



Australian Government

SISSSCO004 Plan, conduct and review coaching programs

Release: 1

SISSSCO004 Plan, conduct and review coaching programs

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to deliver coaching programs in a specific sport. This can include seasonal programs depending on the specific sport.

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

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

Pre-requisite Unit

Nil

Competency Field

Sport Coaching

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Plan sport-specific programs.

PERFORMANCE CRITERIA

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

- 1.1. Gather and review sport-specific participant information to assess participant developmental readiness.
- 1.2. Set sport-specific program objectives to meet participant developmental readiness.
- 1.3. Determine program content to address sport-specific program objectives.
- 1.4. Select coaching practices to meet sport-specific program objectives.
- 1.5. Develop and document sport-specific program plans.

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| 2. Conduct sport-specific programs. | <ul style="list-style-type: none">2.1. Communicate and confirm participant understanding of sport-specific program instructions and safe participation requirements.2.2. Present, sequence and pace sport-specific program activities according to sport-specific program plans.2.3. Select and use communication styles to achieve sport-specific program objectives.2.4. Observe participant practice to assess participant ability to perform activities.2.5. Modify sport-specific program activities as required to meet participant needs and environmental conditions.2.6. Monitor sport-specific programs to identify and address risks to participant safety.2.7. Analyse participant performance and provide feedback to participants to improve performance.2.8. Conduct end of sport-specific program review to evaluate sport-specific program plan and inform future sport-specific program planning processes. |
| 3. Promote good behaviour. | <ul style="list-style-type: none">3.1. Communicate and model sport-specific participation behaviour standards.3.2. Monitor participation to identify poor behaviour.3.3. Use behaviour management strategies to address participant poor behaviour in accordance with organisational policies and procedures. |
| 4. Reflect on coaching practice. | <ul style="list-style-type: none">4.1. Seek feedback from others to identify areas to improve own sport-specific coaching practice.4.2. Reflect on own sport-specific coaching practice to identify areas for improvement.4.3. Analyse findings and incorporate learnings in future sport-specific programs.4.4. Seek opportunities to address identified professional development needs. |

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 sport-specific program plans
- interpret documents that describe sport-specific

- organisational policies and procedures.
- Writing skills to:
 - record attendance.
- Oral communications skills to:
 - use age-appropriate language to engage participants
 - ask open and closed questions and actively listen to determine and meet participant needs
 - interact with participants in a polite and positive manner
 - give sport-specific instructions to participants.
- Numeracy skills to:
 - estimate time and space requirements for sport-specific program activities.

Unit Mapping Information

SISSSCO303 Plan and deliver coaching programs

Links

Companion Volume Implementation Guides -

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

Assessment Requirements for SISSSCO004 Plan, conduct and review coaching programs

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:

- plan, conduct and review one sport-specific program plan that includes at least eight sport-specific sessions.

Knowledge Evidence

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

- organisational procedures applicable to planning, conducting and reviewing programs in a specific sport
- program planning considerations:
 - matching program to suit participant developmental readiness
 - program objectives
 - progression and regression activities and modified games
 - activities inclusive of all participants
 - contingency plans to accommodate environmental conditions
 - designing activities that require participants to think and make meaningful decisions about sport-specific situations
 - sequencing and linking program sessions and activities to develop and progress skills
 - methods for making programs engaging
 - group organisation
- sport-specific equipment and resource constraints and options:
 - group organisation
 - safe set-up and layout
 - allocation of space and resources for programs
- program review, evaluation and adjustment processes
- methods for self reflection.

Assessment Conditions

Skills must be demonstrated in:

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

Assessment must ensure access to:

- first aid kit
- drinking water
- sport-specific facility, equipment and resources
- organisational safety, emergency response and first aid procedures
- National Sporting Organisation rules, regulations and policies applicable to planning, conducting and reviewing programs.

Assessment must ensure use of:

- program plan template
- sport-specific participants to be coached.

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

Links

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