



Australian Government

Department of Education, Employment and Workplace Relations

CUAOHS402A Participate in gym and weight training for performances

Release: 1

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Modification History

Version	Comments
CUAOHS402A	This version first released with <i>CUA11 Live Performance Training Package version 1.0</i>

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to improve weight lifting capacity for performances.

Application of the Unit

This unit applies predominantly to male dancers and performers who are required to perform lifts during routines and performances. These skills are commonly applied in dance genres, such as ballet and contemporary dance, as well as in acrobatic circus performances. Exercises are undertaken in gyms or in facilities with a range of resistance training equipment and apparatus. Individuals are expected to apply some discretion and judgement to their exercise regime and to take responsibility for their own outputs.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Element	Performance Criteria
<i>Elements describe the essential outcomes of a unit of competency.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.</i>

Elements and Performance Criteria

<p>1. Perform a range of basic resistance training exercises</p>	<p>1.1. In consultation with <i>relevant personnel</i> develop an understanding of theories behind a range of <i>resistance training exercises</i></p> <p>1.2. Ensure that grip positions and methods of using <i>apparatus</i> for full muscular development are correct</p> <p>1.3. Display <i>muscular control</i> in the performance of exercises</p>
<p>2. Apply muscular fitness to a range of exercises</p>	<p>2.1. Display muscular flexibility in exercises</p> <p>2.2. Employ coordinated muscular control in exercises</p> <p>2.3. Display power through speed and control in exercises</p>
<p>3. Employ safe lifting techniques</p>	<p>3.1. Apply a knowledge of correct posture and muscular strength to lifting exercises</p> <p>3.2. Ensure neutral pelvic alignment prior to commencing lifts</p> <p>3.3. Maintain postural stability and fluid action during weight lifting</p> <p>3.4. Maintain a stable yet relaxed lower body while engaging the spinal erectors, transversus abdominus and the upper limbs</p>
<p>4. Demonstrate core control during a range of exercises</p>	<p>4.1. Maintain correct, stable posture throughout exercises</p> <p>4.2. Ensure that abdominal stability is maintained</p> <p>4.3. Use lumbar muscles to maintain erect posture</p> <p>4.4. In consultation with relevant personnel review and adjust weight training exercises as required</p>

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - discuss aspects of weight training exercises with relevant personnel
 - interpret and clarify written and verbal instructions
- planning and organising skills to:
 - develop a weight training plan to meet individual needs
 - calculate appropriate lifts for size
 - follow complex routine exercises
- problem-solving skills to resolve problems encountered in training
- self-management skills to:
 - prepare for exercise program through OHS practices
 - demonstrate consistency, discipline and commitment related to evaluating and monitoring personal fitness levels
- teamwork skills to participate in group training sessions
- technical skills to use a range of resistance-training apparatus to build strength.

Required knowledge

- safe lifting techniques
- core control skills for balance and injury prevention
- function and features of a range of resistance training apparatus
- anatomical foundations, including:
 - articulation of the spine
 - engagement of the feet
 - bases of support, including feet, legs, hands, arms and torso
 - range of motion of the joints
 - differentiation of the legs and pelvis
 - OHS procedures appropriate to performance-skills practice.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment	
Critical aspects for assessment and evidence required to demonstrate competency in this unit	<p>Evidence of the ability to:</p> <ul style="list-style-type: none"> • shift and lift an outside resistance without injuring the body • improve weight lifting capacity through regular execution of a range of resistance training exercises.
Context of and specific resources for assessment	<p>Assessment must ensure access to a gym equipped with a range of equipment and resources for weight training.</p>
Method of assessment	<p>A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:</p> <ul style="list-style-type: none"> • direct questioning combined with review of portfolios of evidence • third-party workplace reports of on-the-job performance • verbal or written questioning to test knowledge as listed in the required skills and knowledge section of this unit • case studies and scenarios as a basis for discussion of issues and challenges that arise in the context of weight training • direct observation or video recording of candidate performing exercises or applying lifting skills during performances. <p>Assessment methods should closely reflect workplace demands (e.g. literacy) and the needs of particular groups (e.g. people with disabilities and people who may have literacy or numeracy difficulties, such as speakers of languages other than English, remote communities and those with interrupted schooling).</p>
Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:</p>

	<ul style="list-style-type: none"> • CUADAN303A Develop dance partnering techniques • CUAOHS401A Apply movement and behavioural principles to physical conditioning • CUAOHS403A Incorporate anatomy and nutrition principles into skill development.
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Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

<i>Relevant personnel</i> may include:	<ul style="list-style-type: none"> • teacher • medical practitioner • physiotherapist • dietician • mentor • qualified fitness instructor • supervisor • colleague • fellow student • performer.
<i>Resistance training exercises</i> may be:	<ul style="list-style-type: none"> • isotonic, i.e. body part is moving against the force • isometric, i.e. body part is holding still against the force.
<i>Apparatus</i> may include:	<ul style="list-style-type: none"> • exercise equipment, such as: <ul style="list-style-type: none"> • weights • balls • exercise machines, such as: <ul style="list-style-type: none"> • rowers • weight machines • bullworker.
<i>Muscular control</i> means:	<ul style="list-style-type: none"> • performing exercises at the correct speed • maintaining the correct joint angles.

Unit Sector(s)

Performing arts - OHS

Custom Content Section

Not applicable.