

**Modification history**

| Release   | Comments  |
|-----------|---|
| Release 1 | This version released with ACM Animal Care and Management Training Package Version 5.0. |

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| <b>ACMEQU2X21</b>        | <b>Manage personal health and fitness for working with horses</b>  |
| <b>Application</b>       | <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> |
| <b>Prerequisite Unit</b> | Nil  |
| <b>Unit Sector</b>       | Equine (EQU)   |

| 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. Identify impacts of personal fitness and health on workplace performance | 1.1 Identify hazards and risks to worker fitness, physical and mental health that are likely to arise for workers in horse industries<br>1.2 Recognise general signs in workers that indicate fitness, physical and mental health concerns<br>1.3 Explain how poor personal fitness, physical and mental health can impact own and others work performance, health and safety in an in horse industries<br>1.4 Identify impact of drug and alcohol use to physical and mental health and ability to perform job functions<br>1.5 Recognise work and non work related causes of poor personal fitness, physical and mental health<br>1.6 Identify personal nutrition, hydration, exercise, social and rest requirements to develop and maintain fitness, physical and mental health to perform effectively and safely in the workplace |
| 2. Develop an action plan to manage personal fitness and health             | 2.1 Undertake assessment of personal fitness, physical and mental health in consultation with supervisor<br>2.2 Explore strategies for promoting fitness, physical and mental health used in the workplace<br>2.3 Identify and select strategies to promote fitness, physical and mental health in consultation with supervisor<br>2.4 Develop and document a holistic action plan to address causes of ill health, and to promote personal fitness, physical and mental health<br>2.5 Identify available internal workplace and community or industry supports and resources   |
| 3. Implement and monitor personal fitness and health care plan              | 3.1 Measure and record personal fitness, physical and mental health indicators before commencing plan<br>3.2 Undertake health care improvement actions at work and out of work according to documented plan<br>3.3 Measure and document personal fitness, physical and mental health indicators according to plan requirements and discuss results with supervisor<br>3.4 Review and adjust health care action plan in consultation with supervisor to achieve and/or maintain desired fitness and health goals   |

| Elements   | Performance Criteria   |
|--|--|
| <i>Elements describe the essential outcomes.</i>                 | <i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>   |
| 4. Support others to develop personal fitness and health at work | 4.1 Contribute to positive interactions and communications in the work environment<br>4.2 Recognise and respond to the physical and mental state of team members in a supportive manner<br>4.3 Seek assistance to support self or others using available internal and external options and resources |

| Foundation Skills  |  |
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| <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"> <li>Interpret key information in publications related to management of personal health and fitness</li> </ul> |
| Numeracy   | <ul style="list-style-type: none"> <li>Estimate and measure quantity, weight, time, percentage and ratio</li> </ul>                              |
| Oral communication   | <ul style="list-style-type: none"> <li>Use active listening and questioning techniques to seek and clarify information</li> </ul>                |

| Unit Mapping Information   |   |   |                    |
|--|---|---|--------------------|
| Code and title current version   | Code and title previous version   | Comments  | Equivalence status |
| ACMEQU2X21<br>Manage personal health and fitness for working with horses | ACMEQU208<br>Manage personal health and fitness for working with horses | Major changes to Elements and Performance Criteria for clarity<br>Mental health made more explicit in unit outcomes<br>New element 4 added<br>Foundation skills updated<br>Performance Evidence<br>Knowledge Evidence<br>and Assessment<br>Conditions updated | Not equivalent     |

| Links |   |
|-------|---|
|       | Companion Volumes, including Implementation Guides, are available at VETNet:<br><a href="https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103">https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103</a> |

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|---|--|
| <b>TITLE</b>  | <b>Assessment requirements for ACMEQU2X21 Manage personal health and fitness for working with horses</b> |
| <b>Performance Evidence</b>   |  |
| <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"> <li>• sought advice from supervisor for an assessment of own fitness and health</li> <li>• assessed own capacity for specific physical fitness requirements for job role</li> <li>• developed and documented an action plan to improve health and fitness with advice from supervisor</li> <li>• implemented an exercise program for core strength and flexibility relevant to job role working with horses</li> <li>• reviewed, adjusted and documented health care action plan in consultation with supervisor to achieve and/or maintain desired fitness and health goals</li> <li>• developing and implementing short and long-term strategies for weight and fitness management</li> <li>• implementing strategies to manage fatigue in the workplace</li> <li>• implementing strategies to manage stress in work and personal life.</li> </ul>  |  |
| <b>Knowledge Evidence</b>   |  |
| <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"> <li>• valid sources of advice on personal fitness, physical and mental health requirements for workers in horse industries</li> <li>• work health and safety risks arising from interacting with horses, including physical risks and zoonotic diseases</li> <li>• the health and safety benefits of: <ul style="list-style-type: none"> <li>• using well maintained personal protective equipment and infection control practices when working with horses</li> <li>• practising personal hygiene to protect self and others from diseases at work and in the community, including zoonoses</li> </ul> </li> <li>• physical fitness levels required for specific roles working with horses</li> <li>• effects of drug and alcohol misuse on self and others in the workplace</li> <li>• prescribed medications and recreational drugs that may contained banned substances in the horse industries</li> <li>• signs and symptoms of poor fitness, physical and mental health, including: <ul style="list-style-type: none"> <li>• lack of energy, difficulty concentrating, increased errors</li> <li>• performance changes, absenteeism, spending too little or too much time at work</li> <li>• difficulty sleeping, insomnia</li> <li>• substance use</li> <li>• stress and fatigue</li> </ul> </li> <li>• signs and symptoms of drug and alcohol dependency and misuse</li> <li>• signs and symptoms of common injuries that occur among horse handlers and riders</li> <li>• benefits of following professionally managed rehabilitation regimes following injury or poor health, including time away from work for rest</li> <li>• common injury prevention strategies and programs for horse handlers and riders workers</li> <li>• exercise routines relevant to job roles working with horses</li> <li>• methods for measuring, improving and maintaining fitness levels</li> <li>• methods for measuring, improving and maintaining general health</li> <li>• methods for measuring, improving and maintaining mental health</li> <li>• nutritional requirements related to age, body type, current health status and job roles</li> <li>• healthy methods of weight control</li> <li>• sources of advice and assistance in managing stress, anxiety and depression</li> <li>• techniques for managing stress, including stress related to work and personal life</li> <li>• self-care strategies and techniques, including: <ul style="list-style-type: none"> <li>• recognising own emotions and responses</li> <li>• physical health, exercise, diet and nutrition</li> </ul> </li> </ul> |  |

| Knowledge Evidence   |  |
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| <ul style="list-style-type: none"> <li>• work-life balance strategies</li> <li>• work planning, prioritisation techniques, time management strategies</li> <li>• fostering positive social relationships</li> <li>• counselling, personal therapy and/or debriefing</li> <li>• services available for referral, including:                             <ul style="list-style-type: none"> <li>• within the organisation, including employee assistance program</li> <li>• external community, medical and emergency support.</li> </ul> </li> </ul>  |  |
| Assessment Conditions  |  |
| <p>Assessment of the skills in this unit of competency must take place under the following conditions:</p> <ul style="list-style-type: none"> <li>• physical conditions:                             <ul style="list-style-type: none"> <li>• an equine workplace or an environment that accurately represents workplace conditions</li> </ul> </li> <li>• resources, equipment and materials:                             <ul style="list-style-type: none"> <li>• information on managing personal fitness, physical and mental health in the workplace</li> <li>• assessment tools for measuring personal fitness, physical and mental health.</li> </ul> </li> </ul> <p>Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.</p> |  |
| Links  | <p>Companion Volumes, including Implementation Guides, are available at VETNet:</p> <p><a href="https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103">https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103</a></p> |