



Australian Government

Assessment Requirements for CUAWHS412 Participate in gym and resistance training for performances

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.

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:

- improve weight lifting capacity and engage in resistance training exercise on at least three different occasions.

In the course of the above, the candidate must:

- shift and lift non-body weight resistance without injury
- refer to strength training program in chosen discipline.

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 strength training programs for chosen discipline and how to create them
- tools and techniques used to analyse exercises demonstrated in the performance evidence
- principles of safe dance practice and injury prevention, including those relating to:
 - spine articulation
 - use of feet
 - support provided by feet, legs, hands, arms and torso
 - joint movement
 - differentiation of the legs and pelvis
 - use of breath
 - identifying and releasing points of unnecessary tension
- theories behind different resistance training exercises
- key features of the following in the context of weight training, including:
 - safe lifting techniques
 - core control skills

- different resistance training equipment.

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 resistance and weight training equipment required for dance training.

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

Links

Companion Volume Implementation Guide is found on VETNet -

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