



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Professional Dance Forms Performance Training

Culture and Arts / Performing Arts

Unit Standard 115424 · NQF Level 5 · 30 Credits · 27 Days

COURSE OVERVIEW

This course equips learners with the skills to perform professional dance forms with technical proficiency, artistic expression, and stage presence. It prepares individuals for careers in the performing arts industry, including theatre, television, and live events, by integrating practical performance techniques with theoretical understanding.

Category	Culture and Arts
Subfield	Performing Arts
Unit Standard	115424
Accreditation	SAQA Accredited · NQF Level 5 · 30 Credits
Duration	27 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate a range of professional dance techniques with precision and control.
- Apply choreographic principles to interpret and execute dance routines effectively.
- Analyze and critique dance performances using industry-standard terminology.
- Evaluate personal performance and identify areas for improvement through self-reflection.
- Implement safe dance practices to prevent injury and maintain physical well-being.
- Design and present a short dance piece incorporating learned techniques and artistic expression.

WHO SHOULD ATTEND

- This course is designed for aspiring professional dancers, dance instructors, and performers seeking to enhance their technical and expressive abilities in various dance forms.
- It is also suitable for individuals pursuing a career in the entertainment industry.

COURSE OUTLINE

Day 1: Introduction to Professional Dance Forms

- Overview of professional dance genres (ballet, contemporary, jazz, African, hip-hop).
- Historical evolution of dance as a performing art.
- The role of the professional dancer in South Africa.
- Course structure, assessment criteria, and resources.
- Basic anatomy and warm-up principles.

Day 2: Foundational Technique – Alignment and Posture

- Anatomy of the spine and core muscles.
- Neutral pelvis and rib cage placement.
- Turnout mechanics: external rotation from the hips.
- Pliés (demi and grand) and relevés.
- Postural assessment and individual corrections.

Day 3: Ballet Fundamentals – Barre Work

- Barre etiquette and positioning.
- Tendus, dégagés, and rond de jambe à terre.
- Frappés and petits battements.
- Grands battements and développés.
- Stretching and cool-down techniques.

Day 4: Ballet Centre Practice and Turns

- Centre practice: adage and allegro.
- Pirouette preparation: positions, plié, and relevé.
- Spotting drills and multiple turns.
- Port de bras variations.
- Simple centre combinations integrating turns.

Day 5: Contemporary Dance – Release and Floor Work

- Principles of release technique.
- Floor work: rolls, slides, and transitions.
- Weight sharing and partnering basics.
- Inversions: shoulder stands and handstands.
- Breath-initiated movement sequences.

Day 6: Jazz Dance – Isolations and Style

- Jazz technique: isolations and alignment.
- Jazz walks, chassés, and pas de bourrée.
- Pirouettes and jazz turns.
- Contraction and release in jazz.
- Rhythmic patterns and syncopation exercises.

Day 7: African Dance – Rhythm and Polycentric Movement

- History and significance of African dance in SA.
- Polycentric movement: isolating different body parts.
- Gumboot dance sequences.
- Zulu dance: high kicks and stomps.

- Call-and-response rhythmic patterns.

Day 8: Hip-Hop – Groove and Stylistation

- Hip-hop culture and history.
- Groove basics: bounce and rock step.
- Popping: hits, waves, and tutting.
- Locking: points, locks, and splits.
- Freestyle circles and cypher etiquette.

Day 9: Dance Conditioning and Cross-Training

- Dance-specific strength: plié, relevé, and jump training.
- Core stabilisation exercises.
- Flexibility: dynamic and static stretching.
- Pilates mat work for dancers.
- Injury prevention: RICE and cross-training principles.

Day 10: Performance Skills – Expression and Artistry

- The performer's mindset: confidence and focus.
- Use of levels, directions, and pathways.
- Dynamics: tempo, accent, and flow.
- Character development and storytelling.
- Feedback techniques: self-assessment and peer review.

Day 11: Musicality and Rhythmic Analysis

- Music theory basics for dancers.
- Counting music: 4/4, 3/4, 6/8.
- Accents and syncopation.
- Genre-specific musicality (ballet, jazz, contemporary).
- Improvisation exercises with live drumming.

Day 12: Partnering and Ensemble Work

- Partnering principles: trust and alignment.
- Basic lifts: waist lifts, shoulder sits.
- Contact improvisation fundamentals.
- Ensemble formations: lines, circles, diagonals.
- Canon and round choreography.

Day 13: Choreography Fundamentals

- Choreographic elements: space, time, energy.
- Devices: retrograde, accumulation, fragmentation.
- Stimuli: music, text, visual art, emotion.
- Structured improvisation for creation.
- Labanotation basics or video documentation.

Day 14: Rehearsal Techniques and Professional Etiquette

- Rehearsal etiquette: arriving prepared, taking notes.
- Learning choreography quickly: chunking and repetition.
- Marking versus full-out practice.
- Giving and receiving constructive criticism.
- Performance anxiety: breathing and visualisation.

Day 15: Costume, Makeup, and Stagecraft

- Costume design and function for dance.
- Stage makeup: foundation, eyes, lips.
- Special effects: sweat-proofing, character makeup.
- Quick-change techniques.
- Stage layout: wings, backstage, and lighting cues.

Day 16: Audition Preparation and Career Pathways

- Creating a dance CV and portfolio.
- Headshots and showreel basics.
- Audition types: open calls, invited, video.
- Mock audition: learn a phrase and perform.
- Networking: social media, workshops, agencies.

Day 17: Repertoire and Style Immersion

- Repertoire selection: classical or contemporary excerpt.
- Stylistic analysis: movement quality, dynamics.
- Learning and polishing the piece.
- Context: choreographer's background and intent.
- Performance practice and interpretation.

Day 18: Collaboration with Live Musicians

- Communication between dancer and musician.
- Live music cues and flexibility.
- Improvisation with rhythm and melody.
- Composing a short collaborative piece.
- Rehearsal and performance with live accompaniment.

Day 19: Full Rehearsal and Feedback Session

- Full run-through of repertoire and original work.
- Technical adjustments and corrections.
- Artistic refinement: dynamics, expression.
- Feedback session: strengths and areas for growth.
- Mental preparation and focus strategies.

Day 20: Culminating Performance and Reflection

- Warm-up and preparation routine.
- Final performance: repertoire and original choreography.
- Audience etiquette and bowing.
- Self-reflection and peer discussion.
- Certification and next steps in dance career.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **30 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 83,400.00	R 83,400.00
1	In-House	R 108,400.00	R 108,400.00
1	On-Campus (Pretoria)	R 125,100.00	R 125,100.00

UPCOMING SESSIONS

Start	End	Method	Venue
03 Aug 2026	08 Sep 2026	On-Campus	Pretoria, South Africa
03 Aug 2026	08 Sep 2026	On-Campus	Lagos, Nigeria
04 Aug 2026	09 Sep 2026	On-Campus	Johannesburg, South Africa
05 Aug 2026	10 Sep 2026	On-Campus	Mauritius
06 Aug 2026	11 Sep 2026	On-Campus	Cape Town, South Africa
07 Aug 2026	14 Sep 2026	On-Campus	Dubai, UAE
10 Aug 2026	15 Sep 2026	On-Campus	Abu Dhabi, UAE
11 Aug 2026	16 Sep 2026	On-Campus	Mauritius

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 115424) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
- 2. Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
- 3. Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
- 4. Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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