



Australian Government

CUAWHS401 Apply movement and behavioural principles to physical conditioning

Release: 2

CUAWHS401 Apply movement and behavioural principles to physical conditioning

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 performers to apply principles associated with kinesiology, biomechanics and human behaviour to their physical conditioning regime. Exercise programs could be undertaken in a performance space or other locations, such as fitness studios and 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. Demonstrate understanding of human movement principles	1.1 Discuss the principles of kinaesthetic learning with relevant personnel and how they can be applied to physical conditioning activities aimed at improving movement 1.2 Discuss with relevant personnel ways in which the principles of kinesiology and biomechanics can contribute to developing safe

	dance techniques and movement skills 1.3 Identify the basic principles of a range of somatic methods or movement philosophies 1.4 Use anatomical and movement terminology correctly in discussions
2. Apply somatic processes to physical conditioning for performance	2.1 Incorporate into physical conditioning activities aspects of somatic methods that match own performance requirements 2.2 Discuss somatic self-observation processes with relevant personnel and how they can be applied to physical conditioning activities 2.3 Work towards achieving somatic postural ideals through applying somatic self-observation processes 2.4 Perform warm-up and warm-down procedures in conjunction with movement activities 2.5 Through pre- and post-activity fitness appraisals identify contraindicated movement activities and take steps to rectify as required
3. Apply motivational and behavioural techniques to enhance performance	3.1 Discuss with relevant personnel strategies and psychological tools to enhance resilience and improve performance technique 3.2 Incorporate into physical conditioning program understanding of the physical effects of motivation and nutrition on the human body 3.3 Apply the principles of visualisation to improve motivation and performance

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	1.3	Analyses ideas and information from a range of written sources
Oral communication	1.1, 1.2, 1.4, 2.2, 2.5, 3.1	- Obtains information by listening and questioning - Discusses ideas and solutions
Numeracy	2.5	Measures physiological responses to exercise

Navigate the world of work	2.4, 2.5	Applies organisational procedures in relation to safe movement practice
Interact with others	1.1, 1.2, 1.4, 2.2, 2.5, 3.1	Works collaboratively
Get the work done	1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3	- Adopts a methodical and disciplined approach to the process of improving own physical condition and performance skills by applying a knowledge of movement and behavioural principles - Perceives own postural pattern from sets of discrete proprioceptive information - Observes performance skills being executed and determines which somatic self-observation processes may improve own skills - 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
CUAWHS401 Apply movement and behavioural principles to physical conditioning (Release 2)	CUAWHS401 Apply movement and behavioural principles to physical conditioning (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 CUAWHS401 Apply movement and behavioural principles to physical conditioning

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Performance Evidence

Evidence of the ability to:

- incorporate the principles of kinaesthetic learning into physical conditioning activities
- apply a basic level of somatic self-observation processes to the postural aspects of performance skills
- apply psychological theories and tools to physical conditioning strategies to improve own performance technique.

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:

- demonstrate well-developed knowledge of:
 - benefits of physical awareness to performance and a sense of general wellbeing
 - healthy eating principles
 - basic anatomy, physiology and nutritional principles as applied to performance activities
 - concepts used in somatic self-observation processes
 - work health and safety (WHS) procedures appropriate to performance-skills practice
 - gender issues relevant to exercise and conditioning
 - techniques for developing the human capacity for self-awareness
 - techniques for directing attention to the process of acting, rather than outcomes

- concepts of movement with minimum effort and maximum efficiency
- explain key features of the following in relation to improving physical conditioning and performance skills:
 - process of analysing movement
 - cognitive behavioural theory and associated tools.

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:

- information about somatic methods and movement philosophies
- safe performance and exercise space.

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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