



Australian Government

**Assessment Requirements for
CUAWHS301 Condition the body for dance
performance**

Release: 2

Assessment Requirements for CUAWHS301 Condition the body for dance performance

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:

- incorporate anatomical and behavioural principles into exercise routines
- plan and evaluate a systematic physical conditioning plan
- use techniques that promote health and wellbeing during conditioning programs
- use appropriate posture and breathing techniques during exercise routines
- exercise safely, taking account of responses of the human body to exercise.

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:

- describe key features of the following in relation to a physical conditioning and exercise program:
 - human skeletal and muscular systems
 - cardiovascular and cardio-respiratory systems
 - resistance training
 - systems for measuring the effectiveness of exercise and fitness techniques
 - nutrition and diet
 - muscle memory
 - biofeedback theory

- demonstrate knowledge of how the sciences of biomechanics, anatomy, physiology, and motor learning can be applied to human movement and performance.

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:

- anatomy charts and diagrams
- sufficient space, facilities and equipment appropriate for fitness and conditioning exercise
- equipment and tools for monitoring and implementing exercise regimes, such as health-monitoring devices.

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>