



Australian Government

SISSATH001 Conduct athletics coaching sessions with foundation level participants

Release: 1

SISSATH001 Conduct athletics coaching sessions with foundation level participants

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare for and conduct sport coaching sessions with foundation level participants in athletics.

This unit applies to individuals working under supervision in community based assistant coaching roles in the Australian sport industry. This includes individuals working and volunteering in sport clubs and organisations.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Athletics

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare for athletics sessions with foundation level participants.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Confirm assigned athletics session duties with supervisor.
- 1.2. Interpret athletics session plans and confirm set-up requirements with supervisor.
- 1.3. Prepare facilities, equipment, resources and refreshments according to set-up requirements.
- 1.4. Select and check equipment and resources for wear and tear and report to supervisor.

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| 2. Conduct athletics sessions with foundation level participants. | 1.5. Report athletics session set-up problems to supervisor.
2.1. Communicate and confirm foundation level participant understanding of athletics session activity instructions and safe participation requirements.
2.2. Communicate and model athletics participation behaviour standards.
2.3. Present, sequence and pace athletics session activities to meet athletics session plans.
2.4. Instruct and demonstrate safe athletics techniques and equipment use to foundation level participants.
2.5. Give feedback to foundation level participants to encourage positive interaction and participation.
2.6. Address foundation level participant poor behaviour within own job role responsibilities.
2.7. Seek support from supervisor when difficulties arise outside own job role responsibilities. |
| 3. Complete athletics sessions with foundation level participants. | 3.1. Seek foundation level participant feedback to identify further coaching needs and report to supervisor.
3.2. Describe plans for follow-up sessions to foundation level participants as directed by supervisor.
3.3. Check equipment used in athletics sessions to identify wear and tear and report to supervisor.
3.4. Pack up athletics equipment, resources and refreshments according to organisational policies and procedures. |
| 4. Review athletics sessions. | 4.1. Seek supervisor and foundation level participant feedback on own assistant coaching performance.
4.2. Reflect on feedback received and personal performance to identify areas for improvement. |

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Writing skills to:	record attendance.
Oral communications skills to:	- use age-appropriate language to engage foundation level participants - use active listening and questioning to give and receive instructions and confirm understanding - interact with foundation level participants in a polite and

- positive manner.
- Numeracy skills to:
- estimate time and space requirements for athletics session activities.
- Planning and organising skills to:
- complete assigned duties in a timely manner according to session plans and supervisor instructions.

Unit Mapping Information

SISSATH201A Teach the fundamental skills of athletics

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISSATH001 Conduct athletics coaching sessions with foundation level participants

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- conduct three athletics coaching sessions with foundation level participants under supervision where each session is at least 30 minutes in duration.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational policies and procedures applicable to conducting athletics coaching sessions with foundation level participants
- athletics tactical and technical fundamentals for foundation level participants:
 - repetition:
 - running
 - jumping
 - throwing
 - physical fitness:
 - strength
 - flexibility
 - endurance
 - speed
 - power
- organisational layout of athletics activities
- athletics equipment and resources:
 - reverse board
 - tumble mat
 - folding hurdles
 - high stepper
 - high jump bed, bar and stands
 - safe set-up and lay-out
 - safe condition
 - safe use

- safe pack up
- athletics rules, regulations and policies applicable to coaching foundation level athletes
- athletics safe participation requirements:
 - obeying the rules
 - use of protective equipment
 - hydration
- coaching communication styles for foundation level participants:
 - instruction
 - demonstration
 - active listening
 - open and closed questions
 - non verbal communication
 - giving and receiving feedback
 - tone and level of voice
 - terminology and language
- behaviours expected of an assistant coach:
 - promoting positive interaction and participation
 - using acceptable language
 - arriving on time
 - using self reflection to identify areas for improvement
- methods to:
 - instruct safe use of equipment and techniques
 - instruct safe sport techniques
 - instruct warm-up, skill development and cool-down activities
 - establish behaviour standards
 - promote cooperation and good relationships
 - demonstrate techniques
 - encourage interaction and participation
 - give and receive feedback
 - respond to questions
 - report problems to supervisor
- athletics session plan elements
- methods for self reflection.

Assessment Conditions

Skills must be demonstrated in:

- a community based sport environment in athletics. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- athletics rules, regulations and policies applicable to coaching foundation level participants
- athletics facilities, equipment and resources:
 - reverse board
 - tumble mat
 - folding hurdles
 - high stepper
 - high jump bed, bar and stands
- organisational safety, emergency response and first aid procedures for athletics.

Assessment must ensure use of:

- athletics session plan
- a supervisor and athletics foundation level participants to be coached.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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