



**Australian Government**

**Assessment Requirements for SISSATH001  
Conduct athletics coaching sessions with  
foundation level participants**

**Release: 1**

# Assessment Requirements for SISSATH001 Conduct athletics coaching sessions with foundation level participants

## 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:

- conduct three athletics coaching sessions with foundation level participants under supervision where each session is at least 30 minutes in duration.

## Knowledge Evidence

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

- organisational policies and procedures applicable to conducting athletics coaching sessions with foundation level participants
- athletics tactical and technical fundamentals for foundation level participants:
  - repetition:
    - running
    - jumping
    - throwing
  - physical fitness:
    - strength
    - flexibility
    - endurance
    - speed
    - power
- organisational layout of athletics activities
- athletics equipment and resources:
  - reverse board
  - tumble mat
  - folding hurdles
  - high stepper
  - high jump bed, bar and stands
  - safe set-up and lay-out
  - safe condition
  - safe use

- safe pack up
- athletics rules, regulations and policies applicable to coaching foundation level athletes
- athletics safe participation requirements:
  - obeying the rules
  - use of protective equipment
  - hydration
- coaching communication styles for foundation level participants:
  - instruction
  - demonstration
  - active listening
  - open and closed questions
  - non verbal communication
  - giving and receiving feedback
  - tone and level of voice
  - terminology and language
- behaviours expected of an assistant coach:
  - promoting positive interaction and participation
  - using acceptable language
  - arriving on time
  - using self reflection to identify areas for improvement
- methods to:
  - instruct safe use of equipment and techniques
  - instruct safe sport techniques
  - instruct warm-up, skill development and cool-down activities
  - establish behaviour standards
  - promote cooperation and good relationships
  - demonstrate techniques
  - encourage interaction and participation
  - give and receive feedback
  - respond to questions
  - report problems to supervisor
- athletics session plan elements
- methods for self reflection.

## **Assessment Conditions**

Skills must be demonstrated in:

- a community based sport environment in athletics. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- athletics rules, regulations and policies applicable to coaching foundation level participants
- athletics facilities, equipment and resources:
  - reverse board
  - tumble mat
  - folding hurdles
  - high stepper
  - high jump bed, bar and stands
- organisational safety, emergency response and first aid procedures for athletics.

Assessment must ensure use of:

- athletics session plan
- a supervisor and athletics foundation level participants to be coached.

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

## **Links**

Companion Volume Implementation Guides -

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