



Australian Government

Assessment Requirements for SISXCAI008 Plan, conduct and review training and recovery programs

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, implement and evaluate three high performance training programs that includes at least eight training sessions each and meet the needs of participants.

Knowledge Evidence

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

- organisational policies and procedures relevant to planning and implementing high performance training programs
- advanced principles of skill acquisition
- anatomy, physiology and biomechanics relevant to safe planning and implementation of high performance training programs:
 - type and structure of joints as they relate to joint mobility, joint integrity and risk of injury
 - major muscles, their actions, and the role of muscles during contraction
 - structure and function of the musculoskeletal system
 - structure of the cardio respiratory system and the relationship between exercise intensity and circulatory and ventilation responses
- requirements of high level performance:
 - physiological and fitness targets
 - psychological targets
 - tactical and strategic approaches
 - skill performance and technique development targets
 - competition and performance targets
- types of assessment methods:
 - performance in the activity
 - tests of skills, techniques, tactics and strategies
 - tests of psychological and physiological developmental readiness
- demands of participation:
 - psychological and physiological status

- skills
- techniques
- tactics
- strategies
- principles of high performance training program design:
 - specificity
 - progressive overload
 - rest and recovery
 - reversibility
 - frequency
 - intensity
 - duration
 - periodisation
 - tapering
 - peaking
 - individuality and maintenance
- principles of recovery:
 - training stimulus
 - adaptation
 - tapering
 - training volume and intensity
 - planning for recovery
- types of evaluation methods:
 - fitness assessments
 - lab assessments
 - discussions
 - training and competition performances
 - training diaries
- types of motivation techniques:
 - goal setting
 - positive feedback
- roles of support staff
- indicators of participant wellbeing:
 - injury status
 - psychological status
 - emotional status
 - general self-esteem
 - anger and stress management
 - detraining
 - health

- self-discipline
- types and safe use of training equipment:
 - cardiovascular
 - free weight
 - hydraulic
 - exercise balls
 - sport-specific
 - bars
 - steps
 - bands
 - resistance
 - pin-loaded
 - electronically braked
 - air-braked
 - pool-based
- resource requirements:
 - ratio of instructors to participants
 - ratio of equipment to participants
 - equipment
 - time
 - finance
 - transport
 - accommodation
- types of monitoring:
 - questioning and discussing
 - observing
 - cross referencing
 - ongoing functional assessments of performance
 - consulting with other support staff.

Assessment Conditions

Skills must be demonstrated in:

- a fitness industry environment, sport training environment or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- training and recovery facilities, equipment and materials
- manufacturer specifications for equipment

- organisational policies and procedures related to planning and implementing high performance training and recovery programs
- organisational safety, emergency response and first aid procedures.

Assessment must ensure use of:

- individuals with training goals and individual performance history.
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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>