



Australian Government

CUADAN613 Extend ballet techniques to a professional level

Release: 2

CUADAN613 Extend ballet techniques to a professional level

Modification History

Release	Comments
Release 2	This version first released with CUA Creative Arts and Culture Training Package version 5.1. Version created to correct unit mapping error.
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 show range, depth, precision and complexity across ballet technique at a professional level in various ballet styles.

The unit applies to those who are moving towards professional careers. They work in contexts where complex ballet technique is required for performing as members of a dance company as a soloist and in other professional contexts. At this level, they are constantly expanding and perfecting their artistry across complex dance sequences and repertoire, including solo and ensemble work. While some supervision and guidance are provided, they are expected to display a high level of motivation and responsibility for themselves and others during practice sessions, rehearsals and live performances.

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 advanced physical conditioning program	1.1 Identify and confirm physical conditioning requirements of professional dance work and set personal physical condition goals in line with these requirements 1.2 Build stamina, strength, cardiovascular endurance and flexibility using exercises according to physical conditioning requirements of

ELEMENTS	PERFORMANCE CRITERIA
	professional dance work 1.3 Identify and minimise risk factors that inhibit achievement of physical conditioning goals and seek professional assistance as required 1.4 Perform warm-up and cool-down activities in conjunction with physical and dance activities according to safe dance practices
2. Execute professional level of ballet technique in practice sessions	2.1 Refine extended ballet technique during class work according to safe dance practices 2.2 Show precision and complexity in footwork according to requirements of ballet sequence 2.4 Incorporate unseen combinations into practise sessions, demonstrating professionalism and adaptability 2.5 Demonstrate ability to self-correct ballet technique during practise session using feedback and own ballet knowledge
3. Present complex ballet repertoire in practice sessions	3.1 Execute complex variations of ballet repertoire according to safe dance practices 3.2 Convey high level of spatial awareness required for solo or ensemble work 3.3 Demonstrate cohesion and communication when executing ensemble work as required 3.4 Demonstrate musical individuality when performing solo work as required 3.5 Present variations and repertoire with stage presence and confidence across different ballet styles and genres
4. Review and develop strategies to enhance professional practice	4.1 Use self-evaluation and feedback from others on own development of advanced ballet techniques, and develop strategies for future improvement 4.2 Identify opportunities to refine knowledge of ballet terminology, history, and classical and contemporary ballet repertoire 4.3 Develop parameters for extending scope of performance practice in consultation with required personnel 4.4 Identify and analyse regimes and artistic strategies that can be applied to improving own ballet technique

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
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SKILL	DESCRIPTION
Learning	Identifies opportunities to extend professional development
Oral communication	Communicates with dance partners using verbal and non-verbal means
Initiative and enterprise	Works creatively with music and dance
Planning and organising	Adopts a methodical, disciplined and positive approach to dance classes and physical conditioning program
Self-management	- Follows industry accepted safe dance practices - Takes responsibility for own professional development
Teamwork	Works collaboratively with others involved in dance classes

Unit Mapping Information

Supersedes and is equivalent to CUADAN602 Perform advanced classical ballet technique.
Supersedes and is not equivalent to CUADAN603 Extend ballet technique to a professional level.

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 CUADAN613 Extend ballet techniques to a professional level

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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 four ballet pieces at a professional level, at least one of which must be an ensemble piece, and at least two of which must be solo pieces.

In the course of the above, the candidate must:

- demonstrate the following fundamental technical principles in classical ballet during presentations:
 - high level of coordination of limbs, torso and head
 - high level of spatial awareness
 - alignment and extensions in difficult combinations
 - skills and speed in directional changes
 - reproduction of complex movement sequences on both sides of the body
- develop strategies to enhance professional practice
- use ballet terminology, including gender-specific vocabulary, when required
- communicate mood and style through dance
- demonstrate physical control during presentation
- maintain correct posture, weight placement and alignment in fully rotated turn-out position.

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 and contemporary ballet
- principles relating to physical movements and ballet technique, including:
 - extending
 - folding
 - relationship with gravity
 - rotating
 - shifting weight
 - spatial awareness
 - successional movement
 - use of breath
 - 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
- ballet terminology required to demonstrate the performance evidence
- strategies to enhance professional practice
- health and safety policies and procedures relevant to the dance environment
- musical elements of time signatures, beat, tempo and syncopation, and their application to ballet dance technique
- history and philosophical nature of ballet.

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
- interaction with others required to demonstrate the performance evidence
- opportunities for ballet performances
- music or accompanists.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

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