



Australian Government

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> .

Application

This unit describes the performance outcomes, skills and knowledge required to apply an understanding of the connection between safe dance practice, and nutrition principles and human body structure.

Dancers and other performers apply the skills and knowledge outlined in this unit in daily training sessions to avoid injury or to adjust their approach to physical conditioning. This unit also applies to dance teachers who impart this knowledge to learners to facilitate informed discussion about safe dance practice.

At this level people take responsibility for their own outputs and activity is usually self-directed, though some guidance from teachers or mentors could be expected.

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. Consolidate understanding of anatomy and anatomical structures	1.1 Discuss with relevant personnel how an understanding of anatomy can contribute to developing safe dance techniques and movement skills 1.2 Use a wide range of anatomical terminology relevant to context 1.3 Identify how anatomical structures respond to physical activity 1.4 Apply a sound understanding of injury-avoidance techniques to dance and movement activities
2. Make connections between anatomy principles and own performance technique or teaching practice	2.1 Assess ways in which knowledge of anatomy may be used, adapted or challenged in relation to own performance technique or teaching practice 2.2 Discuss with relevant personnel how own technique or teaching practice can be improved by applying a knowledge of nutritional principles 2.3 Distil key themes in knowledge of anatomy to identify implications for development of own teaching practice 2.4 In consultation with relevant personnel adjust own physical conditioning program and approach to development of technique or teaching practice as required
3. Maintain and update knowledge of anatomy and nutrition principles	3.1 Identify and use opportunities to update and expand own knowledge of anatomy and nutrition 3.2 Monitor response to changes made to own performance practice or teaching methodology 3.3 Continue to adjust own practice to optimise results

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	2.1, 2.3, 2.4, 3.1	<ul style="list-style-type: none"> Acquires knowledge to support skill development through formal, informal and self-directed learning processes Seeks feedback and accepts guidance from others
Reading	1.3, 3.1	<ul style="list-style-type: none"> Organises and evaluates ideas and information from a range of complex texts
Oral communication	1.1, 1.2, 2.2, 2.4	<ul style="list-style-type: none"> Obtains information by listening and questioning Discusses ideas and solutions
Navigate the world of work	1.4	<ul style="list-style-type: none"> Follows industry practice in relation to safe dance practice
Interact with others	1.1, 1.2, 2.2, 2.4	<ul style="list-style-type: none"> Works collaboratively
Get the work done	1.4, 2.4, 3.1, 3.2, 3.3	<ul style="list-style-type: none"> Adopts a methodical approach to acquiring and applying knowledge of anatomy and nutrition principles to own performance or teaching practice Makes connections between own practice and conclusions drawn from information about anatomical principles Monitors sources of information to expand knowledge base on anatomy and nutrition relevant to own practice Uses the internet as a source of industry information

Unit Mapping Information

Code and Title Current Version	Code and Title Previous Version	Comments	E/N
CUAWHS403 Incorporate anatomy and nutrition principles into skill development	CUAOHS403A Incorporate anatomy and nutrition principles into skill development	Updated to meet Standards for Training Packages	E

Links

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