



**Australian Government**

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

**Release: 2**

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

### 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 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

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:

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

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>