



**Australian Government**

# **Assessment Requirements for SISXCAI002**

## **Assist with activity sessions**

**Release: 1**

# Assessment Requirements for SISXCAI002 Assist with activity sessions

## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- assist a supervisor to plan and conduct at least five different sport, fitness or recreation sessions involving:
  - completion of allocated tasks according to instructions of supervisor and session plan
  - communication of essential information:
    - content of activity
    - timing and sequencing of components
    - appropriate apparel and footwear
    - safe use of equipment
    - instructions to complete an activity
    - potential hazards
- use the following communication skills:
  - clear verbal communication
  - modelling and demonstration
  - motivational techniques
- contribute to each session evaluation:
  - provision of personal feedback
  - collection of participant feedback:
    - suitability and safety of facilities and equipment
    - content of session
    - structure and content of the activity or session
    - participant progress.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- basic aspects of legislation related to planning, conducting and evaluating sport, fitness or recreation sessions:
  - work health and safety/occupational health and safety requirements
  - equal opportunity and anti-discrimination

- privacy and confidentiality
- working with children requirements
- organisational policies and procedures related to planning, conducting and evaluating sport, fitness or recreation sessions:
  - safety procedures
  - communication protocols
  - roles and responsibilities of different people, and types of tasks undertaken
  - reporting channels
  - reporting and record keeping
  - frequency and scope of equipment checks
- the aims of sport, fitness or recreation sessions:
  - maximise participation
  - inspire confidence
  - provide motivation
  - assist with self-improvement
  - make lifestyle adjustments
  - entertainment
  - social opportunities
  - develop team work
  - develop gross motor skills
- components of sport, fitness or recreation session plans:
  - objectives
  - equipment
  - time
  - location
  - content
  - order
  - phases: warm-up, conditioning, cool-down
- potential hazards associated with activities and strategies to maximise safe participation
- techniques and skills appropriate to the session:
  - warm-up techniques
  - cool-down techniques
- equipment specifications and instructions to enable the selection and safe use of appropriate equipment for identified activities
- techniques to motivate participants to encourage interaction and participation
- organisational referral and reporting requirements, to a supervisor or other appropriate personnel, in cases where there is:
  - sudden illness
  - aggressive behaviour
  - bullying

- harassment
- participant behaviour
- inappropriate activity type or duration
- equipment failure.

## Assessment Conditions

Skills must be demonstrated in:

- a sport, fitness or recreation environment with access to required equipment for participants. This can be a workplace or simulated environment.

Assessment must ensure use of:

- up-to-date equipment currently used in the sport, fitness or recreation industries, to ensure:
  - safety, e.g. helmets, head gear, gloves
  - the participant can participate in activities to suit their goals, e.g. racquets, bats, balls
- workplace documents currently used in the sport, fitness or recreation industries:
  - session plans
  - session and equipment checklists
  - participant feedback or evaluation forms
- organisational policies and procedures related to:
  - preparing, conducting and evaluating activity sessions
  - roles and responsibilities of leaders or supervisors, and assistants
- activity supervisor and participants in a sport, fitness or recreation activity; supervisor and participants can be:
  - staff and participants in an industry workplace who are assisted by the individual during the assessment process or
  - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessment activities that allow the individual to:

- assist a leader or supervisor in the conduct of sport, fitness or recreation sessions over a period of time, that adequately reflects the workplace role, for example: pre-season of a sport; a community health program delivered over several weeks; or a gym program delivered over a period of time to achieve goals.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>