Assessment Requirements for SISXCAI005 Conduct individualised long-term training programs

# 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:

* plan, conduct and evaluate at least five long-term training programs for participants with different individual sporting skills or physical capacity, incorporating:
* • explanation and demonstration of:
* suitable skills-related exercises/drills and techniques
* progressive skill acquisition and whole or part skills drills
* warm-up and cool-down exercises/techniques
* tactical, competition or performance
* a variety of appropriate training methods for:
* specificity
* rest and recovery
* reversibility
* frequency
* intensity
* duration
* periodisation
* tapering
* peaking
* individuality
* maintenance.

# Knowledge Evidence

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

* basic aspects of legislation related to planning, conducting and evaluating long-term sport, fitness or recreation programs:
* work health and safety/occupational health and safety requirements
* equal opportunity and anti-discrimination
* privacy and confidentiality
* working with children requirements
* organisational policies and procedures related to planning, conducting and evaluating programs:
* safety procedures
* risk analysis processes
* communication protocols
* roles and responsibilities of different people, and types of tasks undertaken
* reporting channels
* reporting and record keeping
* frequency and scope of equipment checks
* components of long-term training programs:
* objectives
* equipment
* time
* location
* content
* order
* phases: warm-up, conditioning, cool-down
* participant needs:
* competition or performance targets
* assist with self-improvement
* fitness targets
* lifestyle adjustments
* social opportunities
* resource requirements for sessions:
* physical
* human
* financial
* transport and related logistical
* assessment and training requirements to address:
* progressive skill acquisition
* whole or part skills drills
* skill-related components of fitness
* health-related components of fitness
* training methods and related programming techniques for:
* specificity
* rest and recovery
* reversibility
* frequency
* intensity
* duration
* periodisation
* tapering
* peaking
* individuality
* maintenance
* fixed points in programs:
* structure of competition or performance
* facilities
* rules
* individual and team involvement
* intended peaks
* selection dates and criteria
* participant lifestyle
* support personnel
* likely demands of participants and sessions:
* physical
* emotional
* psychological
* group
* individuals within groups
* disability requirements
* objectives of participant and program:
* participant enjoyment
* competition or performance targets
* tactical
* leadership
* social
* evaluation measures:
* field assessments of fitness components
* field assessments of skill components
* interviews or discussions with participants
* performance history
* performance in familiar and unfamiliar environments
* subjective assessments
* training and competitive performances
* training diary
* trials
* biomechanics, anatomical systems and the principles of skill acquisition to enable effective planning and preparation of long-term training programs:
* levers
* centre of gravity
* base of support
* fulcrum
* major muscle actions
* principles of periodisation:
* microcycle
* mesocycle
* macrocycle
* annual planning and phasing:
* preparatory phase
* competitive phase
* transition phase
* periodisation and growth and development necessary to enable effective planning and preparation of long-term training programs
* equipment for identified sport or activity
* role of support personnel in long-term training programs.

# Assessment Conditions

Skills must be demonstrated in:

* a sport, fitness or recreation environment. This can be a workplace or simulated environment.

Assessment must ensure use of:

* up-to-date equipment currently used in the sport, fitness or recreation industries, to ensure:
* safety, e.g. helmets, head gear, gloves
* the participant can participate in program activities, e.g. racquets, bats, balls
* workplace documents currently used in the sport, fitness or recreation industries:
* program plans
* program and equipment checklists
* participant feedback or evaluation forms
* appropriate:
* ratio of support personnel e.g. coaches to athletes
* ratio of equipment to athletes
* time period
* activity support personnel and participants in a sport, fitness or recreation activity; support personnel and participants can be:
* staff and participants in an industry workplace who are assisted by the individual during the assessment process or
* individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessment activities that allow the individual to:

* develop and implement several long-term training programs for a range of participants and activities over an industry realistic period of time.

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

# Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>