



**Australian Government**

# **ACMEQU208 Manage personal health and fitness for working with horses**

**Release: 1**

## ACMEQU208 Manage personal health and fitness for working with horses

### Modification History

Release	Comments
Release 1	This version released with ACM Animal Care and Management Training Package Version 1.0.

### Application

This unit of competency describes the skills and knowledge required to manage personal health and fitness in roles working with horses. It includes knowledge of common health and nutritional principles, and stress management and workplace fatigue strategies to maintain personal health and fitness.

The unit applies to individuals who need to manage their personal health and fitness to work in a variety of job roles and functions in horse industry sectors.

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

### Pre-requisite Unit

Nil

### Unit Sector

Equine (EQU)

### 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. Distinguish factors that affect personal health	1.1 Identify health and safety risks related to working with horses 1.2 Identify personal nutritional requirements for job function and general health 1.3 Identify and recognise impact on self and others of poor

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
	<p>health and fitness</p> <p>1.4 Relate impact of drug and alcohol use to physical health and ability to perform job functions</p> <p>1.5 Relate impact of hydration status to physical health and ability to perform job functions</p>
2. Establish and maintain personal health	<p>2.1 Develop and apply strategies to identify and minimise fatigue</p> <p>2.2 Assess personal physical fitness for job function and use assessment to develop strategies to improve fitness</p> <p>2.3 Develop and apply strategies to avoid health risks at work</p> <p>2.4 Identify the impact of rehabilitation regimes following injury or illness</p>
3. Manage stress in the work role	<p>3.1 Identify factors affecting employee ability to complete work role</p> <p>3.2 Practise on-the-job strategies for managing work-related stress</p> <p>3.3 Practise off-the-job strategies for managing work-related stress</p>

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.*

Skill	Description
Reading	<ul style="list-style-type: none"> <li>Locate, interpret and consolidate key information to manage personal health and fitness</li> </ul>
Learning	<ul style="list-style-type: none"> <li>Make plans to fill gaps in personal knowledge and development</li> </ul>

## Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
ACMEQU208 Manage personal health and fitness for working with horses	Not applicable	New unit	No equivalent unit

## Links

Companion Volumes, including Implementation Guides, are available at VETNet: -  
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103>