



**Australian Government**

# **SISSCO007 Apply sport psychology principles**

**Release: 1**

## SISSSCO007 Apply sport psychology principles

### Modification History

Not applicable.

### Application

This unit describes the performance outcomes, skills and knowledge required to assist participants to develop basic psychological skills to optimise sporting performance in sport-specific training and competition settings.

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

Specific industry accreditation requirements may apply to sport-specific coaching accreditation, and information should be obtained from the relevant National Sporting Organisation (NSO).

### Pre-requisite Unit

Nil

### Competency Field

Sport Coaching

### Unit Sector

Sport

### Elements and Performance Criteria

#### ELEMENTS

*Elements describe the essential outcomes*

1. Maintain knowledge of sport psychology.
2. Provide sport psychology

#### PERFORMANCE CRITERIA

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

- 1.1. Source and interpret applied sport psychology information related to sport performance.
- 1.2. Apply sport psychology principles relevant to own role to own practice.
- 1.3. Select support staff and resources to assist with the development of sport-specific psychological skills.
- 2.1. Identify sport psychology principles relevant to participants and assess participant sport psychology

- information to participants.
- information appropriate to individual participant needs.
- 2.2. Present sport psychology information to participants in a format using learning activities and experiences appropriate to individual participant needs.
  - 2.3. Check and clarify participant understanding of sport psychology information.
  - 2.4. Encourage participants to access sport psychology resources appropriate to individual needs.
3. Assist participants to develop psychological skills.
    - 3.1. Monitor participants to identify basic psychological skills needs.
    - 3.2. Develop basic psychological skills to meet participant needs in consultation with participants.
    - 3.3. Assist participants to implement basic psychological skills during competition performance.
  4. Evaluate psychological skills.
    - 4.1. Analyse participant competition performance against expected competition outcomes.
    - 4.2. Evaluate participant psychological skills during competition performance in consultation with participant.
    - 4.3. Identify ongoing psychological skill development needs to assist participant to improve performance.

## 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:	<ul style="list-style-type: none"> <li>• document sport psychology information and resources for participants.</li> </ul>
Oral communication skills to:	<ul style="list-style-type: none"> <li>• ask open and closed questions and actively listen to inform and support participants</li> <li>• negotiate strategies with participants to achieve sport performance.</li> </ul>
Numeracy skills to:	<ul style="list-style-type: none"> <li>• interpret and discuss participant performance data.</li> </ul>
Problem-solving skills to:	<ul style="list-style-type: none"> <li>• develop, review and modify psychological skill development strategies.</li> </ul>
Technology skills to:	<ul style="list-style-type: none"> <li>• access the internet to source sport psychology information.</li> </ul>

## **Unit Mapping Information**

No equivalent unit

## **Links**

Companion Volume Implementation Guides -

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