



**Australian Government**

# **SISXCAI002 Assist with activity sessions**

**Release: 1**

## SISXCAI002 Assist with activity sessions

### Modification History

Not applicable.

### Application

This unit describes the performance outcomes, skills and knowledge required to assist a leader or supervisor to prepare, conduct, monitor and evaluate activity sessions.

This unit applies to assistants under direct supervision in a range of roles and settings in the sport, fitness or recreation industries. This includes assistants in after-school or holiday-care programs, those assisting with coaching activities, or undertaking a support role in fitness activities, indoor and outdoor recreation activities such as camps and other guided activities.

These individuals undertake work according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

### Pre-requisite Unit

Nil

### Competency Field

Coaching and Instruction

### Unit Sector

Cross-Sector

### Elements and Performance Criteria

#### ELEMENTS

Elements describe the essential outcomes

1. Contribute to session planning.

#### PERFORMANCE CRITERIA

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

- 1.1 Offer and discuss suggestions that support aims of session and participants.
- 1.2 Review and confirm session plan and assigned duties with supervisor.
- 1.3 Confirm allocated arrangements regarding equipment, materials, access to facilities and refreshments.
- 1.4 Notify supervisor of any difficulties and make required

- changes as directed.
- 1.5 Confirm final arrangements with session supervisor.
2. Assist in preparing participants.
- 2.1 Check equipment, report to supervisor and document as required.
- 2.2 Communicate information required for participants to safely participate in the session.
- 2.3 Assist participants to warm-up for the session.
- 2.4 Refer situations and occurrences outside area of responsibility to supervisor.
3. Assist in session delivery.
- 3.1 Carry out assigned duties as directed.
- 3.2 Respond to participant queries according to own level of responsibility.
- 3.3 Explain and demonstrate techniques and equipment to participants as required.
- 3.4 Monitor participant performance and report any problems to supervisor.
- 3.5 Assist participants to cool-down after session.
- 3.6 Check equipment for wear and tear, report and document as required.
4. Assist in session evaluation and follow-up.
- 4.1 Seek participant feedback and identify further needs.
- 4.2 Explain plan for follow-up sessions to participants as directed.
- 4.3 Provide personal and participant feedback on session outcomes to appropriate staff.
- 4.4 Review own work performance and identify potential improvements.

## Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Problem-solving skills to:	<ul style="list-style-type: none"> <li>identify, report, and solve problems related to sessions, such as unavailable equipment.</li> </ul>
Teamwork skills to:	<ul style="list-style-type: none"> <li>liaise with appropriate staff to carry out allocated tasks.</li> </ul>
Planning and organising skills to:	<ul style="list-style-type: none"> <li>complete allocated tasks in a timely manner according to plan.</li> </ul>

## Unit Mapping Information

SISXCAI102A Assist in preparing and conducting sport and recreation sessions

## Links

Companion Volume implementation guides are found in VETNet -

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