



Australian Government

CUAWHS311 Condition body for dance performance

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.

Application

This unit describes the 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 may be undertaken in dance or fitness studios, or gyms.

The unit applies to those who are dancers and who draw upon a range of well-developed skills where some discretion and judgement are required. Individuals would be 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 own conditioning regime	1.1 Identify requirements of conditioning regime according to performance requirements 1.2 Discuss type of body conditioning program best suited to own dance performance needs, with required personnel 1.3 Draft personal conditioning routine according to requirements for conditioning regime 1.4 Conduct basic visualisation and focus exercises
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

ELEMENTS	PERFORMANCE CRITERIA
	2.3 Execute warm-up exercises 2.4 Work exercise routines to selected music as required 2.5 Undertake conditioning regime according to health and safety procedures 2.6 Undertake cool-down exercises
3. Review conditioning regime	3.1 Monitor and document physical conditioning and exercise program 3.2 Monitor and document physiological responses throughout exercise regime 3.3 Evaluate effectiveness of conditioning regime 3.4 Adjust conditioning regime as required 3.5 Implement injury-prevention strategies into future conditioning regimes 3.6 Identify improvement strategies to enhance exercise regime as required

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
Learning	Identifies strategies to meet own physical conditioning needs
Numeracy	Interprets numerical information from exercise machines and accessories
Oral communication	- Obtains information by listening and questioning - Discusses ideas and solutions
Reading	Identifies and evaluates required information and ideas from written sources
Writing	Completes routine documentation
Initiative and enterprise	- 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
Planning and organising	Adopts a methodical and disciplined approach to developing and implementing a balanced physical conditioning and exercise program to achieve peak physical performance

SKILL	DESCRIPTION
Self-management	Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies
Teamwork	Works collaboratively
Technology	Uses the internet as a source of industry information

Unit Mapping Information

Supersedes and is equivalent to CUAWHS301 Condition the body 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 CUAWHS311 Condition body 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:

- develop and undertake at least one conditioning regime to optimise physical wellbeing for dance performances.

In the course of the above, the candidate must:

- incorporate anatomical and behavioural principles into exercise routines
- use techniques that promote physical and mental health and wellbeing during conditioning regime
- use posture and breathing techniques during exercise routines
- describe at least two benefits of a physical conditioning regime to overall mental wellbeing
- exercise safely, taking account of responses of human body to exercise.

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 features of the following concepts as they relate to physical conditioning regimes:
 - 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
 - visualisation and focus exercises
 - muscle memory
 - biofeedback theory
 - physical effects of motivation on the human body

- injury prevention techniques
- benefits of a physical conditioning regime to overall mental wellbeing
- application of sciences of biomechanics, anatomy, physiology and motor learning to human movement and performance
- requirements of a physical conditioning routine, including:
 - appropriate documentation
 - application of anatomical, physiological and biomechanical concepts
 - fundamental nutritional principles
 - exercise programs and techniques
 - mind and body education techniques
 - risk factors that may inhibit achievement of goals.

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:

- anatomy charts and diagrams
- sufficient space, facilities and equipment suitable 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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