



Australian Government

SISXCAI005 Conduct individualised long-term training programs

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to apply sport or activity-specific knowledge to plan, implement and evaluate long-term training programs designed to develop individual sporting skills or physical capacity.

This unit applies to sport, fitness or recreation professionals working with individuals, groups or teams. These individuals undertake work according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Coaching and Instruction

Unit Sector

Cross-Sector

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Identify participant needs and expectations.
2. Plan the program.

PERFORMANCE CRITERIA

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

- 1.1 Review and analyse participant requirements according to demands of the activity.
- 1.2 Develop participant profiles using evaluation measures.
- 1.3 Establish fixed points and phases of the program.
- 1.4 Identify specific participant needs to be addressed by the program.
- 2.1 Develop program goals and phase objectives in consultation with participant.

- 2.2 Identify need for support personnel within the program.
 - 2.3 Select exercises/drills and training methods to meet identified needs and objectives of the program.
 - 2.4 Identify staff, equipment and resource requirements for each phase of the program.
 - 2.5 Develop evaluation measures to monitor the program.
 - 2.6 Schedule and document all aspects of the program.
3. Deliver long-term training program.
 - 3.1 Explain and demonstrate exercises/drills, techniques and equipment to participants.
 - 3.2 Monitor and document skill performance, fitness levels and wellbeing of participant throughout the program.
 - 3.3 Monitor participant and adjust incorrect or unsafe techniques, as required.
 - 3.4 Liaise with other coaches, instructors and support personnel working with the participant.
 - 3.5 Use motivation techniques to encourage program adherence.
4. Evaluate and modify training program.
 - 4.1 Seek feedback from participant and other personnel, as required.
 - 4.2 Review own performance and identify potential improvements.
 - 4.3 Modify program where required in response to feedback from participant and own self-reflection outcomes.

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
Oral communications skills to:	explain particular aspects of the long-term training program to participants and confirm participant understanding.
Teamwork skills to:	coach and motivate an individual through a long-term training program.

Unit Mapping Information

SISXCAI305A Conduct individualised long term training programs

Links

Companion Volume implementation guides are found in VETNet -

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