



Australian Government

CUADAN418 Develop expertise in ballet 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 add range and depth to ballet dance technique and perform these techniques in a solo or ensemble setting.

The unit applies to those who wish to refine their technique and expression to produce performances that convey the mood and style of music through complex dance movements. It applies to those preparing for performances in commercial and competition settings where they would 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. Apply physical conditioning program	1.1 Set physical conditioning goals aimed at improving own ballet technique 1.2 Identify different techniques for preventing injuries and improving stamina, strength and flexibility, in consultation with required personnel 1.3 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.4 Wear required clothing and footwear when undertaking exercise

ELEMENTS	PERFORMANCE CRITERIA
	regime and practising dance technique 1.5 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices 1.6 Note and discuss with required personnel fatigue and own personal limitations when undertaking physical conditioning program
2. Practise complex ballet techniques	2.1 Perform medium level ballet barre work under the guidance of a supervisor 2.2 Perform centre exercises under the direction of a supervisor 2.3 Develop strength and flexibility on both sides of the body by repeating movements as required 2.4 Develop technique and complexity in footwork 2.5 Confirm that flow and interaction with other dancers is smooth and according to required timing 2.6 Perform gender specific ballet movements as required including pointe work as applicable 2.6 Apply precision, rhythm and musicality when performing ballet sequences
3. Review and identify strategies to improve own ballet skills	3.1 Seek feedback from others on performance and execution of ballet techniques 3.2 Use self-evaluation and feedback from others and develop strategies for improving own ballet performance skills 3.3 Identify sources that can be used to build knowledge of ballet history and terminology 3.4 View performances by industry practitioners and identify new ideas, techniques and trends that can be applied to own 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	Obtains information from written sources about ballet history and terminology
Initiative and enterprise	Recognises opportunities to develop and apply new approaches to performing ballet

SKILL	DESCRIPTION
Planning and organising	Adopts a methodical and disciplined approach to physical conditioning program and dance classes
Self-management	- Follows safe dance practices and injury-prevention strategies - Takes responsibility for own professional development
Teamwork	Works collaboratively to develop and improve dance techniques

Unit Mapping Information

Supersedes and is equivalent to CUADAN408 Develop expertise in ballet 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 CUADAN418 Develop expertise in ballet 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:

- present at least three ballet 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 complex technical ballet steps and techniques
- respond to constructive feedback on own skills development
- demonstrate centre exercises including:
 - port de bras
 - adage
 - pirouettes
 - petite and grand allegro
 - batterie
- follow safe dance practices
- use ballet 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 features of a physical conditioning program and techniques that can be included in such a program
- following technical principles and their application to classical ballet:
 - symmetry
 - flexibility
 - stability

- coordination
- angles and lines of the body and form
- gracefulness
- extension
- balance
- musicality
- principles relating to physical movements and ballet techniques, 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
- centre exercises required to demonstrate the performance evidence
- ballet terminology required to demonstrate the performance evidence
- main periods in the history of ballet
- strategies to respond to feedback and self-evaluation to improve ballet 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 with required flooring for ballet performance
- 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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