



Australian Government

CUADAN201 Develop basic dance techniques

Release: 2

CUADAN201 Develop basic dance techniques

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 basic dance techniques for a limited range of styles under the supervision of a teacher.

Dancers at the beginning of their career apply the skills and knowledge outlined in this unit. They would normally perform as members of a group or ensemble and could be developing technique in dance styles such as ballet, contemporary, jazz, ballroom, tap, cultural or street.

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. Identify basic dance techniques	1.1 Identify principles and characteristics of a range of basic dance techniques 1.2 Discuss with relevant personnel the range of ways in which dance techniques can be used to create simple movement sequences 1.3 Identify relationship between dance techniques and accompanying music

	1.4 Identify how dance techniques respond to a range of influences 1.5 Use dance terminology correctly in discussions
2. Participate in personal warm-up and class preparation	2.1 Select and wear appropriate practice clothing and footwear 2.2 Develop an appropriate warm-up strategy 2.3 Complete appropriate warm-up exercises 2.4 Follow safe dance practices to prevent injury to self and others
3. Practise basic dance techniques	3.1 Demonstrate posture and body alignment appropriate to the dance technique and movement 3.2 Demonstrate isolation and coordination of the upper and lower body in simple movement sequences 3.3 Apply locomotor techniques in dance practice sessions 3.4 Apply a range of techniques that integrate balance, flexibility, coordination, weight transfer, and control and articulation of individual body parts 3.5 Seek feedback from others about ways to improve basic dance techniques
4. Develop combinations of dance techniques	4.1 Discuss with relevant personnel the combinations of dance exercises to be performed 4.2 Apply memory retention skills, control and finesse when combining dance techniques within exercises 4.3 Incorporate musicality and phrasing into dance exercises 4.4 Seek feedback from others about ways to improve combinations of basic dance techniques 4.5 Complete appropriate warm-down exercises after dance activities

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	3.5, 4.4	Seeks feedback and accepts guidance from relevant personnel
Oral communication	1.2, 1.5, 3.5,	Obtains information by listening and

	4.1, 4.4	questioning
Navigate the world of work	1.1, 1.3, 1.4, 2.1, 2.3, 2.4, 4.5	Applies knowledge of technique and safe dance practices to class work
Interact with others	1.2, 3.5, 4.1, 4.4	Discusses aspects of exercises and dance techniques with colleagues and teachers
Get the work done	2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2, 4.3, 4.5	- Adopts a methodical and disciplined approach to dance class work - Identifies and applies a range of responses to music through dance movements

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN201 Develop basic dance techniques (Release 2)	CUADAN201 Develop basic dance techniques (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 CUADAN201 Develop basic dance techniques

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Performance Evidence

Evidence of the ability to:

- perform a range of dance movements
- demonstrate a range of basic dance techniques
- perform two dance sequences that demonstrate a mastery of basic dance techniques
- respond to constructive feedback on own performance.

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:

- describe basic health and safety procedures to use in dance classes
- explain the following principles that relate to dance movements and techniques:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight

- explain how the following apply in the context of safe dance practice and injury prevention:
 - 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
 - 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 appropriate dance performance areas or spaces.

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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