



Australian Government

CUA WHS501 Maintain a high level of fitness for performance

Release: 2

CUAWHS501 Maintain a high level of fitness for performance

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.

Application

This unit describes the performance outcomes, skills and knowledge required to design, implement and evaluate the effectiveness of an advanced exercise program aimed at maintaining peak fitness for performances that require a high level of stamina, strength and endurance.

Individuals who apply these skills are expected to display a high level of initiative, judgement and responsibility as they develop fitness programs that incorporate well-developed understanding of anatomy and physiology, the principles of biomechanics, and the way they inform the development of advanced exercise programs. At this level, access to a fully equipped fitness studio or gym is required.

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	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Design an advanced exercise program	1.1 Discuss with relevant personnel the type of advanced exercise program best suited to own performance needs 1.2 Target each component of fitness with advanced applications of exercise modalities

	<p>1.3 Apply understanding of the lever and cam systems of exercise equipment when designing fitness programs</p> <p>1.4 Monitor own posture to determine whether exercises are needed to modify postural irregularities</p> <p>1.5 Apply the frequency, intensity, type and time (FITT) principle to planning advanced aerobic conditioning, flexibility, muscular strength, endurance and power programs</p> <p>1.6 Incorporate into advanced exercise program aspects of somatic methods that match own performance requirements</p> <p>1.7 Document advanced exercise program, building in strategies for ongoing review and amendment</p>
2. Implement advanced exercise program	<p>2.1 Perform warm-up and warm-down procedures in conjunction with exercise activities</p> <p>2.2 Follow advanced exercise program under appropriate supervision</p> <p>2.3 Use advanced applications of exercise modalities correctly according to manufacturer and instructor recommendations</p> <p>2.4 Follow studio or gymnasium rules and protocols</p> <p>2.5 Determine target exercise heart rates and regularly measure physiological responses to exercises</p> <p>2.6 Amend exercise program to incorporate feedback and advice from relevant personnel as required</p>
3. Evaluate advanced exercise program	<p>3.1 Take account of a range of factors when evaluating whether the goals of an advanced exercise program are being achieved</p> <p>3.2 Evaluate physiological changes that occur as a result of following an advanced exercise program</p> <p>3.3 Note symptoms that indicate over-training and take account of them when revising advanced exercise program</p>

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	2.6	<ul style="list-style-type: none"> Seeks feedback and accepts guidance from others

Reading	2.3, 2.6, 3.1	<ul style="list-style-type: none"> Interprets information related to fitness programs from a range of written sources
Writing	1.7, 2.6, 3.3	<ul style="list-style-type: none"> Completes documentation of advanced exercise program
Oral communication	1.1, 2.2, 2.3, 2.6, 3.1	<ul style="list-style-type: none"> Obtains information by listening and questioning Discusses ideas and solutions
Numeracy	2.5	<ul style="list-style-type: none"> Interprets numerical information from exercise machines
Navigate the world of work	1.1, 1.3, 1.4, 1.5, 1.7, 2.1, 2.3, 2.4	<ul style="list-style-type: none"> Works independently with a strong sense of responsibility for goals, plans, decisions and outcomes Follows workplace protocols Observes industry practice when exercising safely
Interact with others	1.1, 2.2, 2.3, 2.6, 3.1	<ul style="list-style-type: none"> Works collaboratively
Get the work done	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 2.1, 2.2, 2.3, 2.5, 2.6, 3.1, 3.2, 3.3	<ul style="list-style-type: none"> Adopts a methodical and disciplined approach to developing, implementing and monitoring the effectiveness of an advanced exercise program Identifies a range of factors to be considered when developing an advanced exercise program Executes a series of advanced body conditioning exercises using a diverse range of equipment Uses the internet as a source of industry information

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUAWHS501 Maintain a high level of fitness for performance (Release 2)	CUAWHS501 Maintain a high level of fitness for performance (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of training package.	Equivalent unit

Links

Companion Volume implementation guides are found in VETNet -

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