



**Australian Government**

# **CUADAN515 Refine contemporary dance techniques**

**Release: 1**

## CUADAN515 Refine contemporary 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, depth and increasing complexity to contemporary dance technique.

The unit applies to those who are dancers consolidating a career where complex contemporary dance technique is required in commercial, competitive or artistic settings. They usually perform as members of an ensemble, but some solo work can also be expected. At this level, they are challenging themselves with dance pieces and repertoire of increasing technical and physical complexity. While some supervision and guidance are provided, they 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. Apply own physical conditioning program	1.1 Set physical conditioning and dance performance development goals aimed at improving own contemporary dance technique 1.2 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.3 Improve stamina, strength, flexibility and mobility using a variety of techniques according to physical conditioning goals 1.4 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices

ELEMENTS	PERFORMANCE CRITERIA
	1.5 Discuss fatigue and personal limitations with required personnel when undertaking physical conditioning program as required
2. Practise complex contemporary dance techniques and adaptability skills	2.1 Practise performing new and complex movement sequences that demand different spatial orientations and changes in speed 2.2 Develop increasingly complex performance attributes according to own dance performance goals 2.3 Practise contemporary dance techniques, applying principles of alignment with power, flexibility, coordination and cardiovascular endurance during class 2.4 Show developed strength and complexity in footwork and floorwork according to requirements of complex movement sequences 2.5 Practise working with a partner, applying timing techniques for shifting weight and counterbalance 2.6 Refine improvisation skills in response to different stimuli using complex contemporary dance techniques and movement pathways 2.7 Incorporate choreographic skills into sections of class work
3. Present complex contemporary dance sequences	3.1 Practise contemporary dance repertoire in line with required rhythms and time signatures commonly used in contemporary dance 3.2 Present and execute group work, and contribute to group dynamic and cohesion 3.3 Execute extended sequences to right and left sides without prompting, according to requirements of dance repertoire 3.4 Incorporate unseen combinations into contemporary dance performances with speed and verve 3.5 Perform using own personal style, and demonstrate stylistic differences in variety of contemporary styles and approaches 3.6 Accomplish solo work with developing musical interpretation 3.7 Present sequences with a high level of stage presence and confidence
4. Review and develop expertise in contemporary dance technique	4.1 Seek and use feedback from others to develop strategies for improving own contemporary dance techniques and group work 4.2 View performances by industry practitioners and identify new ideas and trends that can be applied to own dance practice 4.3 Incorporate contemporary dance terminology, culture and movement philosophies into discussions with others, and practice and performance activities

## 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>Analyses feedback, reviews personal goals and reflects on learning and performance</li> <li>Identifies improvements from previous experience and viewing the performances of others</li> </ul>
Oral communication	<ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> </ul>
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>
Initiative and enterprise	<ul style="list-style-type: none"> <li>Works creatively with music and dance</li> <li>Develops new material for choreography</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 ongoing professional and career development</li> </ul>
Teamwork	<ul style="list-style-type: none"> <li>Works collaboratively to develop and improve dance techniques</li> <li>Responds creatively and flexibly to other dancers while dancing together</li> </ul>

## Unit Mapping Information

Supersedes and is equivalent to CUADAN505 Refine contemporary dance technique.

## Links

Companion Volume Implementation Guide is found on VETNet -

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