

Modification history

Release	Comments
Release 1	This version released with ACM Animal Care and Management Training Package Version 1.0.

ACMEQU208	Manage personal health and fitness for working with horses
Application	<p>This unit of competency describes the skills and knowledge required to manage personal health and fitness in roles working with horses. It includes knowledge of common health and nutritional principles, and stress and workplace fatigue management strategies.</p> <p>The unit applies to individuals who need to manage their personal health and fitness to work in a variety of job roles and functions in industries related to horses.</p> <p>No licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.</p>
Prerequisite Unit	Nil
Unit Sector	Equine (EQU)

Commented [TV1]: • Elements and PCs have been reworked using blue text for SMEs to check/comment
 • Questions added seeking clarity of unit intent, especially in Element 1
 • Questions added to the PE and KE

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
<p>1. Distinguish factors that affect personal health Recognise impacts of personal health and fitness on workplace performance</p>	<p>1.1 Identify health and safety risks related to working with horses 1.2 Identify personal nutritional requirements for job function and general health 1.3 Identify impact on self and others of poor health and fitness 1.4 Relate impact of drug and alcohol use to physical health and ability to perform job functions 1.5 Relate impact of hydration status to physical health and ability to perform job functions 1.6 Identify key personal health and safety risks of job role that are impacted by personal health and fitness</p>
2. Establish and maintain personal health	<p>2.1 Identify key health and safety risks of job role that are impacted by personal health and fitness 2.2 Develop and apply strategies to identify and minimise fatigue 2.3 Assess personal physical fitness for job function and use assessment to develop strategies to improve and maintain fitness 2.4 Develop and apply strategies to avoid health risks at work 2.5 Identify the impact of rehabilitation regimes following injury or illness</p>
3. Manage stress in the work role Manage stress and fatigue at work	<p>3.1 Identify factors affecting employee ability to complete work role 3.2 Practise on-the-job strategies for managing work-related stress and fatigue 3.3 Routinely measure and document health, fitness, fatigue and stress levels and discuss with supervisor or health practitioner?</p>

Commented [TV2]: A broad PC and difficult to assess. If the intent here to link the affects of poor health and fitness to increased safety risks, then perhaps this should be the last PC for this element and be rewritten as -
 Explain how poor personal health and fitness can impact health and safety risks to self and others in an equine workplace

Commented [TV3]: This PC may not be required if the suggested change to PC 1.1 is accepted by the SMEs. Or perhaps relate this PC to workplace productivity?

Commented [TV4]: There is no mention of 'seeking advice from employer or external sources' to help with assessment, development and practise of strategies to improve health and fitness. Is that need in this unit?

Commented [TV5]: Would this be done by the worker on their own or would they use a workplace or external resource?

Commented [TV6]: Does PC2.5 fit in this unit?

Commented [TV7]: Should this be - Identify job related factors causing unhealthy stress at work?

ACMEQU208 Manage personal health and fitness for working with horses

Foundation Skills	
<i>This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.</i>	
Skill	Description
Reading	<ul style="list-style-type: none">Interpret key information in publications related to management of personal health and fitness

Unit Mapping Information			
Code and title current version	Code and title previous version	Comments	Equivalence status
ACMEQU208 Manage personal health and fitness for working with horses	Not applicable	New unit	No equivalent unit

Links	Companion Volumes, including Implementation Guides, are available at VETNet: https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103
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TITLE	Assessment requirements for ACMEQU208 Manage personal health and fitness for working with horses
Performance Evidence	
<p>An individual demonstrating competency in this unit must satisfy all of the elements and performance criteria of this unit.</p> <p>There must be evidence that the individual managed personal health and fitness tailored to at least one job role involving working with horses, including:</p> <ul style="list-style-type: none"> • assessing own capacity for specific physical activity requirements of job role • implementing an exercise program for core strength and flexibility relevant to job roles working with horses • employing long-term strategies for weight and fitness management • employing strategies to manage fatigue in the workplace • employing strategies to manage stress in work and personal life. 	
Knowledge Evidence	
<p>An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:</p> <ul style="list-style-type: none"> • work health and safety risks interacting with horses, including physical risks and zoonotic diseases • physical fitness levels required for specific roles or jobs working with horses, including stable hand/groom, rider and? • causes of drug and alcohol misuse • exercise routines relevant to job roles working with horses • methods for measuring, improving and maintaining fitness levels • methods for measuring, improving and maintaining general health • nutritional requirements related to age, body type, current health status and job roles • healthy methods of weight control • benefits of following professionally managed rehabilitation regimes following injury or poor health • coping strategies for managing uncertainty and stress in work and personal life • sources of advice and assistance in managing stress, anxiety and depression • techniques for managing stress. 	
Assessment Conditions	
<p>Assessment of skills must take place under the following conditions:</p> <ul style="list-style-type: none"> • physical conditions: <ul style="list-style-type: none"> • an equine workplace or an environment that accurately represents workplace conditions • resources, equipment and materials: <ul style="list-style-type: none"> • materials and sources of information on managing personal health and fitness, or technology to access this information. <p>Training and assessment strategies must show evidence of the use of guidance provided in the <i>Companion Volume: User Guide: Safety in Equine Training</i>.</p> <p>Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.</p>	
Links	Companion Volumes, including Implementation Guides, are available at VETNet: https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103

Commented [TV8]: It may be helpful to specify this in more detail Are their industry checklists or tools to undertake self-assessment?

Commented [TV9]: How is this defined? 6 months, 12 months, longer?

Commented [TV10]: Why is this included?

Commented [TV11]: Please suggest any other knowledge items required here.

Commented [TV12]: Are there any other job roles that should be listed here?

Commented [TV13]: Which roles?