



Australian Government

Assessment Requirements for SISSPAR008 Maintain personal wellbeing as an athlete

Release: 1

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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:

- maintain personal wellbeing as an athlete that involves:
 - planning, implementing and evaluating two wellbeing strategies for enhancing physical wellbeing
 - planning, implementing and evaluating two wellbeing strategies for enhanced mental health wellbeing.

Knowledge Evidence

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

- organisational policies and procedures applicable to maintaining personal wellbeing as an athlete
- requirements for athlete personal wellbeing:
 - healthy eating
 - hydration
 - training and recovery
 - safety and security
 - sleep
 - hygiene
 - resilience
 - healthy relationships
 - self-reliance
 - lifestyle
- mental health risks and protective factors
- types of athlete wellbeing strategies:
 - resilience
 - recovery
 - diet locally and when travelling overseas
 - sleep
- sources of wellbeing resources, supports and professional advice

- roles and responsibilities of coaches, support staff and health professionals applicable to supporting athletes to maintain personal wellbeing.

Assessment Conditions

Skills must be demonstrated in:

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

Assessment must ensure access to:

- organisational policies and procedures applicable to maintaining personal wellbeing as an athlete
- sources of information about athlete wellbeing.

Assessment must ensure use of:

- coaches and support staff.

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

Links

Companion Volume Implementation Guides -

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