



Australian Government

Assessment Requirements for CUAWHS111 Follow safe dance practices

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- follow safe dance practices on at least two occasions.

In the course of the above, the candidate must:

- perform a range of warm-up, cool-down and safe stretching exercises
- apply a basic understanding of anatomical principles to dance activities
- identify potential safety hazards in a dance performance environment.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- common dance injuries and their causes and procedures for minimising own risk of injury
- relationship between the following systems in the human body and safe dance practice:
 - articular – bones joints and how they work
 - muscular – major muscles and how they work
 - circulatory – cardiovascular fitness
 - nervous – the relationship between sensation and movement
- role of the following in contributing to safe dance practice and injury prevention:
 - spine articulation
 - foot engagement
 - support provided by feet, legs, hands, arms and torso
 - joint movement
 - differentiation of the legs and pelvis
 - emotional wellness
 - posture and body alignment

- techniques for dealing with soft tissue injury including rest, ice, compression and elevation
- basic safety and emergency procedures for performance venues
- common venue safety hazards
- potential environmental impacts of dance activities and performances and procedures for minimising impact.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to:

- rehearsal space
- interaction with others required to demonstrate the performance evidence
- resources and information relevant to safe dance practices.

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 Guide is found on VETNet -

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