



**Australian Government**

# **CUADAN505 Refine contemporary dance technique**

**Release: 2**

## CUADAN505 Refine contemporary dance technique

### Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package version 1.0.

### Application

This unit describes the performance outcomes, skills and knowledge required to add range, depth and increasing complexity to contemporary dance technique.

At this level, dancers are challenging themselves with dance pieces and repertoire of increasing technical and physical complexity.

This unit applies to those who are consolidating their career where complex contemporary dance technique is required in commercial or competition settings. Dancers are usually performing as members of an ensemble, but some solo work can also be expected.

While some supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to be self-directed and 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. Maintain a physical conditioning program	1.1 In consultation with teachers and mentors, set realistic physical conditioning goals aimed at improving own dance technique

	<p>1.2 Use a range of techniques to improve stamina, strength and flexibility</p> <p>1.3 Identify risk factors that may inhibit the achievement of goals and seek professional advice as required</p> <p>1.4 Take fatigue and personal limitations into account when undertaking physical conditioning program</p> <p>1.5 Perform warm-up and warm-down activities in conjunction with dance activities</p>
2. Practise contemporary dance technique of increasing difficulty	<p>2.1 Apply a high level of concentration and expertise to increasingly difficult contemporary dance technique in each section of class work</p> <p>2.2 Develop increasingly complex performance attributes</p> <p>2.3 Apply principles of alignment with power, flexibility, coordination and cardiovascular endurance throughout classes</p> <p>2.4 Show developed strength and complexity in footwork</p> <p>2.5 Apply timing and weight centring when working with a partner</p>
3. Develop physical learning and adaptability skills	<p>3.1 Perform new and complex movement sequences that demand different spatial orientations and changes in speed</p> <p>3.2 Incorporate choreographic skills into relevant sections of class work</p> <p>3.3 Take account of individual attributes and expectations of the profession when reviewing personal goals</p> <p>3.4 Refine improvisation skills in response to various stimuli through an ever-expanding movement vocabulary</p>
4. Execute highly difficult sequences	<p>4.1 Practise repertoire with increased attention to rhythms and time signatures commonly used in contemporary dance</p> <p>4.2 Execute group work demonstrating strong cohesion</p> <p>4.3 Execute extended sequences to right and left sides without prompting</p> <p>4.4 Incorporate unseen combinations with speed and verve</p> <p>4.5 Perform with a clear sense of personal style while demonstrating the stylistic differences in a range of contemporary styles and approaches</p> <p>4.6 Accomplish solo work with developing musical individuality</p> <p>4.7 Present sequences with a high level of stage presence and confidence across contemporary dance styles</p>
5. Maintain expertise in	5.1 Apply professional work ethic to practice and performance

contemporary dance technique	<p>activities</p> <p>5.2 Incorporate injury-prevention techniques into dance and movement activities</p> <p>5.3 Use feedback from others to identify and develop ways to improve own contemporary dance technique and group work</p> <p>5.4 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique</p> <p>5.5 Incorporate contemporary dance terminology, culture and history into discussions, and practice and performance activities</p>
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## Foundation Skills

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

Skill	Performance Criteria	Description
Learning	1.1, 3.3, 5.3, 5.4	<ul style="list-style-type: none"> <li>Seeks the views and opinions of others to develop own understanding</li> <li>Analyses feedback, reviews personal goals and reflects on learning and performance</li> <li>Gains insight from previous experience and from viewing the performances of others</li> </ul>
Oral communication	1.1, 1.3, 5.5	<ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> </ul>
Navigate the world of work	1.4, 1.5, 2.2, 2.5, 3.3, 3.4, 5.1, 5.2, 5.3, 5.4	<ul style="list-style-type: none"> <li>Follows accepted industry practices in relation to safe dance practices, injury-prevention strategies and general work ethic</li> <li>Takes responsibility for own ongoing professional and career development</li> </ul>
Interact with others	1.1, 1.3, 2.5, 4.2, 5.3, 5.5	<ul style="list-style-type: none"> <li>Works collaboratively to develop and improve dance techniques</li> <li>Responds creatively and flexibly to partners while dancing together</li> </ul>
Get the work done	1.2, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.4, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6,	<ul style="list-style-type: none"> <li>Adopts a methodical, disciplined and positive approach to physical conditioning program, dance classes and evaluation of own skill development</li> <li>Works creatively with music and dance</li> </ul>

	4.7, 5.2	<ul style="list-style-type: none"> <li>• Communicates mood, style and grace through dance</li> <li>• Develops new material for choreography</li> <li>• Displays high level of competency in each section of class work</li> <li>• Responds to different time signatures</li> <li>• Executes counterbalance, support, manipulation mechanics and medium-level power lifting</li> <li>• Demonstrates skills in grip leverage, thrust and counter-thrust and coordinated timing</li> <li>• Performs isolation and energy placement techniques</li> <li>• Shows alignment and extensions in highly difficult combinations</li> <li>• Performs complex movement sequences on both sides of the body</li> <li>• Shows skills and speed in directional changes</li> <li>• Displays a high level of spatial awareness in group movements</li> <li>• Exhibits a high level of coordination of limbs, torso and head</li> <li>• Takes steps to minimise risk of injury through appropriate physical conditioning program</li> </ul>
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## Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN505 Refine contemporary dance technique (Release 2)	CUADAN505 Refine contemporary dance technique (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of training package.	Equivalent unit

## **Links**

Companion Volume implementation guides are found in VETNet -

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