



Australian Government

Assessment Requirements for CUAWHS101 Follow safe dance practices

Release: 2

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Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package version 1.0.

Performance Evidence

Evidence of the ability to:

- perform a range of warm-up and warm-down exercises
- apply a basic understanding of anatomical principles to day-to-day dance activities
- identify potential safety hazards in a dance performance environment.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

Knowledge Evidence

To complete the unit requirements the individual must:

- explain the cause of common dance injuries
- describe the relationship between the following systems in the human body and safe dance practice:
 - articular
 - muscular
 - circulatory
 - nervous
- describe how the following contribute to safe dance practice and injury prevention:
 - articulation of the spine
 - engagement of the feet
 - support provided by feet, legs, hands, arms and torso
 - the way joints move

- differentiation of the legs and pelvis
- healthy nutrition and diet.

Assessment Conditions

Assessment must be conducted in a safe environment where evidence gathered demonstrates consistent performance of typical activities experienced in creative arts industry environments. The assessment environment must include access to appropriate dance performance areas or spaces.

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 guides are found in VETNet -

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