



Australian Government

Department of Education, Employment and Workplace Relations

CUADTM405A Teach basic contemporary dance technique

Release: 1

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Modification History

Version	Comments
CUADTM405A	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 incorporate safe dance practice into the teaching of basic contemporary dance techniques.

Application of the Unit

Private dance teachers who specialise in teaching contemporary dance apply the skills and knowledge in this unit.

Typically these teachers are working in private dance studios or in venues such as community halls, where flooring is appropriate for the safe teaching of dance.

At this level, teachers and instructors may be working from learning programs developed by others, and structuring lesson plans around those programs. Alternatively, they may be devising and conducting classes which are not based on any particular syllabus.

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. Prepare for dance classes</p>	<p>1.1. Ensure dance elements or movements for classes are safely sequenced</p> <p>1.2. Identify and minimise the effect of <i>risk factors</i> relevant to the teaching of contemporary dance classes</p> <p>1.3. Check that learners are wearing appropriate practice clothing and footwear</p> <p>1.4. Demonstrate appropriate <i>warm-up techniques</i></p>
<p>2. Demonstrate basic contemporary dance techniques</p>	<p>2.1. Demonstrate to learners correct posture and <i>body alignment</i> appropriate to contemporary dance technique and movement</p> <p>2.2. Demonstrate isolation and coordination of the upper and lower body in simple movement sequences</p> <p>2.3. Demonstrate balance, flexibility, coordination, stamina, weight transfer and control and articulation of individual body parts in an integrated manner in a range of <i>techniques</i></p> <p>2.4. Emphasise the importance of control, attention to detail and memory when demonstrating the simple chaining together of steps or combination of steps</p> <p>2.5. Demonstrate correct timing and phrasing between contemporary dance movement and <i>accompanying music</i></p> <p>2.6. Follow <i>safe dance practice</i> in teaching activities</p> <p>2.7. Demonstrate appropriate <i>cool-down techniques</i></p>
<p>3. Maintain expertise</p>	<p>3.1. Use feedback from <i>relevant personnel</i> about the quality of classes to identify areas of own teaching practice that could be improved</p> <p>3.2. Use a range of <i>sources</i> to stay abreast of current <i>industry issues and trends</i></p> <p>3.3. Identify and participate in <i>professional development activities</i> as required</p>

Required Skills and Knowledge

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

Required skills

- communication, teamwork and organisational skills to:
 - respond appropriately to constructive feedback on own performance as a dance teacher
 - present confidently in teaching situation
 - seek assistance from others as required
- group facilitation skills to ensure that:
 - every learner has an opportunity for participation and input
 - group cohesion is maintained
 - behaviour that puts others at risk is observed, interpreted and addressed
- learning skills to:
 - provide feedback to learners by identifying areas of weakness
 - assist learners to plan their practice time
 - maintain own expertise by taking advantage of ongoing professional development opportunities
- listening skills to:
 - monitor and adjust teaching as required
 - maintain correct tempo and phrasing in movement sequences
- literacy skills to write or interpret instructions and feedback for the learners
- problem-solving skills to:
 - memorise basic exercises and routines
 - respond appropriately to the unexpected in a teaching situation
- self-management and planning skills to:
 - plan teaching sessions
 - maintain an appropriate standard of personal presentation in a teaching context
- technical skills to demonstrate basic contemporary dance techniques, such as:
 - at the barre
 - in the centre
 - simple balancing, turning, and low and medium-elevation movements
 - basic enchaînement of contemporary dance movements.

Required knowledge

- anatomical foundations, including:
 - articulation of the spine
 - engagement of the feet
 - bases of support, including feet, legs, hands, arms and torso
 - range of joint motion
 - differentiation of the legs and pelvis
- Australian Guidelines for Dance Teachers
- contemporary dance repertoire
- contemporary dance principles and techniques

- dance teaching terminology
- graded progress requirements according to dance society levels
- issues and challenges that arise in the context of teaching contemporary dance
- OHS principles
- safe dance practice
- teaching and performance protocols.

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"> • demonstrate basic contemporary dance technique • apply safe dance practice in teaching activities, including correct warm-up and cool-down techniques • demonstrate short and simple enchaînements within specified exercises • demonstrate musicality, expression, phrasing and correct timing, and sensitivity in a movement sequence • interact effectively and constructively with learners • maintain expertise.
Context of and specific resources for assessment	<p>Assessment must ensure access to:</p> <ul style="list-style-type: none"> • resources and equipment • opportunities for teaching basic contemporary dance in either a real or simulated situation • a venue with adequate space and appropriate flooring, such as a sprung or tarket floor.
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"> • direct questioning combined with review of portfolios of evidence • third-party workplace reports of on-the-job performance • verbal or written questioning to test knowledge as listed in the required skills and knowledge section of this unit • direct observation, or video recordings, of candidate teaching a contemporary dance class • case studies and scenarios as a basis for discussion of methods, strategies and other issues involved in preparing for and teaching a contemporary dance class. <p>Assessment methods should closely reflect workplace demands (e.g. literacy) and the needs of particular groups (e.g. people with disabilities and people who may have literacy or numeracy difficulties, such as speakers of</p>

	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">• CUADTM403A Apply safe dance teaching methods.

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.

<i>Risk factors</i> may include:	<ul style="list-style-type: none"> • inappropriate or worn-out footwear • trip hazards in the venue or facility, for example power cords • unsafe flooring.
<i>Warm-up techniques</i> may include:	<ul style="list-style-type: none"> • barre and floor exercises • exercises for areas, such as: <ul style="list-style-type: none"> • body conditioning and strength development • flexibility • isometric control • coordination improvement and enhancement exercises • muscle contraction and release • isolation and mobility of body parts • slow stretching • slow and deep breathing.
<i>Body alignment</i> refers to:	<ul style="list-style-type: none"> • proper alignment of the torso, limbs, spine and shoulders, such as: <ul style="list-style-type: none"> • ear over the shoulder over the hips • knee over the ankle.
<i>Techniques</i> taught at a basic level must relate to:	<ul style="list-style-type: none"> • air work • correct body alignment • dancing barefoot • floor work • focusing eyes and mind while performing • isocentric and polycentric isolations • locomotor exercises and sequences, such as: <ul style="list-style-type: none"> • pirouettes • posés piqués • pencil turns • chaînés • kicks • jumps and leaps • maintaining control in turning balances

	<ul style="list-style-type: none"> • maintaining rhythm and tempo • non-locomotor exercises and sequences, such as: <ul style="list-style-type: none"> • pliés • tendus • working on and off centre • using arm lines appropriately and extensively • working at differing tempos.
<i>Accompanying music</i> may include:	<ul style="list-style-type: none"> • instrumental • live or recorded • vocal.
<i>Safe dance practice</i> may include:	<ul style="list-style-type: none"> • correct execution of dance steps • appropriate clothing and footwear • doing exercises and performing routines on flooring appropriate to genre and style of dance, including: <ul style="list-style-type: none"> • sprung softwood • tarket • sprung parquet • tongue and groove hardwood • resined for ballroom and Latin dance • non-slip for ballet • wood for tap and Spanish • nutrition and diet • understanding the body's capabilities and limitations, including: <ul style="list-style-type: none"> • alignment • flexibility (mobility) • strength (stability) • cardiorespiratory endurance • muscular endurance • warm-up and cool-down procedures, such as: <ul style="list-style-type: none"> • gentle stretch • aerobic exercises • anaerobic exercises • breathing exercises.
<i>Cool-down techniques</i> may include:	<ul style="list-style-type: none"> • barre and floor exercises • exercises for areas, such as: <ul style="list-style-type: none"> • body conditioning and strength development • flexibility • isometric control • coordination improvement and enhancement

	<p>exercises</p> <ul style="list-style-type: none"> • muscle contraction and release • isolation and mobility of body parts • slow stretching • slow and deep breathing.
Relevant personnel may include:	<ul style="list-style-type: none"> • colleagues • dance school director • mentors • other teachers • parents • people with different access requirements • students.
Sources may include:	<ul style="list-style-type: none"> • print publications • resources available through dance societies • television shows • websites.
Industry issues and trends may relate to:	<ul style="list-style-type: none"> • Australian Guidelines for Dance Teachers • dance teaching methodologies • emerging trends in different dance disciplines or genres • employment opportunities for dancers • safe dance practice.
Professional development activities may include:	<ul style="list-style-type: none"> • industry events, such as: <ul style="list-style-type: none"> • conferences • expositions • festivals • workshops or seminars organised by dance societies or industry associations.

Unit Sector(s)

Performing arts - dance teaching and management

Custom Content Section

Not applicable.