



Australian Government

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.

Application

This unit describes the skills and knowledge required by dancers performing at a professional level who are required to perform lifts during the execution of complex dance sequences with a partner.

The unit applies to those who are dancers developing correct lifting techniques using exercises undertaken in gyms or in facilities with different resistance training equipment. 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 different exercises	1.1 Improve overall strength and fitness for performing power lifts through developing advanced weight training regime with required personnel 1.2 Display muscular strength and flexibility during resistance exercises 1.3 Demonstrate strong and coordinated muscular control during resistance exercises 1.4 Display power through speed and control during resistance exercises

ELEMENTS	PERFORMANCE CRITERIA
2. Demonstrate safe power lifting techniques during exercises	2.1 Demonstrate neutral pelvic alignment prior to commencing lifts 2.2 Demonstrate postural stability and alignment during various power lifts and overhead lifts 2.3 Display a stable yet relaxed lower body while engaging spinal erectors, transversus abdominus and upper limbs 2.4 Display power during weight lifting through speed and control 2.5 Maintain erect posture using lumbar muscles during exercises
4. Evaluate advanced gym and weight training program	3.1 Adjust weight training exercises as required in consultation with required personnel 3.2 Evaluate physiological changes that occur as a result of implementing an advanced gym and resistance training program 3.3 Document symptoms that indicate over training and take these into account when revising advanced gym and weight program

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 - Self-directs advanced gym and weight training, actively designing and managing training processes with minimal supervision - Adopts a methodical and disciplined approach to developing, implementing and evaluating an advanced weight training plan to meet performance needs
Teamwork	Works collaboratively

Unit Mapping Information

No equivalent unit. Supersedes and is not equivalent to CUAWHS601 Apply advanced gym and weight training to ballet.

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 CUAWHS611 Apply advanced gym and weight training to dance

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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:

- 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

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