



Australian Government

ACMEQU221 Manage personal health and fitness for working with horses

Release: 1

ACMEQU221 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 5.0.

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 and workplace fatigue management strategies.

The unit applies to individuals working under supervision in an equine workplace that are required to manage their personal health and fitness to perform effectively in their own job role.

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. Identify impacts of personal fitness and health on workplace performance	1.1 Identify hazards and risks to personal fitness and physical and mental health arising from own role in the horse industry 1.2 Recognise general signs in self and team members that indicate fitness and physical and mental health concerns 1.3 Identify how poor personal fitness and physical and mental health can impact own and others' work performance, health and safety in

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
	the horse industry 1.4 Identify impact of drug and alcohol use to physical and mental health and ability to perform job functions 1.5 Recognise work-related and non-work-related causes of poor personal fitness and physical and mental health 1.6 Identify personal nutrition, hydration, exercise, social and rest requirements to develop and maintain fitness and physical and mental health to perform effectively and safely in an equine workplace
2. Develop an action plan to manage personal fitness and health	2.1 Undertake assessment of personal fitness and physical and mental health in consultation with supervisor and/or qualified health and/or fitness practitioner 2.2 Identify strategies used in the workplace for promoting own fitness and physical and mental health, and discuss these with supervisor and/or qualified health and/or fitness practitioner 2.3 Consult with supervisor and/or qualified health and/or fitness practitioner to develop and document a plan to address causes of ill health, and to promote personal fitness and physical and mental health 2.4 Identify available workplace and/or community and/or industry supports and resources to assist with implementation of plan
3. Implement action plan for personal fitness and health	3.1 Measure and record personal fitness and physical and mental health indicators before commencing plan 3.2 Undertake health care improvement actions at work and/or out of work according to documented plan 3.3 Measure and document personal fitness and physical and mental health indicators according to plan requirements, and discuss results with supervisor and/or qualified health and/or fitness practitioner 3.4 Review and adjust plan in consultation with supervisor and/or qualified health and/or fitness practitioner to achieve and/or maintain desired fitness and health goals
4. Support team members to manage personal fitness and health at work	4.1 Recognise signs that team member may be experiencing personal fitness and/or health concerns 4.2 Communicate to team member support services available inside and/or outside the workplace that may help them address fitness and/or health concerns

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	Interpret key information in publications related to management of personal health and fitness
Numeracy	Estimate and measure quantity, weight, time, percentage and ratio
Oral communication	Use active listening and questioning techniques to seek and clarify information

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
ACMEQU221 Manage personal health and fitness for working with horses	ACMEQU208 Manage personal health and fitness for working with horses	Mental health made more explicit in unit outcomes Major changes to Performance Criteria New Element 4 added Foundation Skills updated Assessment Requirements updated	Not equivalent

Links

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