



Australian Government

Assessment Requirements for SISXCAI010

Develop strength and conditioning 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 strength and conditioning programs that include at least eight training sessions each and meet the needs of participants.

Knowledge Evidence

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

- organisational policies and procedures relevant to developing strength and conditioning programs
- major body systems, bones, joints, muscles and their function applicable to planning and implementing strength and conditioning programs
- anatomical, physiological and biomechanical differences of participants including age and sex
- physiological adaptation to strength and conditioning training
- strength and conditioning training techniques
- exercise prescription and exercise order principles
- physical constraints that may affect planning for strength and conditioning programs
- types and safe use of equipment:
 - cardiovascular equipment
 - free weight equipment
 - hydraulic equipment
 - innovative equipment
 - exercise balls
 - bars
 - steps
 - bands
 - plyometric training systems
 - resistance equipment
 - pool based equipment
- types of participant requirements:

- competition performance
- pre-adolescent
- mature aged
- disability
- reconditioning
- rehabilitation
- types of profiles:
 - physical
 - psychological
 - tactical
 - technical
 - leadership skills
- types of assessment measures:
 - discussion with participants
 - physical ability tests
 - trials
 - performances in familiar environment
 - performances in unfamiliar environment
 - field assessments of fitness components
 - performance history
- types of objectives:
 - enjoyment
 - competition and performance
 - selection
 - tapering
 - peaking
 - maintenance
- types of career phases:
 - novice
 - intermediate
 - advanced
- types of training phases:
 - macro-cycles
 - micro-cycles
 - meso-cycles
 - pre-season
 - in-season
 - post-season
 - four year Olympic cycle
- techniques of core lifts and exercises:

- abdominal
- roll outs
- reverse crunch
- side bends
- prone and hold
- back
- biceps
- calves and ankles
- chest
- forearms
- hip or thigh
- shoulders
- triceps
- power exercises
- proprioception and neuromuscular coordination exercises
- techniques of strength and conditioning:
 - resistance training
 - aerobic endurance
 - anaerobic endurance
 - flexibility and stretching
 - elastic energy
 - abdominal
 - core stability
- types of fixed points:
 - structure and subdivision of performance levels
 - availability of facilities
 - rules of the activity
 - rules of the competition or performance
 - intended peaks
 - selection dates and criteria
 - availability of support staff
- exercise selection and order
- types of evaluation methods:
 - fitness assessments
 - laboratory assessments
 - discussion with participants
 - training and competitive performances
 - training diaries
- strength and conditioning training methods:
 - work duration, rest periods and frequency

- periodisation
- training load, repetition and volume
- rehabilitation and reconditioning
- core stability
- types of resource requirements:
 - ratio of coaches to participants
 - ratio of equipment to participants
 - access to first aid facilities
 - access to equipment
 - appropriate facilities
- self reflection methods.

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
- strength and conditioning facilities, equipment and materials
- manufacturer specifications for equipment
- organisational policies and procedures related to developing strength and conditioning programs
- organisational safety, emergency response and first aid procedures.

Assessment must ensure use of:

- individual 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>