



Australian Government

CUAWHS511 Maintain a high level of fitness for performance

Release: 1

CUAWHS511 Maintain a high level of fitness for performance

Modification History

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

Application

This unit describes the 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.

The unit applies to those who display a high level of initiative, judgement and responsibility as they develop, implement and maintain fitness programs that incorporate well-developed understanding of anatomy, physiology and principles of biomechanics. At this level, access to a fully equipped fitness studio or gym is recommended but not 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 Determine the type of advanced exercise program best suited to own performance needs in discussion with required personnel 1.2 Target each component of fitness with advanced applications of exercise modalities 1.3 Monitor own posture to determine whether exercises are needed to modify postural irregularities 1.4 Apply frequency, intensity, type and time (FITT) principle when planning advanced aerobic conditioning, flexibility, mobility, muscular strength, endurance and power programs 1.5 Incorporate into advanced exercise program aspects of somatic

ELEMENTS	PERFORMANCE CRITERIA
	methods that match own performance requirements 1.6 Document advanced exercise program, building in strategies for ongoing review and amendment
2. Implement own advanced exercise program	2.1 Perform warm-up and cool-down procedures in conjunction with exercise activities 2.2 Follow advanced exercise program under required supervision 2.3 Use advanced applications of exercise modalities according to manufacturer and instructor requirements 2.4 Identify and follow studio or gymnasium rules and protocols 2.5 Determine target exercise heart rates and regularly measure physiological responses to exercises 2.6 Incorporate feedback from required personnel and amend exercise program accordingly
3. Evaluate advanced exercise program	3.1 Evaluate whether goals of own advanced exercise program are being achieved 3.2 Evaluate physiological changes that occur as a result of following advanced exercise program 3.3 Document symptoms that indicate over-training and take account of them when revising advanced exercise program

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.

SKILL	DESCRIPTION
Learning	Seeks feedback and accepts guidance from others
Numeracy	Interprets numerical information from exercise machines
Oral communication	Obtains information by listening and questioning
Reading	Interprets information related to fitness programs from different written sources
Writing	Completes documentation of advanced exercise program
Self-management	- Follows workplace protocols - Observes industry practice when exercising safely - Adopts a methodical and disciplined approach to developing, implementing and monitoring the effectiveness of an advanced

SKILL	DESCRIPTION
	exercise program
Teamwork	• Works collaboratively
Technology	• Uses the internet as a source of industry information

Unit Mapping Information

Supersedes and is equivalent to CUAWHS501 Maintain a high level of fitness for performance.

Links

Companion Volume Implementation Guide is found on VETNet -

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