



Australian Government

CUADAN322 Increase depth of lyrical dance techniques

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Modification History

Release	Comments	
2	Release	Comments
	Release 2	Foundation Skills updated to correct error - removed inclusion of contemporary dance, amended to lyrical dance
	Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.
1	This unit of competency was first released in CUA Creative Arts and Culture Training Package Release 5.0.	

Application

This unit describes the skills and knowledge required to consolidate basic lyrical 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 lyrical 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.

Licensing/Regulatory Information

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

Pre-requisite unit(s)

No prerequisite units.

Competency field(s)

N/A

Unit sector(s)

Performing arts - dance

Elements and Performance Criteria

Element	Performance criteria
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<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Develop and undertake physical conditioning program	1.1 Set physical conditioning goals aimed at improving own lyrical dance technique 1.2 Identify variety of techniques for improving stamina, strength, mobility 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 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 limitations when undertaking physical conditioning program as required
2. Build on basic lyrical dance techniques	2.1 Develop practice plan for executing and building on basic lyrical dance movements with required personnel 2.2 Practise variety of exercises for building lyrical dance techniques according to practice plan 2.3 Practise controlling movement from turns, jumps, kicks and splits 2.4 Practise choreographing and performing lyrical dance techniques in a learning environment 2.5 Incorporate musicality, rhythm and correct timing into dance phrases 2.6 Use dramatic nuance in lyrical dance movements as required 2.7 Coordinate position and movement between self and other dancers as required
3. Review and develop expertise in lyrical dance techniques	3.1 Identify sources that can be used to update knowledge of lyrical dance history and terminology 3.2 Seek feedback from others and develop strategy for improving own lyrical dance technique and performance skills

	3.3 View performances by industry practitioners and identify new ideas and trends that can be applied to own lyrical dance practice
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Foundation Skills

This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.

SKILL	DESCRIPTION
Oral communication	Obtains information by listening and questioning
Reading	- Interprets simple combinations of lyrical dance steps in written form - Obtains information from written sources about lyrical dance history and terminology
Initiative and enterprise	- Generates creative ideas for choreographing basic lyrical dance routines - Recognises opportunities to develop and apply new approaches to choreographing and performing lyrical dance routines
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

Range of conditions

No conditions apply to this unit of competency at the time of publication.

Unit Mapping Information

Current Code and Title	Previous Code and Title	Comments	Equivalence
CUADAN322 Increase depth of		This unit has been created to address a	Newly created

lyrical dance techniques		skill or task required by industry that is not covered by an existing unit of competency	
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Assessment Requirements for CUADAN322 Increase depth of lyrical 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 lyrical dance pieces, at least one of which must be an ensemble piece.

In the course of the above, the candidate must:

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

- principles relating to lyrical 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. 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 lyrical dance technique
- relationship between movement and music in the context of lyrical dance
- requirements of a personal practice plan
- strategies to respond to feedback and incorporate good practice to improve dance techniques
- methods for choreographing basic lyrical routines, including ways of notating lyrical 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 performance areas or spaces required to perform lyrical dance.

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

Link

Companion volumes, including implementation guides, are found on the national training register - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>.