



Australian Government

CUADAN408 Develop expertise in ballet technique

Release: 2

CUADAN408 Develop expertise in ballet technique

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 add range and depth to ballet dance technique.

At this level, dancers are constantly refining their technique and expression to produce performances that convey the mood and style of music through complex dance movements. They could be preparing for performances in commercial or competition settings where they would usually be performing as members of a corps de ballet, though some solo work could be expected.

While supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to display a high level of motivation and responsibility for themselves and others when it comes to applying dance technique in a live performance context.

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. Maintain a physical conditioning program	1.1 In consultation with relevant personnel, identify a range of techniques to prevent injuries and improve stamina, strength and flexibility

	1.2 Set realistic physical conditioning goals aimed at improving own dance technique 1.3 Identify risk factors that may inhibit the achievement of goals and seek professional advice as required 1.4 Take fatigue and personal limitations into account when undertaking physical conditioning program 1.5 Observe safe dance practice by performing warm-up and warm-down activities in conjunction with dance activities 1.6 Wear appropriate clothing and footwear when undertaking exercise regime and practising dance technique
2. Use practice sessions to increase level of expertise in ballet technique	2.1 Practise a range of techniques to increase levels of strength, flexibility, coordination and cardiovascular endurance 2.2 Use barre work to develop equal strength and flexibility on both sides of the body 2.3 Ensure that flow and interaction with other dancers are smooth and well-timed 2.4 Increase level of expertise in pointe work as required 2.5 Apply precision, rhythm and musicality when performing ballet sequences
3. Maintain expertise in ballet technique	3.1 Practise and refine combinations of complex movements and exercises 3.2 Maintain and update knowledge of ballet history and terminology 3.3 Use feedback from others to identify and develop ways to improve own ballet performance skills 3.4 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique

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	1.1, 3.3, 3.4	Seeks the views and opinions of others to develop own understanding

		Observes industry practitioners, sources new ideas and identifies trends, and applies to own techniques
Reading	3.2	Obtains information from written sources about ballet history and terminology
Oral communication	1.1, 1.3, 3.3	Obtains information by listening and questioning
Navigate the world of work	1.5, 1.6, 3.1, 3.2, 3.3, 3.4	- Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies - Takes responsibility for own professional development
Interact with others	1.1, 1.3, 2.3, 3.3	Works collaboratively to develop and improve dance techniques
Get the work done	1.2, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1	- Adopts a methodical, disciplined and positive approach to physical conditioning program, dance classes and evaluation of own skill development - Takes steps to minimise risk of injury through appropriate physical conditioning program

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN408 Develop expertise in ballet technique (Release 2)	CUADAN408 Develop expertise in ballet technique (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 CUADAN408 Develop expertise in ballet technique

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Performance Evidence

Evidence of the ability to:

- execute complex technical classical ballet steps and techniques
- respond to constructive feedback on own skills development
- follow safe dance practices
- use ballet terminology correctly.

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:

- explain how the following technical principles apply in classical ballet:
 - symmetry
 - flexibility
 - stability
 - coordination
 - angles and lines of the body and form
 - gracefulness
 - extension
 - balance
 - musicality
- explain how the following principles relate to physical movements and ballet 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
- explain and demonstrate how the musical elements of time signatures, beat, tempo and syncopation apply to ballet dance technique
- describe:
 - fundamental technical principles in classical ballet
 - main periods in the history of ballet.

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 with suitable flooring.

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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