



**Australian Government**

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

**Release: 1**

## 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.

### Application

This unit describes the skills and knowledge required to plan and implement a basic fitness regime for executing optimal physical performance in dance.

The unit applies to those who are dancers and dance students who utilise fitness training to help build their strength, flexibility and stamina, which are vital aspects of a dancer's daily routine. At this level, exercises are usually undertaken with supervision and guidance in dance or fitness studios, or gyms.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

### Unit Sector

Regulation, licensing and risk – Work health and safety

### Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Plan own dance fitness regime	1.1 Plan and document basic fitness regime for improving own strength, mobility, flexibility and stamina, in consultation with required personnel 1.2 Identify fitness regime strategies that address own psychological and physical body maintenance issues 1.3 Identify and match own fitness regime to the level of fitness required for dance style to avoid over or under training 1.4 Review, adjust and document own dance fitness regime according to performance requirements in consultation with required personnel

<b>ELEMENTS</b>	<b>PERFORMANCE CRITERIA</b>
2. Undertake physical exercise for dance	2.1 Identify and perform different exercises for improving alignment and stability 2.2 Practise exercises for controlling balance with eyes shut and open 2.3 Identify and perform different exercises for engaging and strengthening core stabiliser muscles 2.4 Identify and perform physical exercises to improve muscular flexibility 2.5 Practise exercises for improving coordination, control and articulation through a full range of movement
3. Review own dance fitness regime	3.1 Seek and acknowledge feedback from others 3.2 Review own performance and identify areas of improvement for fitness regime and performance of exercises 3.3 Review, adjust and document dance fitness exercises in line with required processes

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

<b>SKILL</b>	<b>DESCRIPTION</b>
Oral communication	<ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> <li>Discusses ideas and solutions</li> </ul>
Reading	<ul style="list-style-type: none"> <li>Interprets information required for physical conditioning from written sources</li> </ul>
Self-management	<ul style="list-style-type: none"> <li>Follows accepted industry practices for safe dance and injury prevention</li> <li>Seeks clarification or assistance from others</li> <li>Adopts a methodical and disciplined approach when developing a fitness regime that meets own physical conditioning needs</li> </ul>
Technology	<ul style="list-style-type: none"> <li>Uses the internet as a source of industry information</li> </ul>

## Unit Mapping Information

Supersedes and is equivalent to CUAWHS201 Develop a basic level of physical condition for dance performance.

## **Links**

Companion Volume Implementation Guide is found on VETNet -

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