



Australian Government

CUADAN419 Develop expertise in contemporary 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 add range and depth to contemporary dance technique.

The unit applies to those who are dancers and who wish to refine their technique and expression to produce performances that convey the mood and style of a piece of music or concept, through complex contemporary dance movements. They could be preparing for performances in commercial, competitive or artistic 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 in practice sessions and rehearsals, they 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 own physical conditioning program	1.1 Set physical conditioning goals aimed at improving own dance technique 1.2 Identify variety of techniques to prevent injuries and improve stamina, strength, flexibility and mobility in consultation with required personnel and according to physical conditioning goals 1.3 Identify risk factors that may inhibit achievement of goals and seek

ELEMENTS	PERFORMANCE CRITERIA
	<p>advice as required</p> <p>1.4 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices</p> <p>1.5 Identify and discuss fatigue and personal limitations with required personnel when undertaking physical conditioning program as required</p>
2. Practise complex contemporary dance techniques	<p>2.1 Develop practice plan for refining combinations of complex contemporary dance movements and exercises</p> <p>2.2 Practise variety of exercises in preparation for contemporary dance performances according to practice plan</p> <p>2.3 Practise techniques for producing clear isocentric and polycentric movement</p> <p>2.4 Practise embodying different concepts and intentions through dance according to dance phrase requirements</p> <p>2.5 Present contemporary dance phrases using performance techniques and range of dynamics</p> <p>2.6 Present dance exercises using creativity, versatility, individuality and enthusiasm</p> <p>2.7 Practise performing in an ensemble, and confirm that flow and interaction with other dancers are smooth and well-timed</p> <p>2.8 Apply precision, rhythm and musicality when performing dance phrases</p>
3. Review and develop expertise in contemporary dance technique	<p>3.1 Identify sources that can be used to build knowledge of contemporary dance history and terminology</p> <p>3.2 Use self-evaluation and feedback from others and develop strategies for improving own contemporary dance performance skills</p> <p>3.3 View performances by industry practitioners and identify new ideas and trends that can be applied to own contemporary dance practice</p>

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"> Seeks the views and opinions of others to develop own knowledge
Oral communication	<ul style="list-style-type: none"> Obtains information by listening and questioning

SKILL	DESCRIPTION
Reading	<ul style="list-style-type: none"> Obtains information from written sources about contemporary dance history and terminology
Planning and organising	<ul style="list-style-type: none"> Adopts a methodical and disciplined approach to physical conditioning program and dance classes
Self-management	<ul style="list-style-type: none"> Follows industry accepted safe dance practices and injury-prevention strategies Takes responsibility for own professional development Works creatively with music and dance
Teamwork	<ul style="list-style-type: none"> Works collaboratively with others to develop and improve dance techniques

Unit Mapping Information

Supersedes and is equivalent to CUADAN409 Develop expertise in contemporary dance technique.

Links

Companion Volume implementation guides is found on VETNet -

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