



Australian Government

CUADAN316 Increase depth of ballet dance techniques

Release: 1

CUADAN316 Increase depth of ballet dance techniques

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 consolidate basic ballet dance technique and achieve a greater depth of expression in dance classes and performances.

The unit applies to those who are pursuing a career where ballet dancing skills are required. It applies to those preparing for performances in commercial and community settings and would usually be performing as members of an ensemble. At this level work is normally supervised, though some autonomy and judgement can be expected within established parameters.

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. Apply physical conditioning program	1.1 Set physical conditioning goals aimed at improving own ballet technique 1.2 Identify techniques for improving stamina, strength and flexibility in consultation with required personnel according to physical conditioning goals 1.3 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.4 Confirm clothing and footwear are suitable for exercise regime and practising ballet technique 1.5 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices

ELEMENTS	PERFORMANCE CRITERIA
	1.6 Note and discuss with required personnel own fatigue and other limitations when undertaking physical conditioning program as required
2. Build on basic ballet dance technique	2.1 Practise a variety of fluid ballet positions and movements at the barre using balance, posture and breathing techniques 2.2 Perform ballet sequences safely in centre space, in time with differing rhythm 2.3 Practice executing ballet movements with precision and speed 2.4 Practice executing pirouettes and allegro movements with precision and speed 2.5 Incorporate musicality, rhythm and required timing into performance of ballet movements 2.6 Coordinate position and movement between self and other dancers
3. Review and develop expertise in ballet dance technique	3.1 Identify sources that can be used to update knowledge of ballet dance history and terminology 3.2 View performances by industry practitioners and identify new ideas, techniques and trends that can be applied to own dance practice 3.3 Use feedback from others and develop strategy to improve own ballet performance skills

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
Reading	Obtains information from written sources about ballet dance history and terminology
Initiative and enterprise	Recognises opportunities to develop and apply new approaches to performing ballet
Planning and organising	Adopts methodical and disciplined approach to dance classes
Self-management	- Follows safe dance practices - Understands own physical limitations and applies to planning and implementation of physical conditioning program
Teamwork	Discusses dance technique and physical conditioning issues with colleagues and teachers

SKILL	DESCRIPTION
	Builds rapport with fellow dancers

Unit Mapping Information

Supersedes and is equivalent to CUADAN306 Increase depth of ballet 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 CUADAN316 Increase depth of ballet 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 the following basic ballet dance techniques at least four times each, with increasing expertise and range:
 - barre work
 - port de bras
 - adage
 - pirouettes
 - petite and grand allegro enchaînements.

In the course of the above, the candidate must:

- respond to constructive feedback on own performance
- follow safe dance practices
- demonstrate spatial awareness in dance movements
- use ballet 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:

- purpose of and process for undertaking warm-up and cool-down routines
- clothing and equipment required for performing ballet techniques
- principles that relate to ballet positions and movements, including:
 - relationship with gravity
 - spatial awareness
 - use of breath
 - folding

- extending
- rotating
- shifting weight
- balance
- principles of safe dance practice and injury prevention, including those relating to:
 - spine articulation
 - foot engagement
 - bases of support, including feet, legs, hands, arms and torso
 - joint range of motion
 - differentiation of legs and pelvis
 - posture and alignment
- musical elements of time signatures, beat, tempo and syncopation, and their application to ballet dance technique
- key periods and prominent dancers in the history of ballet
- terminology used when discussing ballet techniques and terms
- strategies to respond to feedback to improve ballet performance skills.

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 with required flooring for performing ballet.

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

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