

# Model Curriculum

## Dancer

**SECTOR:** Media and Entertainment  
**SUB-SECTOR:** Film, Television, Advertising, Live Performance  
**OCCUPATION:** Dance  
**REF ID:** MES/Q1201, V1.0  
**NSQF LEVEL:** 3



## Certificate

### CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

**Media and Entertainment Skill Council**

for the

### MODEL CURRICULUM

Complying to National Occupational Standards of  
Job Role/ Qualification Pack: '**Dancer**' QP Ref. No.  
**'MES/Q1201, NSQF Level 3'**

Date of Issuance: January, 16 2019

Valid up to: January, 15, 2022

\* Valid up to the next review date of the Qualification Pack



Authorized Signatory  
Media and Entertainment Skill Council

## TABLE OF CONTENTS

<b>1. Curriculum</b>	<b>01</b>
<b>2. Trainer Prerequisites</b>	<b>05</b>
<b>3. Annexure: Assessment Criteria</b>	<b>07</b>

# Dancer

## CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a “Dancer”, in the “Media and Entertainment” Sector / Industry and aims at building the following key competencies amongst the learner

<b>Program Name</b>	<b>Dancer</b>		
<b>Qualification Pack Name &amp; Reference ID.</b>	MES/Q1201, V1.0		
<b>Version No.</b>	1.0	<b>Version Update Date</b>	16 <sup>th</sup> Jan. 2019
<b>Pre-requisites to Training</b>	Class VIII		
<b>Training Outcomes</b>	<p><b>After completing this programme, participants will be able to:</b></p> <ul style="list-style-type: none"> <li>• Recognize dance as an art form.</li> <li>• Follow choreography elements.</li> <li>• Perform dance – live show, Film, Television, stage performance etc.</li> <li>• Create and maintain portfolio to promote themselves to work in media &amp; entertainment industry as Dancer / artistic professional.</li> <li>• Maintain workplace health and safety.</li> </ul>		

This course encompasses 5 out of 5 National Occupational Standards (NOS) of “Dancer” Qualification Pack issued by “Media and Entertainment Skills Council”.

S. No	Module	Key Learning Outcomes	Equipments
1	<p><b>Introduction and Orientation</b></p> <p><b>Theory Duration</b> (hh:mm) 15:00</p> <p><b>Practical Duration</b> (hh:mm) 40:00</p> <p><b>Corresponding NOS Code</b> Bridge Module</p>	<ul style="list-style-type: none"> <li>Recognize the significance of the role of the dancer in Indian culture and in associated industries</li> <li>Recognize the background concept for Cinema / Television / Live show etc. and</li> <li>Describe opportunities in the media and entertainment industry.</li> <li>Analyse the scene demand as per choreography steps and convey creative social / religious art messages through act of dance.</li> </ul>	Music equipments, Props as and when required
2	<p><b>Recognise dance as an artform</b></p> <p><b>Theory Duration</b> (hh:mm) 15:00</p> <p><b>Practical Duration</b> (hh:mm) 50:00</p> <p><b>Corresponding NOS Code</b> MES/N1201</p>	<ul style="list-style-type: none"> <li>Recognise dance as an art form and the diversity of dance as an artform.</li> <li>Recognise and apply different rhythmic expressions</li> <li>Identify the body’s capabilities and limitations</li> <li>Complete dance with confidence, commitment, focus, consistency, and with due consideration of safe dance practices.</li> <li>Identify the elements of dance composition and perform the steps of dance in group as well as in solo dance form</li> <li>Sync steps with other dancers</li> <li>Perform as per the indicated theme (traditional pattern, hip-hop, contemporary)</li> <li>Structure the compositional processes of various dance forms.</li> <li>Express dance as an artform while recognizing that the body is the instrument for non-verbal communication and expression.</li> </ul>	Music equipments, Props as and when required
3	<p><b>Follow choreography elements</b></p> <p><b>Theory Duration</b> (hh:mm) 35:00</p> <p><b>Practical Duration</b> (hh:mm) 70:00</p> <p><b>Corresponding NOS Code</b> MES/N1202</p>	<ul style="list-style-type: none"> <li>Follow the elements of a dance composition such as rhythm, beats, steps, illustrated by the choreographer, musician’s cues etc.</li> <li>Identify dance as an art form and relate dance to historical and cultural contexts</li> <li>Present polished dance works using technical skills and artistic expression</li> <li>Apply reflective practices in order to identify processes for further development</li> <li>Analyse and document dance-making processes</li> <li>Assess the effectiveness of a range of dance works of others</li> <li>Use terminologies relevant to dance performance and choreography</li> <li>Identify and appropriately react to potential hazards in a dance environment, and appropriately apply safe dance principles and practices</li> <li>Identify and apply the structure of dance works</li> <li>Manage the duration of the movement</li> </ul>	Music equipments, Props as and when required

		<ul style="list-style-type: none"> <li>• Use/exhibit different energy levels to reveal different emotional states</li> <li>• Analyse available space; low floor moves, medium standing moves and high leaping and lifting moves</li> <li>• Form/make patterns of circles, squares, triangles, etc. the whole body, with groups of people, or by moving at space(through the air or across the floor)</li> <li>• Judge how fast or slow the movements must be to match tempo and beat of the song/music/audio</li> <li>• Articulate when movements are meant to be slow, fast, in a wave or hit</li> <li>• Initiate movements and establish who is leading and following while dancing in a group and able to change partner</li> <li>• Show variations of how large or small are the movements in the space</li> <li>• Take sight cues from other dancers to start the next phrase or use shared awareness of sensed time to end a dance</li> <li>• Exhibit variations in energy which are easy to identify</li> </ul>	
4	<p><b>Perform dance</b></p> <p><b>Theory Duration</b> (hh:mm) 25:00</p> <p><b>Practical Duration</b> (hh:mm) 65:00</p> <p><b>Corresponding NOS Code</b> MES/N1203</p>	<ul style="list-style-type: none"> <li>• Demonstrate the steps of dance forms appropriately in live show, films, television, stage performance etc.</li> <li>• Differentiate between rhythm, tempo, melody and timing.</li> <li>• Realize different time signatures (or meters), and how that will affect the dance.</li> <li>• Follow movements of the choreographer</li> <li>• Express attitude, body language, style, performance capability, timing, etc.</li> <li>• Display the mood and tempo of the song throughout and in multiple takes</li> <li>• Follow the movement, phrases, transitions and sequences designed by the choreographer.</li> <li>• Follow the emotions the choreographer is trying to express.</li> <li>• Analyze the concept of scene, shots, takes and continuity.</li> <li>• Dance according to the beat and maintain it consistently throughout the dance or takes.</li> <li>• Follow the style composed by the choreographers for a particular song</li> <li>• Follow the positions and placements to create formations.</li> <li>• Perform in coordination with the patterns, change the patterns speed, reverse the pattern, communicating and notating movements of other dancers with patterns.</li> <li>• Align the context-the situation, the scene, the conditions, and background within which he/she is performing.</li> <li>• Perform by maintaining uniformity and in sync with co-dancers</li> <li>• Dance under different climatic conditions, locations or as per the requirements of the</li> </ul>	<p>Music equipments, Props as and when required</p>

		<p>choreographed sequence, as long as it doesn't physically harm the dancer</p> <ul style="list-style-type: none"> <li>Adopt the theme of the performance and choose the costume accordingly.</li> </ul>	
5	<p><b>Develop and maintain portfolio</b></p> <p><b>Theory Duration</b> (hh:mm) 10:00</p> <p><b>Practical Duration</b> (hh:mm) 20:00</p> <p><b>Corresponding NOS Code</b> MES/N0107</p>	<ul style="list-style-type: none"> <li>Create a portfolio showcasing recordings, show reel, best headshots, and performance shots, etc., keeping in mind a wide range of audience.</li> <li>Choose appropriate networking channels and social media platforms such as YouTube, LinkedIn, Instagram, etc. for promoting themselves.</li> <li>Interact with associated federation or association for becoming a member.</li> <li>Prepare a list of production houses, including details of Producers /casting directors / choreographers etc. and their work before approaching for assignments.</li> <li>Approach production houses in a very professional manner showcasing the portfolio.</li> <li>Demonstrate artistic skills set during audition, screen test, voice test etc.</li> <li>Negotiate for remuneration of contract, work order aligned with the assignments.</li> <li>Recognize various components of the contract such a remuneration, terms and clauses, assignment details, duration of the project, etc. and study thoroughly before signing.</li> </ul>	<p>Dairy, notebook, pen, props (if any), Computer / laptop System, marker.</p>
6	<p><b>Maintain workplace health and safety</b></p> <p><b>Theory Duration</b> (hh:mm) 15:00</p> <p><b>Practical Duration</b> (hh:mm) 40:00</p> <p><b>Corresponding NOS Code</b> MES/N0104</p>	<ul style="list-style-type: none"> <li>Maintain a healthy, safe and secure working environment by identifying the relevant people responsible for health and safety, identifying risks, following emergency procedures etc.</li> <li>Use first aid kit when needed and keep oneself informed on first aid procedures.</li> <li>Participate in organization health and safety knowledge sessions and drills.</li> <li>Identify the people responsible for health and safety in the workplace, including those to contact in case of an emergency.</li> <li>Identify security signals like fire alarms and places such as staircases, fire warden stations, first aid and medical rooms.</li> <li>Identify aspects of your workplace that could cause potential risk to own and others health and safety.</li> <li>Ensure one's own personal health and safety, and that of others in the workplace by following precautionary measures.</li> <li>Identify and recommend opportunities for improving health, safety, and security to the designated person.</li> <li>Report hazards outside one's authority to the relevant person in line with organizational procedures and warn other people who may be affected by these hazards.</li> <li>Follow organisation's emergency procedures for accidents, fires or any other natural calamity in case of a hazard.</li> </ul>	<p>Dairy, notebook, pen, Music equipments, Props as and when required, Computer System, white board, marker, projector, Health and Safety Signs and policy etc.</p>

		<ul style="list-style-type: none"> <li>Identify and correct risks like illness, accidents, fires or any other natural calamity safely and within the limits of individual's authority.</li> </ul>	
	<p><b>Total Duration</b> 400:00</p> <p><b>Theory Duration</b> 115:00</p> <p><b>Practical Duration</b> 285:00</p>	<p><b>Unique Equipment Required:</b></p> <p>Dairy, notebook, pen, Music equipments, Props as and when required, Computer System, white board, marker, projector, Health and Safety Signs and policy etc.</p>	

Grand Total Course Duration: 400 Hours, 0 Minutes

(This syllabus/ curriculum has been approved by Media and Entertainment Skills Council)



## Trainer Prerequisites for Job role: “Dancer” mapped to Qualification Pack: “MES/Q1201, version 1.0”

Sr. No.	Area	Details
1	<b>Job Description</b>	To deliver accredited training service, mapping to the curriculum detailed above, in accordance with Qualification Pack “Q1201” version 1.0.
2	<b>Personal Attributes</b>	The candidate should have aptitude for conducting training, pre /post work to ensure competent, employable candidates at the end of training. The individual in this role must be creative with high degree of professional responsibility and timeliness with deadlines. He/she in this role holders has to be open-minded, willing to try new things and comfortable taking advice from unexpected sources.
3	<b>Minimum Educational Qualifications</b>	Class X
4a	<b>Domain Certification</b>	Certified for Job Role: “Dancer” mapped to QP: “MES/Q1201”, version 1.0. Minimum accepted score as per SSC guidelines is 70%.
4b	<b>Platform Certification</b>	Recommended that the Trainer is certified for the Job Role: “Trainer”, mapped to the Qualification Pack: “MEP/Q0102” with scoring of minimum 80%.
5	<b>Experience</b>	Minimum 5 years of work experience of reporting and as freelancer.  He should be able to communicate in English and local language. He should have knowledge of equipment, tools, material, Safety, Health & Hygiene.

## Annexure: Assessment Criteria

Assessment Criteria for Dancer	
Job Role	Dancer
Qualification Pack	MES/Q1201, version 1.0
Sector Skill Council	Media and Entertainment Skills Council

### Guidelines for Assessment

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.
4. Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria below).
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training center based on this criterion.
6. To pass the Qualification Pack, every trainee should score a minimum of 70% of aggregate marks to successfully clear the assessment.
7. In case of *unsuccessful completion*, the trainee may seek reassessment on the Qualification Pack.

Compulsory NOS		Marks Allocation			
Total Marks: 500		Total marks	Out of	Theory	Skills Practical
Assessment outcome	Assessment criteria for outcomes				
<b>MES/N1201</b> <b>Recognise dance as an artform</b>	PC1. link rhythm (beats) and dance in constant time and space	100	5	2	3
	PC2. dance in time - perform in different rhythmic expressions		5	2	3
	PC3. identify the body's capabilities and limitations		10	3	7
	PC4. perform dance with confidence, commitment, focus, consistency, and with due consideration of safe dance practices.		10	3	7
	PC5. identify the elements of dance composition and perform the steps of dance in group as well as in solo dance form		5	2	3
	PC6. sync steps with other dancers		5	2	3
	PC7. dance in free style		10	3	7
	PC8. perform as per the indicated theme (traditional pattern, hip-hop, contemporary)		10	3	7
	PC9. structure the compositional processes of various dance forms.		10	3	7
	PC10. train, exercise, and attend dance classes to maintain high levels of technical proficiency, physical ability, and physical fitness.		10	3	7

	PC11. Communicate and express dance as an artform wherein the body is the instrument for non-verbal communication and expression.		10	3	7
	PC12. identify dance from artistic, aesthetic and cultural perspectives through movement and in written and oral form.		5	2	3
	PC13. study and practice dance moves required in roles.		5	2	3
		<b>Total</b>	<b>100</b>	<b>33</b>	<b>67</b>
<b>MES/N1202</b> <b>Follow choreography elements</b>	PC1. identify dance as an art form and relate dance to historical and cultural contexts	100	5	2	3
	PC2. present polished dance works using technical skills and artistic expression		5	2	3
	PC3. apply reflective practices in order to identify processes for further development		5	2	3
	PC4. analyse and document dance-making processes		5	2	3
	PC5. assess the effectiveness of a range of dance works of others		5	2	3
	PC6. use terminologies relevant to dance performance and choreography		5	2	3
	PC7. identify and appropriately react to potential hazards in a dance environment, and appropriately apply safe dance principles and practices		5	2	3
	PC8. identify and apply the structure of dance works		5	2	3
	PC9. manage the duration of the movement		5	2	3
	PC10. use/exhibit different energy levels to reveal different emotional states		5	2	3
	PC11. demonstrate the ability to relate to other dancers and objects		5	2	3
	PC12. demonstrate an understanding about movements		5	2	3
	PC13. analyse available space; low floor moves, medium standing moves and high leaping and lifting moves		5	2	3
	PC14. form/make patterns of circles, squares, triangles, etc. the whole body, with groups of people, or by moving at space(through the air or across the floor)		5	2	3
	PC15. judge how fast or slow the movements must be to match tempo and beat of the song/music/audio		5	2	3
	PC16. articulate when movements are meant to be slow, fast, in a wave or hit		5	2	3
	PC17. initiate movements and establish who is leading and following while dancing in a group and able to change partner		5	2	3
	PC18. show variations of how large or small are the movements in the space		5	2	3
	PC19. take sight cues from other dancers to start the next phrase or use shared awareness of sensed time to end a dance		5	2	3
	PC20. exhibit variations in energy which are easy to identify		5	2	3
		<b>Total</b>	<b>100</b>	<b>40</b>	<b>60</b>
<b>MES/N1203</b> <b>Perform dance</b>	PC1. perform dance in different dance forms	100	4	1	3
	PC2. change appearance as per dance requirement		4	1	3

PC3. demonstrate appropriate skeletal alignment, body-part articulation, strength, flexibility, agility and coordination.	4	1	3
PC4. harmonize body movements to rhythm of musical accompaniment.	4	1	3
PC5. perform classical, modern, or acrobatic dances in productions, expressing stories, rhythm, and sound with their bodies.	4	1	3
PC6. collaborate with choreographers to refine or modify dance steps.	4	1	3
PC7. coordinate dancing with that of partners or dance ensembles	4	1	3
PC8. attend costume fittings, photography sessions, and makeup calls associated with dance performances.	3	1	2
PC9. develop self-understanding of physical capabilities and limitations, and choose dance styles accordingly.	3	1	2
PC10. deal with flexibility of body, mental, emotional status and how to deal with stress, long rehearsals.	3	1	2
PC11. differentiate between rhythm, tempo, melody and timing.	3	1	2
PC12. realize different time signatures (or meters), and how that will affect the dance.	3	1	2
PC13. demonstrate the characters in the song, concept, dance style.	3	1	2
PC14. follow movements of the choreographer	3	1	2
PC15. express attitude, body language, style, performance capability, timing, etc.	3	1	2
PC16. display the mood and tempo of the song throughout and in multiple takes	3	1	2
PC17. follow the movement, phrases, transitions and sequences designed by the choreographer.	3	1	2
PC18. follow the emotions the choreographer is trying to express.	3	1	2
PC19. analyze the concept of scene, shots, takes and continuity.	3	1	2
PC20. dance according to the beat and maintain it consistently throughout the dance or takes.	4	1	3
PC21. follow the style composed by the choreographers for a particular song	4	1	3
PC22. follow the positions and placements to create formations.	4	1	3
PC23. perform in coordination with the patterns, change the patterns speed, reverse the pattern, communicating and notating movements of other dancers with patterns.	4	1	3
PC24. align the context-the situation, the scene, the conditions, and background within which he/she is performing.	4	1	3
PC25. perform by maintaining uniformity and in sync with co-dancers	4	1	3
PC26. dance under different climatic conditions, locations or as per the requirements of the	4	1	3

	choreographed sequence, as long as it doesn't physically harm the dancer				
	PC27. accept spot improvisation and adapt it accordingly.		4	1	3
	PC28. adopt the theme of the performance and choose the costume accordingly.		4	1	3
		<b>Total</b>	<b>100</b>	<b>28</b>	<b>72</b>
<b>MES/N0107 Develop and maintain portfolio</b>	PC1. prepare portfolio, recording, show reel, etc.,		8	2	6
	PC2. choose best headshots and performance shots to showcase		8	2	6
	PC3. create unique portfolio which speaks to a range of audiences		8	2	6
	PC4. apply social media network like YouTube / LinkedIn for promotional purposes		8	2	6
	PC5. promote themselves through networking		8	2	6
	PC6. approach associations for becoming a member		8	2	6
	PC7. approach clients (producers /casting directors / dance director etc.) in a professional manner		8	2	6
	PC8. be on time and in suggested dress for audition / presentation		8	2	6
	PC9. be ready to cold-read as per project requirement(s) in line with the expertise		8	2	6
	PC10. be ready for presentation /screen test, voice test etc., wherever required during audition/interviewing		8	2	6
	PC11. negotiate for remuneration of contract / work order aligned with the assignments		6	2	4
	PC12. recognize common components of an assignment contract including term and duration of project		8	2	6
	PC13. collaborate with others to determine technical details of production		6	2	4
		<b>Total</b>	<b>100</b>	<b>26</b>	<b>74</b>
<b>MES/N0104 Maintain workplace health and safety</b>	PC1. maintain one's posture and position to minimize fatigue and the risk of injury		10	5	5
	PC2. maintain first aid kit and keep oneself updated on the first aid procedures		10	5	5
	PC3. identify and document potential risks like sitting postures while using computer, eye fatigues and other hazards in the workplace		5	2	3
	PC4. accurately maintain accident reports		5	2	3
	PC5. report health and safety risks/ hazards to concerned personnel	100	10	5	5
	PC6. participate in organization health and safety knowledge sessions and drills		10	5	5
	PC7. identify the people responsible for health and safety in the workplace, including those to contact in case of an emergency		10	5	5
	PC8. identify security signals e.g. fire alarms and places such as staircases, fire warden stations, first aid and medical rooms		10	5	5

	PC9. identify aspects of workplace that could cause potential risk to own and others health and safety		5	2	3
	PC10. ensure own personal health and safety, and that of others in the workplace through precautionary measures		5	2	3
	PC11. identify and recommend opportunities for improving health, safety, and security to the designated person		5	2	3
	PC12. report any hazards outside the individual's authority to the relevant person in line with organisational procedures and warn other people who may be affected		5	2	3
	PC13. follow organisation's emergency procedures for accidents, fires or any other natural calamity in case of a hazard		5	2	3
	PC14. identify and correct risks like illness, accidents, fires or any other natural calamity safely and within the limits of individual's authority		5	2	3
		<b>Total</b>	<b>100</b>	<b>46</b>	<b>54</b>