



Australian Government

Assessment Requirements for HLTSHU003 Maintain personal health and awareness for traditional oriental medicine practice

Release: 1

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Modification History

Release	Comments
Release 1	<p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Additional assessor requirements.</p>

Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- established and followed a personal health strategy that is consistent with the philosophy of traditional oriental medicine

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- five phases theory in relation to personal health
- relationship between personal health and ability to practice
- types of activities that support maintenance of personal health:
 - meditation
 - yoga
 - regular physical activity
 - stress management techniques
- philosophies and principles of oriental nutrition:
 - digestive system
 - major digestive irregularities
 - value of different food types
 - cooking methods

- food combinations
- qi development and enhancement practices

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources
- modelling of industry operating conditions and contingencies

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least 3 years current clinical experience working as a Shiatsu therapist providing services to the general public
- hold practising membership of an Australian professional body that represents Shiatsu therapists
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>