



Australian Government

CUADAN215 Perform basic 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 perform basic contemporary dance forms and techniques for small audiences. This involves using knowledge of influences in contemporary dance when performing short dance sequences.

The unit applies to those who have a foundational level of contemporary dance technique. They may have experience performing in amateur performances, community events, or attending multiple dance classes. At this level basic contemporary dance techniques are applied under the supervision of experienced dancers and dance teachers.

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. Prepare for and develop basic contemporary dance techniques	1.1 Set goals and own practice schedule for developing basic contemporary dance techniques according to safe dance practices, and in consultation with required personnel 1.2 Perform warm up routine according to safe dance practices 1.3 Develop a variety of basic contemporary dance techniques under guidance of a supervisor 1.4 Identify natural body response to different contemporary dance styles 1.5 Identify ways of incorporating embodiment techniques into dance routines as a way of expressing intention and creating characters

ELEMENTS	PERFORMANCE CRITERIA
	1.6 Practise performing choreography in unison with other dancers according to safe dance practices 1.7 Follow advice and feedback from others during practice sessions about ways to improve own contemporary dance technique
3. Perform short dance phrases	2.1 Discuss intention and key aspects of dance phrase to be performed with required personnel, incorporating knowledge of influences in contemporary dance 2.2 Apply basic make-up and wear costumes for performance as required 2.3 Perform simple phrases combining large body and subtle movements according to safe dance practices 2.4 Use props as required according to contemporary dance phrase requirements 2.5 Follow direction from required personnel during performance 2.6 Observe and follow dictates of music or sound, and rhythm 2.7 Synchronise movements with ensemble where required
3. Review performances and set goals	3.1 Evaluate own performance and use of basic contemporary dance techniques 3.2 Seek feedback and coaching from others on performance and use of contemporary dance techniques 3.3 Use own evaluation and feedback from others and set goals for improving contemporary dance techniques

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	Obtains information by listening and questioning
Planning and organising	Adopts a methodical and disciplined approach to dance class work, rehearsals and performances
Self-management	Develops and applies knowledge of dance styles and safe dance practices to class work and performances
Teamwork	- Discusses aspects of exercises, dance techniques and performances with colleagues and teachers - Builds rapport with ensemble members

Unit Mapping Information

Supersedes and is equivalent to CUADAN205 Perform basic contemporary dance technique.

Links

Companion Volume Implementation Guide is found on VETNet -

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

Assessment Requirements for CUADAN215 Perform basic contemporary dance techniques

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Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- perform at least three contemporary dance sequences, at least one of which must be an ensemble sequence, and at least one of which must be a solo sequence.

In the course of the above, the candidate must:

- demonstrate fluency of movements
- communicate intent of contemporary dance phrases in performances
- follow safe dance practices
- express intention through dance movements
- identify natural body response to different contemporary styles, including:
 - movement
 - percussion
 - dynamic shifts
- use contemporary dance terminology when required.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- key aspects of participating in live performances, including:
 - lighting as it applies to dance productions
 - stage settings, production terminology and stage etiquette
 - relationship between hair, costumes and make-up in a dance performance
 - body and face make-up techniques
 - ways to access costuming
- principles relating to contemporary dance movements and techniques, including:

- relationship with gravity
- spatial awareness
- use of breath
- movement pathways
- expanding and contracting
- shifting weight
- principles relating to safe dance practice and injury prevention:
 - spine articulation
 - foot engagement
 - bases of support, including feet, legs, hands, arms and torso
 - joint range of motion
 - differentiation of legs and pelvis
- movement principles and terminology used in contemporary dance
- key periods and prominent dancers in the history of contemporary dance
- strategies to evaluate performance and respond to feedback to improve techniques.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to:

- dance performance areas or spaces required for performing contemporary dance
- interaction with others required to demonstrate the performance evidence.

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

Links

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