



Australian Government

SISXCAI008 Plan, conduct and review training and recovery 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-specific knowledge to implement a training program designed to refine the skills and performance of individuals participating in physical activities at a high performance level.

This unit applies to fitness instructors and coaches who work in fitness and sport environments. Work is performed 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. Assess participant ability to meet the demands of high level performance.

PERFORMANCE CRITERIA

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

- 1.1. Identify requirements of high level performance for participant physical activity.
- 1.2. Use approved assessment methods appropriate to demands of participation in the physical activity to assess participant fitness and skill levels.
- 1.3. Measure, record and evaluate data obtained from assessment activities against current identified demands of participation.

- 1.4. Establish high performance participant aims and priorities for the training program.
 - 1.5. Establish agreed program needs and objectives.
2. Plan a training program to meet participant requirements.
 - 2.1. Investigate current national and international trends and innovations in high performance training program design.
 - 2.2. Implement principles of high performance training program design to meet identified needs of participant and high performance objectives of the physical activity.
 - 2.3. Consider competition requirements and align competition opportunities within training program.
 - 2.4. Incorporate cross-training opportunities where appropriate to meet program objectives.
 - 2.5. Incorporate principles of recovery into training program design.
 - 2.6. Identify and select equipment and resource requirements for each stage of the program.
 - 2.7. Include evaluation methods to monitor training program.
 - 2.8. Schedule and document training program according to organisational policies and procedures.
3. Implement the training program.
 - 3.1. Explain and demonstrate safe performance of exercises and activities.
 - 3.2. Explain and demonstrate safe use of equipment according to manufacturer instructions.
 - 3.3. Use motivation techniques to enhance participant performance.
4. Monitor and adjust the training program.
 - 4.1. Monitor and modify participant progress in consultation with support staff.
 - 4.2. Identify errors, potential problems and areas for improvement in performance and communicate these to participant.
 - 4.3. Monitor skill performance, physical performance and participant wellbeing throughout training program and adapt methods and instructional styles to maximise outcomes.
 - 4.4. Adjust sessions and training program according to results of monitoring.
 - 4.5. Provide feedback to participants to improve performance.
 - 4.6. Evaluate training program according to methods outlined in plan and in consultation with participant and support staff.
 - 4.7. Identify symptoms of negative adaptation and refer

participants with symptoms of negative adaptation to relevant support staff.

5. Manage competitive and performance events during the program.
 - 5.1. Address relevant competitive and performance strategies, tactics and support needs.
 - 5.2. Continually monitor participant condition throughout competition events to determine factors that affect performance.
 - 5.3. Implement changes according to results of monitoring.

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 information on trends, innovations and best practice principles of the sport and high performance training methods.
Numeracy skills to:	interpret, use, discuss and record assessment and performance data.
Technology skills to:	access the internet to source industry information.

Unit Mapping Information

SISSSCO513 Plan and implement high performance training and recovery programs

Links

Companion Volume Implementation Guides -

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

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

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

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