Assessment Requirements for SISXCAI010 Develop strength and conditioning 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, implement and evaluate three strength and conditioning programs that include at least eight training sessions each and meet the needs of participants.

# Knowledge Evidence

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

* organisational policies and procedures relevant to developing strength and conditioning programs
* major body systems, bones, joints, muscles and their function applicable to planning and implementing strength and conditioning programs
* anatomical, physiological and biomechanical differences of participants including age and sex
* physiological adaptation to strength and conditioning training
* strength and conditioning training techniques
* exercise prescription and exercise order principles
* physical constraints that may affect planning for strength and conditioning programs
* types and safe use of equipment:
* cardiovascular equipment
* free weight equipment
* hydraulic equipment
* innovative equipment
* exercise balls
* bars
* steps
* bands
* plyometric training systems
* resistance equipment
* pool based equipment
* types of participant requirements:
* competition performance
* pre-adolescent
* mature aged
* disability
* reconditioning
* rehabilitation
* types of profiles:
* physical
* psychological
* tactical
* technical
* leadership skills
* types of assessment measures:
* discussion with participants
* physical ability tests
* trials
* performances in familiar environment
* performances in unfamiliar environment
* field assessments of fitness components
* performance history
* types of objectives:
* enjoyment
* competition and performance
* selection
* tapering
* peaking
* maintenance
* types of career phases:
* novice
* intermediate
* advanced
* types of training phases:
* macro-cycles
* micro-cycles
* meso-cycles
* pre-season
* in-season
* post-season
* four year Olympic cycle
* techniques of core lifts and exercises:
* abdominal
* roll outs
* reverse crunch
* side bends
* prone and hold
* back
* biceps
* calves and ankles
* chest
* forearms
* hip or thigh
* shoulders
* triceps
* power exercises
* proprioception and neuromuscular coordination exercises
* techniques of strength and conditioning:
* resistance training
* aerobic endurance
* anaerobic endurance
* flexibility and stretching
* elastic energy
* abdominal
* core stability
* types of fixed points:
* structure and subdivision of performance levels
* availability of facilities
* rules of the activity
* rules of the competition or performance
* intended peaks
* selection dates and criteria
* availability of support staff
* exercise selection and order
* types of evaluation methods:
* fitness assessments
* laboratory assessments
* discussion with participants
* training and competitive performances
* training diaries
* strength and conditioning training methods:
* work duration, rest periods and frequency
* periodisation
* training load, repetition and volume
* rehabilitation and reconditioning
* core stability
* types of resource requirements:
* ratio of coaches to participants
* ratio of equipment to participants
* access to first aid facilities
* access to equipment
* appropriate facilities
* self reflection methods.

# Assessment Conditions

Skills must be demonstrated in:

* a fitness industry environment, sport training environment or simulated environment.

Assessment must ensure access to:

* first aid kit
* drinking water
* strength and conditioning facilities, equipment and materials
* manufacturer specifications for equipment
* organisational policies and procedures related to developing strength and conditioning programs
* organisational safety, emergency response and first aid procedures.

Assessment must ensure use of:

* individual training goals and individual performance history.

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>