



**Australian Government**

**Assessment Requirements for  
CUAWHS211 Develop a basic level of  
physical fitness for dance performance**

**Release: 1**

## Assessment Requirements for CUAWHS211 Develop a basic level of physical fitness for dance performance

### Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

### 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:

- plan and implement at least one fitness regime suited to the level of fitness required for chosen dance style.

In the course of the above, the candidate must:

- demonstrate the following basic movements in the context of undertaking a physical conditioning program for dance:
  - spine articulation:
    - flexion
    - extension
    - lateral flexion
    - rotation
  - abduction
  - adduction
  - circumduction
  - internal rotation
  - external rotation
- identify and apply basic physical exercise techniques to improve strength, mobility, flexibility and stamina.

### 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:

- key aspects of physical conditioning for dance, relating to:
  - human skeletal and muscular system

- cardio respiratory system
- accepted industry practices for safe dance and injury prevention
- location of anatomical structures on own body, including:
  - major muscle groups
  - major bones
  - major joints
- principles of safe dance practice and injury prevention, including those relating to:
  - spine articulation
  - use of feet
  - support provided by feet, legs, hands, arms and torso
  - joint movement patterns
  - body alignment
  - differentiation of legs and pelvis
  - identifying and releasing points of unnecessary tension
- factors relating to physical strength, including:
  - weight and resistance training
  - flexibility
  - core stability
- factors relating to flexibility and mobility, including:
  - safe stretching
  - mobilisation techniques
- factors relating to stamina, including:
  - cardiovascular fitness
  - muscular endurance.

## 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:

- interaction with others to demonstrate the performance evidence
- venues and flooring required for dance.

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

## Links

Companion Volume Implementation Guide is found on VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>