



Australian Government

CUAWHS412 Participate in gym and resistance training for performances

Release: 1

CUAWHS412 Participate in gym and resistance training for performances

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 for dancers and performers to improve their weight lifting capacity. Exercises are usually undertaken in gyms or in facilities with a range of resistance training equipment.

The unit applies to those who are dancers and performers and whose skills are commonly applied in dance disciplines, such as ballet and contemporary dance, as well as in acrobatic circus performances. 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. Prepare for and determine basic resistance training exercises	1.1 Identify and analyse theories behind different resistance training exercises with required personnel 1.2 Identify movement and strength requirements for chosen discipline 1.3 Create strength training program for chosen discipline 1.4 Identify and demonstrate correct grip positions and methods of using equipment for muscular development
2. Undertake resistance training exercises	2.1 Demonstrate muscular control while performing resistance exercises

ELEMENTS	PERFORMANCE CRITERIA
	2.2 Demonstrate muscular flexibility during resistance exercise 2.3 Demonstrate coordinated muscular control during resistance exercise 2.4 Demonstrate power through speed and control during resistance exercise
3. Use safe lifting techniques	3.1 Identify and apply required posture and muscular strength to different 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 and relaxed lower body while engaging the spinal erectors, transversus abdominus, and the upper limbs while lifting
4. Demonstrate core control during exercises and evaluate exercises	4.1 Maintain core control throughout resistance exercises and weight training 4.2 Use intrinsic muscles to maintain correct posture 4.3 Review and adjust weight training exercises as required in consultation with required personnel

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
Learning	Seeks feedback and accepts guidance from others
Oral communication	- Obtains information by listening and questioning - Discusses ideas and solutions
Self-management	- Applies organisational procedures in relation to gym and weight training - Adopts a methodical and disciplined approach to improving weight lifting capacity for performances
Teamwork	Works collaboratively

Unit Mapping Information

Supersedes and is equivalent to CUAWHS402 Participate in gym and weight training for performances.

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 CUAWHS412 Participate in gym and resistance training for performances

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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:

- 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

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