



Australian Government

CUAWHS413 Incorporate anatomy principles into skill development

Release: 1

CUAWHS413 Incorporate anatomy principles into skill development

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 to apply an understanding of the connection between safe dance practice and human body structure.

The unit applies to those who are dancers and other performers and who apply the skills and knowledge outlined in this unit in daily training sessions to avoid injury, or to adjust their approach to physical fitness training. At this level people take responsibility for their own outputs and activity is usually self-directed, though some guidance from teachers or mentors could be expected.

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. Consolidate understanding of anatomy	1.1 Identify anatomical structures and terminology required for developing safe dance techniques and movement skills, in consultation with required personnel 1.2 Identify how anatomical structures respond to physical activity 1.3 Identify and apply injury-avoidance techniques to dance and movement activities
2. Identify connections between anatomy principles and own	2.1 Identify and assess ways knowledge of anatomy may be used, adapted or challenged in relation to own performance technique or teaching practice

ELEMENTS	PERFORMANCE CRITERIA
performance technique or teaching practice	2.2 Distil key themes in knowledge of anatomy to identify implications for development of own practice 2.3 Adjust own physical fitness program and approach to development of technique or teaching practice with required personnel
3. Review and update knowledge of anatomy principles	3.1 Identify opportunities for updating own knowledge of anatomy 3.2 Monitor and evaluate response to changes made to own performance practice or teaching methodology and adjust as required

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	• Supports skill development through formal, informal and self-directed learning processes • Seeks feedback and accepts guidance from others
Oral communication	• Obtains information by listening and questioning • Discusses ideas and solutions
Reading	• Organises and evaluates ideas and information from different complex texts
Self-management	• Adopts a methodical approach to acquiring and applying knowledge of anatomy suggestions to own performance or teaching practice • Makes connections between own practice and conclusions drawn from information about anatomical principles • Monitors sources of information to expand knowledge base on anatomy required for own practice • Follows industry practices in relation to safe dance practices
Technology	• Uses the internet as a source of industry information

Unit Mapping Information

No equivalent unit. Supersedes and is not equivalent to CUAWHS403 Incorporate anatomy and nutrition principles into skill development and CUAWHS404 Apply the Alexander technique in performance.

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 CUAWHS413 Incorporate anatomy principles into skill development

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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 anatomy principles into own dance practice on at least three different occasions.

In the course of the above, the candidate must:

- gather information about anatomy principles
- apply knowledge of the human skeletal and muscular systems to enhance safe dance practice.

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:

- sources of information about anatomy in relation to safe dance practice
- tools and techniques used to analyse performances
- injury-avoidance techniques for dance and movement
- body systems
- main muscles of the body
- bone structure properties
- alignment principles
- relationship between anatomical structures and dance functions
- development, growth and repair processes of skeletal muscle
- interaction between skeletal and muscular systems.

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 project or work activities that allow candidates to expand their knowledge of anatomy principles.

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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