



Australian Government

Department of Education, Employment and Workplace Relations

SISSCGP414A Implement water based training programs

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to plan and implement water based training programs for athletes. It involves developing, implementing and evaluating water-based training programs to enhance the athlete's performance in relevant sporting activities.

Application of the Unit

This unit applies to those working in a sport specific training and or competition setting at a regional, State or Territory level or international level. This may include coaches who are responsible for observing and monitoring the performance of athletes to determine the required level of instruction and planning, and sports trainers liaising with coaching and other related support staff and supporting individual or team athletes by developing, implementing and evaluating strength and conditioning programs.

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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| <p>1. Identify athlete's needs and expectations</p> | <p>1.1. Consult with the <i>athlete or athletes</i> to determine their training needs according to <i>organisational policies and procedures</i>.</p> <p>1.2. Encourage the <i>athlete or athletes</i> to voice queries and discuss their individual <i>water based training</i> needs and preferences.</p> <p>1.3. Explain the <i>benefits</i> of water-based training programs to the athlete or athletes.</p> |
| <p>2. Develop <i>water based training</i> programs</p> | <p>2.1. Utilise <i>principles of water based training</i> to develop a water based training program for the athlete or athletes according to identified needs.</p> <p>2.2. Incorporate <i>motivation techniques</i> to maximise program adherence</p> <p>2.3. Identify a range of <i>water based exercises and activities</i> to enhance peak performance in the specific sport or activity.</p> <p>2.4. Discuss and confirm the training program with the athlete or athletes according to organisational policies and procedures.</p> |
| <p>3. Implement <i>water-based training</i> programs</p> | <p>3.1. Select <i>strategies</i> for implementing <i>water-based training</i> programs according to athlete's needs and organisational policies and procedures.</p> <p>3.2. Provide <i>clear and accurate instruction</i> of exercises and activities to the athlete or athletes.</p> <p>3.3. Assist the <i>athlete or athletes</i> to implement the training program and monitor performance.</p> |
| <p>4. Evaluate the effect of <i>water-based training</i> programs on <i>athlete performance</i></p> | <p>4.1. Analyse the performance of the <i>athlete or athletes</i> in competition situations</p> <p>4.2. Evaluate the effect of <i>water-based training</i> programs in enhancing peak performance in the specific sporting activity</p> <p>4.3. Provide feedback to the athlete or athletes on their</p> |

ELEMENT**PERFORMANCE CRITERIA**

- progress and any changes recommended.
- 4.4. Obtain feedback from athlete or athletes on perceived progress and satisfaction with the program.
- 4.5. Make modifications to the *water-based training* programs in response to *athlete or athletes feedback and evaluation*.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult and build rapport with athletes
 - convey information about water based training programs
 - provide clear instructions for participation in water based exercises
 - provide feedback to athletes about progress
- problem-solving skills to:
 - identify water based exercises and activities targeted to identified needs and performance requirements
 - evaluate the impact of the water based program on performance and adjust to improve effectiveness.
- self management skills to seek and respond to feedback from athletes to improve the effectiveness of water based training programs.

Required knowledge

- activity or sport-specific requirements to enable the appropriate selection of water based activities to achieve activity or sport-specific goals
- principles of water-based training in order to implement effective training programs
- the properties of water in order to inform the development and implementation of effective water-based training programs
- benefits associated with water based training to ensure athletes have access to accurate information
- water safety principles and rules to ensure programs are implemented safely and responsibly and to support safe and effective operations
- motivational techniques to support athlete adherence to the water based training program.

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:

- consults with a range of athletes and draws on knowledge of the features and benefits of water based training to develop water based training programs specific to athlete's needs and performance requirements for specific sports
- develops, implements and monitors a range of water based training programs that reflect the needs of athlete's and sport specific requirements
- applies effective contingency management techniques to deal with issues that may arise during the training program including athlete motivation and lack of progress.

Context of and specific resources for assessment

Assessment must ensure the development, implementation and monitoring of multiple water based training programs that reflects the needs of different athletes to demonstrate competency and consistency of performance:

Assessment must also ensure access to:

- an aquatic facility or environment with access to resources, equipment and facilities relevant to the candidate's current or intended work environment
- a range of athletes with a range of real or simulated training needs, expectations and performance requirements
- organisational policies and procedures impacting on the implementation of water based training 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 consulting with athletes to determine their preferences and needs and designing and implementing an appropriate water based training program
- oral or written questioning to assess knowledge of the principles of water based training and their use in developing specific water based training programs

- portfolio of water based training programs designed to meet different needs
- third-party reports from colleagues or supervisors detailing work performance.

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

- SISXCAI507A Implement high performance training programs

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.

- Athlete or 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.
- Organisational policies and procedures*** may include:
- occupational health and safety
 - communication protocols
 - privacy provisions.
- Water based training*** may include:
- use of flotation devices
 - use of weights
 - activities and exercises.
- Benefits*** may include:
- strength and endurance
 - range of motion
 - muscle tone
 - improved balance and coordination
 - reduced pressure on joints
 - reduced stress
 - decreased swelling
 - improved recovery.
- Principles of water based training*** may include:
- hydrostatic pressure
 - water resistance
 - buoyancy
 - massage and recovery
 - physiological responses.
- Motivation techniques*** may include:
- arousal control techniques:
 - anxiety management
 - progressive relaxation
 - stress management
 - arousal theories:
 - drive theory

Water based exercises and activities may include:

- inverted 'u'
- zone of optimal function.
- walking
- running
- games.

Clear and accurate instruction may include:

- simple explanation to the athlete
- demonstration of effective exercise technique
- setting of intensity and loading
- use of clear communication techniques.

Unit Sector(s)

Sport

Competency Field

Coaching General Principles