



Australian Government

CUADAN508 Develop expertise in allied contemporary dance techniques

Release: 2

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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 develop expertise in allied contemporary dance techniques, such as alignment, improvisation, duo and tumbling.

At this level, dancers are constantly expanding their range of technical skills in order to develop their artistic capacity in a range of contemporary dance repertoire. While some supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to be self-directed and display a high level of motivation and responsibility for themselves and others.

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. Extend skills in improvisation	1.1 Respond to a variety of teaching methods and approaches to developing improvisation skills 1.2 Practise performing improvisation tasks of increasing

	complexity and diversity 1.3 Demonstrate an expanded movement vocabulary in response to various stimuli 1.4 Integrate ways of responding to stimuli on the move and in the moment 1.5 Incorporate understanding of the range of options available to begin improvising through watching, initiating and responding 1.6 Embody energy concepts in improvisation tasks
2. Develop skills in mat work	2.1 Perform exercises specifically designed to build strength for tumbling and increasing technical skills 2.2 Apply knowledge of anatomy and alignment to extend control in inverted weight-bearing positions 2.3 Perform rolls from static start and from jumps 2.4 Perform a wide range of acrobatic skills in relation to allied contemporary dance technique attributes 2.5 Apply physical skills and adaptability in a range of diverse settings
3. Extend skills in duo	3.1 Extend expertise in safe rolling, falling and lifting techniques 3.2 Practise falling safely individually and in partnership situations 3.3 Cooperate with and develop rapport with partner during rehearsals 3.4 Practise timing and weight centring with partner 3.5 Extend ways in which improvisation can be used to extend choreographic possibilities at a basic level 3.6 Show strength, precision and increasing agility in all aspects of footwork
4. Maintain expertise in contemporary dance techniques	4.1 Apply professional work ethic and basic performance psychology techniques to practice and performance activities 4.2 Incorporate injury-prevention techniques into dance and movement activities 4.3 Use feedback from others to identify and develop ways to improve own contemporary dance technique and group work 4.4 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	4.3, 4.4	- Analyses feedback, reviews personal goals and reflects on learning and performance - Gains insight from previous experience and from viewing the performances of others
Oral communication	1.1, 3.3, 4.3	- Obtains information by listening and questioning - Interprets and follows directions - Discusses ideas and solutions - Builds rapport with partners through verbal and non-verbal means
Navigate the world of work	1.1, 3.1, 3.2, 4.1, 4.2, 4.3, 4.4	- Follows accepted industry practices in relation to safe dance practices, injury-prevention strategies and general work ethic - Takes responsibility for own professional development
Interact with others	1.1, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.3	- Works collaboratively to develop and improve dance techniques - Determines the needs of partner and others and adapts appropriately - Builds rapport with other dancers
Get the work done	1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2	- Adopts a methodical, disciplined and positive approach to physical conditioning program, dance classes and evaluation of own skill development - Follows a personal physical conditioning program that addresses individual requirements of strength and fitness - Works creatively with music and dance and a variety of stimuli - Communicates mood and style through dance - Initiates ideas and applies processes to develop them creatively - Executes fundamental technical skills in solo, partnership and group situations - Applies physical control in the execution of

		skills, particularly in duo and mat work • Demonstrates timing and weight centring techniques with partner, applying them to lifts and counterbalances in duo techniques and mat work • Improvises with a diversity of movement stimuli • Demonstrates a high level of spatial awareness in allied dance techniques • Emulates the style and intention of repertoire or choreography through allied contemporary dance techniques • Takes steps to minimise risk of injury through appropriate physical conditioning program
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Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN508 Develop expertise in allied contemporary dance techniques (Release 2)	CUADAN508 Develop expertise in allied contemporary dance techniques (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 CUADAN508 Develop expertise in allied contemporary dance techniques

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Performance Evidence

Evidence of the ability to:

- develop improvised sequences of movement with an awareness of their relationship to the development of original choreography
- demonstrate developing performance quality in improvised solos and scored group work
- apply basic performance psychology techniques
- execute a range of tumbling skills and basic aerial skills
- work effectively with a partner and others collaboratively and with confidence
- demonstrate a professional work ethic.

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 principles relate to physical movements and allied contemporary dance techniques:
 - extending
 - folding
 - relationship with gravity
 - rotating
 - sequential movement
 - shifting weight

- spatial awareness
- use of breath
- demonstrate physical and conceptual understanding of the fundamental technical principles in contemporary dance as they relate to duo work
- explain how the following apply in the context of safe dance practice and injury prevention:
 - anatomical principles
 - alignment and 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 how improvisation contributes to contemporary dance repertoire
- explain how to counteract risk factors associated with mat work and duo techniques
- explain key aspects of the following performance psychology techniques as they relate to dancers:
 - affirmations
 - maintaining a work-life balance
 - mental rehearsal
 - relaxation techniques
 - visualisations.

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:

- fully equipped dance studios with suitable flooring
- appropriate music or accompanists.

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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