



Australian Government

Department of Education, Employment and Workplace Relations

SISSCOP201A Prepare a pre or post event meal

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare pre- or post-event meals with the correct nutritional requirements for persons participating in sport.

Application of the Unit

This unit applies to current or aspiring elite athletes who are competing in individual or team sports at a state, national or international level. It may also apply to those in sports development or 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. Plan a pre-or post-event meal.

- 1.1. Identify basic ***nutritional requirements*** for pre- or post-event meals for the ***specific sport***.
- 1.2. Identify different ***physiological characteristics*** and their effect on nutritional retention.
- 1.3. Select a recipe which addresses nutritional and physiological requirements.
- 1.4. Modify recipe as required.

2. Prepare a pre- or post-event meal.

- 2.1. Follow instructions in the selected recipe to prepare a pre- or post-event meal.
- 2.2. Use ***healthy cooking strategies***.
- 2.3. Ensure the meal fulfils all ***nutritional requirements*** as identified.
- 2.4. Prepare meal to meet time factor of nutritional requirements.
- 2.5. Evaluate effectiveness of meal in assisting in the preparation for, or recovery from, event.

Required Skills and Knowledge

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

Required skills

- technical skills to prepare and cook a variety of different foods in a variety of healthy cooking styles
- literacy and numeracy skills to enable the correct interpretation of nutritional information on food labels and in recipes.

Required knowledge

- the benefits to athletes of nutritional cooking techniques
- food hygiene requirements to enable safe preparation
- the physiological characteristics of diet in order to prepare appropriate menus for athletes in pre-and post-event situations.

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:

- applies nutritional information to planning pre- or post-events meals
- prepares, handles and stores food safely.

Context of and specific resources for assessment

Assessment must ensure preparation of multiple pre-or post-event meals that satisfy the nutritional requirements of the candidate's current or intended sport to allow the demonstration of competency and consistency of performance.

Assessment must also ensure access to:

- information on nutritional requirements for pre-and post-event meals
- information on healthy cooking
- appropriately equipped kitchen.

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 preparation of pre-or post-event meal
- oral or written questioning to assess knowledge of nutritional requirements for pre-and post-event meals
- third-party reports from a supervisor detailing performance.

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

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.

Nutritional requirements may include:

- pre-event
- post-event
- during event.

Specific sport may include:

- endurance event
- sprint event
- team sport
- aquatic event.

Physiological characteristics may include:

- fat to muscle ratio
- sex
- metabolic rate.

Healthy cooking strategies may include:

- grilling
- steaming
- stir-fry
- minimal use of oils and fats
- safe food handling and storage.

Unit Sector(s)

Sport

Competency Field

Career Oriented Participation