



Australian Government

Department of Education, Employment and Workplace Relations

SISSGLF307A Participate in conditioning for golf

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to participate in conditioning for golf. This unit focuses on understanding and participating in fitness and conditioning programs relating to golf, including techniques to improve, endurance, strength, power and flexibility.

Application of the Unit

This unit applies to current, junior or aspiring athletes who are competing in golf at a local, state or national level. It may also apply to those in golf 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 golf.

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

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*** endurance, strength, power, flexibility and other relevant fitness components as advised by a ***specialist***.
- 2.3. Participate in fitness and conditioning sessions, as identified by specialist.
- 2.4. Determine ***over training symptoms***.
- 2.5. Develop a recovery plan for ***over training*** after seeking advice from a specialist or specialists.

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
- ability to perform fundamental motor skills
- demonstrated minimum level of aerobic function to walk an average of 7-8 kilometres in variable climate and terrain when playing 18 holes in approximately 4-5 hours.

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
- basic energy systems, muscle groups and correct use of equipment to prevent injury
- fitness components required to improve and maintain physical conditioning for playing golf
- appropriate nutrition and fluid replacement requirements for a golf player during fitness and conditioning sessions
- injury prevention and management to enable conditioning techniques to be applied safely
- over training symptoms to enable these to be addressed promptly.

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 golf positions and swings
- identifies over training symptoms, and seeks advice from specialists to plan and implement a recovery plan
- communicates with coaches or mentors and specialists throughout conditioning, and responds 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

Assessment must ensure participation in conditioning sessions to improve *endurance, strength, power and flexibility that are of* a sufficient duration to demonstrate competence, consistency of performance.

Assessment must also ensure access to:

- suitable facilities, such as gyms and golf training greens
- up to date testing equipment and facilities
- a coach or mentor to give instructions and feedback
- support staff, such as specialist conditioning coaches and dieticians
- conditioning equipment, such as cardiovascular equipment, free weight equipment and resistance equipment
- 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 *endurance, strength, power and flexibility* during conditioning sessions

and golf games

- oral or written questioning to assess knowledge of physiological elements of fitness, such as energy systems and muscle groups
- observation of interactions 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:

- SISSGLF304A Perform the advanced skills of golf.

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:

- energy systems:
 - Anaerobic System
 - Aerobic System
- energy requirements:
 - carbohydrates
 - protein
 - fat
 - fluids
- supply of chemical energy during muscular contraction.

Muscle groups may include:

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

Fitness tests may include:

- laboratory tests
- field tests.

Conditioning regimes may include:

- time allocation
- type of conditioning required
- equipment
- specialist availability
- dietary and energy requirements.

Major fitness component may include:

- endurance
- strength
- power
- flexibility.

Conditioning equipment may

- cardio-vascular equipment
- free weight equipment

include:

- specific muscle targets
- resistance equipment
- pool based equipment.

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:

- game duration
- aerobic conditioning
- resistance training
- strength training
- core strength stability
- swing power
- muscular power
- stretching to increase flexibility
- peripheral neuromuscular facilitation
- muscle balance and imbalance.

Specialist or specialists may include:

- doctor
- physiotherapist
- coach or mentor
- physical trainer
- dietician
- personal trainer.

Over training symptoms may include:

- tired and sore muscles
- fatigue
- stress
- increase in injuries
- disturbed sleep patterns
- poor nutrition
- poor performance.

Unit Sector(s)

Sport

Competency Field

Golf