



**Australian Government**

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

# **SISSAFL203A Participate in conditioning for Australian Football**

**Release: 2**

## **SISSAFL203A Participate in conditioning for Australian Football**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to participate in conditioning for Australian Football. This unit focuses on the development and understanding of fitness and conditioning programs relating to Australian Football, including techniques to improve speed, agility, endurance, strength, power and flexibility.

### **Application of the Unit**

This unit applies to current, junior or aspiring athletes who are competing in Australian football at a local, state or national level. It may also apply to those in sports development or football coaching roles.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Identify physiological elements of Australian Football.

- 1.1. Identify the ***basic energy systems and requirements*** for Australian Football players in different positions.
- 1.2. ***Determine the major muscle groups*** required for playing intermediate Australian Football.
- 1.3. Identify ***fitness tests*** appropriate to different levels of play.
- 1.4. Identify suitable ***conditioning regimes*** for each ***major fitness component*** used in Australian Football.

2. Identify and perform basic conditioning techniques.

- 2.1. Select and safely utilise appropriate ***conditioning equipment*** according to ***relevant legislation*** and ***organisational policies and procedures***.
- 2.2. Identify ***basic conditioning techniques for the improvement of speed, agility***, endurance, strength, power and flexibility, as advised by a ***specialist or specialists***.
- 2.3. Participate in fitness and conditioning sessions, as identified by a specialist.
- 2.4. Determine ***over training symptoms***.
- 2.5. Develop a recovery plan for ***over training*** after seeking advice from a specialist.

3. Evaluate the conditioning sessions.

- 3.1. Review own performance and identify potential improvements.
- 3.2. Evaluate fitness test results and modify conditioning as required.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- communication skills to:
  - discuss and determine fitness components requiring improvement with coaches and other specialists
  - seek and follow advice from specialists in developing recovery plans for over training
  - communicate and update progress during conditioning
- language and literacy skills to access, interpret and apply information about the basic energy systems and muscle groups to help prevent injury
- self-management skills to:
  - review and reflect on own conditioning and fitness performance
  - organise time and priorities effectively
  - set short, medium and long term goals.

### Required knowledge

- legislation and organisational policies and procedures to ensure safe participation during conditioning
- self reflection principles to enable effective self evaluation for future improvement
- positions and players of Australian football and their roles and responsibilities on the field and appropriate conditioning techniques for different position requirements
- communication systems used between players, coaches and specialists to maintain a common understanding
- basic energy systems, muscle groups and correct use of equipment to prevent injury
- fitness components required to improve and maintain physical conditioning for playing Australian football.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- utilises knowledge of energy systems and muscle groups to interpret how different conditioning applies to individual football positions
- participates in conditioning sessions to improve speed, agility, endurance, strength, power and flexibility and identifies over-training symptoms
- communicates appropriately with coaches and specialists to respond to feedback and seek advice from specialist or specialists to plan and implement a recovery plan
- evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications.

#### Context of and specific resources for assessment

Assessment must ensure participation in conditioning activities that result in improvement in physical conditioning required for Australian Football.

Assessment must also ensure access to:

- suitable facilities, such as gyms and training fields
- up-to-date testing equipment and facilities
- a coach to give instructions and feedback
- support staff required to support conditioning outcomes
- conditioning equipment, such as cardiovascular, free weight, hydraulic and resistance
- resources and information on the energy systems and muscle groups associated with intermediate Australian football
- current relevant legislation and organisational policies and procedures that impact on the conduct of conditioning sessions.

#### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of performance and improvement of fitness components, such as *speed, agility*,

*endurance, strength, power and flexibility* during conditioning sessions and Australian football games

- oral or written questioning to assess knowledge of physiological elements of Australian football, such as energy systems and muscle groups
- accurate discussions with specialists on topics such as over training symptoms and conditioning techniques for the improvement of fitness components
- third-party reports from coaches or specialists detailing conditioning performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSAFL201A Perform the intermediate skills of Australian Football
- SISSAFL202A Perform the intermediate tactics of Australian Football.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Basic energy systems and requirements*** may include:

- Alactic anaerobic system
- Lactic anaerobic system
- Aerobic system
- carbohydrates
- protein
- fat
- supply of chemical energy during muscular contraction.

***Muscle groups*** may include:

- gluteus
- quadriceps
- hamstrings
- calves
- gluteus
- abdominals
- rhomboids
- trapezius
- deltoids
- biceps
- triceps.

***Fitness tests*** may include:

- laboratory tests
- field tests.

***Conditioning regimes may include:***

- frequency and quantity of conditioning sessions
- individual requirements:
  - football player's position
  - specific fitness components requiring improvement
  - player's needs
- time allocation
- dietary and energy requirements.

***Major fitness component may include:***

- speed
- agility
- endurance
- strength

***Conditioning equipment may include:***

- power
- flexibility.
- cardio-vascular
- free weight
- hydraulic
- exercise balls
- bars
- steps
- bands
- resistance
- pin loaded
- electronically braked
- air braked
- pool based.

***Relevant legislation may include:***

- occupational health and safety
- anti-doping policy
- harassment-free sports policies.

***Organisational policies and procedures may include:***

- occupational health and safety
- use of venue or venues
- communication protocols
- use and maintenance of equipment
- training and scheduling commitments
- code of ethics.

***Basic conditioning techniques may include:***

- speed:
  - combination of arm and leg movement
  - contact time
  - body positioning
  - leg drive
- agility:
  - lateral movement
  - forward and back movement
  - evasion skills
- endurance:
  - stamina
  - muscle duration
  - performance
- strength:
  - resistance training
  - techniques for increasing muscle size and strength
- power:



- understanding of power continuum
- optimising force-velocity relationship
- techniques for increasing muscle power
- flexibility:
  - peripheral neuromuscular facilitation
  - dynamic stretching routine
  - stretching exercises
  - muscle balance and imbalance.

*Specialist or Specialists* may include:

- doctor
- physiotherapist
- coach
- strength and conditioning coach
- skill coach
- dietician
- personal trainer.

*Over training* may include:

- tired or sore muscles
- feeling unwell
- fatigue
- stress
- increase in injuries
- sleep patterns
- nutrition
- periodisation of training
- poor performance.

## **Unit Sector(s)**

Sport

## **Competency Field**

Australian Football League