



Australian Government

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

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:

- 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

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:

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

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>