



**Australian Government**

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

# **RGRPSH419A Manage principles of sports science for jockeys**

**Release: 1**

## **RGRPSH419A Manage principles of sports science for jockeys**

### **Modification History**

Not Applicable

### **Unit Descriptor**

#### **Unit descriptor**

This unit of competency specifies the outcomes required to identify the principles of human anatomy and physiology in order to maintain healthy riding weight and manage fitness, including diet, illness and injury.

This unit of competency operates in work environments of racing stables, 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 apprentice jockeys to manage the principles of sports science for jockeys.

This unit can be contextualised for other industries while also maintaining the integrity of the unit.

### **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

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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
Develop strength and fitness for jockeys.	<ol style="list-style-type: none"> <li>1. Basic principles of <i>human anatomy and physiology</i> are identified.</li> <li>2. Principles of <i>fitness</i> are applied.</li> <li>3. <i>Exercise regime</i> is determined.</li> <li>4. Strengthening exercises are demonstrated.</li> </ol>
Develop diet for jockeys.	<ol style="list-style-type: none"> <li>5. Principles of <i>nutrition</i> for athletes are applied.</li> <li>6. Long-term weight reduction and/or <i>weight maintenance</i> practices are known.</li> <li>7. <i>Professional services</i> for nutrition and weight control are evaluated.</li> </ol>
Manage workplace illness and injury.	<ol style="list-style-type: none"> <li>8. Common riding injuries and rehabilitation practices are identified.</li> <li>9. Workplace <i>illnesses</i> and injuries are recognised and managed.</li> <li>10. Procedures for <i>reporting</i> workplace illness or injury are followed.</li> </ol>

## Required Skills and Knowledge

### REQUIRED SKILLS AND KNOWLEDGE

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

#### Required skills

- applying principles of fitness and nutrition
- calculating energy requirements
- communicating with employer, supervisor, co-workers, sports science specialists and others using assertive communication techniques to gather, interpret and relay information related to managing principles of sports science for jockeys
- developing strength and fitness
- demonstrating strengthening exercises
- evaluating professional services
- following rules of racing and safe operating procedures
- identifying indicators of fitness
- identifying principal features of basic human digestive, muscular, nervous and skeletal systems
- identifying relationship between diet and fitness

## **REQUIRED SKILLS AND KNOWLEDGE**

- managing workplace illness or injury
- maintaining desired weight
- observing weight changes in self
- practising exercise routines
- relating to people from a range of social, cultural and ethnic backgrounds and with varying physical and mental abilities
- recognising factors that influence long-term weight reduction and maintenance
- reporting workplace illness or injury promptly
- written communication skills to complete workplace documentation and reports.

### **Required knowledge**

- balanced diets
- basic principles of human anatomy and physiology
- communication procedures within stable and wider racing industry
- common riding injuries
- effect of drugs and alcohol
- exercise regimes
- fitness indicators
- hydration and dehydration
- nutrition principles
- principles of fitness
- racing industry safety requirements, including safe operating procedures
- rehabilitation practices
- relevant rules of racing
- reporting procedures
- weight maintenance
- workplace illnesses and injuries.

# Evidence Guide

## EVIDENCE GUIDE

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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 managing the principles of sports science for jockeys
- implementation of procedures to and timely techniques to manage the principles of sports science for jockeys
- working with others to undertake and complete related tasks that meet required outcomes.
- Evidence should be collected over a period of time and be focused on activities related to applying sports science principles. Theoretical components can be assessed in a simulated situation but must be related to racing industry conditions and tasks.

### **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 manage and apply principles of sports science for jockeys
- 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 are:

## EVIDENCE GUIDE

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- written and/or oral assessment of candidate's required knowledge
- observed, documented and firsthand testimonial evidence of candidate's application of practical tasks
- 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, and may include:

- RGRPSH413A Prepare for race riding
- 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

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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 manage the principles of sports science for jockeys. Workplaces include thoroughbred stables and racecourses, training tracks and public areas.

***Human anatomy and physiology*** will include:

- basic digestive system
- basic muscular system
- basic nervous system
- basic skeletal system.

***Fitness*** will include:

- fitness maintenance

## RANGE STATEMENT

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- indicators of fitness
  - relationship between diet and fitness
  - rules of racing
  - short-term and long-term effect of drugs and alcohol on the body.
- Exercise regime*** may include:
- elite athlete program
  - exercise machines and aids
  - exercise routine
  - intensive riding periods and down time.
- Nutrition*** may include:
- balanced diets
  - basic nutritional guidelines
  - eating more or less of particular foods
  - energy sources
  - fluid replacement related to hydration and dehydration
  - five food groups
  - nutritional supplements
  - requirements for maintaining strength
  - sports drinks.
- Weight maintenance*** may include:
- energy intake versus energy expenditure
  - inappropriate methods of weight reduction
  - medical requirement related to minimum weight for riders
  - rules of racing
  - sauna use
  - scales
  - weight gain and loss
  - wasting.
- Professional services*** may include:
- coaches
  - agents
  - nutritionists
  - sports medicine providers
  - sports psychologists
  - sports scientists
  - other appropriate personnel.
- Common riding injuries*** may include:
- broken bones
  - bruising
  - jarring
  - concussion
  - strains or sprains.



## RANGE STATEMENT

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*Rehabilitation practices* may include:

- acupuncture
- chiropractic
- exercise
- healing times
- hydrotherapy
- ice and heat
- laser
- physiotherapy
- rest
- sports massage
- ultrasound.

*Illnesses* may include:

- colds or influenza
- infections
- tetanus
- viruses, including equine morbillivirus.

Reporting may include:

- employer or relevant trainer
- racing governing body
- race clubs
- state or territory health and safety authority
- time frames
- verbal reports
- written reports.

## Unit Sector(s)

Unit Sector                      Thoroughbred racing code

## Co-requisite units

Co-requisite units

## **Functional Area**

**Functional Area**            Racing performance services