



Australian Government

Assessment Requirements for CUAWHS404 Apply the Alexander technique in performance

Release: 2

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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.

Performance Evidence

Evidence of the ability to:

- recognise inappropriate patterns of muscle tension in self
- sustain freedom in the movement of the head neck and back
- intervene constructively to change harmful patterns of tension during high stimulus situations
- apply self-observation techniques to improve postural support, movement and breathing in at least one live performance.

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:

- explain issues associated with preventing habitual responses to stimuli
- describe, in simple terms, the functioning and interaction of the following anatomical parts in the context of performing:
 - head
 - neck
 - vertebral column
 - hip joints
 - knees and ankles
 - elbow and shoulders

- larynx and vocal folds
- lungs
- tongue and jaw
- explain the concept of organising movement through dynamic head and spine relationship
- explain what is meant by 'good use' and 'poor use' of the self in the Alexander technique
- explain the basic theories and principles of the Alexander technique.

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.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational educational and training legislation, frameworks and/or standards.

In addition, only teachers who comply with the teaching standards of the Australian Society of Teachers of the Alexander Technique may teach and assess this unit.

Links

Companion Volume implementation guides are found in VETNet -

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