



Australian Government

Assessment Requirements for CUAWHS311 Condition body for dance performance

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- develop and undertake at least one conditioning regime to optimise physical wellbeing for dance performances.

In the course of the above, the candidate must:

- incorporate anatomical and behavioural principles into exercise routines
- use techniques that promote physical and mental health and wellbeing during conditioning regime
- use posture and breathing techniques during exercise routines
- describe at least two benefits of a physical conditioning regime to overall mental wellbeing
- exercise safely, taking account of responses of human body to exercise.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- key features of the following concepts as they relate to physical conditioning regimes:
 - 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
 - visualisation and focus exercises
 - muscle memory
 - biofeedback theory

- physical effects of motivation on the human body
- injury prevention techniques
- benefits of a physical conditioning regime to overall mental wellbeing
- application of sciences of biomechanics, anatomy, physiology and motor learning to human movement and performance
- requirements of a physical conditioning routine, including:
 - appropriate documentation
 - application of anatomical, physiological and biomechanical concepts
 - fundamental nutritional principles
 - exercise programs and techniques
 - mind and body education techniques
 - risk factors that may inhibit achievement of goals.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to:

- anatomy charts and diagrams
- sufficient space, facilities and equipment suitable 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 Guide is found on VETNet -

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