



**Australian Government**

# **SISSATH001 Conduct athletics coaching sessions with foundation level participants**

**Release: 1**

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## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to prepare for and conduct sport coaching sessions with foundation level participants in athletics.

This unit applies to individuals working under supervision in community based assistant coaching roles in the Australian sport industry. This includes individuals working and volunteering in sport clubs and organisations.

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

## Pre-requisite Unit

Nil

## Competency Field

Athletics

## Unit Sector

Sport

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Prepare for athletics sessions with foundation level participants.

### PERFORMANCE CRITERIA

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

- 1.1. Confirm assigned athletics session duties with supervisor.
- 1.2. Interpret athletics session plans and confirm set-up requirements with supervisor.
- 1.3. Prepare facilities, equipment, resources and refreshments according to set-up requirements.
- 1.4. Select and check equipment and resources for wear and tear and report to supervisor.

- 1.5. Report athletics session set-up problems to supervisor.
2. Conduct athletics sessions with foundation level participants.
  - 2.1. Communicate and confirm foundation level participant understanding of athletics session activity instructions and safe participation requirements.
  - 2.2. Communicate and model athletics participation behaviour standards.
  - 2.3. Present, sequence and pace athletics session activities to meet athletics session plans.
  - 2.4. Instruct and demonstrate safe athletics techniques and equipment use to foundation level participants.
  - 2.5. Give feedback to foundation level participants to encourage positive interaction and participation.
  - 2.6. Address foundation level participant poor behaviour within own job role responsibilities.
  - 2.7. Seek support from supervisor when difficulties arise outside own job role responsibilities.
3. Complete athletics sessions with foundation level participants.
  - 3.1. Seek foundation level participant feedback to identify further coaching needs and report to supervisor.
  - 3.2. Describe plans for follow-up sessions to foundation level participants as directed by supervisor.
  - 3.3. Check equipment used in athletics sessions to identify wear and tear and report to supervisor.
  - 3.4. Pack up athletics equipment, resources and refreshments according to organisational policies and procedures.
4. Review athletics sessions.
  - 4.1. Seek supervisor and foundation level participant feedback on own assistant coaching performance.
  - 4.2. Reflect on feedback received and personal performance to identify areas for improvement.

## 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

Writing skills to:

- record attendance.

Oral communications skills to:

- use age-appropriate language to engage foundation level participants
- use active listening and questioning to give and receive instructions and confirm understanding
- interact with foundation level participants in a polite and

- positive manner.
- Numeracy skills to:
- estimate time and space requirements for athletics session activities.
- Planning and organising skills to:
- complete assigned duties in a timely manner according to session plans and supervisor instructions.

## **Unit Mapping Information**

SISSATH201A Teach the fundamental skills of athletics

## **Links**

Companion Volume Implementation Guides -

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