



Australian Government

SISXCAI003 Conduct non-instructional sport, fitness or recreation sessions

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan and conduct non-instructional sport, fitness or recreation sessions. It requires the ability to develop session plans, resource sessions, ensure the welfare and satisfaction of participants, and develop and maintain group cooperation and interaction.

This unit applies to assistants under direct supervision in a range of roles and settings in the sport, fitness or recreation industries. This includes assistants in after-school or holiday-care programs, those assisting with coaching activities, or undertaking a support role in fitness activities, indoor and outdoor recreation activities such as camps and other guided activities.

These individuals undertake work according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Coaching and Instruction

Unit Sector

Cross-Sector

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Identify participant needs and expectations.

PERFORMANCE CRITERIA

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

- 1.1 Clarify participant preferences, needs and expectations.
- 1.2 Conduct assessments to determine condition of participants, in consultation with relevant support personnel, as required.

- 1.3 Assess likely session demands on participants.
 - 1.4 Advise participants of any reasons why they should not participate in the session.
 - 1.5 Recommend participants seek external assistance as required.
 - 1.6 Identify group cohesion strategies as required.
2. Plan the session.
 - 2.1 Identify and access relevant information required to plan a session.
 - 2.2 Identify staff, equipment and resources appropriate for the session.
 - 2.3 Design and document a session plan within available resources.
 - 2.4 Identify external factors which may disrupt or influence session delivery, value and outcome.
 - 2.5 Confirm session plan meets requirements for acceptable levels of supervision.
 - 2.6 Seek agreement for session plan from staff, participants and organisations as required.
3. Prepare for the session.
 - 3.1 Identify and organise appropriate venue to meet session requirements.
 - 3.2 Select and confirm availability of appropriate equipment.
 - 3.3 Confirm availability of resources with appropriate staff, support personnel, organisations and participants.
 - 3.4 Organise and brief support personnel according.
 - 3.5 Check equipment for damage or deterioration and report to responsible person, as required.
 - 3.6 Issue or set up equipment as required, and provide assistance with fitting where necessary.
 - 3.7 Modify or condition equipment for use by different participant groups.
4. Conduct the session.
 - 4.1 Communicate instructions and relevant information to participants in a suitable manner.
 - 4.2 Explain and demonstrate techniques, activities and safe use of equipment.
 - 4.3 Provide positive feedback and motivational strategies to enhance participation and performance.
 - 4.4 Observe and assess participant progress against objectives and modify session as required.
 - 4.5 Monitor participation and safety and implement appropriate strategies.
 - 4.6 Demonstrate warm-up and cool-down techniques and assist participants.
 - 4.7 Check condition of equipment, complete minor repair

- and report as required.
- 4.8 Leave venue in a condition suitable for future use.
5. Evaluate the session.
- 5.1 Seek and acknowledge feedback from participants and other staff.
- 5.2 Evaluate session components and identify potential areas of improvement.
- 5.3 Review own performance and identify potential improvements.
- 5.4 Document and update records of session and evaluation.

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

- | | |
|----------------------------|---|
| Reading skills to: | <ul style="list-style-type: none">• interpret manufacturer instructions related to equipment set up, dismantling, maintenance and repair. |
| Problem-solving skills to: | <ul style="list-style-type: none">• determine maintenance requirements of damaged equipment• resolve conflict through negotiation. |

Unit Mapping Information

SISXCAI303A Conduct sport and recreation sessions

Links

Companion Volume implementation guides are found in VETNet -

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