



Australian Government

SISSPAR009 Participate in conditioning for sport

Release: 1

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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

Elements describe the essential outcomes

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

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.

- 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. Review sport-specific strength and conditioning outcomes.
 - 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.

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>