



Australian Government

**Assessment Requirements for
CUAWHS612 Develop strategies for
maintaining resilience in a competitive
environment**

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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:

- demonstrate understanding of and develop at least three strategies for each of the following:
 - behavioural principles
 - constructive reaction to critical feedback
 - effectively managing performance anxiety
 - effectively managing injury

In the course of the above, the candidate must:

- implement, monitor and adjust strategies in response to self-evaluation
- work collaboratively to develop techniques for maintaining resilience in a competitive environment.

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 the following in the context of working and performing in a competitive environment:
 - cognitive behavioural model of psychology
 - theories of social behaviour
 - injury management
 - building physical and mental resilience
 - operation of the nervous system
 - theories relating to giving and receiving constructive feedback
 - theories relating to anxiety and related coping mechanisms

- physiological responses to stress and anxiety
- principles of visualisation
- internal and external sources of mental health information and data, and procedures for accessing them.

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:

- information on behavioural theories.

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>