



Australian Government

CUADAN322 Increase depth of lyrical dance techniques

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Application

This unit describes the skills and knowledge required to consolidate basic lyrical dance technique and achieve a greater depth of expression in dance classes performances.

The unit applies to those who are dancers and who are pursuing a career where lyrical dance skills are required. They could be preparing for performances in commercial or community settings where they would usually be performing as members of an ensemble. At this level work is normally supervised, though some autonomy and judgement can be expected within established parameters.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

Unit Sector

Performing arts – Dance

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Develop and undertake physical conditioning program	1.1 Set physical conditioning goals aimed at improving own lyrical dance technique 1.2 Identify variety of techniques for improving stamina, strength, mobility and flexibility in consultation with required personnel according to physical conditioning goals 1.3 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.4 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices 1.5 Identify and discuss with required personnel fatigue and personal

ELEMENT	PERFORMANCE CRITERIA
	limitations when undertaking physical conditioning program as required
2. Build on basic lyrical dance techniques	2.1 Develop practice plan for executing and building on basic lyrical dance movements with required personnel 2.2 Practise variety of exercises for building lyrical dance techniques according to practice plan 2.3 Practise controlling movement from turns, jumps, kicks and splits 2.4 Practise choreographing and performing lyrical dance techniques in a learning environment 2.5 Incorporate musicality, rhythm and correct timing into dance phrases 2.6 Use dramatic nuance in lyrical dance movements as required 2.7 Coordinate position and movement between self and other dancers as required
3. Review and develop expertise in lyrical dance techniques	3.1 Identify sources that can be used to update knowledge of lyrical dance history and terminology 3.2 Seek feedback from others and develop strategy for improving own lyrical dance technique and performance skills 3.3 View performances by industry practitioners and identify new ideas and trends that can be applied to own lyrical dance practice

Foundation Skills

This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.

SKILL	DESCRIPTION
Oral communication	<ul style="list-style-type: none"> Obtains information by listening and questioning
Reading	<ul style="list-style-type: none"> Interprets simple combinations of contemporary dance steps in written form Obtains information from written sources about lyrical dance history and terminology
Initiative and enterprise	<ul style="list-style-type: none"> Generates creative ideas for choreographing basic contemporary dance routines Recognises opportunities to develop and apply new approaches to choreographing and performing contemporary dance routines
Planning and organising	<ul style="list-style-type: none"> Adopts a methodical, disciplined and positive approach to dance classes

SKILL	DESCRIPTION
Self-management	<ul style="list-style-type: none">• Follows industry accepted safe dance practices
Teamwork	<ul style="list-style-type: none">• Discusses dance technique and physical conditioning issues with colleagues and teachers• Builds rapport with fellow dancers

Unit Mapping Information

No equivalent unit. New unit.

Links

Companion Volume Implementation Guide is found on VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>