

Teaching and Learning

Classes and teaching methods

A range of teaching methods is employed for different learning outcomes and contexts and the knowledge is acquired through a number of routes.

The following methods are used:

- Daily technique class, group and one-to-one coaching
- Practical workshops (Repertoire and choreography)
- Seminar focused on prescribed reading or learning assignment
- Video screenings and analysis
- Visits to theatre or other performance events
- Rehearsal and performance with professional practitioners
- Professional placements
- Independent research and presentation on set projects (small group or individual)
- Lectures and tutorials
- Specific training is given in audition technique, in key health and safety issues, and exercise programmes.

Academic support and resources

All students receive tuition in study skills through the Dance Studies course. The Head of Studies and Learning Development Manager offer advice on many learning activities: research skills, accessing Library Resources, essay writing, time management, note taking and they are available for group and individual consultation. Further support for students with individual needs can be accessed by appointment with the Head of Studies and Learning Development Manager.

At Central we support students with Specific Learning Differences by means of applying through Student Finance for Disabled Student Allowance (DSA) which provides students with learning aids and one-to-one study skills support where appropriate.

Dedicated staff for English as a Foreign Language provide lessons to support the development of writing, reading, listening and speaking skills.

Further information can be found in the Student Handbook or by speaking to the Head of Studies.

Contact hours

As a practical vocational training course, contact hours are above average for a Higher Education course. Independent study is expected for each module and additional rehearsals will be scheduled by need. Expectations for the number of hours for each individual module can be found in the Module Specifications in the Programme Handbook.

Indicative class sizes

Each year, Central recruits approximately 40 students. Each cohort is divided into 2 groups of 20 students and classes are further split when necessary to allow for more personalised tuition. However, daily ballet

classes are split by gender to allow for specialist training, although mixed ballet classes are also delivered on a regular basis.

Learning support services

The Head of Medical Department/Lead Physiotherapist oversees the smooth running of student care. Individual in-house appointments can be made with the nutritionist, physiotherapists, Injury Prevention and Recovery tutor, Pilates instructor and the Sports Psychologist. Full details can be found in the Student Handbook.

- All students have their ballet teacher as their tutor who oversees the students' work across the course and where necessary, guides the student to the appropriate source of support.
- Individual coaching is offered in ballet and according to need in other areas.
- Specific exercise / remedial programmes are provided for students where need is identified; this can be through the support service team, physiotherapist, Pilates (body conditioning) instructor, or the Injury Prevention and Recovery Tutor.
- The in-house support team – physiotherapists, Pilates instructor, nutritionist, performance psychologist and Injury Prevention and Recovery Tutor work closely with the teaching team to ensure that areas of need are covered. Appointments can be booked with all of these specialists.
- In cases of personal or emotional issues where required, students are referred to medical experts and professional services. This is overseen by the Head of Medical Department/ Lead Physiotherapist. For general issues, students can speak to the Student Support and Ballet Central Tour Manager (available in the office Monday to Friday), who is here to either help sort out the issue or direct students to a healthcare professional who can help.
- The Senior School Manager is available for consultation on issues relating to Student Finance, application for financial bursaries, accommodation issues and general health needs.