



Australian Government

Department of Education, Employment and Workplace Relations

SISSCGP412A Implement recovery programs

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to enable coaches to support their athletes to apply the principles of recovery to the relevant sporting activity. It focuses on assisting athletes to implement and evaluate recovery methods after training or competition to optimise subsequent sporting performance.

Application of the Unit

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting.

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.

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1. Analyse information.

1.1. Access and analyse relevant and current information on post training or competition ***principles of recovery***.

1.2. Identify ***support personnel*** and ***resources*** available to assist ***athletes*** with post training or competition recovery.

1.3. Assess ***athlete's*** information needs in relation to ***recovery methods*** in relevant sporting activity.

1.4. Maintain and update information on recovery methods and programs and their effect on peak performance.

2. Liaise with sports ***support personnel***.

2.1. Select appropriate support personnel to assist athletes with recovery after training and or competition.

2.2. Consult with sport support personnel to identify specific recovery methods for the relevant sporting activity.

3. ***Provide information to athletes***.

3.1. Explain recovery methods and programs in the relevant sporting activity to ***athletes***.

3.2. Present information to athletes using communication approaches appropriate to the needs of the athletes and the coaching setting.

3.3. Check understanding of athletes regarding recovery principles and methods using appropriate ***approaches*** and encourage ***athletes*** to clarify information.

ELEMENT	PERFORMANCE CRITERIA
	3.4. Encourage athletes to seek advice and support from relevant support personnel.
4. Implement a recovery program.	4.1. Assess individual recovery needs and preference of athletes in relation to the sporting activity according to <i>organisational policies and procedures</i> . 4.2. Develop a recovery program to meet <i>athlete or athletes</i> needs in consultation with the athlete and support personnel. 4.3. Assist athletes to use <i>recovery methods</i> after training and or competition <i>according to organisational policies and procedures</i> . 4.4. Monitor use of post training or competition recovery methods and responses <i>according to organisational policies and procedures</i> . 4.5. Identify <i>symptoms</i> of negative adaptation. 4.6. Refer <i>athletes</i> who have symptoms of negative adaptation <i>to</i> support personnel for treatment.
5. Evaluate the recovery program.	5.1. Analyse the performance of <i>athlete or athletes</i> in competition situations. 5.2. Assess the effect of the recovery program in enhancing subsequent performance in the sporting activity in consultation with <i>athletes</i> and support personnel. 5.3. Adjust the recovery program to better assist athletes to achieve peak performance in the activity in consultation with <i>athletes</i> and support personnel.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - build rapport with athletes and support personnel
 - access, analyse and convey information about recovery principles and methods for peak performance to athletes
 - negotiate appropriate programs with athletes
 - seek feedback on the effectiveness of recovery programs
- language and literacy skills to access and interpret information on recovery training principles and approaches for peak performance relevant to the appropriate sport
- problem-solving skills to:
 - assess effectiveness of recovery programs to enhance performance and to modify accordingly
 - recognise signs of negative adaptation and refer the athlete to support personnel.

Required knowledge

- principles of recovery training to enable the implementation of effective training programs
- relevant activity or sport-specific recovery methods and techniques to ensure implementation of effective recovery training programs
- signs of negative adaptation to enable athletes to be referred to appropriate support personnel for assistance
- the major body systems such as the body's energy systems, bones, joints muscles and their function to enable the selection, implementation and adjustment of appropriate recovery techniques to meet the needs of athletes
- the safe and effective use of fitness activity equipment to enable incorporation of equipment use within the recovery program as appropriate
- organisational policies and procedures to enable the safe delivery of recovery programs
- information sources regarding recovery programs and methods to enable accuracy and currency of knowledge to be conveyed to athletes
- conflict resolution strategies to enable appropriate responses to athlete frustrations
- anatomical terminology when conveying information about recovery techniques and their impact on the body to athletes.

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:

- acquires, selects and adapts information in relation to training recovery principles and techniques to develop and maintain professional knowledge for own sporting area and to meet coaching obligations to athletes
- works with support personnel to identify sport-specific recovery methods and selects and adopts communication strategies appropriate to the information needs of athletes to convey information clearly and appropriately
- consults with athletes and support personnel to develop, implement and review a recovery program to support them in a coaching setting
- monitors training responses of athletes and refers signs of negative adaptation to appropriate support personnel.

Context of and specific resources for assessment

Assessment must ensure participation in multiple interactions with athletes and support personnel that involve the provision and discussion of information and the implementation, monitoring and review of recovery programs which are of sufficient breadth to demonstrate competency and consistency of performance

Assessment must also ensure access to:

- a sport-specific training or competition setting
- athletes, sports support personnel and resources to implement recovery programs
- sources of information about post-training or competition recovery methods and programs
- current organisational policies and procedures that impact on the implementation of recovery programs.

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 interaction with athletes and sport support personnel including discussions and implementation of recovery programs after training

or competition

- observation of consultation with athletes to review recovery programs and responses to support them to optimise subsequent performances
- oral or written questioning to assess knowledge of the principles of training recovery
- third-party reports from coaches or other support staff detailing examples of interactions and discussions with athletes and support personnel such as the implementation and monitoring of appropriate recovery programs.

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

- relevant sport-specific coaching units of competency.

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.

Principles of recovery may include:

- training stimulus
- adaptation
- tapering
- training volume and intensity
- planning for recovery.

Support personnel may include:

- sports psychologists
- nutritionists
- coaches
- sports scientists
- sports medicine providers
- parents and guardians.

Resources may include:

- audiovisual
- multimedia
- information kits
- equipment and facilities.

Athletes may include:

- beginner through to high performance level competitors
- athletes under 16 years of age who require parent or guardian consent prior to being included in a training program
- female or male athletes
- athletes with a disability or special needs
- athletes from minority ethnic and cultural groups.

Recovery methods may include:

- water-based
- stretching
- sleep or rest
- nutrition.

Approaches may include:

- discussions
- open questions.

Organisational policies and procedures may include:

- codes of conduct
- duty of care
- confidentiality
- occupational health and safety.

Symptoms may include:

- overtraining
- overuse
- burnout
- fatigue
- increase in resting heart rate
- loss of body weight
- low motivation
- lack of concentration
- aggressiveness.

Unit Sector(s)

Sport

Competency Field

Coaching General Principles