



Australian Government

Department of Education, Employment and Workplace Relations

CUADAN508A Develop expertise in allied contemporary dance techniques

Release: 1

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Modification History

Version	Comments
CUADAN508A	This version first released with <i>CUA11 Live Performance Training Package version 1.0</i>

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to develop expertise in allied contemporary dance techniques, such as alignment, improvisation, duo and tumbling skills.

Application of the Unit

This unit applies to dancers who require skills now considered fundamental for employment in a professional contemporary dance company either in Australia or overseas.

At this level, dancers are constantly expanding their range of technical skills in order to develop their artistic capacity in a range of contemporary dance repertoire.

Dancers are expected to display a high level of motivation and sense of responsibility for themselves and others during practice sessions, rehearsals and live performances. They are expected to take opportunities to extend the scope of their dance technique practice.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Element	Performance Criteria
<i>Elements describe the essential outcomes of a unit of competency.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.</i>

Elements and Performance Criteria

<p>1. Extend skills in improvisation</p>	<p>1.1. Respond to a variety of <i>teaching methods</i> and approaches to developing improvisational skills</p> <p>1.2. Practise performing improvisational tasks of increasing complexity and diversity</p> <p>1.3. Demonstrate an expanded movement vocabulary in response to various stimuli</p> <p>1.4. Extend understanding of how improvisation contributes to contemporary dance <i>repertoire</i></p> <p>1.5. Explore ways of responding to stimuli on the move and in the moment</p> <p>1.6. Incorporate understanding of the range of options available to begin improvising through watching, initiating and responding</p> <p>1.7. Embody energy concepts in improvisational tasks</p>
<p>2. Develop skills in mat work</p>	<p>2.1. Perform exercises specifically designed to build strength for tumbling and increasing <i>technical requirements</i></p> <p>2.2. Apply knowledge of anatomy and alignment to extend control in inverted <i>weight-bearing positions</i></p> <p>2.3. Perform rolls from static start and from jumps</p> <p>2.4. Perform a wide range of acrobatic skills in relation to <i>allied contemporary dance technique attributes</i></p> <p>2.5. Apply <i>physical skill and adaptability</i> in a range of diverse settings</p>
<p>3. Extend skills in duo</p>	<p>3.1. Extend expertise in <i>safe rolling</i>, falling and <i>lifting techniques</i></p> <p>3.2. Practise falling safely singly and in partnership situations</p> <p>3.3. Cooperate, show consideration and develop rapport with partner during rehearsals</p> <p>3.4. Practise timing and weight centring in accomplishing a relationship and feeling of reciprocity</p> <p>3.5. Explore ways in which improvisation can be used to extend choreographic possibilities at a basic level</p> <p>3.6. Show strength, precision and increasing agility in all aspects of <i>footwork</i></p>
<p>4. Maintain</p>	<p>4.1. Apply <i>professional work ethic</i> to all practice and</p>

expertise	<p>performance activities</p> <p>4.2. Incorporate <i>injury-prevention techniques</i> into dance and movement activities</p> <p>4.3. Use feedback from teachers and mentors to identify and develop ways to improve own contemporary dance technique as well as group work</p> <p>4.4. Regularly view performances by industry practitioners as a way of sourcing new ideas and trends, maintaining motivation, and improving own technique</p>
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Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - work collaboratively as part of partnership
 - demonstrate cooperation, consideration and develop rapport with others
 - respond appropriately to feedback on own skill development and performance
 - consult with peers and mentors, including interpersonal skills relating to listening, questioning, gaining feedback and giving information
- initiative and enterprise skills to:
 - work creatively with music and dance and a variety of stimuli
 - dance with artistry and assurance
 - communicate mood and style through dance
 - initiate ideas and apply processes to develop them creatively
- learning skills to:
 - practise allied contemporary dance techniques through:
 - rehearsal of fundamental moves and sequences repeatedly, alone, with a partner or in group settings
 - a positive attitude to dancing
 - adhere to a personal physical conditioning program that addresses individual requirements of strength and fitness in alignment
- planning and organising skills to:
 - plan practice time
 - collaborate and develop group processes in improvisation
- self-management skills to:
 - arrive punctually at classes, rehearsals and performances
 - dress appropriately
 - observe dance discipline and understand direction
 - apply safe dance practices and identify risk factors
 - demonstrate professional work ethic
- teamwork skills to work collaboratively with others in dance classes and performances
- technical dance skills to:
 - execute fundamental technical skills in solo, partnership and group situations
 - apply physical control in the execution of skills particularly in duo and mat work
 - demonstrate timing and weight centring techniques with partner, applying them to lifts and counterbalances in duo techniques and mat work
 - improvise with a diversity of stimuli as the source of movement exploration
 - demonstrate a high level of spatial awareness, including floor patterns and aerial pathways in allied dance techniques
 - sense kinaesthetically the needs of partner and others and adapt appropriately
 - emulate the style and intention of repertoire or choreography through allied contemporary dance techniques.

Required knowledge

- principles underlying dance movements and techniques, including:
 - movement efficiency
 - relationship with gravity
 - spatial awareness
 - sequential movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight
- anatomical and alignment principles, including:
 - skeletal structure
 - articulation of the spine
 - engagement of the feet
 - bases of support, including feet, legs, hands, arms and torso
 - range of motion of the joints
 - differentiation of the legs and pelvis
- improvisational techniques relevant to allied contemporary dance techniques
- risk factors in mat work and duo techniques
- performance psychology techniques, such as:
 - visualisations
 - affirmations
 - relaxation techniques
 - mental rehearsal
 - maintaining a work-life balance.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment	
Critical aspects for assessment and evidence required to demonstrate competency in this unit	<p>Evidence of the ability to:</p> <ul style="list-style-type: none"> • execute physical and conceptual understanding of the fundamental technical principles in contemporary dance as they relate to duo work • develop improvised sequences of movement with an awareness of their relationship to the development of original choreography • respond with a developing sense of performance quality when executing improvised solos and scored group work • relate alignment and anatomical principles to safe dance practice • apply basic performance psychology techniques • execute a range of tumbling skills and basic aerial skills • work with a partner and others collaboratively and harmoniously and with rapport and confidence • demonstrate a professional work ethic.
Context of and specific resources for assessment	<p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> • fully equipped dance studios • appropriate music or accompanists.
Method of assessment	<p>A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:</p> <ul style="list-style-type: none"> • observation of practice and performance through full practical demonstration • verbal or written questioning to test knowledge as listed in the required skills and knowledge section of this unit • video recordings of performances or practice sessions • case studies and scenarios as a basis for discussing components of contemporary dance technique, repertoire and performance and partnering skills as they relate to duo work. <p>Assessment methods should closely reflect workplace demands (e.g. literacy) and the needs of particular groups</p>

	(e.g. people with disabilities and people who may have literacy or numeracy difficulties, such as speakers of languages other than English, remote communities and those with interrupted schooling).
Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:</p> <ul style="list-style-type: none">• CUADAN402A Improvise an advanced dance sequence• CUADAN505A Refine contemporary dance technique• CUADAN507A Refine dance partnering techniques• CUAPRF501A Refine performance skills.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Teaching methods may include:	<ul style="list-style-type: none"> • student centred learning approaches that encourage: <ul style="list-style-type: none"> • initiative • self-motivation • creativity • release techniques.
Repertoire may include:	<ul style="list-style-type: none"> • contemporary dance repertoire • modern ballet repertoire • original choreography.
Technical requirements may include:	<ul style="list-style-type: none"> • placement and coordination of body parts • strength and stability • giving and taking weight • posture • hand grips and hand placement for balance • relationship between partners.
Weight-bearing positions may include:	<ul style="list-style-type: none"> • handstands • headstands • cartwheels • dive rolls.
Allied contemporary dance technique attributes may include:	<ul style="list-style-type: none"> • strength, flexibility, coordination and cardiovascular endurance • detailed musicality with attention to nuances of interpretation • movement qualities to movement sequences • strong sense of individuality and 'presence' in the execution of sequences • sensibility in sequences of increasing difficulty • alternative and structurally changing musical time signatures and phrasing for extended sequences • different expressive qualities applied to movement sequences • extensive and changing expressive qualities applied to movement sequences • assured artistic interpretations of sequences and variations.

<i>Physical skill and adaptability</i> may include:	<ul style="list-style-type: none"> • set exercises or sequences • unseen exercises or sequences • sequences from a range of techniques • execution of extended sequences to right and left sides without prompting • self-correction.
<i>Safe rolling techniques</i> may relate to:	<ul style="list-style-type: none"> • rolling in all directions in a variety of ways, including: <ul style="list-style-type: none"> • shoulder rolls • sideways • backwards.
<i>Safe lifting techniques</i> may relate to:	<ul style="list-style-type: none"> • weight taking with counterbalance • stability of various body parts • momentum moving in and out of gravitational states.
<i>Footwork</i> may include:	<ul style="list-style-type: none"> • sequences throughout classes • travelling configurations • sequences that require the full range of movement in all directions.
<i>Professional work ethic</i> may refer to:	<ul style="list-style-type: none"> • attentive behaviour in creative practice • awareness of: <ul style="list-style-type: none"> • substance abuse • addictive behaviours • expectations of others • eating disorders • effective management of personal finances • balanced diet • energy levels and personal limitations • stage and theatre etiquette • developing strategies to: <ul style="list-style-type: none"> • cope with performance anxiety • maintain motivation • effective personal hygiene habits, such as: <ul style="list-style-type: none"> • clean and short nails • clean and tied-up hair • clean hands • ongoing dedication to a physical conditioning exercise program • maintaining concentration, focus and physical alertness in all performance activities • maintaining costumes and other apparel • maintaining a work-life balance

	<ul style="list-style-type: none">• punctuality and reliability• working creatively with individual differences.
<i>Injury-prevention techniques</i> may include:	<ul style="list-style-type: none">• warming up and cooling down before and after class and performance• wearing appropriate clothing and footwear• applying intent and focus while dancing• not overstretching• wearing appropriate bandaging and bracing where appropriate to support body• appropriate diet and rest• using appropriate equipment, such as barre, mirror and sprung floors• attention to teacher.

Unit Sector(s)

Performing arts - dance

Custom Content Section

Not applicable.