



Australian Government

CUADAN518 Develop expertise in allied 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 develop expertise in allied contemporary dance techniques, such as alignment, improvisation, duo and tumbling, and reviewing own allied contemporary dance techniques.

The unit applies to those who are dancers and who 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, 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. Develop improvisation techniques	1.1 Practise performing different improvisation tasks of increasing complexity 1.2 Expand repertoire of contemporary dance movements in response to different stimuli 1.3 Integrate ways of responding to stimuli on the move and in the moment 1.4 Demonstrate energy concepts in improvisation tasks according to improvisation task requirements

ELEMENTS	PERFORMANCE CRITERIA
2. Develop skills in mat work	2.1 Build strength for tumbling and increasing technical skills using targeted exercises 2.2 Practise using control in inverted weight-bearing positions using knowledge of anatomy and alignment 2.3 Perform rolls from static start and from jumps according to safe dance practices 2.4 Perform a variety of acrobatic skills that focus on building allied contemporary dance technique attributes 2.5 Apply physical skills and adaptability in a variety of diverse settings
3. Practise techniques for duo	3.1 Practise executing rolling, falling and lifting techniques according to safe dance practices 3.2 Practise falling according to safe dance practices 3.3 Communicate and cooperate with partner during rehearsal or practise session 3.4 Practise timing and weight centring with partner according to requirements of duo movement 3.5 Identify ways in which improvisation can be used to develop choreographic skills at a basic level
4. Review and develop expertise in contemporary dance techniques	4.1 Evaluate own development of allied contemporary dance techniques and note areas for improvement 4.2 Seek and use feedback from others and develop strategies for improving own contemporary dance techniques and group work 4.3 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
Oral communication	- Obtains information by listening and questioning - Interprets and follows directions - Builds rapport with partners through using verbal and non-verbal communication
Initiative and enterprise	- Works creatively with music and dance and a variety of stimuli - Initiates ideas and applies processes to develop them creatively

SKILL	DESCRIPTION
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 - Follows a physical conditioning program that addresses individual requirements of strength and fitness
Teamwork	- Works collaboratively to develop and improve dance techniques - Determines the needs of partner and others and adapts own dancing as required

Unit Mapping Information

Supersedes and is equivalent to CUADAN508 Develop expertise in allied contemporary dance techniques.

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 CUADAN518 Develop expertise in allied 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:

- choreograph and perform at least four sequences of movement, at least one of which must be a duo and at least one of which must be individual, demonstrating techniques in the following:
 - improvisation
 - tumbling and falling
 - basic aerial skills.

In the course of the above, the candidate must:

- apply basic performance psychology techniques to movement sequences
- demonstrate strength, precision and increasing agility in all aspects of footwork during movement sequences
- follow injury-prevention techniques and safe dance practices
- demonstrate timing and weight centring techniques during duo sequences, applying them to lifts and counterbalances
- demonstrate a high level of spatial awareness in allied dance techniques
- communicate style and intention of choreography to audience using allied contemporary dance techniques
- demonstrate a professional work ethic.

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:

- different teaching methods and approaches to developing improvisation skills
- principles relating to physical movements and allied contemporary dance techniques, including:

- extending
- folding
- relationship with gravity
- rotating
- sequential movement
- shifting weight
- spatial awareness
- use of breath
- fundamental technical principles in contemporary dance that relate to duo work
- options and methods for initiating dance improvisation, including:
 - watching
 - initiating
 - responding
- principles relating to safe dance practice and injury prevention:
 - anatomical principles
 - alignment and spine articulation
 - foot engagement
 - bases of support, including feet, legs, hands, arms and torso
 - joint range of motion
 - differentiation of legs and pelvis
- health and safety policies and procedures relevant to the dance environment
- improvisation in relation to contemporary dance repertoire
- techniques for counteracting risk factors associated with mat work and duo techniques
- key aspects of the following performance psychology techniques as they relate to dancers:
 - affirmations
 - maintaining a work-life balance
 - mental rehearsal
 - relaxation techniques
 - visualisations
- strategies to respond to self-evaluation, feedback and good practice to improve dance techniques.

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:

- fully equipped dance studios with required flooring for performing allied contemporary dance techniques
- music or accompanists required for performing allied contemporary dance sequences

- 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.

Links

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