



Australian Government

SISSSCO007 Apply sport psychology principles

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to assist participants to develop basic psychological skills to optimise sporting performance in sport-specific training and competition settings.

This unit applies to individuals working in community-based roles in the Australian sport industry in coaching and support roles. 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. Maintain knowledge of sport psychology.
2. Provide sport psychology

PERFORMANCE CRITERIA

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

- 1.1. Source and interpret applied sport psychology information related to sport performance.
- 1.2. Apply sport psychology principles relevant to own role to own practice.
- 1.3. Select support staff and resources to assist with the development of sport-specific psychological skills.
- 2.1. Identify sport psychology principles relevant to participants and assess participant sport psychology

information to participants.	information appropriate to individual participant needs.
	2.2. Present sport psychology information to participants in a format using learning activities and experiences appropriate to individual participant needs.
	2.3. Check and clarify participant understanding of sport psychology information.
	2.4. Encourage participants to access sport psychology resources appropriate to individual needs.
3. Assist participants to develop psychological skills.	3.1. Monitor participants to identify basic psychological skills needs.
	3.2. Develop basic psychological skills to meet participant needs in consultation with participants.
	3.3. Assist participants to implement basic psychological skills during competition performance.
4. Evaluate psychological skills.	4.1. Analyse participant competition performance against expected competition outcomes.
	4.2. Evaluate participant psychological skills during competition performance in consultation with participant.
	4.3. Identify ongoing psychological skill development needs to assist participant to improve performance.

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 sport psychology information and resources for participants.
Oral communication skills to:	- ask open and closed questions and actively listen to inform and support participants - negotiate strategies with participants to achieve sport performance.
Numeracy skills to:	interpret and discuss participant performance data.
Problem-solving skills to:	develop, review and modify psychological skill development strategies.
Technology skills to:	access the internet to source sport psychology 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 SISSSCO007 Apply sport psychology principles

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

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