

## Course Information

### 10988NAT Certificate III in Dance Practice for Aboriginal and Torres Strait Islander Peoples



## Welcome

Welcome to NAISDA Dance College, proudly dancing on Darkinjung land.

The **10988NAT Certificate III in Dance Practice for Aboriginal and Torres Strait Islander Peoples** is your first step into the world of professional dance and the creative and cultural arts industries.

## Who's interested?

This course is designed for Aboriginal and Torres Strait Islander peoples between 16-26 years of age who may have some or no dance or cultural training, but have a passion for dance and culture. At NAISDA, we call our students 'Developing Artists', or 'DAs' for short, so this course provides foundation skills in dance and cultural studies and supports the development of young professional artists.

### Who applies for the Cert III course?

- Some may have studied dance at school or after-school dance classes.
- Others may belong to their school cultural dance group, or have performed in community festivals.
- Maybe a couple participated in Bangarra Dance Theatre '*Rekindling*' programs?
- Some have never studied dance before, but have a passion for it

If you have a love of dance and an interest in studying a wide range of techniques, and are dreaming of becoming a professional dancer, this course is for you.

## What will I study?

### You will develop introductory skills and knowledge in the following areas of study:

- Learn specific Aboriginal and Torres Strait Islander cultural dance and song
- Study Aboriginal and Torres Strait Islander cultural knowledge systems
- Develop Aboriginal and Torres Strait Islander cultural arts practices and explore the history of NAISDA
- Experience cultural residencies at NAISDA and on Country in remote communities
- Train in contemporary dance forms - Contemporary Indigenous Dance technique, Horton technique, along with Urban Jazz, Hip Hop, and Ballet
- Learn about anatomy and nutrition
- Condition your body for dance training
- Research your own family and Mob

- Explore storytelling skills in Physical Theatre
- Engage in musicality and create your own electronic music
- Make a dance film

## Full time enrolment

You will be enrolled in a **full time** course. That means you will come to College every day.

### An overview of a typical week looks like this:

- **Full year course:** Training starts in February and ends in December each year.
- **Days:** Monday – Friday
- **Times:** 8.30am - 4.45pm every day
- **Classes:** Four (4) classes per day plus Warm Up every morning
- **Class length:** 1.5 hours
- **Term breaks:** 2 week-break

## What does a year look like?

At NAISDA the year is broken into four (4) terms, following the NSW School holiday dates. Each term is 10-weeks long. At the end of Terms 1, 2, 3 there is a 2-week break. At the end of Term 4 is the Christmas break.

## Overview of a year

Term	Months	Highlights of the term	Term break
Term 1	February – April	<ul style="list-style-type: none"> <li>• Week 1 – Cultural Residency at NAISDA</li> <li>• Week 10 - Graduation</li> </ul>	2-week holiday
Term 2	May – July	<ul style="list-style-type: none"> <li>• Week 10 – Mid Year Event</li> </ul>	2-week holiday
Term 3	July – September	<ul style="list-style-type: none"> <li>• Week 6 - Cultural Residency on Country</li> <li>• Weeks 8 &amp; 9 – Assessments</li> </ul>	2-week holiday
Term 4	October – December	<ul style="list-style-type: none"> <li>• Weeks 6 - 8 - End of Year Rehearsals</li> <li>• Week 9 - End of Year Performance</li> </ul>	Christmas holidays

## The official stuff - studying 10988NAT Certificate III in Dance Practice for Aboriginal and Torres Strait Islander

To achieve the qualification you must complete fifteen (15) core units. If you do not complete the full qualification you will receive a *Statement of Attainment* for the units you have completed.

Some units are delivered across the four terms while others are completed in less. Refer to the chart below to see when the unit is delivered and how many for each unit.

Core units	Hours	Term 1	Term 2	Term 3	Term 4
NAT10988001 Explore My Mob through investigation and performance	50	x	x	x	
NAT10988002 Investigate issues that underpin the development of Contemporary Indigenous Dance	60	x	x	x	
NAT10988003 Develop knowledge of Aboriginal or Torres Strait Islander cultures and dance	50	x			
NAT10988004 Develop and apply knowledge of Aboriginal or Torres Strait Islander cultures and dance on Country	50			x	
NAT10988005 Develop Aboriginal or Torres Strait Islander cultural dance repertoire	60	x	x	x	x
NAT10988006 Develop contemporary dance skills in an Aboriginal or Torres Strait Islander context	140	x	x	x	x
NAT10988007 Develop contemporary urban dance skills in an Aboriginal or Torres Strait Islander context	140	x	x	x	x
CUADAN216 Perform basic ballet techniques	25	x	x	x	x
BSBCRT311 Apply critical and creative thinking skills in a team environment	40	x	x	x	
NAT10988008 Develop performance and production skills	50		x	x	x
CUAWHS411 Apply movement and behavioural principles to conditioning	40	x	x	x	x
CUAWHS413 Incorporate anatomy principles into skill development	60	x	x	x	
NAT10988009 Develop and apply physical theatre skills	60	x	x	x	
NAT10988010 Develop and apply musicianship skills to dance performance	60	x	x	x	
NAT10988011 Explore and apply Dancefilm skills in an Aboriginal or Torres Strait Islander context	40	x	x	x	

### Notes on Theory

At NAISDA, 'theory' means the *knowledge* you need to successfully complete each unit. Generally scheduled over Terms 1 & 2, you will complete a theory task for *every* unit. Theory usually includes research, written work and a presentation.

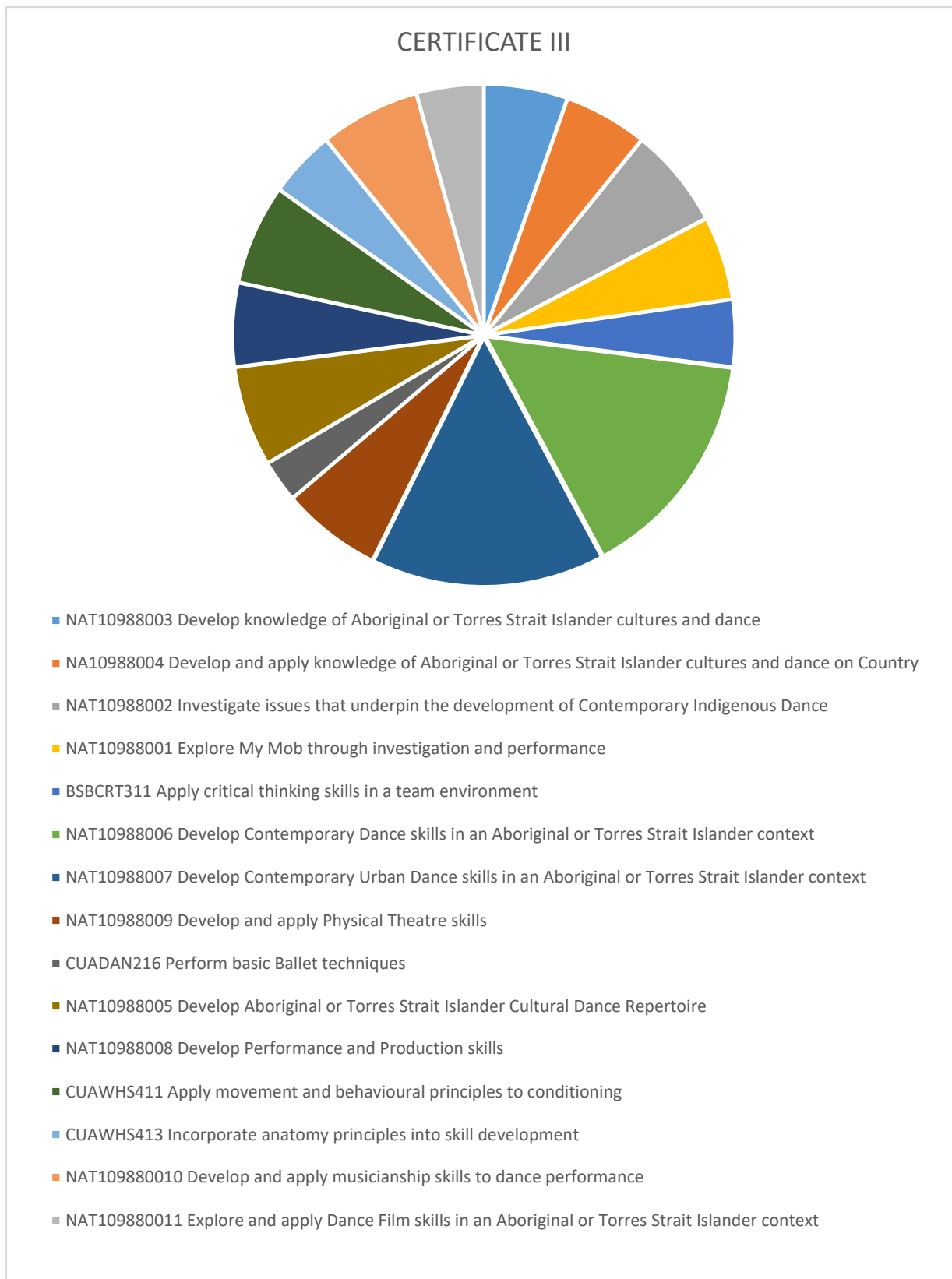
### Notes on the Assessment period

In the final weeks of Term 3, you will be assessed on your dance technique, perform routines and your group-devised physical theatre performance. You will also hand in your Dancefilm, music and any missing theory tasks.

## Do I just learn how to dance?

You will receive rigorous cultural and contemporary dance training, but you will also learn lots of other skills.

You will make a dance film, write your own music, go on cultural residencies, create physical theatre performances and more. Below is an overview of hours for each unit you will study in Cert III:



## What does a typical training week look like?

Every week you will study cultural dance, Contemporary Indigenous Dance (CID), Horton Technique, Urban Jazz, Hip Hop and Ballet. You will also do yoga or Pilates for body conditioning. You will develop your ideas to make a dance film, and compose music. Some days you will do theory. At mid- year and at the end of the year you will go into rehearsal and performance mode – preparing for the Mid -Year Event and End of Year Show.

### *A Sample of a typical week at NAISDA for Cert III DAs*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am – 9.25am	Gathering <b>Fire Circle/ Studio 1 and 2</b>	Body Conditioning - Muscle & Bone <b>Studio 1 &amp; 2</b>	Body Conditioning - Yoga <b>Studio 1 &amp; 2</b>	Body Conditioning - Muscle release <b>Studio 1 &amp; 2</b>	Body Conditioning - Yoga <b>Studio 1 &amp; 2</b>
9.30am - 11.00am	Physical Theatre <b>Studio 3</b>	History of NAISDA <b>Studio 3</b>	Cultural Repertoire <b>Nhangara Barayi – NAISDA Dance Ground</b>	Tumbling <b>Studio 1 &amp; 2</b>	Physical Theatre <b>Studio 2</b>
11.15am – 12.45pm	Hip Hop <b>Studio 1</b>	Urban Dance <b>Studio 4</b>	Cultural Dance <b>Nhangara Barayi – NAISDA Dance Ground</b>	Contemporary Dance - Horton Technique <b>Studio 2</b>	Dance Film <b>Mac Lab</b>
12.45pm – 1.30pm	Lunch	Lunch	Lunch	Lunch	Lunch
1.30pm – 3.00pm	Contemporary Dance - Theory <b>Computer Room</b>	Critical & Creative Thinking <b>Computer Room</b>	Music <b>Mac Lab</b>	Music <b>Mac Lab</b>	Urban Dance <b>Studio 1</b>
3.15 – 4.45pm	Ballet <b>Studio 3</b>	Body Conditioning – Pilates <b>Pilates</b>	Contemporary Dance – Release Technique <b>Studio 2</b>	Ballet Theory <b>Computer Room</b>	My Mob - Research <b>Computer Room</b>

## Further questions?

**Email:** [auditions@naisda.com.au](mailto:auditions@naisda.com.au)

**Phone:** 1800 117 116

*Dhiyang gayung-bayn-ba – I will be here*