



Australian Government

RGRPSH418 Set goals to improve racing performance

Release: 1

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Modification History

Release	Comments
Release 1	This version released with RGR Racing and Breeding Training Package Version 2.0.

Application

This unit of competency describes the skills and knowledge required to identify factors that impact upon racing performance and performance improvement, identify coping skills, seek assistance when necessary and manage career and personal priorities.

The unit applies to individuals who work in racing industry sectors and are preparing to improve career and personal performance. They take responsibility for their own development and work collaboratively with others under broad direction.

Licensing, legislative, regulatory or certification requirements apply to this unit. Users are advised to check with the relevant Principal Racing Authority (PRA) for current requirements.

Pre-requisite Unit

Nil

Unit Sector

Performance services horse (PSH)

Elements and Performance Criteria

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Review skills to improve racing performance	1.1 Assess current performance objectively 1.2 Identify and analyse barriers to improving own performance 1.3 Investigate coping strategies to address issues or barriers to improving performance 1.4 Develop and set performance improvement goals
2. Manage career and	2.1 Determine and prioritise career goals according to personal needs,

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
personal priorities	including health issues 2.2 Plan lifestyle and personal welfare balance according to personal needs, including health issues

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.

Skill	Description
Reading	Access, interpret and analyse information relating to own performance achievements
Learning	- Evaluate own strengths and challenges to develop plans to improve performance - Seek feedback from others to improve performance
Navigate the world of work	Understand the nature of employment within the racing industry, associated pressures, and strategies for career progression
Get the work done	Organise and sequence goals, adjusting plans and decisions as knowledge develops

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
RGRPSH418 Set goals to improve racing performance	RGRPSH418A Set goals to improve racing performance	Updated to meet Standards for Training Packages. Minor changes to performance criteria for clarity.	Equivalent unit

Links

Companion Volumes, including Implementation Guides, are available at VETNet -
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5c4b8489-f7e1-463b-81c8-6ecce6c192a0>

Assessment Requirements for RGRPSH418 Set goals to improve racing performance

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Performance Evidence

An individual demonstrating competency in this unit must satisfy all of the elements and performance criteria of this unit. There must be evidence that the individual has set and prioritised personal and career goals to improve racing performance, on at least one occasion, including:

- reviewed personal racing outcomes and feedback from others to assess racing performance objectively
- developed goals to manage career and personal priorities.

Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- principles and practices of goal setting and racing improvement
- factors that can affect performance:
 - impact of anxiety on performance
 - impact of self-confidence and self-esteem on performance
 - benefits and disadvantages of stress to performance
 - effect of human emotions on self and others
 - social media and effects of feedback and critiques of performance
- factors that lead to success or failure in racing
- lifestyle balance and personal welfare:
 - principles of self-management
 - stress management techniques
 - types of relaxation and performance enhancing techniques
 - planning leisure activities
 - strategies to manage weight problems
- racing industry standards and expectations relevant to industry personnel racing performance:

- communication procedures within stable and wider racing industry
- relevant rules of racing.

Assessment Conditions

Assessment of skills must take place under the following conditions:

- physical conditions:
 - a workplace or simulated environment that accurately reflects performance in a real workplace setting
- specifications:
 - personal records of performance or achievements, and feedback from targeted racing personnel.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

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