



Australian Government

CUAWHS201 Develop a basic level of physical condition for dance performance

Release: 2

CUAWHS201 Develop a basic level of physical condition for dance performance

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 by dancers and dance students to plan and implement a basic fitness regime. Training to build strength, flexibility and stamina is a vital aspect of a dancer's daily routine. At this level, exercises are usually undertaken with supervision and guidance in dance or fitness studios, or gyms.

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. Plan fitness regime	1.1 In consultation with relevant personnel, plan a fitness regime that includes basic training techniques for improving strength, flexibility and stamina 1.2 Ensure that fitness regime takes account of the relationship between exercise and energy needs 1.3 Plan and cost an affordable and balanced diet that meets a dancer's needs

	1.4 Incorporate into fitness regime strategies to address psychological and physical issues associated with body maintenance 1.5 Match components of fitness regime to level of fitness required for specific dance performances or dance styles 1.6 Identify the correct level of training to avoid over or under training 1.7 In consultation with relevant personnel, establish a process for reviewing and adjusting fitness regime
2. Undertake body conditioning for dance	2.1 Practise movements and exercises to align body and improve dynamic stability 2.2 Practise controlling balance through a variety of exercises with eyes shut and open 2.3 Engage and strengthen core stabiliser muscles 2.4 Execute coordinated movements with balance 2.5 Review and adjust body conditioning exercises in line with agreed process
3. Execute a series of limber exercises	3.1 Perform exercises to improve muscular flexibility 3.2 Perform exercises to improve flexibility of the spine 3.3 Perform exercises to improve mobility of the hip sockets
4. Maintain expertise in fitness regime	4.1 Seek and acknowledge feedback from others 4.2 Review own performance and identify potential areas of improvement for fitness regime and performance of exercises 4.3 Review and adjust limber exercises in line with agreed process

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	1.2, 1.4	Interprets information relevant to physical conditioning from written sources
Writing	1.1, 1.3	Documents and modifies own fitness plan
Oral	1.1, 1.6, 1.7,	Obtains information by listening and questioning

communication	2.5, 4.1	Discusses ideas and solutions
Numeracy	1.3	Uses simple mathematical calculations to cost diet and fitness regime
Navigate the world of work	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 2.5, 4.3	- Follows accepted industry practices in relation to safe dance practice and injury-prevention strategies - Knows when to seek clarification or assistance from others
Interact with others	1.1, 1.6, 1.7, 4.1	Works collaboratively
Get the work done	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 4.2, 4.3	- Adopts a methodical and disciplined approach to developing a fitness regime that meets own physical conditioning needs - Addresses the fine motor control requirements of exercises - Executes a series of body conditioning exercises - Uses the internet as a source of industry information

Range of Conditions

This section specifies different work environments and conditions that may affect performance. Essential operating conditions that may be present (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) are included.

Basic training techniques must relate to improving:	- strength: - weight training - flexibility - core strength stability (trunk stability) - flexibility: - stretching - dynamic stretching routine - stamina: - endurance training.
Muscular flexibility must be demonstrated in the:	- hamstrings - Achilles tendons - psoas - iliacus - rectus femoris - adductors - groin.

<i>Flexibility of the spine</i> must be demonstrated in:	• extension • flexion • rotation • lateral.
<i>Mobility of the hip sockets</i> must be demonstrated in:	• flexion • extension • abduction • internal rotation • external rotation.

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUAWHS201 Develop a basic level of physical condition for dance performance (Release 2)	CUAWHS201 Develop a basic level of physical condition for dance performance (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 CUAWHS201 Develop a basic level of physical condition for dance performance

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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

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