



Australian Government

Assessment Requirements for CUAWHS411 Apply movement and behavioural principles to conditioning

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- apply movement and behavioural principles to conditioning on at least two occasions for at least one conditioning regime, including:
 - incorporating principles of kinaesthetic learning into physical conditioning activities
 - applying a basic level of somatic self-observation processes to postural aspects of performance skills
 - applying psychological theories and tools to physical conditioning strategies to improve own performance technique.
 - using anatomical and movement terminology in discussions with required personnel
 - using pre-activity and post-activity fitness appraisals to identify contraindicated movement activities.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- physical awareness benefits to performance, emotional fitness and general wellbeing
- basic anatomy, physiology, nutritional and kinaesthetic principles as applied to physical conditioning and performance activities
- concepts used in somatic self-observation processes
- work health and safety (WHS) procedures as they apply to performance-skills practice
- gender issues as they apply to exercise and conditioning
- techniques for developing the human capacity for self-awareness
- techniques for directing attention to the process of moving, rather than outcomes
- concepts of movement with minimum effort and maximum efficiency
- process of analysing movement
- performance psychology and motivation techniques and associated tools.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to:

- information about somatic methods and movement philosophies
- safe performance and exercise space.

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 Guide is found on VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>