



Australian Government

Assessment Requirements for SISXCAI003 Conduct non-instructional sport, fitness or recreation sessions

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:

- plan and conduct at least ten different sport, fitness or recreation sessions involving:
 - planned tasks, games, activities and exercises of varying durations
 - communication, demonstration and explanation of:
 - content, timing and sequence of activities
 - appropriate apparel and footwear
 - techniques and safe use of equipment
 - warm-up and cool-down techniques
 - activities during sessions
 - potential hazards
- use the following communication skills:
 - clear verbal communication
 - modelling and demonstration
 - motivational techniques
- complete session evaluations:
 - own work performance
 - collection of participant feedback:
 - suitability and safety of facilities and equipment
 - content of session
 - structure and content of the activity or session
 - participant progress.

Knowledge Evidence

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

- basic aspects of legislation related to planning, conducting and evaluating sport, fitness or recreation sessions:
 - work health and safety/occupational health and safety requirements
 - equal opportunity and anti-discrimination

- privacy and confidentiality
- working with children requirements
- organisational policies and procedures related to planning, conducting and evaluating sessions:
 - safety procedures
 - risk analysis processes
 - communication protocols
 - roles and responsibilities of different people, and types of tasks undertaken
 - reporting channels
 - reporting and record keeping
 - frequency and scope of equipment checks
- components of sport, fitness or recreation sessions:
 - objectives
 - equipment
 - time
 - location
 - content
 - order
 - phases: warm-up, conditioning, cool-down
- participant needs:
 - competition or performance targets
 - assist with self-improvement
 - fitness targets
 - lifestyle adjustments
 - social opportunities
- tests and assessments appropriate to preparing for sport, fitness or recreation sessions:
 - interviews
 - past performances
 - medical history
 - physical ability tests
- likely demands of participants and sessions:
 - physical
 - emotional
 - psychological
 - group
 - individuals within groups
 - disability requirements
- resource requirements for sessions:
 - physical
 - human

- financial
- transport and related logistical
- external factors that may affect session outcomes:
 - weather
 - time of day
 - environmental variables
 - condition of site or location
 - participant abilities
- conflict resolution strategies to enable group cohesion and interaction
- equipment specifications, testing and checking techniques to ensure the selection and safe use of appropriate equipment
- evaluation processes to enable improvements to be made to the program.

Assessment Conditions

Skills must be demonstrated in:

- a sport, fitness or recreation environment with access to required equipment for participants. This can be a workplace or simulated environment.

Assessment must ensure use of:

- up-to-date equipment currently used in the sport, fitness or recreation industries, to ensure:
 - safety, e.g. helmets, head gear, gloves
 - the participant can participate in activities to suit their goals, e.g. racquets, bats, balls
- workplace documents currently used in the sport, fitness or recreation industries:
 - session plans
 - session and equipment checklists
 - participant feedback or evaluation forms
- organisational policies and procedures related to:
 - preparing, conducting and evaluating activity sessions
- activity support personnel and participants in a sport, fitness or recreation activity; support personnel and participants can be:
 - staff and participants in an industry workplace who are assisted by the individual during the assessment process or
 - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessment activities that allow the individual to:

- plan and conduct a range of non-instructional sessions for a range of participants over an industry realistic period of time.

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

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>