

## **RPL Self Assessment Tool: Anatomy and Kinesiology of a Classical Dancer – Associate Diploma**

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Candidates undertaking the Associate Diploma must undertake a module of Anatomy and Kinesiology of a Classical Dancer. This module requires the dance teacher to undertake a learning process to develop the skills and basic knowledge essential to be able to apply basic human anatomical and injury prevention strategies to safe dance practice. The course involves self-learning with or without the assistance of a mentor with the completion of a written exam. Candidates who are interested in seeking recognition of prior learning (RPL) must demonstrate the skills and knowledge required in this module (as listed below) and have these skills recognised by a qualified RPL assessor. When the candidate can provide applicable and satisfactory evidence, he/she may be granted recognition for all or part of this subject.

### **THE RPL PROCESS**

In order to pursue this process, candidates are asked to follow these steps:

1. Complete the Self Assessment Tool with as much information as possible to identify your candidacy for the granting of an RPL
2. Collect and organise the relevant evidence.
3. Submit the completed “Self Assessment Tool” by email to the Cecchetti Ballet Australia Head Office with the attached documentation.
4. In order to be granted an RPL for this unit of competency, candidates must demonstrate the following:
  - a. Candidates will need to provide evidence of learning and understanding in all learning outcomes, assessment criteria and of all required knowledge
  - b. Any documentary evidence will need to be either original (with a photocopy provided for attachment to documentation) or a certified copy of an original
  - c. Any documentary evidence must demonstrate a currency of knowledge – that is, all past academic studies undertaken by the candidate with respect to seeking an RPL for this unit of competency must have been undertaken within the last 5 years.

### **NOTE:**

- Please assess your competency in ALL elements and performance criteria of this unit before applying for the RPL. You are also required to consider the evidence that you will require to substantiate your claim – it must be verifiable and certified wherever possible.
- Suggested forms of evidence that you have undertaken prior assessment of the learning outcomes of this unit include: academic transcripts (including grades achieved); subject descriptions (including learning outcomes, topics covered, scheduled contact hours, how the work was assessed); and past assessment papers with evidence of grading (e.g. exams, assignments) – although evidence that this is your own work is difficult to prove.
- As with reading textbook and journals and with viewing videos, online courses can be fabulous for updating knowledge but not evidence that you have actually gained any skills. Additionally, unlike textbooks, research journals, magazines and videos, websites are not governed by any particular organisation and do not require any peer reviewing prior to upload to the “web”. Consequently, candidates must be cautious that the information they are reading is accurate, objective, current and valid.



# Cecchetti Ballet Australia Inc – RPL Self Assessment Tool

CANDIDATE NAME: .....

EMAIL: .....

CONTACT NUMBER: .....

**MODULE: Anatomy and physiology of classical ballet – Associate Diploma**

RPL ASSESSOR: Anita Bruce

LEARNING OUTCOMES AND ASSESSMENT CRITERIA		MY EXPERIENCE THAT MATCHES	HISTORICAL EVIDENCE I CAN PROVIDE	RECENT EVIDENCE I CAN PROVIDE (i.e. in last 5 years)	ASSESSOR COMMENTS
1	Knowledge of basic principles of anatomy and physiology to ensure safe dance practice	1.1 Warm up/cool down strategies			
		1.2 Effective and safe stretching			
		1.3 Safe dance environment (e.g. flooring, ventilation)			
		1.4 Knowledge of common physical faults n students of classical ballet and strategies for correction in training			
2	Understanding and employment of effective injury prevention strategies.	2.1 Measures to prevent common dance injuries			
		2.2 Basic injury treatment (e.g. PRICER and HARM)			
		2.3 Basic injury recovery and rehabilitation			

**OTHER COMMENTS/NOTES:**