



Australian Government

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

Release: 2

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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:

- 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

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 a gym with a range of equipment and resources for weight training.

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>