



Australian Government

CUADAN318 Increase depth of contemporary dance techniques

Release: 1

CUADAN318 Increase depth of contemporary 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 contemporary dance technique and achieve a greater depth of expression in dance classes performances.

The unit applies to those who are dancers and who are pursuing a career where contemporary dance skills are required. They could be preparing for performances in commercial or community settings where they 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 own physical conditioning program	1.1 Set physical conditioning goals aimed at improving own contemporary dance technique 1.2 Identify variety of techniques for improving stamina, strength, flexibility and mobility 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 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices 1.5 Identify and discuss with required personnel fatigue and personal

ELEMENTS	PERFORMANCE CRITERIA
	limitations when undertaking physical conditioning program as required
2. Build on basic contemporary dance techniques	2.1 Develop practice plan for executing and building on basic contemporary dance movements with required personnel 2.2 Practise variety of exercises for building contemporary dance techniques according to practice plan 2.3 Practise controlling movement for turns, extensions, elevation and floorwork 2.4 Practise choreographing and performing contemporary dance techniques in a learning environment 2.5 Incorporate musicality, rhythm and correct timing into dance phrases 2.6 Communicate dramatic nuance and intention in contemporary dance movements as required 2.7 Coordinate position and movement between self and other dancers as required
3. Review and develop expertise in contemporary dance techniques	3.1 Identify sources that can be used to update knowledge of contemporary dance history and terminology 3.2 Seek and use feedback from others and develop strategy for improving own contemporary dance technique and performance skills 3.3 View performances by industry practitioners and identify new ideas and trends that can be applied to own contemporary dance practice

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	- Interprets simple combinations of contemporary dance steps in written form - Obtains information from written sources about contemporary dance history and terminology
Initiative and enterprise	- Generates creative ideas for choreographing basic contemporary dance routines - Recognises opportunities to develop and apply new approaches to choreographing and performing contemporary dance routines

SKILL	DESCRIPTION
Planning and organising	Adopts a methodical, disciplined and positive approach to dance classes
Self-management	Follows industry accepted safe dance practices
Teamwork	- Discusses dance technique and physical conditioning issues with colleagues and teachers - Builds rapport with fellow dancers

Unit Mapping Information

Supersedes and is equivalent to CUADAN308 Increase depth of 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 CUADAN318 Increase depth of 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:

- choreograph and present at least two contemporary dance pieces.

In the course of the above, the candidate must:

- demonstrate use of different basic contemporary dance techniques during dance phrases
- dance with strong stage presence and confidence
- follow safe dance practices
- 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:

- clothing and footwear required for practising contemporary dance technique
- principles that relate to physical movements and contemporary dance 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. including:
 - spine articulation
 - foot engagement
 - bases of support, including feet, legs, hands, arms and torso

- joint range of motion
- differentiation of legs and pelvis
- application of musical elements of time signatures, beat, tempo and syncopation to contemporary dance technique
- requirements of a personal practice plan
- strategies to respond to feedback and good practice to improve dance techniques
- relationship between movement and music in the context of contemporary dance
- key periods and prominent dancers in the history of contemporary dance
- methods for choreographing basic contemporary routines, including ways of notating contemporary dance.

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 contemporary dance.

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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