



Australian Government

CUACIR401 Develop acrobatic techniques for theatrical performances

Release: 2

CUACIR401 Develop acrobatic techniques for theatrical performances

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 develop individual and group acrobatic skills, which can be integrated into a range of performance situations that involve dancing, singing and acting.

At this level supervision and guidance are provided during practice sessions. However, individuals are expected to work independently on developing the physical stamina required to integrate acrobatics into theatrical performances.

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

Unit Sector

Performing arts - circus skills

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. Perform warm-up activities	1.1 Discuss the components of warm-up and warm-down routine with relevant personnel 1.2 Undertake routines that contain bounce, energy, balance and pushing into the floor 1.3 Position weight to maintain balance throughout warm-up

	routines 1.4 Complete physical coordination, balancing and stretching exercise routines 1.5 Ensure that clothing and footwear are appropriate for acrobatic routines
2. Extend acrobatic skills to include theatrical performances	2.1 Follow safety procedures to minimise risk of injuries when practising and performing acrobatic techniques 2.2 Practise moving smoothly into and out of acrobatic performance 2.3 Incorporate injury-prevention techniques into acrobatic exercises and performances 2.4 Apply support techniques for other acrobats in partnered and group routines 2.5 Incorporate acrobatic routines into musical theatre performances in ways that convey their choreographic intent
3. Maintain expertise	3.1 Practise and refine acrobatic techniques 3.2 Maintain and apply knowledge of theatrical trends and terminology that impact on acrobatic techniques 3.3 Use feedback from others to identify and develop ways to improve own acrobatic skills 3.4 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique

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	3.3, 3.4	- Seeks feedback and accepts guidance from others - Observes industry practitioners, sources new ideas and identifies trends, and applies to own techniques
Oral communication	1.1, 2.4, 3.3	Obtains information by listening and questioning

Navigate the world of work	3.1, 3.2, 3.3, 3.4	• Takes responsibility for own professional development
Interact with others	1.1, 2.4, 3.3	• Works collaboratively on developing and improving acrobatic techniques • Performs acrobatic routines with partners and in groups • Uses acrobatic routines to convey choreographic intent to spectators
Get the work done	1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 2.4, 2.5	• Adopts a methodical, disciplined and positive approach to classes, performances and evaluation of own skill development • Develops a movement memory • Builds stamina required to incorporate acrobatics into theatrical performances • Takes steps to minimise risk of injury through following acrobatic safety procedures

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUACIR401 Develop acrobatic techniques for theatrical performances (Release 2)	CUACIR401 Develop acrobatic techniques for theatrical performances (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.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>

Assessment Requirements for CUACIR401 Develop acrobatic techniques for theatrical performances

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Performance Evidence

Evidence of the ability to:

- perform acrobatic routines with partners and in groups in at least one theatrical performance
- follow acrobatic safety procedures in all training and performance activities
- improve own acrobatic techniques in response to constructive feedback.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

Knowledge Evidence

To complete the unit requirements the individual must:

- explain the following principles underlying safe acrobatic movements:
 - body alignment
 - energy placement
 - isolation techniques
 - weight distribution
- explain how the following apply in the context of injury-prevention techniques:
 - articulation of the spine
 - bases of support with feet, legs, hands, arms and torso
 - differentiation of the legs and pelvis
 - engagement of the feet
 - range of motion of the joints

- healthy nutrition and diet.

Assessment Conditions

Assessment must be conducted in a safe environment where evidence gathered demonstrates consistent performance of typical activities experienced in creative arts industry environments. The assessment environment must include access to venues and spaces with suitable flooring and equipment.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational educational and training legislation, frameworks and/or standards.

Links

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