



**Australian Government**

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

# **SISSSPT201A Implement sports injury prevention**

**Release: 2**

## **SISSSPT201A Implement sports injury prevention**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to implement an effective injury prevention program. It focuses on contributing to injury surveillance, implementing intervention measures and evaluating the effectiveness of these measures.

### **Application of the Unit**

This unit applies to those working in a sport and recreation environment. It applies to sports trainers who are responsible for supporting improvement in athlete performance and making sport safer in a sport specific training or competition setting such as on the playing field, court or open or enclosed areas at sporting events.

### **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. Contribute to injury surveillance.

- 1.1. Identify the ***costs*** of sports injury to the athlete and ***other key stakeholders***.
- 1.2. Source and access ***information on sports injuries*** for the specific sport.
- 1.3. Monitor occurrence of injury and analyse injury patterns in own sporting area in consultation with appropriate ***health professionals***.
- 1.4. Identify ***risk factors*** that lead to sports injury in own sporting area according to ***relevant legislation*** and ***organisational policies and procedures***.
- 1.5. Identify ***preventative measures*** in consultation with appropriate health professionals.

2. Implement a sport injury prevention program.

- 2.1. Assess the effectiveness of a range of ***injury prevention programs*** relevant to own sporting area in consultation with the coach and relevant health professionals.
- 2.2. Contribute to the development of a sport injury prevention program according to organisational policies and procedures.
- 2.3. Apply preventative measures and strategies to minimise sports injuries in own sporting area according to ***best practice guidelines***.
- 2.4. Monitor and adjust application of injury prevention measures according to organisational policies and procedures.
- 2.5. Assist in assessment of ***playing area, facilities and protective equipment*** for safe participation and advise ***relevant personnel*** of problems according to organisational policies and procedures.
- 2.6. Conduct ongoing monitoring of injury trends and promote preventative measures to athletes to minimise the likelihood of injury according to

**ELEMENT****PERFORMANCE CRITERIA**

- sport-specific criteria.
- 2.7. Maintain individual and team protective equipment according to instructions and advise relevant personnel of problems.
3. Contribute to evaluation of injury prevention program.
- 3.1. Participate in reviewing the effectiveness of the preventative measures in consultation with appropriate health personnel.
- 3.2. Adjust preventative measures and interventions in response to ongoing injury surveillance.
- 3.3. Evaluate own performance and identify potential improvements for future implementation of injury prevention programs.
- 3.4. Contribute feedback to implementation of injury prevention programs.

## Required Skills and Knowledge

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

### Required skills

- communication skills to:
  - convey information to athletes about injury prevention strategies
  - liaise with appropriate personnel to report problems that can contribute to sports injury
  - participate in the implementation of sports injury prevention programs
- problem-solving skills to:
  - identify appropriate preventative methods and interventions
  - adapt measures in response to ongoing surveillance
  - report problems related to implementation of sports injury prevention programs
- language and literacy skills to access and interpret information about sports injuries and their causes
- self-management skills to review and reflect on own performance
- teamwork skills to liaise with health personnel and follow instructions as required.

### Required knowledge

- organisational policies and procedures to enable tasks to be carried out according to job role and responsibilities
- relevant legislation to enable support for sport injury prevention to be conducted safely
- principles of biomechanics to enable the application of appropriate techniques and strategies to minimise sports injuries
- anatomy and physiology to enable an understanding of the impact of preventative measures
- causes of sport injuries which may be significant during sports participation
- benefits of different approaches to minimise sports injuries such as neuromuscular and plyometric training
- role and responsibilities to enable understanding of work parameters in implementing sports injury prevention programs.

## 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:

- uses appropriate communication strategies to interact with athletes and relevant personnel within own accepted roles and responsibilities to assist in implementing effective injury prevention programs in response to injury surveillance data
- supports and encourages *safe sport participation and correct techniques to prevent injury* for individual athletes and monitors the effect of interventions to reduce injury
- applies effective contingency management techniques according to own level of responsibility to respond to problems impacting on effective injury prevention
- evaluates and reflects on own performance in implementing injury prevention programs and strategies.

#### Context of and specific resources for assessment

Assessment must ensure support and encouragement of *safe sport participation relevant to the candidate's current or intended work environment to demonstrate competency and consistency of performance*.

Assessment must also ensure access to:

- a sport training or competition setting or environment relevant to the specific sport or environment in which the candidate operates or intends to operate
- athletes participating in the specific sport or environment in which the candidate operates or intends to operate
- relevant senior personnel and health care professionals
- organisational injury prevention 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 athletes and other personnel in implementation of injury prevention program

- oral or written questioning to assess knowledge of common sports injuries and preventative methods
- third-party reports from a supervisor detailing performance.

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

- SISSSPT302A Provide initial management of sports injuries.

## 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.

***Costs*** may include:

- cost of inactivity
- impact on health care system
- personal medical costs
- loss of income
- psychological problems
- illness
- disordered eating
- illegal drug use
- abuse from players, coaches, staff and spectators
- team performance and morale.

***Other key stakeholders*** may include:

- the client
- coach or coaches
- health professionals
- parents or guardians
- manager.

***Information on sports injuries*** may include:

- incidence
- severity
- prevalence
- cause
- types of injuries.

***Health professionals*** may include:

- physiotherapists
- chiropractors
- osteopaths
- paramedics
- massage therapists
- organisational medical support team.

***Risk factors*** may include:

- ground hardness
- weather conditions
- equipment
- other players
- size mismatch
- poor refereeing
- unsafe play



- training regime
  - risk taking behaviour
  - anatomical and anthropomorphic characteristic of athlete
  - genetic predisposition
  - fitness levels
  - previous injuries.
- Relevant legislation*** may include:
- occupational health and safety
  - duty of care.
- Organisational policies and procedures*** may include:
- occupational health and safety
  - roles and responsibilities of a sports trainer
  - reporting
  - risk management.
- Preventative measures*** may include:
- screening
  - physical conditioning
  - protective equipment
  - hydration and nutrition.
- Injury prevention training programs*** may include:
- musculoskeletal
  - neuromuscular
  - running exercises
  - balance and body control exercises
  - plyometrics
  - strengthening exercises
  - stretching exercises.
- Best practice guidelines*** may include:
- sport-specific guidelines
  - relevant national, state, territory, local organisations' and or associations' code of ethics or code of conduct.
- Playing area, facilities and protective equipment*** may include:
- buildings
  - toilets
  - indoor or outdoor facilities
  - sport-specific equipment
  - first aid kit
  - sport-specific personal protective equipment.
- Relevant personnel*** may include:
- coaches
  - managers
  - club officials.

## **Unit Sector(s)**

Sport

## **Competency Field**

Sports Trainer