



Australian Government

HLTSHU003 Maintain personal health and awareness for traditional oriental medicine practice

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Additional assessor requirements.

Application

This unit describes the skills and knowledge required to establish and maintain a personal health strategy consistent with the philosophy of traditional oriental medicine. This forms a key element in the practitioner's ability to effectively treat clients and sustain professional integrity.

This unit applies to any practitioner working within a traditional oriental medicine framework.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Establish a personal health strategy

- 1.1 Identify and evaluate the factors that contribute to personal and professional well being in the traditional oriental medicine framework
- 1.2 Explore own constitution and make-up in the context of five elements theory
- 1.3 Explore and decide on ways to develop and maintain physical and mental self-discipline
- 1.4 Develop own health goals consistent with practice

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

philosophy and personal situation

1.5 Determine and document strategies and activities that support personal health goals both physical and spiritual

2. Model philosophies and principles of traditional oriental medicine

2.1 Consistently use strategies and activities identified in own health strategy

2.2 Maintain personal diet that is consistent with the principles of oriental nutrition

2.3 Engage in physical activities that support optimum health

2.4 Identify and respond appropriately to indications of stress

3. Maintain and enhance ability to practice

3.1 Monitor and maintain own energetic awareness and balance

3.2 Develop own qi sensitivity through hara work

3.3 Work with own breathing on an ongoing basis

3.4 Use own development as an integral part of enhancing professional practice

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTSHU003 Maintain personal health and awareness for traditional oriental medicine practice

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- established and followed a personal health strategy that is consistent with the philosophy of traditional oriental medicine

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- five phases theory in relation to personal health
- relationship between personal health and ability to practice
- types of activities that support maintenance of personal health:
 - meditation
 - yoga
 - regular physical activity
 - stress management techniques
- philosophies and principles of oriental nutrition:
 - digestive system
 - major digestive irregularities
 - value of different food types
 - cooking methods

- food combinations
- qi development and enhancement practices

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources
- modelling of industry operating conditions and contingencies

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must:

- have at least 3 years current clinical experience working as a Shiatsu therapist providing services to the general public
- hold practising membership of an Australian professional body that represents Shiatsu therapists
- fulfil the continuing professional development requirements of the professional body to which they belong

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