



Australian Government

Assessment Requirements for CUAWHS402 Participate in gym and weight training for performances

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:

- shift and lift an outside resistance without injuring the body
- improve weight lifting capacity through regular resistance training exercises.

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:

- describe how the following contribute to safe dance practice and injury prevention:
 - articulation of the spine
 - engagement of the feet
 - support provided by feet, legs, hands, arms and torso
 - the way joints move
 - differentiation of the legs and pelvis
- explain key features of the following in the context of weight training:
 - safe lifting techniques
 - core control skills
 - a range of resistance training equipment.

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 the fitness industry.

The assessment environment must include access to a gym with a range of equipment and resources for weight training.

Assessors must satisfy NVR/AQTF assessor requirements.

Links

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