



Australian Government

Assessment Requirements for SISSSPT001 Implement sport injury prevention and management strategies

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:

- implement sport injury prevention and management strategies that involves:
 - warm-up
 - cool-down
 - applying taping to:
 - the thumb
 - the ankle
 - the finger
 - the elbow
 - applying taping to two of the following:
 - the full shoulder
 - the knee
 - the Achilles tendon
 - assessing one injured participant and one ill participant using:
 - DRSABCD (Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillator) principles
 - STOP (Stop, Talk, Observe, Prevent) principles
 - TOTAPS (Talk, Observe, Touch, Active movement, Passive movement, Skills test) principles
 - managing one participant with a sport-specific injury or illness
 - managing one participant with a medical condition.

Knowledge Evidence

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

- organisational policies and procedures applicable to implementing sport injury prevention and management strategies
- roles and responsibilities of sports trainers, participants, coaches, support staff and healthcare professionals applicable to implementing sport injury prevention and management strategies

- limitations of role in relation to advising on injuries, illnesses, medical conditions, medications, injury prevention and management, nutrition and hydration
- types, causes, impacts on participation, symptoms and management of typical sport injuries and illnesses
- types, impacts on participation and management of medical conditions:
 - asthma
 - diabetes
 - epilepsy
 - cardiovascular conditions
 - infections
- sources and types of data on sport injuries and illnesses:
 - incidence
 - severity
 - prevalence
 - cause
 - types of injuries
- major muscle actions and joint mechanics relevant to movement in sport
- types of sport injury risks:
 - environmental conditions
 - equipment
 - other participants
 - participant mismatch
 - poor officiating
 - unsafe participant behaviours
 - training regime
 - previous injuries
 - fitness levels
- purpose and application of assessment strategies:
 - DRSABCD principles
 - STOP principles
 - TOTAPS principles
- purpose and application of sport injury prevention strategies:
 - screening
 - training and physical conditioning:
 - strengthening exercises
 - stretching exercises
 - protective equipment
 - basic hydration and nutrition
 - taping
 - warm-up

- cool-down
- purpose and application of injury, illness and medical management strategies:
 - RICER (Rest, Ice, Compression, Elevation, Referral)
 - NO HARM (Heat, Alcohol, Running, Massage)
 - first aid
 - universal precautions
 - basic hydration and nutrition
 - taping
 - warm-up
 - cool-down
 - transport
- taping techniques:
 - purpose of taping
 - contraindications and precautions for taping
 - pre-taping and post-taping requirements
 - types, qualities and functions of taping products including tapes, adherents, removers and barriers
 - types, functions and safe use of taping equipment
 - techniques for taping ankles, thumbs, fingers, elbows, full shoulder, knees and Achilles tendon
 - ergonomic taping practices
- sport injury prevention and management terminology.
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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:

- first aid kit
- organisational policies and procedures applicable to implementing sport injury prevention and management strategies.

Assessment must ensure use of:

- taping equipment and products
- participants.

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>