



Australian Government

CUAWHS101 Follow safe dance practices

Release: 2

CUAWHS101 Follow safe dance practices

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.

Application

This unit describes the performance outcomes, skills and knowledge required to build a safe and healthy career in the live performance industry. At this level individuals are learning about and applying safe dance practice in classes, rehearsals and performances under the supervision of experienced dancers and dance teachers.

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. Apply an understanding of anatomy and physiology to movement	1.1 Identify the basic structure of the human body 1.2 Apply principles of correct posture and body alignment to basic dance movements 1.3 Discuss with relevant personnel the purpose and benefits of warm-up and warm-down procedures 1.4 Practise a range of warm-up and warm-down exercises 1.5 Discuss with relevant personnel the importance of healthy nutrition to dance performance

2. Identify common dance injuries and health issues	2.1 Identify the causes of common dance injuries 2.2 Discuss with relevant personnel the effects of alcohol, smoking and eating disorders on a dancer's health 2.3 Determine action to be taken if injuries occur, including compression, elevation, rest and ice techniques for dealing with soft tissue injury 2.4 Compile a list of sources of professional assistance with health and injury management
3. Apply a knowledge of safety to dance activities	3.1 Discuss with relevant personnel safety aspects of dance classes, venues and facilities 3.2 Report safety hazards in venues according to organisational procedures 3.3 Follow procedures to minimise impact of performance activities on the environment 3.4 Follow safety and emergency procedures in venues, seeking clarification and assistance as required

Foundation Skills

This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.

Skill	Performance Criteria	Description
Reading	1.1, 2.1, 2.3, 2.4, 3.3, 3.4	Interprets information from a range of written sources
Writing	2.4, 3.2	Completes routine workplace documentation
Oral communication	1.1, 1.3, 1.5, 2.1, 2.2, 2.3, 3.1, 3.2, 3.4	Obtains information by listening and questioning
Navigate the world of work	1.2, 1.4, 2.3, 2.4, 3.2, 3.3, 3.4	Follows protocols and procedures for safe dance practice
Interact with others	1.1, 1.3, 1.5, 2.1, 2.2, 2.3, 3.1, 3.2, 3.4	Works collaboratively
Get the work done	1.2, 1.4, 2.3,	Adopts a methodical approach to the process

	2.4, 3.2, 3.3, 3.4	of acquiring and applying knowledge about safe dance practice • Uses the internet as a source of information
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Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUAWHS101 Follow safe dance practices (Release 2)	CUAWHS101 Follow safe dance practices (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of training package.	Equivalent unit

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for CUAWHS101 Follow safe dance practices

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Performance Evidence

Evidence of the ability to:

- perform a range of warm-up and warm-down exercises
- apply a basic understanding of anatomical principles to day-to-day dance activities
- identify potential safety hazards in a dance 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 the cause of common dance injuries
- describe the relationship between the following systems in the human body and safe dance practice:
 - articular
 - muscular
 - circulatory
 - nervous
- describe how the following contribute to safe dance practice and injury prevention:
 - articulation of the spine
 - engagement of the feet
 - support provided by feet, legs, hands, arms and torso
 - the way joints move

- differentiation of the legs and pelvis
- healthy nutrition and diet.

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 dance 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

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