



**Australian Government**

# **CUAWHS401 Apply movement and behavioural principles to physical conditioning**

**Release: 1**

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### **Modification History**

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

### **Application**

This unit describes the performance outcomes, skills and knowledge required by performers to apply principles associated with kinesiology, biomechanics and human behaviour to their physical conditioning regime. Exercise programs could be undertaken in a performance space or other locations, such as fitness studios and gyms.

Work performed requires a range of well-developed skills where some discretion and judgement are required and individuals are 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

<b>Elements</b> <i>Elements describe the essential outcomes.</i>	<b>Performance Criteria</b> <i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Demonstrate understanding of human movement principles	1.1 Discuss the principles of kinaesthetic learning with relevant personnel and how they can be applied to physical conditioning activities aimed at improving movement 1.2 Discuss with relevant personnel ways in which the principles of kinesiology and biomechanics can contribute to developing safe dance techniques and movement skills 1.3 Identify the basic principles of a range of somatic methods or movement philosophies 1.4 Use anatomical and movement terminology correctly in discussions
2. Apply somatic processes to physical conditioning for performance	2.1 Incorporate into physical conditioning activities aspects of somatic methods that match own performance requirements 2.2 Discuss somatic self-observation processes with relevant personnel and how they can be applied to physical conditioning activities 2.3 Work towards achieving somatic postural ideals through applying somatic self-observation processes 2.4 Perform warm-up and warm-down procedures in conjunction with movement activities 2.5 Through pre- and post-activity fitness appraisals identify contraindicated movement activities and take steps to rectify as required
3. Apply motivational and behavioural techniques to enhance performance	3.1 Discuss with relevant personnel strategies and psychological tools to enhance resilience and improve performance technique 3.2 Incorporate into physical conditioning program understanding of the physical effects of motivation and nutrition on the human body 3.3 Apply the principles of visualisation to improve motivation and performance

## Foundation Skills

*This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.*

Skill	Performance Criteria	Description
Reading	1.3	<ul style="list-style-type: none"> <li>Analyses ideas and information from a range of written sources</li> </ul>
Oral communication	1.1, 1.2, 1.4, 2.2, 2.5, 3.1	<ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> <li>Discusses ideas and solutions</li> </ul>
Numeracy	2.5	<ul style="list-style-type: none"> <li>Measures physiological responses to exercise</li> </ul>
Navigate the world of work	2.4, 2.5	<ul style="list-style-type: none"> <li>Applies organisational procedures in relation to safe movement practice</li> </ul>
Interact with others	1.1, 1.2, 1.4, 2.2, 2.5, 3.1	<ul style="list-style-type: none"> <li>Works collaboratively</li> </ul>
Get the work done	1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3	<ul style="list-style-type: none"> <li>Adopts a methodical and disciplined approach to the process of improving own physical condition and performance skills by applying a knowledge of movement and behavioural principles</li> <li>Perceives own postural pattern from sets of discrete proprioceptive information</li> <li>Observes performance skills being executed and determines which somatic self-observation processes may improve own skills</li> <li>Uses the internet as a source of industry information</li> </ul>

## Unit Mapping Information

Code and Title Current Version	Code and Title Previous Version	Comments	E/N
CUAWHS401 Apply movement and behavioural principles to physical conditioning	CUAOHS401A Apply movement and behavioural principles to physical conditioning	Updated to meet Standards for Training Packages	E

## **Links**

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