



Australian Government

**Assessment Requirements for
CUAWHS501 Maintain a high level of
fitness for performance**

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:

- design an advanced exercise program that:
 - meets performance needs
 - incorporates advanced applications of exercise modalities to target each component of fitness
- implement an advanced exercise program and evaluate its effectiveness
- work collaboratively to achieve fitness goals.

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:

- in the context of maintaining a high level of fitness for performance, explain key features of the following:
 - basic anatomical, physiological and nutritional principles
 - biomechanical principles
 - injury-prevention strategies
 - symptoms of over-training
 - safety and health procedures
 - gender issues
- demonstrate knowledge of:

- principles common to different somatic methods
- key concepts used in somatic neuromuscular re-patterning processes.

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:

- space, facilities and equipment appropriate for fitness and conditioning exercise
- equipment and tools for monitoring and implementing exercise regimes, such as health-monitoring devices.

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>