



Australian Government

CUAWHS601 Apply advanced gym and weight training to ballet

Release: 2

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Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package version 1.0.

Application

This unit describes the performance outcomes, skills and knowledge required by male ballet and contemporary dancers performing at a professional level who are required to perform lifts during the execution of pas de deux and other complex dance sequences with a partner.

Exercises to develop correct lifting techniques are undertaken in gyms or in facilities with a range of resistance training equipment. At this level individuals are expected to demonstrate a strong command of highly specialised performance technique and to apply a high level of professionalism and dedication to their weight training regime.

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. Apply muscular fitness to a range of exercises	1.1 In consultation with relevant personnel develop an advanced weight training regime to improve overall strength and fitness to perform power lifts 1.2 Display muscular strength and flexibility in exercises 1.3 Demonstrate strong and coordinated muscular control in

	exercises 1.4 Display power through speed and control in exercises
2. Use safe power lifting techniques	2.1 Ensure neutral pelvic alignment prior to commencing lifts 2.2 Maintain postural stability during power lifting 2.3 Use a fluid action during various power lifts, including overhead lifts 2.4 Maintain a stable yet relaxed lower body while engaging the spinal erectors, transversus abdominus and the upper limbs 2.5 Display power during weight lifting through speed and control
3. Demonstrate core control during a range of exercises	3.1 Maintain abdominal stability and correct, stable posture throughout exercises 3.2 Use lumbar muscles to maintain erect posture
4. Evaluate advanced gym and weight training program	4.1 Take account of a range of factors when evaluating whether the goals of an advanced gym and weight program are being achieved 4.2 In consultation with relevant personnel review and adjust weight training exercises as required 4.3 Evaluate physiological changes that occur as a result of implementing an advanced gym and weight program 4.4 Note symptoms that indicate over training and take account of these when revising advanced gym and weight program

Foundation Skills

This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.

Skill	Performance Criteria	Description
Learning	1.1, 4.2	- Seeks the views and opinions of others to develop own understanding - Seeks feedback and accepts guidance from others
Oral communication	1.1, 4.2	- Obtains information by listening and questioning - Discusses ideas and solutions
Navigate the world of work	1.1, 3.1, 4.2	Applies organisational procedures in relation to gym and weight training

		Self-directs advanced gym and weight training, actively designing and managing training processes with minimal supervision
Interact with others	1.1, 4.2	Works collaboratively
Get the work done	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2	- Adopts a methodical and disciplined approach to developing, implementing and evaluating an advanced weight training plan to meet performance needs - Undertakes complex routine exercises - Uses a range of resistance-training equipment to build strength

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUAWHS601 Apply advanced gym and weight training to ballet (Release 2)	CUAWHS601 Apply advanced gym and weight training to ballet (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of training package.	Equivalent unit

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for CUAWHS601 Apply advanced gym and weight training to ballet

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Performance Evidence

Evidence of the ability to:

- shift and lift an outside resistance without injuring the body
- execute overhead lifts with ease during performances
- improve weight lifting capacity through regular execution of a range of resistance training exercises.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

Knowledge Evidence

To complete the unit requirements the individual must:

- explain how the following contribute to safe dance practice and injury prevention:
 - articulation of the spine
 - engagement of the feet
 - support provided by feet, legs, hands, arms and torso
 - the way joints move
 - differentiation of the legs and pelvis
- explain key features of the following in the context of weight training:
 - safe lifting techniques
 - core control skills
 - a range of resistance training equipment.

Assessment Conditions

Assessment must be conducted in a safe environment where evidence gathered demonstrates consistent performance of typical activities experienced in creative arts industry environments. The assessment environment must include access to a gym equipped with a range of equipment and resources for weight training.

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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