



Australian Government

SISSPAR008 Maintain personal wellbeing as an athlete

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge an athlete requires to maintain their own wellbeing. It focusses on an athlete's self reliance in relation to resilience, recovery, travel, sleep, diet and mental health.

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. Plan personal wellbeing strategies.

PERFORMANCE CRITERIA

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

- 1.1. Source and interpret information to identify best practice for maintaining athlete wellbeing.
- 1.2. Reflect on personal wellbeing and personal wellbeing behaviours to identify personal wellbeing maintenance needs.
- 1.3. Plan personal wellbeing strategies to develop personal wellbeing behaviours and address personal wellbeing maintenance needs.
- 1.4. Access resources, supports and professional advice to

- support the implementation of personal wellbeing strategies.
2. Implement personal wellbeing strategies.
 - 2.1. Use personal wellbeing strategies to develop personal wellbeing behaviours.
 - 2.2. Practice personal wellbeing behaviours to maintain personal wellbeing.
 - 2.3. Recognise and minimise risks to personal wellbeing associated with the work of an athlete.
 - 2.4. Identify and respond to the need for personal wellbeing support and professional advice.
 3. Evaluate personal wellbeing strategies.
 - 3.1. Monitor effectiveness of personal wellbeing strategies to identify areas for improvement.
 - 3.2. Adjust personal wellbeing strategies to maximise personal wellbeing.

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
Oral communications skills to:	<ul style="list-style-type: none"> • use active listening and questioning to give and receive information and confirm understanding.
Problem-solving skills to:	<ul style="list-style-type: none"> • make healthy choices.
Teamwork skills to:	<ul style="list-style-type: none"> • work with coaches and support staff.
Self-management skills to:	<ul style="list-style-type: none"> • take responsibility for maintaining own wellbeing.

Unit Mapping Information

No equivalent unit

Links

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