competencies.

SECOND YEAR

During the second year, the student will address the teaching method and curriculum of third- and fourth-year ballet. Theoretical and practical study of technique and analysis of ballet will move in parallel with study of the method and planning of ballet lessons for these two years.

The objective in the second year is to give the student a well-rounded basis, consolidating the dictates of classical ballet technique, and provide additional occasions for the practical application of what the student has learned about anatomy, music, and the psychology of learning. Musical disciplines are applied to dance, with a focus on the rhythmic development of steps and the musical differentiation between courses for females and courses for males. Lessons in anatomy find immediate practical application in the study of ballet movement and the medical aspects of dance. Students gain awareness of their transversal skills, applying the psychological theory they have learned and further developing competencies in interpersonal dynamics as they relate to the educational context.

The students will complement the theoretical and practical lessons of the second year with a period of observation and assistant teaching with Ballet School students, putting their acquired skills and knowledge to the test in the dance room.

In parallel with the program at the School, which adds contemporary technique in the fourth year, the Second Year curriculum includes “Techniques of Improvisation, Analysis and Development of Performance” and “Contemporary Dance Technique and Analysis” and is further developed with classes in “Ballet Repertoire” and “Character Dances”, supported by the basics of “Interpretation of Gesture and Movement in Figurative Arts and Dance”.

THIRD YEAR

The third year completes instruction relating to the fifth and sixth years of Ballet School. The objective of Third Year is to equip students with the teaching tools necessary to conduct a dance lesson in the dance room on their own, with emphasis on the psycho-physical aspect of the group of dance students. The students will learn how to plan and construct a ballet lesson, developing exercises with increasing level of rhythmic development and executive difficulty, in line with the Ballet School course program from Level 1 through Level 6 and working with the piano accompanist to ensure the most appropriate music for the characteristics and pace of the steps. Furthermore, through the competencies acquired in anatomy and physical technique of dance, students will learn how to correct technical errors in execution by applying the correct movement to the ballet technique.

As the technical-instructional program specifies, the student must also be prepared and capable of handling all aspects, both methodological and artistic, of ballet lessons and courses as well as highly professional dance performances. Lessons on “Performance Space and Elements of Scenographic Composition” and “Observation and Analysis of the Ballet Repertoire” develop not only academic technique in dancers but also the ability to design and stage a live performance.

The diploma is received after passing the final exam, which assesses the competencies acquired by the student during the educational process.

The final exam for a First Level Academic Diploma assesses the individual in both types of teaching activities: theory and practice. The practical section involves simulating a dance lesson based on the pre-academic course of the first three years. For each of the fundamental disciplines assessed by final exam the student will produce a written report with appropriate bibliography and/or cultural and artistic references demonstrating the reliability of the sources used and the originality of the proposal.

Lessons are held Monday through Saturday between the hours of 9:00 AM and 6:00 PM.

Admission

The Course is open to 20 participants.

Citizens of Italy or other countries who hold a five-year high school diploma or another academic certificate of recognized equivalency according to applicable Italian law are eligible to apply.

Applicants must also have completed at least eight years of ballet and/or contemporary dance study certified by dance schools, institutes or centers. Applicants may also provide self-certification of the same.

Applicants having at least two years of certified professional experience as a dancer with an Italian or foreign dance company or corps de ballet and/or documented experience as a ballet instructor at an Italian or foreign dance school or dance company may receive preferential consideration during the admission process.

Applicants may be simultaneously enrolled in the La Scala Academy and in university-level AFAM [advanced training in music, dance, and the arts] courses, pursuant to Ministerial Decree no. 933 of August 2, 2022 (DM 933/2022). Applicants intending to undertake such dual enrollment must state this when applying to the La Scala Academy and attach the program of study at the complementary institution.

Preferential consideration will be given to applicants who:

- hold a diploma from a high school specialized in dance;
- have at least two years of certified professional experience as a dancer with an Italian or foreign dance company or corps de ballet;
- have documented experience as a ballet instructor at an Italian or foreign dance school or dance company.

Admission to the Program is contingent upon successfully passing an entrance exam on the theory and practice of basic ballet technique, followed by an interview.

The entrance exam is given online on the Teams platform on March 28-29 or September 27-28, 2023, depending on which entrance exam the applicant chooses.

The theory and practice exam involves conducting an intermediate-level group ballet lesson structured as follows:

- Barre: 11 standard ballet modules applicable to levels III to V in the eight-year program;
- Center: a basic structure of simple compositions to different rhythms (waltz, polka, galop).
- Leaps and *en-pointe* work: knowledge of the basic techniques practiced in levels III to V;
- Basic questions on the use of the principal muscles involved in certain movements;
- Basic questions about music, mainly referring to rhythm;
- Questions on the teacher-student relationship in different age groups.

The results of the first session of the entrance exam will be posted on April 3, 2023; those for the second session will be posted on September 29, 2023.

Enrollment

Those who have completed the enrollment process, submitted all required documentation, and paid all required fees are considered to be Academy students.

The enrollment form for the first year must be submitted no later than April 11, 2023 for those who have successfully passed the first entrance exam session and no later than October 6, 2023 for those who have successfully passed the second entrance exam session.

Enrollment forms for subsequent years must be submitted no later than September 15, 2023.

To enroll in the Program, prospective students must access their personal page on <https://iscrizioni.accademialasca.it>, log in with their username and password, and click on APRI/VISUALIZZA to complete the process.

They will be asked to attach:

- a signed copy of the General Terms and Conditions, which are available directly in the online form. The document must be downloaded, signed (either electronically or by printing, signing, and scanning), and attached to the enrollment form;
- (if applicable) a copy of the *codice fiscale* of the owner of the bank account that will be used to pay tuition (the person indicated on the SDD form);
- (if applicable) a copy of a bank document bearing the IBAN of said bank account (this document can generally be downloaded via the home banking service);
- (if applicable) the SDD form, available directly in the online form. The document must be downloaded, signed (either electronically or by printing, signing, and scanning), and attached to the enrollment form;
- NB: those who do not have a bank account in the Single Euro Payments Area (SEPA) must pay tuition installments by bank transfer according to the specified deadlines (see the Tuition section below);
- a medical certificate of fitness for non-competitive sports.

After submitting the form and attachments, a PDF document summarizing the procedure will be generated. This document must be downloaded, printed, signed, scanned, and attached where indicated to complete the enrollment process.

Foreign students

Non-Italians wishing to enroll in the Program must present a secondary school certificate attesting to at least 12 years of study and an academic qualification certificate if applicable in the country of origin.

Starting in academic year 2021-2022, nationals of non-EU member states residing outside of Italy must submit a visa application via the University website. This is obligatory in order to obtain a visa for purposes of study at the Italian embassy in the prospective student's country of citizenship.

Program of Study

FIRST YEAR

Course	Total hours	Credits	Evaluation
Anatomy applied to dance	150	6	E
Music theory and practice	125	5	EV
History of ballet music	75	3	ID
Ballet technique and analysis	300	12	EV
Ballet teaching method and lesson planning	150	6	EV
History of dance	50	2	E
Music for dance lessons	50	2	ID
Psychology	50	2	E
Pedagogy	50	2	E
Historical dances	75	3	ID
Dance support techniques	50	2	ID
Observation and analysis of the ballet repertoire	25	1	ID
Student teaching	75	3	IDV
English	100	4	E
Electives	175	7	-

SECOND YEAR

Course	Total hours	Credits	Evaluation
Anatomy applied to dance	150	6	EV
Techniques of improvisation, analysis and development of performance	50	2	ID
Music theory and practice	100	4	EV
Interpretation of gesture and movement in figurative arts and dance	50	2	ID
Ballet technique and analysis	150	6	EV
Ballet teaching method and lesson planning	300	12	EV
Ballet repertoire	50	2	E
Comparative analysis of historical ballet methods and styles	50	2	ID
Music for dance lessons	50	2	ID
Psychology	50	2	E
Pedagogy	50	2	E
Character dances in the ballet repertoire	50	2	ID
Contemporary dance technique and analysis	50	2	ID
Dance support techniques	50	2	ID
Observation and analysis of the ballet repertoire	50	2	ID
Student teaching	125	5	IDV
Electives	125	5	-

Course	Total hours	Credits	Evaluation
Anatomy and physiology of movement	75	3	EV
Physical technique of dance	50	2	E
Techniques of improvisation, analysis and development of performance	50	2	ID
Music theory and practice	100	4	EV
Performance space and elements of scenographic composition	25	1	ID
Ballet technique and analysis	300	12	EV
Ballet teaching method and lesson planning	175	7	EV
Ballet repertoire	75	3	E
Psychology	50	2	EV
Pedagogy	50	2	EV
Character dances in the ballet repertoire	50	2	ID
Dance support techniques	50	2	ID
Observation and analysis of the ballet repertoire	25	1	ID
Contemporary dance workshop	25	1	ID
Student teaching	125	5	IDV
Electives	150	6	-
Test of foreign language	50	2	-
Final exam	75	3	-

Electives

By decision of the Academic Committee, electives are offered each year with credits varying by course chosen. Within the first two months of each academic year, the Ballet School organizes a meeting between students and all instructors involved in electives.

At the beginning of each academic year, the student may request authorization to attend courses offered by Italian or foreign institutions of a similar level to the Academy as part of the electives option. The Academy shall bear no costs thereof. The Academic Committee will approve these requests on a case-by-case basis, assessing their compatibility with the student's overall program of study.

Attendance requirements

Students will only be admitted to the final course exam if they have attended at least 80% of lessons, excluding individual study, according to applicable regulations.

Exams and evaluation

Tests in courses marked with evaluation method “E” may take the following form:

- Oral exam;
- Written exam;
- Practical exam.

The evaluation is expressed in thirtieths.

The minimum passing score is 18/30. Students may accept a score or opt to redo the test. Students who obtain a perfect score of 30/30 may be awarded honors (*cum laude*) by unanimous decision of the Academic Committee.

In the event that the student refuses the score proposed by the Academic Committee, the exam result is written as “non accettata” [not accepted] in the Committee exam report and nothing is written in the student’s exam booklet [libretto]. Students who refuse an exam score may take the exam again.

Students have the right to withdraw from an ongoing exam.

Students who have formally accepted a passing score on an exam are not eligible to take the exam again.

In courses with evaluation method “ID”, students receive a pass/fail grade assigned by the principal teacher.

Courses with evaluation method “EV” or “IDV” are requisites for further study, evaluated in thirtieths or as pass/fail, respectively.

Three exam sessions are held each year in July, September, and January (summer, fall, and extraordinary, respectively).

The Teaching Office will notify students via email of the opening of exam sessions at least 20 days prior to the session. Students may sign up for an exam exclusively via email according to the deadlines indicated in the email from the Teaching Office.

Final exam

The final exam is worth 5 credits (CFA).

Two sessions of the final exam are held each year: the fall session in September/October; and the winter/extraordinary session in January/February.

The final exam assesses competencies acquired during the course regarding the following objectives:

- Competency for appropriate, contextualized planning: lesson content and timing;
- Mastery of content: knowledge of topic (Ballet technique and analysis);
- Correspondence of exercise and lesson composition to the program (Ballet teaching method and lesson planning);
- Ability to communicate clearly, with specific and appropriate phrasings and vocabulary both during lessons and when talking to the audience.

The final exam includes a practical section and the discussion of a presentation by the student, assessed for its artistic and scientific value.

ADMISSION CRITERIA

1. Students are eligible to take the final exam after earning the 175 credits envisaged in the program of study;
2. Admission to the final exam is contingent upon passing all exams specified in the program of study, obtaining certification of earned credits, and having paid all tuition and fees;
3. Students wishing to take the final exam must complete and submit the appropriate form to the Teaching Office at least 20 days prior to the exam date.

FINAL EXAM APPLICATION AND FINAL PRESENTATION/THESIS

1. After having obtained the 175 credits required for admission to the final exam and at least five months before the intended final exam session, the student comes to an agreement with his/her supervisor(s) and any assistant supervisor(s) regarding the plan for the practical exam and the topic for the presentation/thesis and informs the Teaching Office of the title, even if only a working title, of the presentation/thesis in writing via email (with copy to supervisor[s]);
2. After receiving approval for the topic and for the plan for the practical exam from the supervisor(s) and completing the final draft of the presentation/thesis, the student must submit the Thesis Confirmation Form [Modulo di Conferma Tesi] signed by the supervisor(s) and a PDF of the final presentation/thesis to the Teaching Office at least 20 days prior to the date of the defense;
3. Once the Thesis Confirmation Form has been registered, the dates for the diploma exam will be scheduled;
4. The final exam application is valid only for the selected session. Students who are not admitted to the session or do not present themselves during the session will have to submit a new application for a subsequent session;
5. Students intending to withdraw from the requested session of the final exam must do so in writing via email to the Teaching Office.

Tuition

Annual tuition for the first year of the Program is 4,660 euros for students admitted in the first entrance exam session on March 28-29, 2023, and 4,810 euros for those admitted in the second session on September 27-28, 2023. Tuition is VAT exempt pursuant to Article 10 of Presidential Decree no. 633 of October 26, 1972 (DPR 633/1972). A regional education tax of 140 euros is added to the first tuition installment.

Tuition for the first year is paid via SDD (or bank transfer for those not having a bank account in the Single Euro Payments Area) as follows:

Those enrolling after the first entrance exam session:

- 1st installment of 1,550 euros on or before April 26, 2023;
- 2nd installment of 1,555 euros on or before January 30, 2024;
- 3rd installment of 1,555 euros on or before April 30, 2024.

Those enrolling after the second entrance exam session:

- 1st installment of 1,700 euros on or before October 23, 2023;
- 2nd installment of 1,555 euros on or before January 30, 2024;

- 3rd installment of 1,555 euros on or before April 30, 2024.

Annual tuition for those in the second year is 4,805 euros, including the regional education tax of 140 euros.

Tuition for the second year is paid via SDD (or bank transfer for those not having a bank account in the Single Euro Payments Area) as follows:

- 1st installment of 1,695 euros on or before October 9, 2023;
- 2nd installment of 1,555 euros on or before January 30, 2024;
- 3rd installment of 1,555 euros on or before April 30, 2024.

Annual tuition for the third year is 4,655 euros, including the regional education tax of 140 euros.

Tuition for students in the third year is paid via SDD (or bank transfer for those not having a bank account in the Single Euro Payments Area) as follows:

- 1st installment of 1,645 euros on or before October 9, 2023;
- 2nd installment of 1,505 euros on or before January 30, 2024;
- 3rd installment of 1,505 euros on or before April 30, 2024.

The enrollment maintenance fee for students obliged to suspend attendance for some reason is 300 euros for academic year 2023-2024.

Scholarships and student loans

On the basis of an agreement between the Academy and Regione Lombardia pursuant to Regional Law no. 33 of December 13, 2004, students admitted to the Academy may apply for a scholarship. The procedure will be described in a specific announcement published annually on the Academy website: www.accademiascalascale.it/danza/diploma-triennale-per-insegnanti-di-danza.

Students may also be eligible for a low-interest student loan issued by a bank to cover tuition costs.

Further information may be obtained from the Teaching Office:

segreteria.trienniodanza@accademiascalascale.it.

Academic calendar

The lessons will be held as follows:

- 1st-year students: October 23, 2023 to June 9, 2024;
- 2nd-year students: October 10, 2023 to June 29, 2024;
- 3rd-year students: October 11, 2023 to June 29, 2024.

Lessons are suspended during the following holidays and periods (all dates inclusive):

- November 1, 2023
- December 7–9, 2023
- December 23, 2023 to January 6, 2024
- February 15–17, 2024
- March 28 to April 2, 2024
- April 25–27, 2024

- May 1, 2024

Transfer from analogous institutions

- 1) Students previously enrolled in Italian or foreign academies or institutes of comparable level may request to transfer by submitting an application to the Director of the Academy on or before October 6, 2023;
- 2) The application must contain a declaration of no objection from the previous academy or institute, certification of enrollment year at said academy or institute, the title and description of each course or activity for which the student has earned credits, the date of passed exams or other forms of academic assessment and the scores or marks earned;
- 3) The Program Committee will assess the relevance of the student's previous work. If the transfer is approved, within 60 days of receiving the application for transfer, the Committee will determine the content of the student's continuing study, recognizing all or a part of the previously earned credits and specifying further academic requirements and timeline;
- 4) Transfers are not accepted from students who only have to take the final exam to earn their diploma.

Extra-timeframe, suspension or interruption of study, loss of student status, withdrawal

- 1) Students who are up to date with tuition payments may request an academic leave of absence (*sospensione*) for one or more academic years; the leave cannot be requested for a portion of a year. The Academy Director may grant the request after consulting with Academic Committee [Consiglio Accademico] and the Program Committee [Consiglio di Corso]. The maximum leave is six academic years. Within this time period, the student must submit an application for resumption of study by the applicable deadline in order to resume their studies in the same program in the subsequent year to the last one attended, subject to review of acquired credits, availability of slots, and assessment of administrative status. The Academy reserves the right to re-assess the student's level of preparation. The period of academic leave is not taken into consideration for the purposes of obtaining the benefits of right-to-university-education provisions and freezes the deadline for removal of student status. The leave can be requested only once during the period of study and prevents the student from:
 - taking exams, acquiring credits, or submitting an application for transfer to another program;
 - submitting an application for transfer to another institution, requesting partial or total tuition or fee waivers, benefiting from any form of student aid;
- 2) In the case of an interruption of studies, granted in the event of serious documented circumstances that make it objectively impossible for the student to continue the program for some period of time, the student can resume their studies after the interruption with some or all previously earned credits still honored. An interruption of studies may be granted by the Director of the Academy after consulting with the Academic Committee [Consiglio Accademico] and the Program Committee [Consiglio di Corso]. Without prejudice to requirements for maintaining student status, the interruption may be repeated during the student's academic career. During the period of interruption of studies, the student may not undertake any degree-related activity, i.e., no additions can be made to the student's record or transcript. The period of interruption is not taken in account in evaluating eligibility for student support services. The period of interruption does not suspend or interrupt the requirements for maintenance of student status. After the period of the interruption, the student may resume their studies after Academic Committee has reviewed the request for readmission. The student is not required to pay fees, tuition, or

contributions during the period of interruption except for a 300 euro yearly enrollment maintenance fee (*quota di mantenimento*);

- 3) A student who lets three years pass without applying for readmission loses their student status. Such students may enroll *ex novo* in the program after having successfully passed any necessary entrance exams and will not be held liable for tuition, fees, or contributions from the years they were not in school. The loss of student status does not apply to students who have passed all required exams in the program except for the final exam: in this case, in order to take the final exam, the student must pay all accrued tuition, fees, and contributions for the intervening years;
- 4) Withdrawal from the program is definitive and irrevocable. Students who withdraw are not excluded from new enrollment, even in the same program, but they will have to go through the entire application, entrance exam, and admissions process. Failure to re-enroll and continue studies after a leave of absence or interruption constitutes tacit withdrawal. Students who withdraw may request that the Academy issue their student record/transcript with a description of courses taken and credits earned. In the event of new enrollment, past credits may be recognized after being assessed as non-obsolete.

Contacts and locations

Instruction takes place in La Scala Academy facilities.

The Director's and administration offices are located in the central facilities at Via Santa Marta 18, 20123 Milan; the Teaching Office is located in the Ballet School at Via Campo Lodigiano 2, 20122 Milan.

Teaching Office Hours

The Teaching Office is open to the public Monday through Friday, 9AM to 5PM.

For information: tel (+39) 02-92882138, e-mail segreteria.trienniodanza@accademialascale.it.

Final notes

All dates in this Program Description are subject to change. Information not included herein may be found in:

- Academic Regulations (Regolamento Didattico)
- Call for applications (Bando di ammissione)
- Academy website: www.accademialascale.it