



Australian Government

Assessment Requirements for CUAWHS611 Apply advanced gym and weight training to dance

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:

- develop and apply at least one advanced gym and weight training regime for complex partner dance sequences.

In the course of the above, the candidate must:

- shift and lift a non-body-weight resistance without injury
- execute overhead lifts with ease during performance
- improve weight lifting capacity through regular execution of different resistance training exercises.

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:

- tools and techniques used to analyse advanced gym and weight training programs
- 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 patterns
 - differentiation of the legs and pelvis
- key features of the following in the context of weight training:
 - safe lifting techniques
 - core control skills
 - resistance training exercises
 - 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 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 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>