



Australian Government

CUADAN520 Refine street 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, depth and increasing complexity to street technique. This involves applying a physical conditioning program, using practice sessions to develop increasingly complex street dance techniques and developing strategies to maintain dance expertise.

The unit applies to those who are dancers consolidating a career where street dancing skills are required. They require complex street technique in commercial and competitive settings. They may be performing as members of an ensemble, or 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. Develop and undertake 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

ELEMENTS	PERFORMANCE CRITERIA
	according to physical conditioning goals 1.5 Identify and discuss with required personnel fatigue and personal limitations when undertaking physical conditioning program as required
2. Practise increasingly complex street dance techniques	2.1 Apply increasingly difficult street techniques during class work, according to safe dance practices 2.2 Develop increasingly complex performance attributes 2.3 Perform exercises to build strength and stability in technique using knowledge of anatomical alignment principles 2.4 Practise accuracy in spatial arrangements in cultural dance routines 2.5 Practise performing dance exercises using creativity, versatility, individuality and enthusiasm
3. Review and develop expertise in street dance techniques	3.1 Identify and analyse sources to update knowledge of street dance history and terminology 3.2 Use self-evaluation and feedback from others and develop strategies for improving own street dance technique 3.3 View performances by industry practitioners and identify new ideas and trends that can be applied to own street dance practice

Foundation Skills

This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.

SKILL	DESCRIPTION
Learning	- Seeks the views and opinions of others to develop own knowledge and technique - Analyses feedback, reviews personal goals and reflects on learning and performance
Oral communication	- Obtains information by listening and questioning - Discusses dance terminology with others, seeking information and clarifying meaning of terms
Reading	Reviews different texts to update knowledge of dance terminology
Initiative and enterprise	Works creatively with music and dance movements
Planning and organising	Adopts a methodical and disciplined to physical conditioning program and dance classes

SKILL	DESCRIPTION
Self-management	- Follows industry accepted safe dance practices and injury-prevention strategies - Takes responsibility for own professional development
Teamwork	Develops and improves dance techniques by working collaboratively with other dancers

Unit Mapping Information

No equivalent unit. New unit.

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 CUADAN520 Refine street 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 street 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:

- perform complex dance or movement sequences that demonstrate:
 - confident performance skills
 - control of movement
 - interpretative and expressive skills
 - muscular strength and flexibility
 - quality and breadth of movement
 - strong and precise technique
- demonstrate creativity, versatility, individuality and enthusiasm in dance pieces
- demonstrate professional work ethic during practice and performance activities
- follow injury-prevention techniques and safe dance practices
- use terminology associated with street dance 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:

- principles relating to physical movements and street dance techniques:
 - extending
 - folding
 - relationship with gravity
 - rotating

- shifting weight
- spatial awareness
- successional movement
- use of breath
- principles relating to safe dance practice and injury prevention:
 - 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
- application of musical elements of time signatures, beat, tempo and syncopation to street dance technique
- anatomical alignment principles and how they relate to performing exercises to build strength and stability in technique
- history and cultural context of street dance
- strategies to respond to self-evaluation, feedback and good practice to improve dance 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 studios with required flooring for performing street dance
- music or accompanists required for performing street 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.

Links

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