



Australian Government

Department of Education, Employment and Workplace Relations

SISSCKT303A Participate in conditioning for cricket

Release: 1

SISSCKT303A Participate in conditioning for cricket

Modification History

Not Applicable

Unit Descriptor

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| Unit descriptor | <p>This unit describes the performance outcomes, skills and knowledge required to participate in conditioning for cricket. This unit focuses on the development and understanding of fitness and conditioning programs relating to cricket, including techniques to improve strength, endurance, power and flexibility.</p> <p>No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.</p> |
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Application of the Unit

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| Application of the unit | <p>This unit applies to current, junior or aspiring athletes who are competing in cricket at a local, state or national level. It may also apply to those in sports development or cricket coaching roles.</p> |
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Licensing/Regulatory Information

Refer to Unit Descriptor

Pre-Requisites

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| Prerequisite units | Nil | |
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Employability Skills Information

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| Employability skills | This unit contains employability skills. |
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Elements and Performance Criteria Pre-Content

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| 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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Elements and Performance Criteria

| ELEMENT | PERFORMANCE CRITERIA |
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| 1. Identify physiological elements of cricket. | 1.1. Identify the <i>basic energy systems and requirements</i> for cricket players. 1.2. Determine the major <i>muscle groups</i> required for playing cricket. 1.3. Identify <i>fitness tests</i> appropriate to different levels of play. 1.4. Identify <i>suitable conditioning regimes</i> for each <i>major fitness component</i> used in cricket. |
| 2. Perform basic conditioning techniques. | 2.1. Select and safely utilise appropriate <i>conditioning equipment</i> according to <i>relevant legislation</i> and <i>organisational policies and procedures</i> . 2.2. Identify <i>basic conditioning techniques for the improvement of strength, endurance, power and flexibility</i> as advised by a <i>specialist</i> . 2.3. Participate in fitness and conditioning sessions as identified by specialist. 2.4. Determine <i>over training symptoms</i> . 2.5. Develop a <i>recovery plan</i> for <i>over training</i> after seeking advice from a specialist. |
| 3. Evaluate 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

| REQUIRED SKILLS AND KNOWLEDGE |
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| This section describes the skills and knowledge required for this unit. |
| Required skills |
| <ul style="list-style-type: none"> • communication skills to: <ul style="list-style-type: none"> • 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 |

REQUIRED SKILLS AND KNOWLEDGE

- 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 enable safe participation during conditioning
- self-reflection principles to enable effective self-evaluation for future improvement
- roles and responsibilities of cricket positions and players and appropriate conditioning techniques
- communication systems used between players, coaches and specialists to maintain a common understanding
- injury prevention and recovery techniques for over training
- energy systems, muscle groups to enable effective participation in conditioning
- fitness components required to improve and maintain physical conditioning for playing cricket
- conditioning equipment and its correct to enable safe usage and prevent injury.

Evidence Guide

| EVIDENCE GUIDE | |
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| 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 | <p>Evidence of the following is essential:</p> <ul style="list-style-type: none"> • utilises knowledge of energy systems, muscle groups and fitness components to interpret the different conditioning requirements of individual cricket positions and skills • identifies over training symptoms, and communicates appropriately with coaches and specialists to plan and implement a recovery plan and respond to feedback • evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications. |
| Context of and specific resources for assessment | <p>Assessment must ensure participation in conditioning sessions <i>that are of</i> sufficient duration to demonstrate competency, consistency of performance.</p> <p>Assessment must also ensure access to:</p> <ul style="list-style-type: none"> • suitable facilities, such as gyms and training fields • up-to-date testing equipment and facilities • support staff, such as specialist conditioning coach • conditioning equipment, such as cardiovascular and free weight equipment • resources and information on the energy systems and muscle groups associated with cricket • current relevant legislation and organisational policies and procedures that impact on the conduct of conditioning sessions. |
| Method of assessment | <p>A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:</p> <ul style="list-style-type: none"> • observation of performance and improvement of fitness components, such as <i>endurance, strength, power and flexibility</i> during conditioning sessions and cricket games • oral or written questioning to assess knowledge of physiological elements of cricket, such as energy |

| EVIDENCE GUIDE | |
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| | <p>systems and muscle groups</p> <ul style="list-style-type: none"> • accurate discussions with specialists on topics such as over training symptoms, recovery plans and conditioning techniques for the improvement of fitness components • third-party reports from coaches or specialists detailing conditioning performance. <p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:</p> <ul style="list-style-type: none"> • SISSCKT304A Perform the advanced skills of cricket • SISSCKT305A Perform the advanced tactics and strategies of cricket. |
| Guidance information for assessment | |

Range Statement

| RANGE STATEMENT | |
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| <p>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.</p> | |
| <p><i>Basic energy systems and requirements</i> may include:</p> | <ul style="list-style-type: none"> • energy systems: <ul style="list-style-type: none"> • Alactic Anaerobic System • Lactic Anaerobic System • Aerobic System • energy requirements: <ul style="list-style-type: none"> • carbohydrates • protein • fat • supply of chemical energy during muscular contraction. |
| <p><i>Muscle groups</i> may include:</p> | <ul style="list-style-type: none"> • quadriceps |

| RANGE STATEMENT | |
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| | <ul style="list-style-type: none"> • hamstrings • calves • lower back • abdominals • pectoralis. |
| <i>Fitness tests</i> may include: | <ul style="list-style-type: none"> • laboratory tests • field tests. |
| <i>Conditioning regimes</i> may include: | <ul style="list-style-type: none"> • frequency and quantity of conditioning sessions • specific fitness components requiring improvement • time allocation • venue and equipment • specialist availability • dietary and energy requirements. |
| <i>Major fitness component</i> may include: | <ul style="list-style-type: none"> • endurance • strength • power • flexibility. |
| <i>Conditioning equipment</i> may include: | <ul style="list-style-type: none"> • cardiovascular • free weight • hydraulic • resistance • pin loaded • electronically braked • pool-based. |
| <i>Relevant legislation</i> may include: | <ul style="list-style-type: none"> • occupational health and safety (OHS) • anti-doping policy • harassment-free sports policies. |
| <i>Organisational policies and procedures</i> may include: | <ul style="list-style-type: none"> • OHS • use of venues • communication protocols • use, care and maintenance of equipment • training and scheduling commitments • code of ethics. |
| <i>Basic conditioning techniques for the improvement of endurance, strength, power and flexibility</i> may include: | <ul style="list-style-type: none"> • muscle building • weight training • strength training • core strength and trunk stability training |

| RANGE STATEMENT | |
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| | <ul style="list-style-type: none"> • resistance training • peripheral neuromuscular facilitation • dynamic stretching. |
| <i>Specialists</i> may include: | <ul style="list-style-type: none"> • physiotherapist • strength and conditioning coach • dietician • fitness adviser • massage therapist • personal trainer. |
| <i>Over training symptoms</i> may include: | <ul style="list-style-type: none"> • tired or sore muscles • feeling unwell • fatigue • stress • increase in injuries • changing sleep patterns • fluctuating body weight • poor performance. |
| <i>Recovery plan</i> may include: | <ul style="list-style-type: none"> • pool work • sauna, spa or plunge • adaptation; work-rest ratios • stretching • massage • hot or cold showers. |

Unit Sector(s)

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| Unit sector | Sport |
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Co-requisite units

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| Co-requisite units | |
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Competency field

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| Competency field | |
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