



Australian Government

CUADAN418 Develop expertise in ballet 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 add range and depth to ballet dance technique and perform these techniques in a solo or ensemble setting.

The unit applies to those who wish to refine their technique and expression to produce performances that convey the mood and style of music through complex dance movements. It applies to those preparing for performances in commercial and competition settings where they would be performing as members of a corps de ballet, though some solo work could be expected. While supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to display a high level of motivation and responsibility for themselves and others when it comes to applying dance technique in a live performance context.

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. Apply physical conditioning program	1.1 Set physical conditioning goals aimed at improving own ballet technique 1.2 Identify different techniques for preventing injuries and improving stamina, strength and flexibility, in consultation with required personnel 1.3 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.4 Wear required clothing and footwear when undertaking exercise

ELEMENTS	PERFORMANCE CRITERIA
	regime and practising dance technique 1.5 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices 1.6 Note and discuss with required personnel fatigue and own personal limitations when undertaking physical conditioning program
2. Practise complex ballet techniques	2.1 Perform medium level ballet barre work under the guidance of a supervisor 2.2 Perform centre exercises under the direction of a supervisor 2.3 Develop strength and flexibility on both sides of the body by repeating movements as required 2.4 Develop technique and complexity in footwork 2.5 Confirm that flow and interaction with other dancers is smooth and according to required timing 2.6 Perform gender specific ballet movements as required including pointe work as applicable 2.6 Apply precision, rhythm and musicality when performing ballet sequences
3. Review and identify strategies to improve own ballet skills	3.1 Seek feedback from others on performance and execution of ballet techniques 3.2 Use self-evaluation and feedback from others and develop strategies for improving own ballet performance skills 3.3 Identify sources that can be used to build knowledge of ballet history and terminology 3.4 View performances by industry practitioners and identify new ideas, techniques and trends that can be applied to own 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
Oral communication	Obtains information by listening and questioning
Reading	Obtains information from written sources about ballet history and terminology
Initiative and enterprise	Recognises opportunities to develop and apply new approaches to performing ballet

SKILL	DESCRIPTION
Planning and organising	Adopts a methodical and disciplined approach to physical conditioning program and dance classes
Self-management	- Follows safe dance practices and injury-prevention strategies - Takes responsibility for own professional development
Teamwork	Works collaboratively to develop and improve dance techniques

Unit Mapping Information

Supersedes and is equivalent to CUADAN408 Develop expertise in ballet technique.

Links

Companion Volume Implementation Guide is found on VETNet -

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