



Australian Government

CUADAN419 Develop expertise in contemporary dance 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 contemporary dance technique.

The unit applies to those who are dancers and who wish to refine their technique and expression to produce performances that convey the mood and style of a piece of music or concept, through complex contemporary dance movements. They could be preparing for performances in commercial, competitive or artistic settings where they would usually be performing as members of an ensemble, though some solo work could be expected. While supervision and guidance are provided in practice sessions and rehearsals, they 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 own physical conditioning program	1.1 Set physical conditioning goals aimed at improving own dance technique 1.2 Identify variety of techniques to prevent injuries and improve stamina, strength, flexibility and mobility in consultation with required personnel and according to physical conditioning goals 1.3 Identify risk factors that may inhibit achievement of goals and seek

ELEMENTS	PERFORMANCE CRITERIA
	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 fatigue and personal limitations with required personnel when undertaking physical conditioning program as required
2. Practise complex contemporary dance techniques	2.1 Develop practice plan for refining combinations of complex contemporary dance movements and exercises 2.2 Practise variety of exercises in preparation for contemporary dance performances according to practice plan 2.3 Practise techniques for producing clear isocentric and polycentric movement 2.4 Practise embodying different concepts and intentions through dance according to dance phrase requirements 2.5 Present contemporary dance phrases using performance techniques and range of dynamics 2.6 Present dance exercises using creativity, versatility, individuality and enthusiasm 2.7 Practise performing in an ensemble, and confirm that flow and interaction with other dancers are smooth and well-timed 2.8 Apply precision, rhythm and musicality when performing dance phrases
3. Review and develop expertise in contemporary dance technique	3.1 Identify sources that can be used to build knowledge of contemporary dance history and terminology 3.2 Use self-evaluation and feedback from others and develop strategies for improving own contemporary dance 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
Learning	Seeks the views and opinions of others to develop own knowledge
Oral communication	Obtains information by listening and questioning

SKILL	DESCRIPTION
Reading	Obtains information from written sources about contemporary dance history and terminology
Planning and organising	Adopts a methodical and disciplined approach to physical conditioning program and dance classes
Self-management	- Follows industry accepted safe dance practices and injury-prevention strategies - Takes responsibility for own professional development - Works creatively with music and dance
Teamwork	Works collaboratively with others to develop and improve dance techniques

Unit Mapping Information

Supersedes and is equivalent to CUADAN409 Develop expertise in contemporary dance technique.

Links

Companion Volume implementation guides is found on VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>

Assessment Requirements for CUADAN419 Develop expertise in 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:

- present at least two contemporary dance pieces, at least one of which must be an ensemble piece, and at least one of which must be a solo piece.

In the course of the above, the candidate must:

- demonstrate a creative interpretation of the music and well-developed contemporary dance techniques during performances
- communicate the mood and style of phrases during performances
- 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 when undertaking exercise regime and practising contemporary dance technique
- principles relating to contemporary dance movements and techniques, including:
 - relationship with gravity
 - spatial awareness
 - use of breath
 - movement pathways
 - expanding and contracting
 - shifting weight
- principles of 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 self-evaluation, feedback, and incorporate good practice to improve dance techniques
- main periods in the history of contemporary dance and contemporary dance lineage.

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.

This includes access to:

- dance performance areas or spaces with required flooring for performing contemporary dance
- interaction with others required to demonstrate the performance evidence.

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

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