



Australian Government

CUADAN531 Refine 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 technique for different dance styles.

The unit applies to those who are dancers and who are consolidating their career where complex dance technique is required in commercial and competition settings. They may be performing solo work, or as members of an ensemble. At this level, individuals 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, individuals 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 Document and discuss with required personnel fatigue and personal limitations when undertaking physical conditioning program as required
2. Practise complex technique of chosen dance style	2.1 Apply increasingly complex technique, demonstrating isolation of the upper and lower body according to safe dance practices 2.2 Develop increasingly complex performance attributes 2.3 Demonstrate the timing and phrasing relationship between high level dance movement and the accompanying music 2.4 Practise incorporating creativity, versatility, individuality and originality into routines
3. Present complex repertoire	3.1 Demonstrate correct posture and body alignment required for high level techniques and movement in chosen dance style 3.2 Present repertoire in line with rhythms and time signatures commonly used in chosen dance style 3.3 Demonstrate a high level of spatial awareness required in solo and ensemble work 3.4 Demonstrate communication and cohesion during ensemble work as required 3.5 Perform solo work demonstrating musical individuality as required
4. Review and develop expertise in dance technique	4.1 Use self-evaluation and feedback from others to identify and develop strategies to improve own 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 to develop 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
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, injury-prevention strategies and general work ethic
Teamwork	Works collaboratively to develop and improve dance techniques

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 CUADAN531 Refine 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 performances in chosen dance style, including at least one ensemble piece and at least one solo piece.

In the course of the above, the candidate must:

- perform complex combinations of technique for chosen dance style, including the following, as required:
 - adage
 - awareness of personal and general space when travelling and stationary
 - fluid control of pirouettes with directional change
 - improvisation
 - fouettés
 - grand battement
 - isocentric and polycentric isolations
 - interpreting rhythm to movement
 - jumps and leaps
 - knee spins
 - pliés
 - posés piqués and chaînés box style
 - steady balance on supporting leg, working towards a 90-degree angle
 - stretches
 - tendu lifts
 - suitable arm lines
 - cohesive partnership work with a peer
- demonstrate stage presence and confidence during presentations
- follow injury-prevention techniques and safe dance practices

- demonstrate high level of coordination of limbs, torso and head.

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 required for chosen dance style
- principles relating to physical movements and technique, including:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight
- 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
- health and safety policies and procedures relevant to the dance environment
- strategies to respond to self-evaluation, feedback and good practice to improve dance techniques
- application of musical elements of time signatures, beat, tempo and syncopation to chosen dance technique.

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 dance
- 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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