



Australian Government

SISXPLD002 Deliver recreation sessions

Release: 1

SISXPLD002 Deliver recreation sessions

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare for and lead recreational activities of a non-instructional nature according to predesigned session plans which may have been developed by self or others. This unit covers skills to adjust session plans and modify planned activities to suit participant needs.

Skills for leading instructional programs are covered in other units for fitness, aquatics, coaching and outdoor recreation.

This unit applies to any type of recreation organisation including commercial, not-for-profit, community and government organisations. It applies to activity leaders who work independently using discretion and judgement to manage session logistics and solve routine problems within organisational guidelines.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

Pre-requisite Unit

Nil

Competency Field

Program Planning and Delivery

Unit Sector

Cross-Sector

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Prepare for activity session.

PERFORMANCE CRITERIA

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

- 1.1. Review session plan and confirm session objectives and activities.
- 1.2. Check and prepare physical environment to meet session

- requirements and identify and respond to factors that may impact session delivery.
- 1.3. Select and set up resources suited to activity session.
 - 1.4. Assess characteristics and capabilities of participants on arrival through observation and questioning, and adjust session plan as needed.
2. Introduce the session.
 - 2.1. Explain session objectives and activities using communication suited to participant characteristics.
 - 2.2. Provide clear information about safety procedures, safe behaviour, safe areas and boundaries.
 - 2.3. Advise participants of roles and responsibilities of activity leaders and communication protocols to use during activities.
 - 2.4. Encourage participants to ask questions and seek advice before and during session.
 3. Deliver the activity session.
 - 3.1. Sequence and pace activities according to session plan adjusting according to participant need.
 - 3.2. Implement techniques suitable for leading the activity and suited to participant needs.
 - 3.3. Provide clear and accurate instructions and demonstrations for activities.
 - 3.4. Monitor participant technique and safety, and provide feedback and corrective instruction based on observations.
 - 3.5. Respond to individual participant difficulties and modify their activities to suit needs and to ensure engagement and comfort.
 - 3.6. Facilitate effective group interaction to maintain group control, engagement and safety.
 4. Encourage and support participants during activities.
 - 4.1. Encourage and respond to participant questions about activities and their technique.
 - 4.2. Use communication techniques that provide positive reinforcement and motivation to participants.
 - 4.3. Highlight participant key strengths and provide information about technique.
 5. Evaluate session.
 - 5.1. Seek participant feedback and evaluate satisfaction with session.
 - 5.2. Evaluate own performance and identify areas for improvement.
 - 5.3. Complete session documentation and evaluation according to organisational record keeping procedures.

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 sometimes unfamiliar session plans which include activity-specific terminology and abbreviations.
Writing skills to:	<ul style="list-style-type: none">• use fundamental sentence structure to complete records that require factual and subjective information.
Oral communication skills to:	<ul style="list-style-type: none">• provide clear and unambiguous information to participants using language and terms easily understood.
Numeracy skills to:	<ul style="list-style-type: none">• monitor and adjust session plan timings to meet requirements of session duration.
Problem-solving skills to:	<ul style="list-style-type: none">• critically evaluate successes and failures of sessions to contribute to improvements.

Unit Mapping Information

Supersedes and is not equivalent to SISXCAI003 Conduct non-instructional sport, fitness or recreation sessions and SISXCCS003 Address client needs.

Links

Companion Volume implementation guides are found in VETNet -

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