



Australian Government

CUADAN511 Refine ballet techniques

Release: 1

CUADAN511 Refine ballet techniques

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, depth and increasing complexity to ballet technique.

The unit applies to those who are consolidating their career where complex ballet technique is required in commercial and competition settings. They may be performing as members of an ensemble; however solo work can also be expected. At this level, they are challenging themselves with dance pieces, variations and repertoire of increasing technical and physical complexity. While some supervision and guidance are provided in practice sessions and rehearsals, they 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. Apply physical conditioning program	1.1 Set physical conditioning goals aimed at improving own dance technique in consultation with required personnel 1.2 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.3 Perform warm-up and cool-down routines in conjunction with physical and dance activities according to safe dance practices 1.4 Build stamina, strength and flexibility using different techniques according to physical conditioning goals

ELEMENTS	PERFORMANCE CRITERIA
	1.5 Note and discuss with required personnel fatigue and personal limitations when undertaking physical conditioning program as required
2. Practise complex ballet techniques	2.1 Apply increasingly difficult ballet techniques during class work, demonstrating alignment and extensions in combinations according to safe dance practices 2.2 Develop increasingly complex performance attributes 2.3 Practise developing strength and complexity in footwork according to requirements of ballet sequence 2.4 Practise performing unseen combinations of movement with speed and verve
3. Present difficult ballet variations	3.1 Present ballet sequence and variations in class in line with rhythms and time signatures commonly used in ballet 3.2 Convey high level of spatial awareness required in solo and ensemble work 3.3 Demonstrate communication and cohesion during ensemble work as required 3.4 Perform solo work demonstrating musical individuality as required
4. Review and determine strategies to develop expertise in ballet technique	4.1 Use self-evaluation and feedback from others and develop strategies to improve own ballet dance technique and group work 4.2 View performances by industry practitioners and identify new ideas 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
Learning	Seeks the views and opinions of others and develops own knowledge
Oral communication	- Obtains information by listening and questioning - Uses verbal and non-verbal means when communicating with partner
Initiative and enterprise	- Works creatively with music and dance - Recognises opportunities to develop and apply new approaches to performing ballet
Planning and organising	Adopts a methodical, disciplined and positive approach to physical conditioning program and dance classes

SKILL	DESCRIPTION
Self-management	• Follows industry accepted safe dance practices and injury-prevention strategies • Demonstrates general work ethic • Takes steps to minimise risk of injury through appropriate physical conditioning program
Teamwork	• Works collaboratively to develop and improve dance techniques

Unit Mapping Information

Supersedes and is equivalent to CUADAN501 Refine 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 CUADAN511 Refine 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 two ballet 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:

- perform complex combinations of classical ballet technique using:
 - classical line
 - combinations of spatial organisations with pirouettes, balances and jumps of increasing difficulty and dynamic continuity
 - control of movement
 - individual artistic qualities
 - complex enchaînements
 - physical control and flexibility
 - quality and breadth of movement
- use ballet terminology, including gender-specific vocabulary, when required
- demonstrate stage presence and confidence during presentations
- follows injury-prevention techniques and safe dance practices
- demonstrate high level of coordination of limbs, torso and head
- perform movements on both sides of the body.

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:

- fundamental technical principles in classical ballet
- principles relating to physical movements and ballet technique 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
- health and safety policies and procedures relevant to the dance environment
- ballet terminology required to demonstrate the performance evidence
- musical elements of time signatures, beat, tempo and syncopation, and their application to ballet dance technique
- 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:

- fully equipped dance studios with required flooring for performing ballet
- opportunities for ballet performances
- interaction with others required to demonstrate the performance evidence
- selection of music or accompanists.

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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