



Australian Government

Assessment Requirements for SISSPAR009 Participate in conditioning for sport

Release: 1

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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:

- participate in conditioning for a specific sport that involves:
 - consulting with a strength and conditioning specialist
 - participating in at least three training sessions, consistent with the strength and conditioning specialist's advice, 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 participating in conditioning for sport
- basic functions of the three energy systems applicable to the specific sport
- main muscle groups required for participation in the specific sport
- types of fitness tests applicable to participation in the specific sport
- types of strength and conditioning regimes:
 - frequency and quantity of sessions
 - time allocation
 - type of conditioning required
 - venue and equipment
 - specialist availability
 - dietary and energy requirements
- major fitness components of physical ability for the specific sport:
 - speed
 - agility
 - endurance
 - strength
 - power
 - stability
 - flexibility
- types of basic strength and conditioning techniques applicable to the specific sport:
 - resistance training

- core stability
- stretching
- aerobic and anaerobic conditioning
- types and safe use of strength and conditioning equipment
- types of strength and conditioning specialists:
 - physiotherapist
 - sport-specific coach
 - sports trainer
 - strength and conditioning coach
 - fitness instructor
- signs and symptoms of overtraining:
 - tired and sore muscles
 - feeling unwell
 - fatigue
 - disturbed sleep patterns
 - stress
 - increase in injuries
 - poor performance
- types of recovery methods.

Assessment Conditions

Skills must be demonstrated in:

- a sport-specific environment. This can be a workplace or simulated environment.

Assessment must ensure access to:

organisational policies and procedures applicable to participating in conditioning for sport
first aid drinking water.

Assessment must ensure use of:

- strength and conditioning facilities and equipment
- strength and conditioning specialists.

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>