



Australian Government

CUA WHS402 Participate in gym and weight training for performances

Release: 1

CUAWHS402 Participate in gym and weight training for performances

Modification History

Release	Comments
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 mainly by male dancers and performers, to improve their weight lifting capacity. These skills are commonly applied in dance genres, such as ballet and contemporary dance, as well as in acrobatic circus performances.

Exercises are undertaken in gyms or in facilities with a range of resistance training equipment. Individuals are expected to apply some discretion and judgement to their exercise regime and 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

Elements <i>Elements describe the essential outcomes.</i>	Performance Criteria <i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Perform a range of basic resistance training exercises	1.1 In consultation with relevant personnel analyse theories behind a range of resistance training exercises 1.2 Ensure that grip positions and methods of using equipment for full muscular development are correct 1.3 Display muscular control when performing exercises
2. Apply muscular fitness to a range of exercises	2.1 Display muscular flexibility in exercises 2.2 Demonstrate coordinated muscular control in exercises 2.3 Display power through speed and control in exercises
3. Use safe lifting techniques	3.1 Apply a knowledge of correct posture and muscular strength to lifting exercises 3.2 Ensure neutral pelvic alignment prior to commencing lifts 3.3 Maintain postural stability and fluid action during weight lifting 3.4 Maintain a stable yet relaxed lower body while engaging the spinal erectors, transversus abdominus and the upper limbs
4. Demonstrate core control during a range of exercises	4.1 Maintain abdominal stability and correct, stable posture throughout exercises 4.2 Use lumbar muscles to maintain erect posture 4.3 In consultation with relevant personnel review and adjust weight training exercises as required

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
Learning	1.1, 4.3	<ul style="list-style-type: none"> Seeks the views and opinions of others to develop own understanding Seeks feedback and accepts guidance from others
Oral communication	1.1, 4.3	<ul style="list-style-type: none"> Obtains information by listening and questioning Discusses ideas and solutions
Navigate the world of work	1.1, 1.2, 3.1, 4.1, 4.3	<ul style="list-style-type: none"> Applies organisational procedures in relation to gym and weight training
Interact with others	1.1, 4.3	<ul style="list-style-type: none"> Works collaboratively
Get the work done	1.1, 1.2, 1.3 2.1, 2.2, 2.3, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2	<ul style="list-style-type: none"> Adopts a methodical and disciplined approach to improving weight lifting capacity for performances Uses a range of resistance-training equipment to build strength

Unit Mapping Information

Code and Title Current Version	Code and Title Previous Version	Comments	E/N
CUAWHS402 Participate in gym and weight training for performances	CUAOHS402A Participate in gym and weight training for performances	Updated to meet Standards for Training Packages	E

Links

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