



Australian Government

CUAWHS402 Participate in gym and weight training for performances

Release: 2

CUAWHS402 Participate in gym and weight training for performances

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 mainly by male dancers and performers, to improve their weight lifting capacity. These skills are commonly applied in dance genres, such as ballet and contemporary dance, as well as in acrobatic circus performances.

Exercises are undertaken in gyms or in facilities with a range of resistance training equipment. Individuals are expected to apply some discretion and judgement to their exercise regime and 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. Perform a range of basic resistance training exercises	1.1 In consultation with relevant personnel analyse theories behind a range of resistance training exercises 1.2 Ensure that grip positions and methods of using equipment for full muscular development are correct

	1.3 Display muscular control when performing exercises
2. Apply muscular fitness to a range of exercises	2.1 Display muscular flexibility in exercises 2.2 Demonstrate coordinated muscular control in exercises 2.3 Display power through speed and control in exercises
3. Use safe lifting techniques	3.1 Apply a knowledge of correct posture and muscular strength to lifting exercises 3.2 Ensure neutral pelvic alignment prior to commencing lifts 3.3 Maintain postural stability and fluid action during weight lifting 3.4 Maintain a stable yet relaxed lower body while engaging the spinal erectors, transversus abdominus and the upper limbs
4. Demonstrate core control during a range of exercises	4.1 Maintain abdominal stability and correct, stable posture throughout exercises 4.2 Use lumbar muscles to maintain erect posture 4.3 In consultation with relevant personnel review and adjust weight training exercises 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	1.1, 4.3	- Seeks the views and opinions of others to develop own understanding - Seeks feedback and accepts guidance from others
Oral communication	1.1, 4.3	- Obtains information by listening and questioning - Discusses ideas and solutions
Navigate the world of work	1.1, 1.2, 3.1, 4.1, 4.3	Applies organisational procedures in relation to gym and weight training
Interact with others	1.1, 4.3	Works collaboratively
Get the work done	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1,	Adopts a methodical and disciplined approach to improving weight lifting

	3.2, 3.3, 3.4, 4.1, 4.2	capacity for performances • Uses a range of resistance-training equipment to build strength
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Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUAWHS402 Participate in gym and weight training for performances (Release 2)	CUAWHS402 Participate in gym and weight training for performances (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 CUAWHS402 Participate in gym and weight training for performances

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Performance Evidence

Evidence of the ability to:

- shift and lift an outside resistance without injuring the body
- improve weight lifting capacity through regular resistance training exercises.

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 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
- explain key features of the following in the context of weight training:
 - safe lifting techniques
 - core control skills
 - a range of resistance training equipment.

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 gym with a range of equipment and resources for weight training.

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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