



Australian Government

SISSPAR009 Participate in conditioning for sport

Release: 1

SISSPAR009 Participate in conditioning for sport

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to participate in strength and conditioning to physically prepare for competition in a 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	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Prepare for sport-specific strength and conditioning.	1.1. Discuss own sport-specific performance and fitness requirements with strength and conditioning specialists. 1.2. Seek sport-specific training and technique advice from strength and conditioning specialists.
2. Participate in training for sport-specific strength and conditioning.	2.1. Participate in sport-specific training sessions according to strength and conditioning specialist advice. 2.2. Select, set up and use training equipment according to organisational policies and procedures and strength and conditioning specialist advice.

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| 3. Review sport-specific strength and conditioning outcomes. | 2.3. Recognise symptoms of over training and report to strength and conditioning specialists.
2.4. Seek strength and conditioning specialist advice for training recovery.
3.1. Review own strength and conditioning participation to identify areas for improving participation.
3.2. Monitor own sport-specific performance to evaluate strength and conditioning outcomes.
3.3. Seek advice from strength and conditioning specialists to modify strength and conditioning techniques and improve strength and conditioning outcomes. |
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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
Reading skills to:	interpret strength and conditioning training and techniques information.
Oral communication skills to:	use active listening and questioning to give and receive information and confirm understanding.
Numeracy skills to:	- interpret, discuss and use fitness, strength and conditioning measurement information - complete training records.

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 SISSPAR009 Participate in conditioning for sport

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 in conditioning for a specific sport that involves:
 - consulting with a strength and conditioning specialist
 - participating in at least three training sessions, consistent with the strength and conditioning specialist's advice, 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 participating in conditioning for sport
- basic functions of the three energy systems applicable to the specific sport
- main muscle groups required for participation in the specific sport
- types of fitness tests applicable to participation in the specific sport
- types of strength and conditioning regimes:
 - frequency and quantity of sessions
 - time allocation
 - type of conditioning required
 - venue and equipment
 - specialist availability
 - dietary and energy requirements
- major fitness components of physical ability for the specific sport:
 - speed
 - agility
 - endurance
 - strength
 - power
 - stability
 - flexibility
- types of basic strength and conditioning techniques applicable to the specific sport:
 - resistance training

- core stability
- stretching
- aerobic and anaerobic conditioning
- types and safe use of strength and conditioning equipment
- types of strength and conditioning specialists:
 - physiotherapist
 - sport-specific coach
 - sports trainer
 - strength and conditioning coach
 - fitness instructor
- signs and symptoms of overtraining:
 - tired and sore muscles
 - feeling unwell
 - fatigue
 - disturbed sleep patterns
 - stress
 - increase in injuries
 - poor performance
- types of recovery methods.

Assessment Conditions

Skills must be demonstrated in:

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

Assessment must ensure access to:

organisational policies and procedures applicable to participating in conditioning for sport

first aid

drinking water.

Assessment must ensure use of:

- strength and conditioning facilities and equipment
- strength and conditioning specialists.

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

Links

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