



Australian Government

ACMEQU208 Manage personal health and fitness for working with horses

Release: 1

ACMEQU208 Manage personal health and fitness for working with horses

Modification History

Release	Comments
Release 1	This version released with ACM Animal Care and Management Training Package Version 1.0.

Application

This unit of competency describes the skills and knowledge required to manage personal health and fitness in roles working with horses. It includes knowledge of common health and nutritional principles, and stress management and workplace fatigue strategies to maintain personal health and fitness.

The unit applies to individuals who need to manage their personal health and fitness to work in a variety of job roles and functions in horse industry sectors.

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

Pre-requisite Unit

Nil

Unit Sector

Equine (EQU)

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. Distinguish factors that affect personal health	1.1 Identify health and safety risks related to working with horses 1.2 Identify personal nutritional requirements for job function and general health 1.3 Identify and recognise impact on self and others of poor

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
	health and fitness 1.4 Relate impact of drug and alcohol use to physical health and ability to perform job functions 1.5 Relate impact of hydration status to physical health and ability to perform job functions
2. Establish and maintain personal health	2.1 Develop and apply strategies to identify and minimise fatigue 2.2 Assess personal physical fitness for job function and use assessment to develop strategies to improve fitness 2.3 Develop and apply strategies to avoid health risks at work 2.4 Identify the impact of rehabilitation regimes following injury or illness
3. Manage stress in the work role	3.1 Identify factors affecting employee ability to complete work role 3.2 Practise on-the-job strategies for managing work-related stress 3.3 Practise off-the-job strategies for managing work-related stress

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.

Skill	Description
Reading	Locate, interpret and consolidate key information to manage personal health and fitness
Learning	Make plans to fill gaps in personal knowledge and development

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
ACMEQU208 Manage personal health and fitness for working with horses	Not applicable	New unit	No equivalent unit

Links

Companion Volumes, including Implementation Guides, are available at VETNet: -
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103>

Assessment Requirements for ACMEQU208 Manage personal health and fitness for working with horses

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Performance Evidence

An individual demonstrating competency in this unit must satisfy all of the elements and performance criteria of this unit.

There must be evidence that the individual managed personal health and fitness tailored to at least one job role involving working with horses, including:

- assessing own capacity for specific physical activity requirements of job role
- implementing an exercise program for core strength and flexibility relevant to job roles working with horses
- employing long-term strategies for weight and fitness management
- employing strategies to manage fatigue in the workplace
- employing strategies to manage stress in work and personal life.

Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- work health and safety risks interacting with horses, including physical risks and zoonotic diseases
- physical fitness levels required for specific roles or jobs working with horses
- causes of drug and alcohol misuse
- exercise routines relevant to job roles working with horses
- methods for measuring, improving and maintaining fitness levels
- methods for measuring, improving and maintaining general health
- nutritional requirements related to age, body type, current health status and job roles
- healthy methods of weight control
- benefits of following professionally managed rehabilitation regimes following injury or poor health
- coping strategies for managing uncertainty and stress in work and personal life
- sources of advice and assistance in managing stress, anxiety and depression
- techniques for managing stress.

Assessment Conditions

Assessment of skills must take place under the following conditions:

- physical conditions:
 - a workplace or an environment that accurately represents workplace conditions
- resources, equipment and materials:
 - materials and sources of information on managing personal health and fitness, or technology to access this information.

Training and assessment strategies must show evidence of the use of guidance provided in the *Companion Volume: User Guide: Safety in Equine Training*.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

Links

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