



**Australian Government**

# **Assessment Requirements for CUADAN306 Increase depth of ballet dance technique**

**Release: 1**

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### Modification History

Release	Comments
Release 1	This version first released with <i>CUA Live Performance and Entertainment Training Package Version 1.0</i> .

### Performance Evidence

Evidence of the ability to:

- improve ballet dance technique over a six to twelve-month period
- perform a range of basic ballet dance techniques in a learning environment
- respond to constructive feedback on own performance
- follow safe dance practices
- use ballet dance terminology correctly.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

## Knowledge Evidence

To complete the unit requirements the individual must:

- explain how the following principles relate to ballet positions and movements:
  - relationship with gravity
  - spatial awareness
  - successional movement
  - use of breath
  - folding
  - extending
  - rotating
  - shifting weight
- explain how the following apply in the context of safe dance practice and injury prevention:
  - articulation of the spine
  - engagement of the feet
  - bases of support, including feet, legs, hands, arms and torso
  - range of motion of the joints
  - differentiation of the legs and pelvis
  - healthy nutrition and diet
- explain and demonstrate how the musical elements of time signatures, beat, tempo and syncopation apply to ballet dance technique
- describe key periods and prominent dancers in the history of ballet.

## Assessment Conditions

Gather evidence to demonstrate consistent performance in conditions that are safe and replicate the workplace. Noise levels, production flow, interruptions and time variances must be typical of those experienced in a dance learning environment. The assessment environment must include access to appropriate dance performance areas or spaces with suitable flooring.

Assessors must satisfy NVR/AQTF assessor requirements.

## Links

Companion volumes are available at: - <http://www.ibsa.org.au>