



Australian Government

RGRPSH419 Manage principles of sports science for jockeys

Release: 1

RGRPSH419 Manage principles of sports science for jockeys

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 the principles of human anatomy and physiology in order to maintain healthy riding weight and manage fitness, including diet, illness and injury.

The unit applies to individuals working as apprentice jockeys in work environments of racing stables, racecourses and public areas.

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. Develop strength and fitness for jockeys	1.1 Identify basic principles of human anatomy and physiology 1.2 Apply principles of fitness to human anatomy 1.3 Determine exercise regime according to workplace health and safety principles and practices 1.4 Use safe strengthening exercises
2. Develop diet for	2.1 Apply principles of nutrition for athletes

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
jockeys	2.2 Maintain safe long-term weight management practices 2.3 Evaluate professional services for nutrition and weight control
3. Manage workplace illness and injury	3.1 Identify common riding injuries and assess rehabilitation practices 3.2 Recognise and manage workplace illnesses and injuries 3.3 Follow procedures for reporting workplace illness or injury
4. Manage stress related to training and racing	4.1 Identify training and racing situations that can lead to stress for individuals 4.2 Recognise common indicators of stress 4.3 Investigate a range of coping strategies and techniques for building resilience in professional fitness references

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	Interpret information from a variety of sources on health, fitness and stress, and consolidate information to determine requirements
Numeracy	Perform calculations relevant to calculating weight and food nutritional requirements
Navigate the world of work	Comply with explicit policies and procedures, including relevant rules of racing.
Get the work done	- Contribute to continuous improvement of health, fitness and wellbeing by applying basic principles of analysis - Take responsibility for planning, sequencing and prioritising health, fitness and wellbeing activities for efficient and effective outcomes

Unit Mapping Information

Code and title	Code and title	Comments	Equivalence status
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current version	previous version		
RGRPSH419 Manage principles of sports science for jockeys	RGRPSH419A Manage principles of sports science for jockeys	Updated to meet Standards for Training Packages. Changes to elements and performance criteria to clarify intent of unit.	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 RGRPSH419 Manage principles of sports science for jockeys

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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 managed personal health, fitness and wellbeing according to the principles of sports science for jockeys, including:

- developed an exercise regime for two different situations, and implemented the strengthening exercises
- developed a diet to manage weight for two different scenarios
- devised strategies for managing a common illness and injury experienced by jockeys
- investigated approaches to cope with stress and build resilience.

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:

- basic principles of human anatomy and physiology
- basic principles of human fitness and exercise regimes, including:
 - fitness indicators
 - hydration and dehydration
- sources and types of professional fitness services
- racing industry safety requirements, including safe operating procedures:
 - types of workplace illnesses and injuries in the racing industry
 - common riding injuries, illnesses and related rehabilitation
 - reporting procedures for workplace illness or injury
- basics of food and nutrition in diets for sport, including:
 - managing and maintaining weight
 - effect of drugs and alcohol on fitness
- basic principles of wellbeing, including:
 - sources of stress – social media, work schedule, career, family

- work relationships – trainers, race officials, stewards and stable personnel
- physical and emotional indicators of stress
- features of work/life balance
- resilience and coping strategies
- sources of advice and help.

Assessment Conditions

Assessment of skills must take place under the following conditions:

- physical conditions:
 - a workplace setting or an environment that accurately represents workplace conditions
- resources, equipment and materials:
 - materials and equipment relevant to assessing candidate's ability to manage and apply principles of sports science for jockeys
 - realistic case studies or scenarios if required
- specifications:
 - work instructions and related documentation.

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

Links

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