



Australian Government

SISSPAR001 Participate in sport at an intermediate level

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to perform sport-specific tactical and technical skills at an intermediate level through participation in a specific sport. Activities may include conditioning, drills, discussions, games, competitions and other activities relevant to the specific sport.

This unit applies to athletes in the Australian sport industry competing in a sport at a local, state or national level.

Those undertaking this unit work with the support of a coach.

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

Pre-requisite Unit

Nil

Competency Field

Participation

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Participate in intermediate level sport activities.

PERFORMANCE CRITERIA

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

- 1.1. Interpret and apply sport-specific rules, regulations and policies to sport-specific participation.
- 1.2. Participate in sport-specific training activities and competitions in a safe manner, according to organisational policies and procedures.
- 1.3. Link and perform intermediate level sport-specific skills to form a sequence of movements in practice and competition conditions.

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| | 1.4. Communicate with coach during activities using sport-specific terminology. |
| 2. Prepare to compete at an intermediate level. | 2.1. Consult with coach to identify intermediate sport-specific tactical and technical skills to be developed.
2.2. Participate in training activities to develop identified intermediate level sport-specific tactical and technical skills.
2.3. Analyse own and opposition strengths and weaknesses to develop game plans for sport-specific competitions. |
| 3. Implement game plan at an intermediate level. | 3.1. Implement game plans during competition.
3.2. Interpret sport-specific game statistics to identify and implement adjustments to improve intermediate level performance during competition.
3.3. Maintain communication with coach before, during and after competitions. |
| 4. Review intermediate level performance. | 4.1. Seek feedback from coach and support staff to identify areas to improve own intermediate level sport-specific performance.
4.2. Analyse sport-specific competition statistics to identify own strengths and weaknesses.
4.3. Reflect on own intermediate level sport-specific performance to identify areas for improvement.
4.4. Analyse findings and incorporate learnings in future intermediate level sport-specific training and competition. |

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

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| Oral communication skills to: | <ul style="list-style-type: none"> ask open and closed questions and actively listen to clarify instructions and feedback from coaches interact with coaches, support staff and officials in a polite and positive manner. |
| Numeracy skills to: | <ul style="list-style-type: none"> record training and competition data interpret, analyse and discuss statistical information. |
| Problem-solving skills to: | <ul style="list-style-type: none"> read play respond to environmental conditions. |

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -

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