



Australian Government

Assessment Requirements for SISSCO007 Apply sport psychology principles

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:

apply sport psychology principles to support one participant in a specific sport that involves:

- using three of the following strategies:
 - managing emotions
 - using relaxation techniques
 - managing self-talk
 - managing stress
 - establishing pre-, during- and post-performance psychological routines
 - identifying sources of intrinsic and extrinsic motivation
 - setting goals
 - visualisation
 - self reflection on performance
 - managing concentration
- assisting the participant to manage performance outcomes
- assisting the participant to access sport psychology professionals.

Knowledge Evidence

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

- organisational policies and procedures applicable to applying sport psychology principles
- information sources applicable to sport psychology
- principles of sport psychology for sporting performance:
 - the brain and its functions
 - psychological demands of specific sports
 - emotions
 - concentration
 - motivation
 - goal setting
 - self reflection on performance

- role and responsibilities of sport psychology professionals
- psychological skills to enhance performance:
 - managing emotions
 - managing concentration
 - establishing pre-, during- and post-performance psychological routines
 - using relaxation techniques
 - managing self-talk
 - managing stress
 - understanding motivation
 - setting goals
 - visualisation
 - self reflection on performance
- techniques to assist participants to manage performance outcomes
- techniques to create a positive environment for participants
- psychology advice and support referral services for participants.

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:

- organisational policies and procedures relevant to sport psychology
- computer with access to the internet.

Assessment must ensure use of:

- participants
- sport psychology resources.

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>