



**Australian Government**

# **CUADAN415 Develop expertise in street dance techniques**

**Release: 1**

## CUADAN415 Develop expertise in street dance techniques

### 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 add range and depth to street dance technique. This involves applying a physical conditioning program, using practice sessions to develop complex street dance techniques, and developing strategies to maintain dance expertise.

The unit applies to those who are dancers and who wish to refine their technique and expression to produce performances that convey mood and style of music through complex street dance movements. They could be preparing for performances in commercial or competition settings where they would usually be performing as members of an ensemble, though some solo work could be expected. While supervision and guidance are provided, they are expected to display a high level of motivation and responsibility for themselves and others.

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

### Unit Sector

Performing arts – Dance

### Elements and Performance Criteria

| ELEMENTS                                               | 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 street dance technique<br>1.2 Identify variety of techniques for preventing injuries and improving stamina, strength and flexibility in consultation with required personnel and according to physical conditioning goals<br>1.3 Identify risk factors that may inhibit achievement of goals and seek advice as required |

| ELEMENTS                                                   | PERFORMANCE CRITERIA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                            | 1.4 Wear required clothing and footwear when undertaking exercise regime and practising street dance technique<br>1.5 Perform warm-up and cool-down activities in conjunction with physical and dance activities according to safe dance practices<br>1.6 Identify and discuss with required personnel fatigue and personal limitations when undertaking physical conditioning program as required                                                                                                                                                                                         |
| 2. Practise complex street dance techniques                | 2.1 Develop personal practice plan for refining combinations of complex street dance movements<br>2.2 Practise combining complex street dance movements and steps according to safe dance practices<br>2.3 Develop new movements and improvise short street dance routines according to own unique style<br>2.4 Present street dance sequences using creativity, versatility, individuality and originality in performance<br>2.5 Apply precision, rhythm and musicality in performance<br>2.6 Apply coordination, flow and required timing when performing with other dancers as required |
| 3. Review and develop expertise in street dance techniques | 3.1 Identify sources that can be used to build knowledge of street dance history and terminology<br>3.2 Contribute to discussions about ways of improving individual and ensemble street dance technique<br>3.3 Use self-evaluation and seek feedback from others to identify and develop strategies for improving own street dance techniques<br>3.4 View performances by industry practitioners and identify new ideas and trends that can be applied to own street dance practice                                                                                                       |

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

| SKILL              | DESCRIPTION                                                                                                               |
|--------------------|---------------------------------------------------------------------------------------------------------------------------|
| Learning           | <ul style="list-style-type: none"> <li>Seeks the views and opinions of others to develop own knowledge</li> </ul>         |
| Oral communication | <ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> </ul>                        |
| Reading            | <ul style="list-style-type: none"> <li>Obtains information from written sources about street dance terminology</li> </ul> |

| SKILL                   | DESCRIPTION                                                                                                                                                                                                                                 |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Planning and organising | <ul style="list-style-type: none"><li>Adopts a methodical and disciplined approach to physical conditioning program and dance classes</li></ul>                                                                                             |
| Self-management         | <ul style="list-style-type: none"><li>Follows industry accepted safe dance practices and injury-prevention strategies</li><li>Takes responsibility for own professional development</li><li>Works creatively with music and dance</li></ul> |
| Teamwork                | <ul style="list-style-type: none"><li>Works collaboratively to develop and improve dance techniques</li></ul>                                                                                                                               |

## Unit Mapping Information

Supersedes and is equivalent to CUADAN405 Develop expertise in street dance technique.

## Links

Companion Volume Implementation Guide is found on VETNet -

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