



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>