



**Australian Government**

# **CUAWHS311 Condition body for dance performance**

**Release: 1**

## CUAWHS311 Condition body for dance performance

### Modification History

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

### Application

This unit describes the skills and knowledge required to optimise physical wellbeing and safely perform a range of body conditioning exercises and movements to support dance performance. Physical conditioning exercise programs may be undertaken in dance or fitness studios, or gyms.

The unit applies to those who are dancers and who draw upon a range of well-developed skills where some discretion and judgement are required. Individuals would be expected to take responsibility for their own outputs.

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

### Unit Sector

Regulation, licensing and risk – Work health and safety

### 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. Develop own conditioning regime	1.1 Identify requirements of conditioning regime according to performance requirements 1.2 Discuss type of body conditioning program best suited to own dance performance needs, with required personnel 1.3 Draft personal conditioning routine according to requirements for conditioning regime 1.4 Conduct basic visualisation and focus exercises
2. Undertake conditioning exercise sessions	2.1 Undertake and document pre-conditioning physical evaluation 2.2 Source music for warm-up and conditioning routines as required

ELEMENTS	PERFORMANCE CRITERIA
	2.3 Execute warm-up exercises 2.4 Work exercise routines to selected music as required 2.5 Undertake conditioning regime according to health and safety procedures 2.6 Undertake cool-down exercises
3. Review conditioning regime	3.1 Monitor and document physical conditioning and exercise program 3.2 Monitor and document physiological responses throughout exercise regime 3.3 Evaluate effectiveness of conditioning regime 3.4 Adjust conditioning regime as required 3.5 Implement injury-prevention strategies into future conditioning regimes 3.6 Identify improvement strategies to enhance exercise regime as required

## Foundation Skills

*This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*

SKILL	DESCRIPTION
Learning	<ul style="list-style-type: none"> <li>Identifies strategies to meet own physical conditioning needs</li> </ul>
Numeracy	<ul style="list-style-type: none"> <li>Interprets numerical information from exercise machines and accessories</li> </ul>
Oral communication	<ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> <li>Discusses ideas and solutions</li> </ul>
Reading	<ul style="list-style-type: none"> <li>Identifies and evaluates required information and ideas from written sources</li> </ul>
Writing	<ul style="list-style-type: none"> <li>Completes routine documentation</li> </ul>
Initiative and enterprise	<ul style="list-style-type: none"> <li>Executes a series of body conditioning exercises</li> <li>Uses a range of exercise equipment</li> <li>Demonstrates initiative by using techniques to enhance the outcomes of exercise programs</li> </ul>
Planning and organising	<ul style="list-style-type: none"> <li>Adopts a methodical and disciplined approach to developing and implementing a balanced physical conditioning and exercise program to achieve peak physical performance</li> </ul>

<b>SKILL</b>	<b>DESCRIPTION</b>
Self-management	<ul style="list-style-type: none"><li>Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies</li></ul>
Teamwork	<ul style="list-style-type: none"><li>Works collaboratively</li></ul>
Technology	<ul style="list-style-type: none"><li>Uses the internet as a source of industry information</li></ul>

## Unit Mapping Information

Supersedes and is equivalent to CUAWHS301 Condition the body for dance performance.

## Links

Companion Volume Implementation Guide is found on VETNet -

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