



Australian Government

CUAWHS301 Condition the body for dance performance

Release: 2

CUAWHS301 Condition the body 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 to optimise physical wellbeing and safely perform a range of body conditioning exercises and movements to support dance performance. Physical conditioning exercise programs could be undertaken in dance or fitness studios, or gyms.

Work performed requires a range of well-developed skills where some discretion and judgement are required and individuals are expected to take responsibility for their own outputs.

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. Develop a conditioning regime	1.1 Discuss with relevant personnel the type of body conditioning program best suited to own dance performance needs 1.2 Apply understanding of anatomy, physiology and biomechanics to the development of a body conditioning regime 1.3 Incorporate fundamental nutritional principles into body

	conditioning regime 1.4 Include exercise programs and techniques in conditioning regime to promote physical strength, conditioning and wellbeing 1.5 Identify risk factors that may inhibit the achievement of goals and seek professional advice as required 1.6 Document the ongoing physical conditioning and exercise program to facilitate regular monitoring and adjustment of body conditioning regime
2. Undertake conditioning exercise sessions	2.1 Undertake and document pre-conditioning physical evaluation 2.2 Source music for warm-up and conditioning routines as required 2.3 Execute warm-up exercises to increase blood flow and circulation in a gradual manner 2.4 Work exercise routines to selected music as required 2.5 Apply disciplined work habits and commitment to the conditioning regime, ensuring that health and safety procedures are followed at all times 2.6 Undertake warm-down exercises to return respiration and heart rate to normal
3. Incorporate behavioural techniques into conditioning regime	3.1 Discuss with relevant personnel the physical effects of motivation on the human body 3.2 Incorporate mind and body education techniques into conditioning program 3.3 Enhance performance through basic visualisation and focus exercises
4. Review conditioning regime	4.1 Monitor and document vital signs and responses throughout exercise regime 4.2 Evaluate conditioning program to enhance injury-prevention strategies 4.3 Identify improvement strategies to enhance exercise regime 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
Learning	4.3	Identifies strategies to meet own physical conditioning needs
Reading	1.2, 1.3, 2.5, 3.2, 4.1, 4.2	Identifies and interprets relevant information and ideas from written sources
Writing	1.6, 2.1, 4.1, 4.2	Completes routine documentation
Oral communication	1.1, 1.5, 3.1	- Obtains information by listening and questioning - Discusses ideas and solutions
Numeracy	4.1	Interprets numerical information from exercise machines and accessories
Navigate the world of work	1.1, 1.5, 1.6, 2.1, 2.3, 2.5, 2.6	Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies
Interact with others	1.1, 1.5, 3.1	Works collaboratively
Get the work done	1.1, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 3.2, 3.3, 4.1, 4.2, 4.3	- Adopts a methodical and disciplined approach to developing and implementing a balanced physical conditioning and exercise program to achieve peak physical performance - Executes a series of body conditioning exercises - Uses a range of exercise equipment - Demonstrates initiative by using techniques to enhance the outcomes of exercise programs - Uses the internet as a source of industry information

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUAWHS301 Condition the body for dance performance (Release 2)	CUAWHS301 Condition the body for dance performance (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of	Equivalent unit

Code and title current version	Code and title previous version	Comments	Equivalence status
		training package.	

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 CUAWHS301 Condition the body for dance performance

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Performance Evidence

Evidence of the ability to:

- incorporate anatomical and behavioural principles into exercise routines
- plan and evaluate a systematic physical conditioning plan
- use techniques that promote health and wellbeing during conditioning programs
- use appropriate posture and breathing techniques during exercise routines
- exercise safely, taking account of responses of the human body to exercise.

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 key features of the following in relation to a physical conditioning and exercise program:
 - human skeletal and muscular systems
 - cardiovascular and cardio-respiratory systems
 - resistance training
 - systems for measuring the effectiveness of exercise and fitness techniques
 - nutrition and diet
 - muscle memory
 - biofeedback theory
- demonstrate knowledge of how the sciences of biomechanics, anatomy, physiology, and motor learning can be applied to human movement and performance.

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:

- anatomy charts and diagrams
- sufficient space, facilities and equipment appropriate for fitness and conditioning exercise
- equipment and tools for monitoring and implementing exercise regimes, such as health-monitoring devices.

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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