



Australian Government

SISSSCO012 Coach sport participants up to an intermediate level

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to coach sport participants up to an intermediate level in a specific sport. This includes planning, preparing, conducting and reviewing individual sessions.

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.

Individuals undertaking this unit often work autonomously.

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. Plan sport-specific sessions for participants up to an intermediate level.

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 developmental readiness of participants up to an intermediate level.
- 1.2. Set sport-specific session objectives to meet developmental readiness of participants up to an intermediate level.
- 1.3. Determine session content to address sport-specific

- session objectives.
 - 1.4. Select coaching practices to meet sport-specific session objectives.
 - 1.5. Develop and document sport-specific session plans for participants up to an intermediate level.
- 2. Prepare sport-specific sessions for participants up to an intermediate level.
 - 2.1. Prepare facilities, equipment and resources to meet sport-specific session plan requirements.
 - 2.2. Select and set up equipment for safe use by participants up to an intermediate level.
 - 2.3. Identify hazards, assess risks and implement risk control strategies to minimise risk to safety of participants up to an intermediate level.
- 3. Conduct sport-specific sessions for participants up to an intermediate level.
 - 3.1. Communicate and confirm understanding of sport-specific session activity instructions and safe participation requirements of participants up to an intermediate level.
 - 3.2. Present, sequence and pace sport-specific session activities according to sport-specific session plans.
 - 3.3. Select and use communication styles to achieve sport-specific session objectives.
 - 3.4. Observe practice of participants up to an intermediate level to assess participant ability to perform activities.
 - 3.5. Modify sport-specific session activities as required to meet needs of participants up to an intermediate level and environmental conditions.
 - 3.6. Monitor sport-specific sessions to identify and address risks to safety of participants up to an intermediate level .
 - 3.7. Analyse participant performance and provide feedback to participants to improve performance.
 - 3.8. Conduct end of sport-specific session review to evaluate sport-specific session plan and inform future sport-specific session planning processes.
- 4. Promote good behaviour.
 - 4.1. Communicate and model sport-specific participation behaviour standards.
 - 4.2. Monitor participation to identify poor behaviour.
 - 4.3. Use behaviour management strategies to address participant poor behaviour in accordance with organisational policies and procedures.
- 5. Reflect on coaching practice.
 - 5.1. Seek feedback from others to identify areas to improve own sport-specific coaching practice of participants up to an intermediate level.
 - 5.2. Reflect on own sport-specific coaching practice of participants up to an intermediate level to identify areas

for improvement.

5.3. Analyse findings and incorporate learnings in future sport-specific sessions with participants up to an intermediate level.

5.4. 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 session 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 up to an intermediate level - ask open and closed questions and actively listen to determine and meet needs of participants up to an intermediate level - interact with participants up to an intermediate level in a polite and positive manner - give sport-specific instructions to participants up to an intermediate level.
Numeracy skills to:	- estimate time and space requirements for sport-specific session activities - manage pair and group work for odd and even numbers of participants up to an intermediate level.

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 SISSSCO012 Coach sport participants up to an intermediate level

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 sport-specific sessions for participants up to an intermediate level on three occasions for a duration of at least 30 minutes each.

Knowledge Evidence

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

- organisational policies and procedures applicable to coaching participants up to an intermediate level in a specific sport
- tactical and technical fundamentals of a specific sport for participants up to an intermediate level
- analysis of movement for participants up to an intermediate level in a specific sport
- modifying activities for participants up to an intermediate level in a specific sport:
 - regress activities
 - progress activities
- organisational layout of sport-specific activities
- types of competitions and pathways for participants up to an intermediate level in a specific sport
- sport-specific rules, regulations and policies applicable to coaching participants up to an intermediate level
- roles and responsibilities of sport-specific coaches and officials applicable to participants up to an intermediate level
- sport-specific session planning for participants up to an intermediate level:
 - session objectives
 - progression and regression activities and modified games
 - activities inclusive of all participants
 - designing activities that require participants to think and make meaningful decisions about sport-specific situations
 - linking sessions to develop and progress skills
 - group organisation
- sport-specific equipment and resources:

- selection
- safe set-up and layout
- safe condition
- safe use
- sport-specific safe participation requirements for participants up to an intermediate level:
 - obeying the rules
 - use of protective equipment
 - hydration
- contemporary coaching practices
- coaching communication styles:
 - direct instruction
 - indirect instruction
 - demonstration
 - position of coach
 - problem solving
 - active listening
 - open and closed questions
 - non verbal communication
 - giving and receiving feedback
 - tone and level of voice
 - terminology and language
- managing poor behaviour:
 - establishing behaviour standards
 - promoting cooperation and good relationships
 - common causes of poor behaviour of participants up to an intermediate level
- methods of observation and feedback during sport-specific sessions with participants up to an intermediate level:
 - how, what and when to observe
 - timing of feedback
- sport-specific session review processes
- methods for self reflection.

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
- sport-specific facilities, equipment and resources
- organisational safety, emergency response and first aid procedures for the specific sport
- National Sporting Organisation rules, regulations and policies applicable to coaching participants up to an intermediate level.

Assessment must ensure use of:

- session plan template
- participants up to an intermediate level to be coached.

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

Links

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