



Australian Government

CUADAN518 Develop expertise in allied 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 develop expertise in allied contemporary dance techniques, such as alignment, improvisation, duo and tumbling, and reviewing own allied contemporary dance techniques.

The unit applies to those who are dancers and who are constantly expanding their range of technical skills in order to develop their artistic capacity in a range of contemporary dance repertoire. While some supervision and guidance are provided in practice sessions and rehearsals, 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. Develop improvisation techniques	<ul style="list-style-type: none">1.1 Practise performing different improvisation tasks of increasing complexity1.2 Expand repertoire of contemporary dance movements in response to different stimuli1.3 Integrate ways of responding to stimuli on the move and in the moment1.4 Demonstrate energy concepts in improvisation tasks according to improvisation task requirements

ELEMENTS	PERFORMANCE CRITERIA
2. Develop skills in mat work	2.1 Build strength for tumbling and increasing technical skills using targeted exercises 2.2 Practise using control in inverted weight-bearing positions using knowledge of anatomy and alignment 2.3 Perform rolls from static start and from jumps according to safe dance practices 2.4 Perform a variety of acrobatic skills that focus on building allied contemporary dance technique attributes 2.5 Apply physical skills and adaptability in a variety of diverse settings
3. Practise techniques for duo	3.1 Practise executing rolling, falling and lifting techniques according to safe dance practices 3.2 Practise falling according to safe dance practices 3.3 Communicate and cooperate with partner during rehearsal or practise session 3.4 Practise timing and weight centring with partner according to requirements of duo movement 3.5 Identify ways in which improvisation can be used to develop choreographic skills at a basic level
4. Review and develop expertise in contemporary dance techniques	4.1 Evaluate own development of allied contemporary dance techniques and note areas for improvement 4.2 Seek and use feedback from others and develop strategies for improving own contemporary dance techniques and group work 4.3 View performances by industry practitioners and identify new ideas 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	<ul style="list-style-type: none"> Obtains information by listening and questioning Interprets and follows directions Builds rapport with partners through using verbal and non-verbal communication
Initiative and enterprise	<ul style="list-style-type: none"> Works creatively with music and dance and a variety of stimuli Initiates ideas and applies processes to develop them creatively

SKILL	DESCRIPTION
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 strategiesTakes responsibility for own professional developmentFollows a physical conditioning program that addresses individual requirements of strength and fitness
Teamwork	<ul style="list-style-type: none">Works collaboratively to develop and improve dance techniquesDetermines the needs of partner and others and adapts own dancing as required

Unit Mapping Information

Supersedes and is equivalent to CUADAN508 Develop expertise in allied contemporary dance techniques.

Links

Companion Volume Implementation Guide is found on VETNet -

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