



Australian Government

SIS30812 Certificate III in Sports Trainer

Release 2

SIS30812 Certificate III in Sports Trainer

Modification History

The version details of this endorsed qualification are the table below. The latest information is at the top.

Release	Comments
2	Imported unit updated: HLTAID006 Provide advanced first aid replaces HLTF402C Apply advanced first aid.
1	<p>Replaces and is equivalent to SIS30810 Certificate III in sports Trainer.</p> <p>Changes to address new national Work Health and Safety (WHS) Bill and updated legislation. In the core the unit SISXWHS101 Follow work health and safety policies replaces SISXOHS101A Follow occupational health and safety policies.</p> <p>New units added to the electives:</p> <ul style="list-style-type: none"> • SISSSCO101 Develop and update knowledge of coaching practices • SISSSCO303 Plan and deliver coaching programs • SISSSCO304 Customise coaching for athletes with specific needs • SISSSCO305 Implement selection policies • SISSSCO306 Provide drugs in sport information • SISSSCO307 Provide nutrition information to athletes • SISSSCO308 Support athletes to adopt principles of sport psychology • SISSSDE201 Communicate effectively with others in a sport environment.

Description

This qualification reflects the role of individuals who apply the skills and knowledge to undertake a career as a sports trainer at a regional, 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

This qualification is suitable for an Australian Apprenticeship pathway, however is not suitable for School Based Traineeships/Apprenticeships.

Licensing/Regulatory Information

No licensing, legislation, regulatory or certification requirements apply to this qualification of the endorsement.

Entry Requirements

Not applicable.

Employability Skills 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 qualification 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 organisation	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 organisational 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 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 specifications and organisational 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 be guided by the job outcome sought, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

Core units	
HLTFA301C	Apply first aid
SISSSPT201A	Implement sports injury prevention
SISSSPT302A	Provide initial management of sports injuries
SISSSPT303A	Conduct basic warm-up and cool-down programs
SISSSPT304A	Tape ankle, thumb and fingers
SISSSPT305A	Support sports injury management
SISSSPT307A	Conduct advanced taping
SISXRSK301A	Undertake risk analysis of activities
SISXWHS101	Follow work health and safety policies
General elective units	
BSBADM307B	Organise schedules
BSBWOR301B	Organise personal work priorities and development
HLTAID006	Provide advanced first aid
ICAICT102A	Operate word-processing applications
ICAICT105A	Operate spreadsheet applications
ICAICT106A	Operate presentation packages
ICAICT203A	Operate application software packages
ICAICT210A	Operate database applications

ICPMM263C	Access and use the Internet
SISSSCO101	Develop and update knowledge of coaching practices
SISSSCO303	Plan and deliver coaching programs
SISSSCO304	Customise coaching for athletes with specific needs
SISSSCO305	Implement selection policies
SISSSCO306	Provide drugs in sport information
SISSSCO307	Provide nutrition information to athletes
SISSSCO308	Support athletes to adopt principles of sports psychology
SISSSDE201	Communicate effectively with others in a sport environment
SISSSPA301A	Coordinate regional touring athletes
SISSSPT306A	Deal with medical conditions in a sport setting
SISSTC301A	Instruct strength and conditioning techniques
SISXEMR201A	Respond to emergency situations