



**Australian Government**

**Assessment Requirements for SISSCO007  
Apply sport psychology principles**

**Release: 1**

# Assessment Requirements for SISSSCO007 Apply sport psychology principles

## 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:

apply sport psychology principles to support one participant in a specific sport that involves:

- using three of the following strategies:
  - managing emotions
  - using relaxation techniques
  - managing self-talk
  - managing stress
  - establishing pre-, during- and post-performance psychological routines
  - identifying sources of intrinsic and extrinsic motivation
  - setting goals
  - visualisation
  - self reflection on performance
  - managing concentration
- assisting the participant to manage performance outcomes
- assisting the participant to access sport psychology professionals.

## Knowledge Evidence

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

- organisational policies and procedures applicable to applying sport psychology principles
- information sources applicable to sport psychology
- principles of sport psychology for sporting performance:
  - the brain and its functions
  - psychological demands of specific sports
  - emotions
  - concentration
  - motivation
  - goal setting
  - self reflection on performance

- role and responsibilities of sport psychology professionals
- psychological skills to enhance performance:
  - managing emotions
  - managing concentration
  - establishing pre-, during- and post-performance psychological routines
  - using relaxation techniques
  - managing self-talk
  - managing stress
  - understanding motivation
  - setting goals
  - visualisation
  - self reflection on performance
- techniques to assist participants to manage performance outcomes
- techniques to create a positive environment for participants
- psychology advice and support referral services for participants.

## Assessment Conditions

Skills must be demonstrated in:

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

Assessment must ensure access to:

- organisational policies and procedures relevant to sport psychology
- computer with access to the internet.

Assessment must ensure use of:

- participants
- sport psychology resources.

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

## Links

Companion Volume Implementation Guides -

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