



Australian Government

SISSPAR001 Participate in sport at an intermediate level

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to perform sport-specific tactical and technical skills at an intermediate level through participation in a specific sport. Activities may include conditioning, drills, discussions, games, competitions and other activities relevant to the specific sport.

This unit applies to athletes in the Australian sport industry competing in a sport at a local, state or national level.

Those undertaking this unit work with the support of a coach.

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

Pre-requisite Unit

Nil

Competency Field

Participation

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Participate in intermediate level sport activities.

PERFORMANCE CRITERIA

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

- 1.1. Interpret and apply sport-specific rules, regulations and policies to sport-specific participation.
- 1.2. Participate in sport-specific training activities and competitions in a safe manner, according to organisational policies and procedures.
- 1.3. Link and perform intermediate level sport-specific skills to form a sequence of movements in practice and competition conditions.

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| | 1.4. Communicate with coach during activities using sport-specific terminology. |
| 2. Prepare to compete at an intermediate level. | 2.1. Consult with coach to identify intermediate sport-specific tactical and technical skills to be developed.
2.2. Participate in training activities to develop identified intermediate level sport-specific tactical and technical skills.
2.3. Analyse own and opposition strengths and weaknesses to develop game plans for sport-specific competitions. |
| 3. Implement game plan at an intermediate level. | 3.1. Implement game plans during competition.
3.2. Interpret sport-specific game statistics to identify and implement adjustments to improve intermediate level performance during competition.
3.3. Maintain communication with coach before, during and after competitions. |
| 4. Review intermediate level performance. | 4.1. Seek feedback from coach and support staff to identify areas to improve own intermediate level sport-specific performance.
4.2. Analyse sport-specific competition statistics to identify own strengths and weaknesses.
4.3. Reflect on own intermediate level sport-specific performance to identify areas for improvement.
4.4. Analyse findings and incorporate learnings in future intermediate level sport-specific training and competition. |

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
Oral communication skills to:	- ask open and closed questions and actively listen to clarify instructions and feedback from coaches - interact with coaches, support staff and officials in a polite and positive manner.
Numeracy skills to:	- record training and competition data - interpret, analyse and discuss statistical information.
Problem-solving skills to:	- read play - respond to environmental conditions.

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -

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

Assessment Requirements for SISSPAR001 Participate in sport at an intermediate level

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:

- participate at an intermediate level in at least one sport that involves:
 - complying with sport-specific rules, regulations and policies
 - performing intermediate level tactical and technical skills at an accuracy rate of 70% at one competition
 - performing intermediate level technical skills at an accuracy rate of 70% at three training sessions of no less than 30 minutes each
 - communicating with coach, official and support staff and responding to feedback
 - analysing and reflecting on own and opposition strengths and weaknesses.

Knowledge Evidence

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

- organisational policies and procedures applicable to participating in sport at an intermediate level
- tactical and technical fundamentals of the specific sport for intermediate level athletes
- sport-specific biomechanical principles
- types, characteristics, function and safe use of sport-specific equipment, facilities and technological aids
- types of strengths and weaknesses of intermediate level sport-specific athletes
- training activities for intermediate level sport-specific athletes
- competitions and pathways for intermediate level sport-specific athletes
- types and contents of game plans for intermediate level sport-specific athletes
- types and methods of analysing competition statistics for intermediate level sport-specific athletes
- types and potential impacts of environmental conditions
- intermediate level sport-specific rules, regulations and policies
- methods for self reflection
- sport-specific terminology.

Assessment Conditions

Skills must be demonstrated in:

- a sport-specific environment. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- sport-specific rules, regulations and policies
- organisational policies and procedures applicable to participating in sport at an intermediate level
- organisational safety, emergency response and first aid procedures for the specific sport.

Assessment must ensure use of:

- sport-specific equipment and facilities
- sport-specific opposition competing at an intermediate level, coach, officials and support staff.

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

Links

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