



Australian Government

Department of Education, Employment and Workplace Relations

RGRPSH418A Set goals to improve racing performance

Release: 1

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Modification History

Not Applicable

Unit Descriptor

Unit descriptor

This unit of competency specifies the outcomes required to identify factors that impact upon racing performance and performance improvement, identify coping skills, seek assistance when necessary, and manage career and personal priorities.

This unit of competency operates in workplace environments of racing stables, paddocks, yards, racecourses and public areas.

Licensing, legislative, regulatory or certification requirements may apply to this unit, check with your State Principal Racing Authority for current license or registration requirements.

Application of the Unit

Application of the unit

This unit of competency supports racing drivers and riders to identify and set goals to improve racing performance.

Licensing/Regulatory Information

Refer to Unit Descriptor

Pre-Requisites

Prerequisite units

Employability Skills Information

Employability skills This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
Apply skills to improve racing performance.	1. Current performance is objectively assessed. 2. Barriers to improving performance are identified. 3. Performance improvement goals are set.
Manage career and personal priorities.	4. Career goals are established and prioritised . 5. Lifestyle and personal welfare balance is planned.

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit.

Required skills

- assessing racing performance objectively
- communicating with employer, supervisor, co-workers and others using assertive communication techniques to gather, interpret and relay information related to setting goals to improve racing performance
- completing duties in accordance with safe operating procedures and nominated time frame
- distinguishing facts from feelings
- identifying behavioural changes in self
- identifying consequences of actions and responses
- identifying and describing feelings
- identifying impact of poor self-image on family, friends and workmates
- observing emotional changes in self
- planning leisure activities
- planning lifestyle to include work, leisure, family and friends in an appropriate balance
- planning strategies to maintain and improve confidence
- practising relaxation and performance enhancing techniques
- relating to people from a range of social, cultural and ethnic backgrounds and with varying physical and mental abilities
- recognising factors that influence reactions and responses
- recognising benefits to performance of good health, balanced diet and adequate sleep
- setting and continually reassessing career goals.

Required knowledge

REQUIRED SKILLS AND KNOWLEDGE

- benefits and disadvantages of stress to performance
- communication procedures within stable and wider racing industry
- effect of human emotions on self and others
- factors that can affect performance
- impact of anxiety on performance
- impact of self-confidence and self-esteem on performance
- principles of self-management
- probability of success or failure in racing
- stress management techniques
- racing industry safety requirements, including safe operating procedures
- relaxation techniques
- relevant rules of racing
- strategies to manage weight problems.

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Critical aspects for assessment and evidence required to demonstrate competency in this unit

The evidence required to demonstrate competency in this unit must be relevant to workplace operations and satisfy all of the requirements of the performance criteria, required skills and knowledge and the range statement of this unit and include evidence of the following:

- knowledge of the requirements, procedures and instructions that are to apply when setting goals to improve racing performance
- implementation of procedures and timely techniques to complete setting of goals to improve racing performance safely, effectively and efficiently
- working with others to undertake and complete tasks related to setting goals to improve racing performance that meet required outcomes.

Evidence should be collected over a period of time and be focused on self-improvement strategies related to improving racing performance. Theoretical components can be assessed in a simulated situation but must be related to racing industry conditions and context.

Context of and specific resources for assessment

Competency may be assessed in an actual workplace or simulated environment that provides access to the required resources. Assessment is to occur under standard and authorised work practices, safety requirements and environmental constraints. It is to comply with relevant regulatory requirements or Australian Standards requirements.

Assessment of the practical components of this unit will be by observation of relevant skills.

The following resources must be available:

- materials and equipment relevant to assessing candidate's ability to set goals to improve race performance
- work instructions and related documentation.

Method of assessment

Assessment methods must satisfy the endorsed Assessment Guidelines of the Racing Training Package.

The suggested strategies for the assessment of this unit

EVIDENCE GUIDE

are:

- written and/or oral assessment of candidate's required knowledge
- observed, documented and firsthand testimonial evidence of candidate's application of practical tasks
- inspection of completed work
- simulation exercises.

Where performance is not directly observed any evidence should be authenticated by supervisors or other appropriate persons.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- RGRPSH411A Prepare to drive horses in trials
- RGRPSH412A Prepare to drive horses in races
- RGRPSH414A Ride horses in trials
- RGRPSH415A Ride horses in races.

Guidance information for assessment

Assessment methods should reflect workplace demands (e.g. literacy and numeracy demands) and the needs of particular target groups (e.g. people with disabilities, Aboriginal and Torres Strait Islander people, women, people with a language background other than English, youth and people from low socioeconomic backgrounds).

Range Statement

RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording in the performance criteria is detailed below.

The range statement provides details of how this competency can be used in the workplaces of the racing industry to set goals to improve racing performance. Workplaces include thoroughbred stables and racecourses, training tracks and public areas.

Barriers to improving performance may include:

- frustration over decisions made by employer or others that affect own role and actions

RANGE STATEMENT

- illnesses and injuries
- inability to objectively assess current skills and potential for improvement
- lack of appropriate goals to improve performance
- lack of exposure to adequate competition
- lack of exposure to good role models
- lack of fitness for driving or riding
- lack of self-discipline to set and achieve realistic and relevant goals
- lack of motivation
- lack of practice of required skills
- lack of suitable mentor
- limited opportunity to drive or ride quality horses
- not using specialist services that could help achieve goals, such as:
 - nutritionist
 - psychologist
 - driving or riding instructor
- poor sleep and eating patterns
- unhappiness in current personal or work life
- self-talk that:
 - suggests current performance can be blamed on others when there is no evidence to support this
 - suggests current performance is good enough when statistics show it is not
 - suggests improvement is not possible due to negative perception of current and potential skills.

Goals are established and prioritised by:

- considering self, family and peer group
- identifying those persons or activities that could benefit performance
- planning and establishing milestones
- setting realistic short-term and long-term goals
- reviewing goals at appropriate intervals.

Lifestyle and personal welfare balance may include:

- importance of awareness of world affairs and local issues as well as general racing industry knowledge to be able to relate to other people
- importance of positive relationships with

RANGE STATEMENT

family and friends to self-worth, social skills and self-fulfilment

- importance of rest to performance improvement
- value to performance of non-racing activities that can provide adequate switch-off time and/or provide skills and techniques that transfer to racing.

Unit Sector(s)

Unit Sector Harness and thoroughbred racing codes

Co-requisite units

Co-requisite units

Functional Area

Functional Area Racing performance services