Australian Government
Department of Education, Employment and Workplace Relations

SISSNTB203A Participate in conditioning for netball

Release: 2

INDUSTRY SKILLS COUNCILS
Creating Australia's Future

SISSNTB203A Participate in conditioning for netball

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required for players to participate in conditioning for netball activities. It requires the ability to comprehend information on physiological elements used in netball activities, follow the guidance of specialists, use techniques and equipment to improve speed, agility, endurance, strength, power and flexibility, use post-training recovery methods and evaluate self progress.

Application of the Unit

This unit applies to netball players who compete at any level. It can also apply to those in sports development or netball coaching roles. The player or coach works under the guidance of sports specialists such as doctors, physiotherapists, strength and conditioning coaches and personal trainers.

The player does not require specialist knowledge of physiology, conditioning and fitness regimes but can develop ongoing regimes after consultation with a specialist.

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. Access and interpret information on physiological elements used in netball activities.	1.1. Seek and comprehend information on the features of ***energy systems and requirements*** for netball players and apply this in conditioning and playing activities to avoid injury. 1.2. Access and interpret information on the major ***muscle groups*** to safely develop and use them when participating in conditioning and playing activities. 1.3. Seek information on ***fitness tests*** and their use in developing conditioning programs appropriate to different levels of play. 1.4. Source and comprehend information on suitable ***conditioning regimes*** for each ***major fitness component*** and player position used in netball. 1.5. Seek the advice of ***relevant specialists*** to interpret physiological elements and safely utilise conditioning regimes and techniques.
2. Participate in conditioning and fitness sessions.	2.1. Select and safely use appropriate ***conditioning equipment*** according to specialist instructions and the ***organisational procedures of the facility***. 2.2. Use ***basic conditioning techniques*** for the improvement of speed, agility, endurance, strength, power and flexibility, as advised by a specialist. 2.3. Participate in fitness and conditioning sessions, as planned and developed by a specialist. 2.4. Recognise ***over training symptoms*** and develop a recovery plan for ***over training*** after seeking advice from a specialist. 2.5. Use post-training ***recovery methods***, as advised by a specialist.
3. Evaluate the conditioning sessions.	3.1. Review own performance in conditioning sessions and identify areas for improvement. 3.2. Discuss and evaluate fitness test results and modify conditioning as advised by a specialist.

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 conditioning programs and recovery plans for over training
  - seek and follow advice from facility personnel and specialists on the safe use of equipment
  - discuss the results of fitness tests
  - discuss and update progress throughout conditioning programs
- literacy skills to access and interpret information about basic energy systems and muscle groups to help prevent injury
- numeracy skills to:
  - calculate weights used in conditioning programs
  - interpret and calculate repetitions used in fitness exercises
  - review fitness test results
- 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
  - analytical skills to evaluate fitness test results and monitor self progression.

Required knowledge

- facility procedures to enable safe use of equipment and facilities during conditioning sessions
- the role of specialists in developing initial conditioning regimes and in providing ongoing guidance and advice
- the key characteristics of fitness tests and their use in measuring initial and ongoing levels of fitness
- the key characteristics of energy systems and requirements for netball players and the importance of their role developing fitness and avoiding injury
- the key characteristics of muscle groups for netball players, methods for muscle development and injury prevention techniques
- the essential features and correct and safe usage of conditioning equipment
- the role of fitness components such as speed, agility, endurance, strength, power and flexibility in netball activities and conditioning techniques used to improve these
- the essential elements of conditioning programs used in netball training for different levels of play and different player positions

- the key characteristics of over training symptoms and appropriate response to these
- key features and use of post-training recovery methods
- self-reflection principles to enable effective self-evaluation for future improvement.

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:

- participates in multiple and diverse conditioning sessions to improve speed, agility, endurance, strength, power and flexibility, that are of a sufficient duration to demonstrate competence, consistency of performance
- utilises knowledge of energy systems and muscle groups to determine appropriate conditioning techniques for different levels of play and player positions
- recognises over training symptoms, seeks advice from specialists to plan and implement a recovery plan and utilises correct recovery methods
- communicates appropriately with coaches 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 access to:

- suitable facilities, such as gyms and courts
- current testing equipment and facilities
- a coach to give instructions and feedback
- support staff, such as specialist conditioning coaches and dieticians
- conditioning equipment, such as cardiovascular equipment, free weight equipment, hydraulic equipment, exercise balls and resistance equipment
- recovery plans used to manage over training and injury
- current relevant organisational facility 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 speed, agility, endurance, strength, power and flexibility during conditioning sessions and netball games

- oral or written questioning to assess knowledge of physiological elements, such as energy systems and muscle groups and recovery methods and their relationship to performance in netball activities
- observation of accurate discussions with specialists on topics such as over training symptoms, and conditioning techniques for the improvement of fitness components and recovery methods
- evaluation of third-party reports from coaches or specialists detailing conditioning performance and use of recovery methods.

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

- SISSNTB201A Use intermediate level netball skills
- SISSNTB202A Use intermediate level tactics and game strategy in netball play
- SISSNTB305A Use advanced level tactics and game strategy in netball play
- SISSNTB306A Use advanced netball skills

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.

Energy systems and requirements may include:	• energy systems:
	  • Alactic Anaerobic System
	  • Lactic Anaerobic System
	  • Aerobic System
	• energy requirements:
	  • carbohydrates
	  • proteins
	  • fats
	• supply of chemical energy during muscular contraction.

Muscle groups may include:	• gluteals • quadriceps • hamstrings • adductors • calves • abdominals and back.
Fitness tests may include:	• laboratory tests • field tests.
Conditioning regimes may involve:	• frequency, quantity and intensity of conditioning sessions • time allocation • type of conditioning required • venue and equipment • specialist availability • dietary and energy requirements • conditioning techniques used to improve general fitness • conditioning techniques used to improve fitness components such as ***speed***, ***agility***, endurance, strength, power and flexibility.
Major fitness component may include:	• speed • agility • balance • endurance

- strength
- power
- flexibility
- repeated sprint ability.

Relevant specialists may include:

- doctor
- physiotherapist
- strength and conditioning coach
- skill coach
- dietician
- personal trainer.

Conditioning equipment may include:

- cardiovascular equipment
- free weight equipment
- hydraulic equipment
- innovative equipment
- exercise balls
- bars
- steps
- bands
- resistance equipment
- pin loaded equipment
- electronically braked equipment
- air braked equipment
- pool-based equipment.

Organisational procedures of the facility may include:

- health and safety including injury prevention
- conflict resolution
- communication behaviour with facility staff and users
- appropriate use of equipment
- training schedules
- code of conduct.

Basic conditioning techniques may include:

- combination of arm and leg movement
- contact time
- body positioning
- lateral movement
- forward and back movement
- evasion skills
- stamina
- strength
- force-velocity relationship
- muscle power
- peripheral neuromuscular facilitation
- dynamic stretching routine.

Over training symptoms may include:	• tired or sore muscles • feeling unwell • fatigue • stress • increase in injuries • poor performance.
Recovery methods may include:	• stretching • rehydration • carbohydrate and protein replenishment • massage • spa • ice plunge • hot and cold immersion • pool • flotation tanks • sleep

Unit Sector(s)

Sport

Competency Field

Netball