



Australian Government

SISSSCO015 Prepare participants for sport competition

Release: 1

SISSSCO015 Prepare participants for sport competition

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to assist participants to prepare for participation in sport competitions.

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.

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

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Plan competitions.

- 1.1. Research and select competition opportunities to meet developmental readiness of participants.
- 1.2. Consult with participants to plan competition schedule to meet participant needs.
- 1.3. Consult with participants preparing for competition to set competition performance objectives.
- 1.4. Analyse performance data and consult with participants to identify performance gaps and support needs.

2. Apply competition

2.1. Plan competition strategies to meet competition

- | | |
|---|--|
| strategies to prepare participants. | performance objectives. |
| | 2.2. Implement competition strategies to meet competition performance objectives. |
| | 2.3. Monitor and adjust implementation of competition preparation strategies to enhance performance. |
| 3. Provide pre-competition information to participants. | 3.1. Provide access to sport-specific anti-doping information to participants. |
| | 3.2. Provide access to sport-specific pre-competition nutrition information to participants. |
| | 3.3. Provide access to sport-specific pre-competition psychological preparation information to participants. |
| | 3.4. Provide sport-specific pre-competition physical warm-up information to participants. |
| | 3.5. Check and clarify participant understanding of pre-competition information provided. |
| 4. Access support staff. | 4.1. Assist participants to identify and access support staff and resources for specialist advice and support to enhance sport-specific performance. |
| | 4.2. Encourage and assist participants to work with support staff to identify and select strategies to enhance sport-specific performance. |
| 5. Reflect on practice. | 5.1. Seek feedback from others to identify areas to improve own practice of preparing participants for competition. |
| | 5.2. Reflect on own practice of preparing participants for competition to identify areas for improvement. |
| | 5.3. Analyse findings and incorporate learnings in future practice with participants preparing for competition. |
| | 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 participant information, competition information and anti-doping policies.
Oral communication skills to:	ask open and closed questions and actively listen to determine and meet the needs of participants preparing for competition

- Numeracy skills to:
 - interact with participants and support staff in a polite and positive manner.
 - interpret and analyse participant performance data.
- Problem-solving skills to:
 - respond to the needs of participants preparing for competition.
- Self-management skills to:
 - work within qualifications and job role limitations in providing advice about sport nutrition and sport psychology.

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 SISSSCO015 Prepare participants for sport competition

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>