

## The Importance of Turnout in Ballet

**WebQuest Description:** Proper turn out is essential for many forms of dance, especially ballet. Performing a turnout position by means of force, when one does not have the strength or control to handle the amount of pressure, can lead to injuries. Therefore, it is important to know the correct techniques of turning out from the hips to help a dancer achieve better balance, more flexibility, more strength, and freer movements.

**Grade Level:** College / Adult

**Curriculum:** Health / PE

**Keywords:** Turnout, Technique, Stretch, Movement, Hips, Knees, Feet, Rotation, Strength, Control, Injury.

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### Introduction

Perfect turnout is when a person, standing with equal weight on both feet, points their toes away from their body with their heels together in a 180 degree angle. However, very few people have natural perfect turnout. A lot of dancers have to work up to having a perfect turnout by using strengthening exercises as well as stretching daily. It is important to turnout using the right muscles and not by rotating from your feet and knees. The degree of maximum turnout is depended on the shape of the hip socket and the femur head that hooks into the socket. The turnout muscles extend from the hip to the feet; the main turnout muscles are around the hips and inner thighs. The flexibility of the iliofemoral ligament also helps create a greater turnout. Turnout, using the correct techniques, includes: Using the external rotation of the hips and not using the knees or feet as the basis for the turnout. Using the piriformis muscle, located deep within the gluteus maximus, and not clenching the buttock. Using the muscles from your rotators in your hips all the way down through your feet, while keeping the majority of your weight on the toes. The baby toes of the feet should be on the floor and the weight of your body should be equally shared between all 5 toes. Thinking about pushing your inner thighs forward and your toes and knees away from your body. <http://www.dancescape.com/ezone/wellness/archive/turn-out> Once you reach the age of 12, you cannot change the amount of your skeletal turnout. However, you can still build your muscles up in order to make your turnout an easier operation. Ways to build the strength and control of your turnout include: Stretching the iliofemoral ligament (found in the hip) Strengthening the muscles around your hips, your abdomen, and your lower back Doing stretches, like laying on your stomach and having your legs in a center split (this is the maximum turnout potential). Holding this and doing other stretches for at least 30 min to an hour a day will help the increase of one's turnout capability. <http://www.dancer.com/askpt/kellerarticle.php> <http://www.thefreelibrary.com/How+much+turnout+is+enough%3F-a019719667> <http://www.dancehelp.com/articles/technique/turnout.aspx> Benefits of using turnout include: Prettier lines More stability and balance Greater range of movement More flexibility

### Tasks

Use different stretches to help strengthen your turnout and help develop better hip flexibility. Also, research the correct techniques of turnout and which muscles should be used to succeed in this. 2. Before doing these exercises, research about possible injuries that could be obtained if stretching or working your turnout in the wrong way. While performing this task, make sure that you are stretching using the correct technique. If you do not use the correct techniques, points will be deducted, as well as you becoming more prone to injuries. 3. Go to a ballet performance. Watch the dancers' feet. Notice their feet, their turnout, and their balance. After seeing this performance, write a 2 page paper on the performance, using some of the new techniques of turnout discovered by your research. 4. Take a quiz.

### Process

1. For the first task, use the videos under resources as guides for different stretches. \*Stretch once a day, every day, each day for 30 minutes, for a total of one month. \*\*Take a before picture on Day 1 of your feet while standing in ballet's first position. After you have completed this task (after one month), take a picture of your first position to use as an after picture. ~Also, it might be to your benefit to enroll yourself in some ballet classes, where you could work your turnout while moving and having fun. ~Research the correct techniques of turnout and which muscles to use while achieving this. 2. Some of these links will give you a head start on the second part of your task. ~If you end up injuring yourself by stretching the wrong muscles or by forcing your turnout, points will be deducted. ~

<http://www.med.nyu.edu/hjd/harkness/patients/injuries/hip.html>

<http://www.dancescape.com/ezine/wellness/archive/turn-out>

3. Go online to look for ballet performances taking place in your town or close by. Use all the information from your research and experience from task one to write a paper on the performance using your new knowledge and appreciation for the correct techniques of turnout. (\*\*If you cannot attend one of these performances, use the one that I have attached under resources to use to write your paper.\*\*) THEN.....Use the information that you have learned from both tasks to take a quiz. Your grade will consist of: Your turnout improvement over one month. Use of support and knowledge in the paper written based off of a ballet performance. Your quiz grade reflecting knowledge of the correct technique of turnout and possible injuries obtained from performing turnout the wrong way.

## Evaluation

Your evaluation will be based off of 4 different categories: Turnout Photographs: Your turnout should increase by 30 degrees in order to make an excellent; 20 degrees to make a very good, 10 degrees to make a fair, and if no improvement was made at all, you will receive a poor. \*This will be 15% of your final grade.\* Paper: Your paper must have clear thoughts and ideas, be well organized, be grammatically correct throughout the majority of the paper, and must cover the following topics: A) The dancers' use of turnout B) Your opinion on how their movements were bettered by their use of turnout C) Your overall thoughts of the performance (use examples and character names to support your thoughts). \*This will be 40% of your final grade.\* Quiz: Multiple choice / True and False / Fill in the blank QUIZ. This will be the overall assessment of the task. \*This will be 40% of your final grade.\* Injury: This proves how well you've done your research and whether or not you used the correct muscles to develop your turnout. If not, and you have developed an injury, you will receive a poor for this category. \*This will be 5% of your final grade.\*

Category and Score	Excellent	Very Good	Fair	Poor	Score
Turnout Photographs	30 degree increase of turnout (with good turnout technique)	20 degree increase of turnout (with good turnout technique)	10 degree increase of turnout (with good turnout technique)	No improvement of turnout	15%
Paper	Has clear thoughts and ideas; is well organized; most of paper is grammatically correct. Includes all three topics (A-C)	Thoughts and ideas are pretty clear; a few things out of organization; some grammatical errors. Includes all 3 topics (A-C)	Paper is a hard to follow; pretty disorganized; a lot of grammatical errors. Includes 2 of the 3 topics.	Ideas are very unclear; paper is really disorganized; paper is so hard to follow and there are too many grammatical errors. Includes 1 or none of the topics.	40%
Quiz	Made a 90% or above	Made an 80-89%	Made a 70-79%	Made a 69% or below	40%
Injury	No injury	Ankles hurt a little	Knees and Ankles hurt	Knees, ankles, shins, and lower back all hurt	5%
				Total Score	

## Conclusion

Now that you have succeeded in completing your tasks and have learned the importance of turnout and the correct techniques of performing turnout, you will have a better appreciation for dancers and their performances, as well as being aware of injuries that could possibly be acquired by performing turnout while using the wrong techniques.

## Teacher Page

This webquest was created to help people understand the importance of turnout in terms of dancing, especially ballet dancing. It also gives students the opportunity to learn how to better their turnout using the correct techniques. It makes them aware of possible injuries that one can get by practicing turnout using the wrong techniques. With the paper, it allows them to apply what they have learned about technique and to see it up on stage and realize the relevance and importance of good turnout.

### Standards

### Credits

### Other

