



Australian Government

CUAWHS411 Apply movement and behavioural principles to conditioning

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 by performers to apply principles associated with kinesiology, biomechanics and human behaviour to their physical conditioning regime. Exercise programs are undertaken in performance spaces, and other fitness studios or gyms.

The unit applies to those who use movement and range of motion in performances, and draw upon different, 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 principles of kinaesthetic learning with required personnel 1.2 Identify how principles of kinaesthetic learning can be applied to physical conditioning activities aimed at improving movement 1.3 Discuss with required personnel ways in which principles of kinesiology and biomechanics can contribute to developing safe dance techniques and movement skills 1.4 Identify basic principles of somatic methods or movement philosophies
2. Apply somatic	2.1 Incorporate aspects of somatic methods into physical conditioning

ELEMENTS	PERFORMANCE CRITERIA
processes to physical conditioning for performance	activities as required for own performance 2.2 Discuss somatic self-observation processes with required personnel and procedures for applying somatic methods to physical conditioning activities 2.3 Apply somatic self-observation processes to physical conditioning activities 2.4 Perform warm-up and cool-down procedures in conjunction with movement activities 2.5 Identify potentially harmful movement activities and take steps to rectify as required
3. Apply motivational and behavioural techniques to enhance performance	3.1 Discuss strategies and psychological tools to enhance resilience and emotional wellness and improve performance technique with required personnel 3.2 Incorporate understanding of physical effects of motivation and nutrition on the human body into physical conditioning program 3.3 Apply principles of visualisation to improve motivation and performance

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
Oral communication	Obtains information by listening and questioning
Reading	Analyses ideas and information from different written sources
Initiative and enterprise	Perceives own postural pattern from sets of discrete proprioceptive information
Self-management	Applies organisational procedures in relation to safe movement practice
Teamwork	Works collaboratively
Technology	Uses the internet as a source of industry information

Unit Mapping Information

Supersedes and is equivalent to CUAWHS401 Apply movement and behavioural principles to physical conditioning.

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 CUAWHS411 Apply movement and behavioural principles to conditioning

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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:

- apply movement and behavioural principles to conditioning on at least two occasions for at least one conditioning regime, including:
 - incorporating principles of kinaesthetic learning into physical conditioning activities
 - applying a basic level of somatic self-observation processes to postural aspects of performance skills
 - applying psychological theories and tools to physical conditioning strategies to improve own performance technique.
 - using anatomical and movement terminology in discussions with required personnel
 - using pre-activity and post-activity fitness appraisals to identify contraindicated movement activities.

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:

- physical awareness benefits to performance, emotional fitness and general wellbeing
- basic anatomy, physiology, nutritional and kinaesthetic principles as applied to physical conditioning and performance activities
- concepts used in somatic self-observation processes
- work health and safety (WHS) procedures as they apply to performance-skills practice
- gender issues as they apply to exercise and conditioning
- techniques for developing the human capacity for self-awareness
- techniques for directing attention to the process of moving, rather than outcomes
- concepts of movement with minimum effort and maximum efficiency
- process of analysing movement
- performance psychology and motivation techniques and associated tools.

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:

- 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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