



Australian Government

SISSSCO005 Continuously improve coaching skills and knowledge

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to meet the behaviours and standards expected of a coach, and self-evaluate to continuously improve coaching practice and performance. It includes interpreting sport industry information and developing a required knowledge base to support coaching practice and performance.

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 organisations.

Specific industry accreditation requirements may apply to sport-specific coaching accreditation and information should be obtained from the relevant National Sporting Organisation (NSO).

Pre-requisite Unit

Nil

Competency Field

Sport Coaching

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Apply coaching professional standards.

PERFORMANCE CRITERIA

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

- 1.1. Source and interpret sport-specific code of conduct and coach requirements to maintain knowledge of professional standards expected of a coach.
- 1.2. Model professional standards expected of a coach.
- 1.3. Evaluate own coaching practice to confirm professional standards are met.

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| 2. Apply inclusive coaching practices. | 2.1. Source and interpret sport and sport-specific industry information to maintain knowledge of best practice inclusive coaching. |
| | 2.2. Coach to create inclusive sport participation environments and meet individual participant needs. |
| | 2.3. Evaluate own coaching practice to confirm inclusive coaching principles are applied. |
| 3. Use technology for coaching. | 3.1. Source and interpret information on current and emerging technologies relevant to community sport coaching. |
| | 3.2. Evaluate, select and use technology in coaching practice. |
| | 3.3. Evaluate own selection and use of technology to identify and address opportunities to improve own use of technology. |
| 4. Improve coaching performance. | 4.1. Observe and work with other coaches to identify contemporary coaching practices. |
| | 4.2. Seek feedback from others to gather information about own coaching practice. |
| | 4.3. Reflect on and evaluate own coaching practice to identify self improvement needs. |
| | 4.4. Participate in opportunities to address self improvement needs and update professional knowledge. |
| | 4.5. Adjust own coaching practice to improve coaching performance. |
| | 4.6. Document professional development activities and share learnings with colleagues according to organisational policies and procedures. |

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
Writing skills to:	document professional development activities in required detail and format.
Oral communications skills to:	use active listening and questioning to seek and receive feedback.
Technology skills to:	use the internet to source sport industry information.

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 SISSCO005 Continuously improve coaching skills and knowledge

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:

- practice community coaching in a specific sport over 10 hours that involves:
 - meeting professional standards
 - using coaching approaches to create an inclusive sport participation environment
 - using technology in coaching practice
 - evaluating own coaching practice and performance
 - identifying and acting on one area for improving own coaching practice.

Knowledge Evidence

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

- organisational policies and procedures applicable to coaching practice and professional standards
- sources of sport and sport-specific information
- sources of information on current and emerging technology used in the sport industry
- self reflection and evaluation processes
- coaching practices applicable to creating an inclusive sports participation environment
- professional development opportunities and resources.

Assessment Conditions

Skills must be demonstrated in:

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

Assessment must ensure access to:

- first aid kit
- drinking water
- a computer with access to the internet
- organisational policies and procedures and professional standards related to coaching

- template for recording professional development activities
- organisational safety, emergency response and first aid procedures
- sport organisation personnel and participants.

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

Links

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