



**Australian Government**

# **Assessment Requirements for SISSSCO015 Prepare participants for sport competition**

**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:

- prepare one participant for competition in a specific sport.

## Knowledge Evidence

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

- organisational policies and procedures applicable to preparing participants for competition
- role and limitations to role in providing specialist advice
- strategies used to prepare participants for competition:
  - matching participant standard to competitions
  - competition scheduling
  - goal setting
  - physical warm-up
  - planning training for competition
  - developing game plans for competition
  - pre-competition and post-competition routines
  - managing performance anxiety
  - preparing for environmental conditions
  - planning for sport-specific competition context
  - building self confidence and independence
  - enhancing motivation
  - managing concentration
  - self-reflection
  - planning for healthy eating and hydration
- national and international sport-specific anti-doping codes, policies and World Anti-Doping Agency (WADA) Prohibited List
- role of specialist support staff:
  - dietician
  - psychologist
  - doctor

- physiotherapist
- massage therapist
- physical performance trainer.

## Assessment Conditions

Skills must be demonstrated in:

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

Assessment must ensure access to:

- sources of information about sport nutrition, sport psychology and anti-doping in sport
- organisational policies and procedures relevant to preparing participants for competition
- National Sporting Organisation rules, regulations and policies applicable to preparing participants for competition.

Assessment must ensure use of:

- participant performance data
- participants preparing for competition and support staff.

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>