



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SIS30810 Certificate III in Sports Trainer**

**Release: 1**

## **SIS30810 Certificate III in Sports Trainer**

### **Modification History**

Not Applicable

### **Description**

This qualification provides the skills and knowledge for an individual likely to undertake a career as a sports trainer at a regional or state or territory level. Likely functions for someone with this qualification include performing pre and post event taping as part of providing injury prevention and treatment for athletes, developing warm up and cool down programs and assisting with the management of sports injuries under the guidance of a health professional. Those with this qualification would also liaise with coaching and other related support staff.

#### **Job roles**

The following is an indicative job role for this qualification:

- sports trainer
- 

### **Pathways Information**

Not Applicable

### **Licensing/Regulatory Information**

Not Applicable

### **Entry Requirements**

Not Applicable

## Employability Skills Summary

### EMPLOYABILITY SKILLS QUALIFICATION SUMMARY

The following table contains a summary of the employability skills required by the sport industry for this qualification. The employability skills facets described here are broad industry requirements that may vary depending on packaging options.

Employability Skill	Industry/enterprise requirements for this qualification include:
Communication	Communicating with athletes to determine and interpret their specific taping requirements; understanding verbal and written information on injury prevention; providing clear verbal instructions to players on injury prevention and treatment; terminology to interpret information and instructions from sports medicine personnel.
Teamwork	Working as a skilled team member; contributing to positive team dynamics and dealing appropriately with conflict; collaborating with athletes, coaches and sports medicine personnel to determine injury prevention strategies.
Problem-solving	Identifying and taking action to mitigate hazards and risks that may arise during sports training activities; responding to emergency situations within scope of responsibility; recognising individual differences and adapting injury prevention and treatment strategies accordingly; determining appropriate solutions to injury prevention and management problems.
Initiative and enterprise	Showing initiative and independence in assisting with management of sport injuries; adjusting taping techniques to meet players' needs; taking correct action and following established procedures on discovery of an actual or potential emergency or safety hazard; reflecting on own performance for improvement.
Planning and organising	Collecting and recording information to undertake the efficient planning and delivery of injury prevention, warm up and cool down programs; time management to schedule player taping to meet training or competition deadlines; allocating resources and equipment to enable the desired activities to be undertaken to meet competition timelines; following organisation policies and procedures to complete sports trainer tasks in an efficient manner.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role as a sports trainer; understanding the boundaries of own role and correctly determining when referral to colleagues or medical or allied health professionals is required; acknowledging, discussing and acting upon feedback provided by coaches, players and other sports medicine personnel

**EMPLOYABILITY SKILLS QUALIFICATION SUMMARY**

	to improve own performance.
Learning	Knowing the structure of sports medicine networks and sources of information within the sport industry; keeping well informed of updates and changes to sports medicine techniques, policies, procedures and regulations; analysing new injury prevention strategies for applicability to own situation; accessing professional development opportunities to enhance sports trainer performance.
Technology	Understanding and utilising the operating capability of equipment and software that assists in injury prevention and treatment; selecting, using and maintaining protective sports equipment according to manufacturer's specifications and organisation policies and procedures.

**Packaging Rules**

14 units must be completed:

- 9 core units
- 5 elective units, which may be selected from the electives in this qualification or from units first packaged at AQF level 2, 3 or 4 within SIS10; up to 2 of these elective units may be selected from any current accredited course or other Training Package, and must be first packaged at AQF level 3.
- In all cases selection of electives must relate to the core function or role of the candidate's current or intended work environment, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

**Core (9)**

HLTFA301B	Apply first aid
SISXOHS101A	Follow occupational health and safety policies
SISXRSK301A	Undertake risk analysis of activities
SISSSPT201A	Implement sports injury prevention
SISSSPT303A	Conduct basic warm-up and cool-down programs
SISSSPT304A	Tape ankle, thumb and fingers
SISSSPT305A	Support sports injury management

SISSSPT302A	Provide initial management of sports injuries
SISSSPT307A	Conduct advanced taping
<b>Electives (5)</b>	
BSBADM307B	Organise schedules
BSBWOR301A	Organise personal work priorities and development
HLTFA402B	Apply advanced first aid
ICAU1129B	Operate a word processing application
ICAU1130B	Operate a spreadsheet application
ICAU1131B	Operate a database application
ICAU1132B	Operate a presentation package
ICAU2006B	Operate computing packages
ICPMM263C	Access and use the Internet
SISSCGP306A	Customise coaching for special needs groups
SISSCGP307A	Implement selection policies
SISSCGP308A	Provide drugs in sport information
SISSCGP309A	Develop nutritional strategies
SISSCGP310A	Support athletes to adopt principles of sports psychology
SISSSPA301A	Coordinate regional touring athletes
SISSSTC301A	Instruct strength and conditioning techniques
SISXEMR201A	Respond to emergency situations