



Australian Government

**Assessment Requirements for
CUAWHS403 Incorporate anatomy and
nutrition principles into skill development**

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:

- gather information about anatomy and nutrition principles to improve own practice
- engage in informed discussions about safe dance practice
- apply knowledge of the human skeletal and muscular systems to enhance safe dance practice
- maintain currency of knowledge of anatomy and nutrition and its application to safe dance practice.

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 sources of information about anatomy and nutrition in relation to safe dance practice
- demonstrate well-developed knowledge of:
 - systems of the body
 - main muscles of the body
 - bone structure properties
 - alignment principles
 - healthy eating practices
 - relationship between anatomical structures and dance functions
 - how skeletal muscle develops, grows and repairs itself.

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 a performance environment.

The assessment environment must include access to:

- project or work activities that allow candidates to expand their knowledge of anatomy and nutrition principles.

Assessors must satisfy NVR/AQTF assessor requirements.

Links

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