



Australian Government

Assessment Requirements for CUAWHS201 Develop a basic level of physical condition for dance 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:

- develop a fitness regime appropriate to the level of fitness required for dance activities
- apply basic techniques to improve strength, flexibility and stamina
- apply basic nutrition principles to own diet.

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:

- describe how the following relate to physical conditioning for dance performance:
 - human skeletal system
 - cardio respiratory system
- 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 a dance or fitness studio.

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>