



Australian Government

Assessment Requirements for SISSSWM001 Coach swimmers up to a competitive level

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:

- deliver swimming coaching to swimmers up to a competitive 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 swimmers up to a competitive level
- tactical and technical fundamentals of swimming for swimmers up to a competitive level:
 - tactical:
 - pacing and race judgement
 - race and competition tactics including single stroke, medley, relay and skins format
 - technical:
 - freestyle
 - breaststroke
 - backstroke
 - butterfly
 - general, stroke-specific and relay starts
 - tumble, twist, stroke-specific and medley turns
 - general and stroke-specific finishes
- analysis of swimmer movement and performance
- modifying activities for swimmers up to a competitive level:
 - regress activities
 - progress activities
- organisational layout of swimming activities
- swimming competition pathways and schedules:
 - heats
 - semi finals
 - finals

- swimming rules, regulations and policies applicable to coaching swimmers up to a competitive level
- roles and responsibilities applicable to swimming coaches and officials of swimmers up to a competitive level
- swimming session planning for swimmers up to a competitive level:
 - session objectives
 - progression and regression activities and modified games
 - activities inclusive of all swimmers
 - designing activities that require swimmers to think and make meaningful decisions about swimming situations
 - linking sessions to develop and progress skills
 - group organisation
- swimming equipment and resources:
 - selection
 - safe set-up and layout
 - safe condition
 - safe use
- safe participation requirements for swimmers up to a competitive 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 swimmers up to a competitive level
- methods of observation and feedback during swimming sessions with swimmers up to a competitive level:

- how, what and when to observe
- timing of feedback
- swimming session review processes
- methods for self-reflection.

Assessment Conditions

Skills must be demonstrated in:

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

Assessment must ensure access to:

- first aid kit
- drinking water
- swimming facilities, equipment and training aids:
 - swimming pool with marked lanes
- organisational safety, emergency response and first aid procedures for swimming
- Swimming Australia rules, regulations and policies relevant to coaching swimmers up to a competitive level.

Assessment must ensure use of:

- session plan template
- swimmers up to a competitive level to be coached.

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>