



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSOGP402A Conduct a fitness and recovery program for officials**

**Release: 2**

## **SISSOGP402A Conduct a fitness and recovery program for officials**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge to apply the principles of training and recovery to plan, implement and evaluate a fitness and recovery program for sports officials.

### **Application of the Unit**

This unit applies to those working autonomously within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for planning, implementing and evaluating sport programs and activities to develop sports staff. This may include those working in a sports development role such as program developers.

### **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.

- |   |  |
|---|--|
| <p>1. Prepare a fitness and recovery program.</p>                 | <p>1.1. Access and analyse information pertaining to the body's <b><i>responses to injury</i></b> for the specific activity.</p> <p>1.2. Access and analyse relevant and current information from a range of <b><i>sources</i></b> in relation to <b><i>recovery training techniques</i></b> for the specific activity.</p> <p>1.3. Establish the symptoms and causes of stress in officials.</p> <p>1.4. Conduct a <b><i>training needs analysis</i></b> in consultation with officials and according to <b><i>organisational policies and procedures</i></b>.</p> <p>1.5. Identify and access <b><i>resources</i></b> required for the program according to organisational policies and procedures.</p> <p>1.6. Prepare and document a <b><i>fitness and recovery program</i></b> for the specific activity.</p> |
| <p>2. Implement and manage the training and recovery program.</p> | <p>2.1. Establish a process to monitor and manage <b><i>issues</i></b> related to the program in consultation with the official.</p> <p>2.2. Apply <b><i>components of fitness program</i></b> for the official according to training needs analysis and <b><i>relevant legislation</i></b>.</p> <p>2.3. Monitor components of the program and modify as required.</p> <p>2.4. Provide and coordinate <b><i>support needs</i></b> where adjustments to the program cause difficulty.</p> <p>2.5. Assist officials to apply recovery techniques after training or officiating according to organisational policies and procedures.</p>  |
| <p>3. Evaluate fitness and recovery program.</p>                  | <p>3.1. Develop and implement evaluation methods to review the program in consultation with officials, according to organisational policies and procedures.</p> <p>3.2. Adjust the fitness and recovery program in response to recommendations to better meet the needs of officials.</p>  |

**ELEMENT**

**PERFORMANCE CRITERIA**

3.3. Review own performance in conducting fitness and recovery programs and identify potential improvements.

## Required Skills and Knowledge

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

### Required skills

- communication skills to:
  - build rapport with officials
  - elicit information to conduct a training needs analysis
  - conduct a fitness and recovery program using appropriate communication techniques
  - seek feedback from officials on the effectiveness of programs
- language and literacy skills to:
  - access and interpret information on responses to injury and recovery training principles,
  - document a training needs analysis
  - develop and document a suitable fitness and recovery program
- problem-solving skills to assess effectiveness of fitness and recovery programs for officials and to modify accordingly
- planning and organising skills to plan, resource and manage a fitness and recovery program within appropriate timelines
- self-management skills to:
  - review and reflect on own performance
  - identify required improvements.

### Required knowledge

- principles of physical and psychological fitness training to enable an effective program to be designed to facilitate the development of these fitness components for officials
- principles of recovery training to implement effective programs to aid in recovery times to enable optimal officiating performances
- evaluation methods to enable the achievement of continuous improvement in programs for officials
- major body systems such as the body's energy systems, bones, joints muscles and their function to enable the selection, implementation and adjustment of appropriate recovery techniques to meet the needs of officials
- anatomical terminology when conveying information to officials about injury and recovery techniques and their impact on the body
- the safe and effective use of fitness and recovery equipment to enable incorporation of equipment use within the fitness and recovery program as appropriate
- organisational policies and procedures to enable the safe delivery of fitness and recovery programs
- information sources regarding injury and recovery to inform the development of appropriate programs
- conflict resolution strategies to enable appropriate responses to officials'

frustrations

- performance parameters required to officiate in the specific activity to enable the development of an appropriate fitness and recovery program to meet performance requirements
- techniques to conduct a training needs analysis.

## 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:

- acquires, selects and adapts information on fitness and recovery training techniques for specific sports
- conducts a training needs analysis to inform the development of fitness and recovery programs to meet the needs of officials
- organises resources to implement fitness and recovery programs for officials
- monitors responses to the program and modifies relevant program components as appropriate.

#### Context of and specific resources for assessment

Assessment must ensure preparation, implementation and evaluation of a recovery program for officials that is relevant to the candidate's current or intended work environment and is of sufficient breadth and duration to demonstrate competency and consistency of performance. Assessment must also ensure access to:

- sport-specific training or competition setting or facility
- officials and resources to implement fitness and recovery programs
- sources of information about fitness and recovery methods and programs
- current organisational policies and procedures that impact on the implementation of fitness and recovery programs.

#### 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 interaction with officials, including discussions regarding fitness and recovery needs and implementation of fitness and recovery programs as part of training or following officiating duties
- observation of consultation with officials to review fitness and recovery programs and responses to support them to optimise subsequent officiating performances
- oral or written questioning to assess knowledge of

fitness and recovery training techniques

- portfolio containing evidence of a training needs analysis and appropriate fitness and recovery program
- third-party reports from managers detailing examples of interactions and discussions with officials such as the implementation and monitoring of appropriate fitness and recovery programs.

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.

- Responses to injury*** may include:
- physiological
  - psychological
  - physical.
- Sources*** may include:
- sporting bodies
  - sponsors
  - other coaches
  - government bodies
  - support services.
- Recovery training techniques*** may include:
- hydrotherapy
  - self-massage
  - stretching
  - physical relaxation
  - emotional recovery.
- Training needs analysis*** may include:
- past performances
  - discussion with officials
  - physical ability tests and assessments
  - trial
  - performances in familiar environment
  - performances in unfamiliar environment.
- Organisational policies and procedures*** may include:
- occupational health and safety (OHS)
  - codes of conduct
  - duty of care
  - confidentiality
  - resource allocation
  - ***industry codes and standards***.
- Resources*** may include:
- physical
  - equipment
  - indoor or outdoor facilities
  - Australian Sports Commission fitness and recovery resources.
- Fitness and recovery program*** may include:
- support required
  - goals identified
  - strategies for achievement of goals.

**Issues** may include:

- time availability
- financial resources
- interpersonal relationships
- anger and stress management
- detraining
- health
- loss of support
- self-discipline.

**Components of fitness program** may include:

- strength
- speed
- endurance
- power
- flexibility
- concentration
- arousal levels
- pressure control.

**Relevant legislation** may include:

- OHS
- equal opportunity.

**Support needs** may include:

- training facilities
- equipment
- finance
- transport
- management or specialist support
- counselling.

## **Unit Sector(s)**

Sport

## **Competency Field**

Officiating General Principles