



Australian Government

CUAWHS211 Develop a basic level of physical fitness for dance performance

Release: 1

CUAWHS211 Develop a basic level of physical fitness for dance performance

Modification History

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

Application

This unit describes the skills and knowledge required to plan and implement a basic fitness regime for executing optimal physical performance in dance.

The unit applies to those who are dancers and dance students who utilise fitness training to help build their strength, flexibility and stamina, which are vital aspects 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 own dance fitness regime	1.1 Plan and document basic fitness regime for improving own strength, mobility, flexibility and stamina, in consultation with required personnel 1.2 Identify fitness regime strategies that address own psychological and physical body maintenance issues 1.3 Identify and match own fitness regime to the level of fitness required for dance style to avoid over or under training 1.4 Review, adjust and document own dance fitness regime according to performance requirements in consultation with required personnel

ELEMENTS	PERFORMANCE CRITERIA
2. Undertake physical exercise for dance	2.1 Identify and perform different exercises for improving alignment and stability 2.2 Practise exercises for controlling balance with eyes shut and open 2.3 Identify and perform different exercises for engaging and strengthening core stabiliser muscles 2.4 Identify and perform physical exercises to improve muscular flexibility 2.5 Practise exercises for improving coordination, control and articulation through a full range of movement
3. Review own dance fitness regime	3.1 Seek and acknowledge feedback from others 3.2 Review own performance and identify areas of improvement for fitness regime and performance of exercises 3.3 Review, adjust and document dance fitness exercises in line with required processes

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.

SKILL	DESCRIPTION
Oral communication	• Obtains information by listening and questioning • Discusses ideas and solutions
Reading	• Interprets information required for physical conditioning from written sources
Self-management	• Follows accepted industry practices for safe dance and injury prevention • Seeks clarification or assistance from others • Adopts a methodical and disciplined approach when developing a fitness regime that meets own physical conditioning needs
Technology	• Uses the internet as a source of industry information

Unit Mapping Information

Supersedes and is equivalent to CUAWHS201 Develop a basic level of physical condition for dance performance.

Links

Companion Volume Implementation Guide is found on VETNet -

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

Assessment Requirements for CUAWHS211 Develop a basic level of physical fitness for dance performance

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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:

- plan and implement at least one fitness regime suited to the level of fitness required for chosen dance style.

In the course of the above, the candidate must:

- demonstrate the following basic movements in the context of undertaking a physical conditioning program for dance:
 - spine articulation:
 - flexion
 - extension
 - lateral flexion
 - rotation
 - abduction
 - adduction
 - circumduction
 - internal rotation
 - external rotation
- identify and apply basic physical exercise techniques to improve strength, mobility, flexibility and stamina.

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:

- key aspects of physical conditioning for dance, relating to:
 - human skeletal and muscular system

- cardio respiratory system
- accepted industry practices for safe dance and injury prevention
- location of anatomical structures on own body, including:
 - major muscle groups
 - major bones
 - major joints
- principles of safe dance practice and injury prevention, including those relating to:
 - spine articulation
 - use of feet
 - support provided by feet, legs, hands, arms and torso
 - joint movement patterns
 - body alignment
 - differentiation of legs and pelvis
 - identifying and releasing points of unnecessary tension
- factors relating to physical strength, including:
 - weight and resistance training
 - flexibility
 - core stability
- factors relating to flexibility and mobility, including:
 - safe stretching
 - mobilisation techniques
- factors relating to stamina, including:
 - cardiovascular fitness
 - muscular endurance.

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:

- interaction with others to demonstrate the performance evidence
- venues and flooring required for dance.

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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