



Australian Government

**Assessment Requirements for
CUAWHS401 Apply movement and
behavioural principles to physical
conditioning**

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with <i>CUA Live Performance and Entertainment Training Package Version 1.0</i> .

Performance Evidence

Evidence of the ability to:

- incorporate the principles of kinaesthetic learning into physical conditioning activities
- apply a basic level of somatic self-observation processes to the postural aspects of performance skills
- apply psychological theories and tools to physical conditioning strategies to improve own performance technique.

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:

- demonstrate well-developed knowledge of:
 - benefits of physical awareness to performance and a sense of general wellbeing
 - healthy eating principles
 - basic anatomy, physiology and nutritional principles as applied to performance activities
 - concepts used in somatic self-observation processes
 - work health and safety (WHS) procedures appropriate to performance-skills practice
 - gender issues relevant to exercise and conditioning
 - techniques for developing the human capacity for self-awareness
 - techniques for directing attention to the process of acting, rather than outcomes
 - concepts of movement with minimum effort and maximum efficiency
- explain key features of the following in relation to improving physical conditioning and performance skills:
 - process of analysing movement
 - cognitive behavioural theory and associated tools.

Assessment Conditions

Gather evidence to demonstrate consistent performance in conditions that are safe and replicate the workplace. Noise levels, production flow, interruptions and time variances must be typical of those experienced in a performance environment.

The assessment environment must include access to:

- information about somatic methods and movement philosophies
- safe performance and exercise space.

Assessors must satisfy NVR/AQTF assessor requirements.

Links

Companion volumes are available at: - <http://www.ibsa.org.au>