



Australian Government

SISSGLF307 Participate in conditioning for golf

Release: 1

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Modification History

The release details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Release	Comments
1	Replaces and is equivalent to SISSGLF307A Participate in conditioning for golf. Code changed. No changes to competency outcome. Minor updates.

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 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

Not applicable.

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 golf performance.
- 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 ***organisation 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 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
 - 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 golfer 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 ability to:

- utilise knowledge of energy systems and muscle groups to interpret how different conditioning applies to individual golf positions and swings
- identify over training symptoms, and seek advice from specialists to plan and implement a recovery plan
- communicate with coaches, professionals and specialists throughout conditioning, and respond to feedback
- evaluate conditioning sessions and review 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 facilities
- a coach, PGA mentor or professional to give instructions and feedback
- support staff, such as specialist conditioning coaches and exercise physiologists
- 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 activities

- 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 and golf performance
- third-party reports from coaches or specialists detailing conditioning performance.

Guidance information for assessment

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

- SISSGLF314 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 individual, 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:

- back muscles
- shoulder muscles
- biceps
- triceps
- forearm muscles
- chest muscles
- neck muscles
- abdominals
- gluteals
- pelvic muscles
- quadriceps
- hamstrings
- calves.

Fitness tests may include:

- laboratory tests
- gymnasium tests
- musculoskeletal screenings
- field tests.

Conditioning regimes may include:

- endurance regimes
- strength regimes
- power regimes
- flexibility regimes.

Fitness component may include:

- endurance; muscular and cardiovascular
- strength
- power

Conditioning equipment may include:

- speed
- flexibility.
- cardio-vascular equipment
- free weight equipment
- flexibility aids
- resistance equipment
- pool based equipment.

Relevant legislation may include:

- work health and safety
- anti doping policy
- harassment-free sports policies.

Organisation policies and procedures may include:

- work health and safety
- use of venue or venues
- communication protocols
- use and maintenance of equipment
- training and scheduling commitments
- code of ethics or behaviour.

Basic conditioning techniques may include:

- body weight exercises
- functional exercises
- exercises for stability and mobility
- resistance training
- training for balance
- aerobic and anaerobic conditioning
- plyometrics
- low impact training
- proprioceptive neuromuscular facilitation.

Specialist may include:

- physiotherapist
- coach, golf professional or Professional Golfers Association (PGA) of Australia mentor
- fitness professionals
- sports physician
- sports trainer
- sports doctor
- accredited exercise physiologist
- sports scientist
- remedial massage therapist
- accredited practising dietician.

Over training symptoms may include:

- fatigue
- stress
- increase in injuries
- disturbed sleep patterns
- poor nutrition

- poor performance.

Unit Sector(s)

Sport

Competency Field

Golf