



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SRSSPT005A Conduct basic warm-up, stretching and cool-down programs**

**Release: 1**

## **Modification History**

Not Available

## INTRODUCTION

SPT	Sports trainer
Unit	This unit has been developed for the Sport Industry Training Package.
Descriptor	This unit covers the implementation of basic warm-up, stretching and cool-down programs to assist athletes prepare for activity and also aid in the recovery from activity. Personnel undertaking this unit would be providing sports trainer support in a sport setting

## ELEMENT PERFORMANCE CRITERIA

Define the scope of warm-ups and cool-downs	Explain the role of the application of warm-ups to the athlete/s and other relevant stakeholders
	Explain preferred timing and duration for the application of warm-ups to the athlete/s and other relevant stakeholders
	Explain the role of the application of cool-downs to the athlete/s and other relevant stakeholders
	Explain preferred timing and duration for the application of cool-downs to the athlete/s and other relevant stakeholders
	Explain the application of warm-ups and cool-downs and the relative benefits to the athlete s and other relevant stakeholders
	Explain to the athlete/s and other relevant stakeholders the need to select and apply warm-ups and/or cool-downs in terms of basic principles of biomechanics which suite a sport/activity and focus on the body parts primarily involved in the activity
Implement warm-up program	Recognise precautions for warm-ups, and participation in activity in general, and refer the athlete to a medical practitioner or the relevant contact in the organisations' medical support team
	Select a range of warm-up exercises to suit the athlete/s and the activity or competition
	Demonstrate a range of warm-up exercises to prepare athlete/s for activity or competition
	Ensure application of warm-up is adjusted in accord with arousal levels of the athlete

Implement  
cool-down program

Recognise precautions for cool-downs and refer the athlete to a medical practitioner or the relevant contact in the organisations' medical support team

Demonstrate a range of cool-down exercises to aid recovery from activity or competition

Conduct stretching  
programs

Recognise precautions for warm-ups, stretching and/or cool-downs and refer the athlete to a medical practitioner or the relevant contact in the organisations' medical support team

Incorporate safe stretching activities into the warm-up and cool-down programs in accord with best practice within a sports trainer setting

## RANGE STATEMENT

The Range Statements provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. The Range Statements relate to the unit as a whole and helps facilitate holistic assessment. In addition, the following variables may be present for this particular unit of competency:

Athletes	<p>All categories</p> <ul style="list-style-type: none"><li>• are usually committed and self-motivated to improve their performance</li><li>• can be so motivated that unnecessary pain is tolerated in mistaken belief that no pain means no gain</li><li>• can be talented with various levels of motivation and commitment</li><li>• may be beginner through to high performance level competitors</li><li>• are usually over the age of 10 years</li><li>• can be<ul style="list-style-type: none"><li>• female</li><li>• male</li><li>• with a disability</li><li>• special needs</li><li>• with social disadvantage</li><li>• minority ethnic and cultural groups</li><li>•</li></ul></li></ul>
Basic Principles of biomechanics	<p>All categories</p> <ul style="list-style-type: none"><li>• centre of gravity</li><li>• base of support</li><li>• levers</li><li>• fulcrums</li><li>• major muscle actions</li><li>•</li></ul>
Best practice	<p>All categories</p> <ul style="list-style-type: none"><li>• Industry Code of Ethics or Code of Conduct documents/policies, regulations and guidelines</li><li>• relevant national, state/territory or local government regulations and guidelines, eg, Child Protection Act, Privacy Act</li><li>• employer organisations policies and procedures</li><li>• accepted preventative practices adopted by self or peers to minimise safety hazards and risks in the same or similar situations</li></ul>

- current and past good practice demonstrated by self or peers in the same or similar situation

- 

#### Cool-downs

All categories

- series of exercises, usually incorporating stretching exercises, that
- gradually lowers the body and muscle temperature
- decreases the blood and oxygen supply to the working muscles after a period of prolonged exercise
- reduces exercise induced muscle spasm
- assists metabolic waste removal
- restores range of motion/flexibility
- 

#### Organisations' medical support team

All categories

- medical practitioners
- physiotherapists
- chiropractors
- osteopaths
- massage therapists
- rehabilitation therapists

#### Precautions for warm-ups, stretching and/or cool-downs

All categories

- acute inflammations, eg, signs and symptoms of bursitis and tendonitis
- infections, eg, fever, temperature, redness
- fractures
- recent muscle injury, eg, hamstring tear
- haematoma, i.e., bruising or the potential of bruising
- torn ligaments, i.e., joint instability
- acute and/or sudden joint swelling
- neck soreness/strain that result in symptoms of neurological origin in the arms and/or restriction of spinal movement
- back soreness/strain that result in symptoms of neurological origin in the legs and/or restriction of spinal movement
- extreme pain on movement of any body part
- inability to bear weight through a limb
- people with severe medical problems who are not currently seeking medical treatment
- heart conditions
- open wounds

Preferred timing and duration for the application of coll-downs	<p>All categories]</p> <ul style="list-style-type: none"> <li>• 5 - 15 minutes duration</li> <li>• variable according to             <ul style="list-style-type: none"> <li>• number of players/competitors to administer</li> <li>• associated time constraints</li> <li>• areas of body to cover</li> <li>• performance parameters for the event, eg, a 1500m swimmer who is cooling down from a heat swim to prepare for a final would require an extensive and very individualised cool-down compared to a football team in a weekly competition</li> </ul> </li> </ul>
Preferred timing and duration for the application of warm-ups	<p>All categories</p> <ul style="list-style-type: none"> <li>• •duration 5 - 10 minutes</li> <li>• •shortened or extended depending on circumstances such as             <ul style="list-style-type: none"> <li>• number of players/competitors to administer</li> <li>• associated time constraints</li> <li>• areas of body to cover</li> <li>• performance parameters for the event, eg, a marathon would require an extensive warm-up, which may be up to 30 minutes</li> </ul> </li> <li>•</li> </ul>
Refer/referral	<p>all categories</p> <ul style="list-style-type: none"> <li>• recommendation of a client to another health professional for care/treatment/assessment</li> <li>•</li> </ul>
Sports trainer setting	<p>All categories</p> <ul style="list-style-type: none"> <li>• on the playing field, court</li> <li>• change rooms</li> <li>• open or enclosed areas at sporting events</li> <li>• accommodation venues</li> <li>• in transit, i.e., on team bus</li> <li>•</li> </ul>
Stretching	<p>All categories</p> <ul style="list-style-type: none"> <li>• exercises that helps to lengthen muscles so there is minimal strain during competition, or</li> <li>• exercises that helps to lengthen muscles to either increase and/or</li> </ul>

maintain sports specific flexibility

Warm-up is adjusted in accord with arousal levels

- All categories
- warm-ups are usually adjusted to
  - calm the nervous or anxious competitor
  - increase excitement levels
  -

Warm-ups

- All categories
- series of exercises, usually incorporating some stretching exercises, that
  - gradually increases the body and muscle temperature
  - increases the blood and oxygen supply to the working muscles in preparation for a period of prolonged exercise
  - increases flexibility generally and/or in specific muscle groups
  - increases proprioception
  - depending on desired arousal levels, can be applied to
  - increase excitement levels
  - calm the nervous or anxious competitor
  -



## EVIDENCE GUIDE

The Evidence Guide identifies the critical aspects, knowledge and skills to be demonstrated to confirm competence for this unit. This is an integral part of the assessment of competence and should be read in conjunction with the Range Statements.

- |   |   |
|---|---|
| Critical aspects of evidence to be considered | <ul style="list-style-type: none"> <li>• Assessment must confirm sufficient knowledge and ability to apply basic warm-up, stretching and cool-down programs to assist athletes prepare for and recover from physical activity</li> <li>• Assessment of performance should be over a period of time covering all categories of sports training from the Range Statements</li> <li>• Assessment must confirm the ability to apply knowledge and appropriate techniques to             <ul style="list-style-type: none"> <li>• explain the role of warm-ups, stretching and cool-downs and the fundamental differences between them to athlete/s and other relevant stakeholders</li> <li>• recognise contraindications and precautions regarding the application of warm-ups, stretching and cool-downs and refer the athlete/s to appropriate health professionals</li> <li>• select and apply a suitable range of warm-up and stretching exercises to prepare the athlete for activity/competition</li> <li>• select and apply a suitable range of cool-down and stretching exercises to assist the athlete recover from activity/competition</li> <li>• conduct sessions and interact with clients' in accord with best practice sports trainer principles</li> </ul> </li> </ul> |
| Interdependent assessment of units            | <ul style="list-style-type: none"> <li>• This unit must be assessed after attainment of competency in the following unit(s)             <ul style="list-style-type: none"> <li>• Nil</li> </ul> </li> <li>• This unit must be assessed in conjunction with the following unit(s)             <ul style="list-style-type: none"> <li>• SRSSPT002A Operate in accord with the accepted roles and responsibilities of a sports trainer</li> <li>• SRSSPT003A Implement sports first aid procedures and apply sports first aid</li> <li>• SRSSPT004A Provide initial management of sports injuries</li> <li>• SRSSPT006A Assist with the ongoing management of sports injuries</li> <li>• SRSSPT007A Tape ankle, thumb and fingers</li> <li>• SRSSPT008A Implement strategies for dealing with medical conditions in a sport setting</li> </ul> </li> <li>• For the purpose of integrated assessment, this unit may be assessed in conjunction with the following unit(s)             <ul style="list-style-type: none"> <li>• HLTCOM6A Make referrals to other health care professionals</li> </ul> </li> </ul>  |

	<p>when appropriate</p> <ul style="list-style-type: none"> <li>• HLTCOM8A Use practice specific/medical terminology in order to communicate with client/patients, fellow workers and health care professionals</li> </ul>
Required knowledge and skills	<ul style="list-style-type: none"> <li>• Required knowledge           <ul style="list-style-type: none"> <li>• Knowledge of principles of biomechanics</li> <li>• Knowledge of human anatomy and physiology</li> <li>• Knowledge of muscle groups and their actions</li> <li>• Knowledge of contraindications and precautions for warm-up, stretching and cool-down exercises</li> <li>• Knowledge of a range of warm-up, stretching and cool-down exercises</li> <li>• Knowledge of benefits and applications of warm-up, stretching and cool-down exercises</li> </ul> </li> <li>• Required skills           <ul style="list-style-type: none"> <li>• Communicate effectively with athletes and others</li> <li>• Work with others in a team situation</li> <li>• Remain calm under pressure</li> </ul> </li> </ul>
Resource implications	<ul style="list-style-type: none"> <li>• Physical resources - assessment of this competency requires access to           <ul style="list-style-type: none"> <li>• a group of clients participating in a sporting activity</li> <li>• simulated client injury incident</li> <li>• first aid equipment</li> </ul> </li> <li>• Human resources - assessment of this competency will require           <ul style="list-style-type: none"> <li>• personnel with competence at sports first aid intermediate level or above</li> <li>• personnel to be current in their knowledge and understanding of the industry through provision of evidence of professional activity in relevant area</li> <li>• personnel to have attained the National Competency Standards for Assessment BSZ401A, BSZ402A and BSZ403A</li> </ul> </li> </ul>
Consistency in performance	<ul style="list-style-type: none"> <li>• Due to issues such as reliability and observation this unit of competency must be assessed over three (3) sessions in order to ensure consistency of performance over the Range Statements and contexts applicable to sports training</li> </ul>
Context for assessment	<ul style="list-style-type: none"> <li>• This unit of competency must be assessed in the context of a sporting activity with a range of real clients. For valid and reliable assessment the sporting activity should be conducted with clients participating in</li> </ul>

simulated sports injury incidents. The environment should be safe, with noise to a level experienced with an activity in full operation and support services provided for optimum performance

- This unit of competency should be assessed through the observation of processes and procedures, oral and/or written questioning on underpinning knowledge and skills and consideration of required attitudes
- Where performance is not directly observed and/or is required to be demonstrated over a 'period of time' and/or in a 'number of locations', any evidence should be authenticated by colleagues, supervisors, clients or other appropriate persons
-

## KEY COMPETENCY LEVELS

These levels do not relate to the Australian Qualifications Framework. They relate to the seven areas of generic competency that underpin effective workplace practices.

The three levels of performance (1, 2 and 3) denote the level of competency required to perform the task:

1. Use routine approaches
  2. Select from routine approaches
  3. Establish new approaches
- Collecting, analysing and organising information - Establish database and information sheet on basic warm-up, stretching, and cool-down exercise
  - Communicating ideas and information - Demonstrate warm-up, stretching, and cool-down exercises
  - Planning and organising activities - Establish and review warm-up, stretching, and cool-down routine
  - Working with teams and others - Conduct session and interact in accord with athletes
  - Using mathematical ideas and techniques - Identify and adhere to performance parameters for event
  - Solving problems - Recognise contraindications and indications and refer athlete, if necessary
  - Using technology - Use appropriate technical equipment

Please refer to the Assessment Guidelines for advice on how to use the Key Competencies.

Collect, Analyse & Organise Information	Communicate Ideas & Information	Plan & Organise Activities	Work with Others & in Teams	Use Mathematical Ideas & Techniques	Solve Problems	Use Technology
Level 3	Level 3	Level 3	Level 3	Level 2	Level 2	Level 1