



Australian Government

Assessment Requirements for CUAWHS511 Maintain a high level of fitness for performance

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:

- design and implement at least one advanced exercise program that:
 - meets performance needs and discipline
 - incorporates advanced applications of exercise modalities that target each component of fitness.

In the course of the above, the candidate must:

- evaluate the effectiveness of the advanced exercise program
- work collaboratively to achieve fitness goals.

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 advanced exercise programs for performances and how to design them
- tools and techniques used to analyse advanced exercise programs in a performance context
- key features of the following in the context of maintaining a high level of fitness for performance:
 - basic anatomical and physiological principles
 - biomechanical principles
 - injury-prevention strategies
 - symptoms of over-training
 - safety and health procedures
- types of advanced exercise programs to maintain a high level of fitness for performance

- frequency, intensity, type and time (FITT) principles and their application to different fitness programs
- principles common to different somatic methods
- key concepts used in somatic neuromuscular re-patterning processes.

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:

- space, facilities and equipment required for fitness and conditioning exercise
- interaction with others required to demonstrate the performance evidence
- equipment and tools for monitoring and implementing exercise regimes, such as health-monitoring devices.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational educational 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>