



Australian Government

Department of Education, Employment and Workplace Relations

SISSSPT303A Conduct basic warm-up and cool-down programs

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge to implement basic warm up and cool down programs incorporating stretching to assist athletes to prepare for activity and also aid in post activity recovery.

Application of the Unit

This unit applies to those working in a sport and recreation environment at a local, state or national level. It applies to personnel providing sports trainer support in a sport setting such as on the playing field, court, change rooms, open or enclosed areas at sporting events, accommodation venues or in transit, with a responsibility for providing programs to assist with pre-activity preparation and post-activity recovery for athletes.

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.

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| <p>1. Define the scope of warm-ups and cool-downs.</p> | <p>1.1. Explain the <i>benefits of warm-ups and cool-downs in aiding performance and recovery to athlete or athletes and other relevant stakeholders.</i></p> <p>1.2. Explain <i>preferred timing and duration of warm-ups and cool-downs</i> to the <i>athlete or athletes and other relevant stakeholders according to the sport or activity.</i></p> <p>1.3. Select appropriate <i>warm-up and cool-down exercises and techniques</i> for the sport or activity.</p> |
| <p>2. Implement warm-up program.</p> | <p>2.1. Consult with athletes to identify <i>contraindications and precautions for warm-up exercises</i> according to <i>organisational policies and procedures.</i></p> <p>2.2. <i>Refer the athlete</i> to a medical practitioner or other relevant personnel in the <i>medical support team as required.</i></p> <p>2.3. Explain and demonstrate a range of warm-up exercises to prepare athlete or athletes for activity or competition according to the <i>basic principles of biomechanics and best practice.</i></p> <p>2.4. Monitor application of warm-up exercises and techniques according to organisational policies and procedures.</p> <p>2.5. Adjust warm-up exercises and techniques according to required <i>arousal levels</i> of the athlete.</p> |
| <p>3. Implement cool-down program.</p> | <p>3.1. Consult with athletes to identify <i>contraindications and precautions for cool-down exercises</i> according to organisational policies and procedures.</p> <p>3.2. Explain and demonstrate a range of <i>cool-down exercises</i> to aid recovery from activity or competition according to the <i>basic principles of biomechanics.</i></p> <p>3.3. Monitor application of cool-down exercises and</p> |

ELEMENT**PERFORMANCE CRITERIA**

- techniques according to organisational policies and procedures.
- 3.4. Adjust *cool-down exercises and techniques according to the basic principles of biomechanics and best practice*.
4. Review and modify program.
- 4.1. Review the program in consultation with appropriate personnel and athletes.
- 4.2. Evaluate own performance using *self-reflection methods* and identify potential improvements for future performances.
- 4.3. Make modifications to the program where required in response to *feedback* from *appropriate personnel and own self-reflection outcomes*.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with athletes to establish the presence of contraindications
 - refer areas beyond own responsibility to appropriate medical personnel
 - convey information to athletes about safe warm-up and cool-down techniques
- problem-solving skills to:
 - select and apply appropriate warm-up and cool-down techniques for appropriate activities or events
 - adjust exercises and techniques in response to athlete needs
- self management skills to review and reflect on own performance.

Required knowledge

- legislation and organisational policies and procedures to enable the safe conduct and monitoring of warm-up and cool-down programs
- principles of biomechanics and human anatomy and physiology to enable the safe conduct of warm-up and cool-down exercises
- contraindications and precautions for warm-up and cool-down exercises to ensure effective prevention or management of injury
- warm-up, stretching and cool-down exercises and techniques for relevant activities or events to enable an appropriate program to be implemented
- benefits of warm-up, stretching and cool-down exercises in preventing injury and aiding recovery.

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:

- interacts with athletes to determine contraindications to warm-up and cool-down exercises and refers the athlete to appropriate medical personnel as required
- applies knowledge of biomechanics and human anatomy and physiology to select and safely demonstrate appropriate warm-up and cool-down techniques to athletes and monitors their safe application within organisational safety systems and best practice sports trainer principles
- evaluates and reflects on own work performance to identify ways in which warm-up and cool-down programs and benefits to athletes can be improved.

Context of and specific resources for assessment

Assessment must ensure conduct of multiple warm-up and cool-down sessions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a sport setting or environment
- athletes participating in sport or physical activity
- equipment and facilities to conduct a warm-up and cool-down program.

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 applying appropriate warm-up and cool-down techniques for relevant activity
- observation of interaction with athletes, including eliciting information about contraindications
- oral or written questioning to assess knowledge of the principles of biomechanics in relation to performing warm-ups and cool-downs
- 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:

- SISSPT305A Support sports injury management.

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.

- Benefits*** may include:
- gradually increased body and muscle temperature
 - increased blood and oxygen supply
 - increased flexibility generally or in specific muscle groups
 - increased proprioception
 - increased excitement levels
 - return heart rate, breathing and blood pressure to normal
 - restoration of range of motion and flexibility
 - removal of waste products from muscle tissue
 - reduction of exercise induced muscle spasm.
- Warm-ups*** may include:
- series of exercises, usually incorporating some stretching exercises.
- Cool-downs*** may include:
- series of exercises, usually incorporating stretching exercises.
- Athlete or Athletes*** may include:
- beginner through to high performance level competitors
 - athletes under 16 years of age who require parent or guardian consent prior to being included in a training program
 - female or male athletes
 - athletes with a disability or special needs.
- Other relevant stakeholders*** may include:
- coaches
 - sports officials.
- Preferred timing and duration of warm-ups and cool-downs*** may include:
- performance parameters for the event
 - intensity of event or activity
 - areas of body to cover
 - holding times
 - repetitions.
- Contraindications and precautions*** may include:
- acute inflammation
 - infection
 - fracture
 - recent muscle injury

- haematoma
 - torn ligament
 - acute and or sudden joint swelling
 - neck soreness or strain
 - back soreness or strain
 - extreme pain on movement of any body part
 - inability to bear weight through a limb
 - heart condition
 - open wound.
 - occupational health and safety
 - confidentiality of participant information
 - code of ethics
 - code of conduct
 - Sports trainer associations guidelines.
- Organisational policies and procedures*** may include:
- Medical support team*** may include:
- medical practitioners
 - physiotherapists
 - chiropractors
 - osteopaths
 - massage therapists
 - rehabilitation therapists.
- Basic principles of biomechanics*** may include:
- centre of gravity
 - base of support
 - levers
 - fulcrums
 - major muscle actions.
- Best practice*** may include:
- Industry Code of Ethics
 - Industry Code of Conduct
 - Sports trainer regulations and guidelines
 - ***best practice sports trainer principles.***
- Arousal levels*** may include:
- calming the nervous or anxious competitor
 - increasing excitement levels.
- Self-reflection methods*** may include:
- diary or journal
 - mentoring.

Unit Sector(s)

Sport

Competency Field

Sports Trainer