



Australian Government

Assessment Requirements for CUAPRF404 Refine movement skills for performance

Release: 2

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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.

Performance Evidence

Evidence of the ability to:

- perform a range of movement routines that demonstrate:
 - understanding of human movement principles and their application in performance
 - well-developed movement techniques appropriate to specific performance contexts
- incorporate rhythmic structures and musicality into movement routines
- cooperate with others in a learning and performance environment.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

Knowledge Evidence

To complete the unit requirements the individual must:

- explain how the following principles relate to physical movement techniques:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight

- explain how the following apply in the context of safe movement practice and injury prevention:
 - 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
 - healthy nutrition and diet
- explain and demonstrate how the musical elements of time signatures, beat, tempo and syncopation apply to movement techniques associated with chosen performance genre
- describe key features of the following movement philosophies:
 - Alexander technique
 - Bartenieff fundamentals
 - Feldenkrais method
 - Ideokinesis
 - Pilates
 - yoga
 - Thera-Band.

Assessment Conditions

Assessment must be conducted in a safe environment where evidence gathered demonstrates consistent performance of typical activities experienced in creative arts industry environments. The assessment environment must include access to appropriate performance areas or spaces.

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

Links

Companion Volume implementation guides are found in VETNet -

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