



Australian Government

Assessment Requirements for SISXCAI011 Develop and deliver long-term training programs

Release: 1

Assessment Requirements for SISXCAI011 Develop and deliver long-term training 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:

- develop and document three different long-term training programs tailored to the particular goals of three different participants
- for each above long-term training program, plan all phases for achievement of participant long-term goals and incorporate the use of:
 - periodisation
 - peaking
 - tapering
- for each of the above three programs, develop and document two session plans, each with a minimum duration of 30 minutes
- deliver two sessions for two of the above programs (four sessions in total), according to session plans, each with a minimum duration of 30 minutes
- according to actual participant interactions or case studies:
 - evaluate the effectiveness of one long-term training program, and modify program and future session content
 - document details of the evaluation and changes made.

Knowledge Evidence

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

- role of trainers, coaches and support personnel in long-term training programs
- common reasons and goals for participation in long-term training programs and how these impact on design of training programs
- methods used to evaluate fitness capabilities of participants at commencement of program:
 - formal fitness assessment
 - interviews and discussions with participants
 - review of:
 - current exercise and training activity
 - competition and trials experience, recent results and personal best results
 - recent training logs

- meaning of fixed points in a long-term training program and importance of developing programs to meet timelines and schedules for recreational events and sporting competitions
- principles and practices of long-term training programs:
 - periodisation and how programs are divided into phases to develop physical capacity to meet competition or performance timelines:
 - preparatory phase
 - competitive phase
 - transition phase
 - different types of training periods within a long-term training program:
 - microcycle
 - mesocycle
 - macrocycle
 - peaking
 - tapering
- types of exercises, training techniques and equipment used during different phases of a long-term training programs for:
 - cardiovascular endurance
 - muscle strength and endurance
 - agility and coordination
 - flexibility
- how to effectively apply and combine exercise science principles to the design of long-term training programs and sessions to target participant goals:
 - adaptation
 - overload
 - specificity
 - individualisation
 - progression and regression
 - reversibility
- how the FITT (frequency, intensity, time and type) principle is used to structure long-term exercise programs and sessions
- the principle of recovery, its importance within long-term training programs and how this relates to different types of exercise for:
 - cardiovascular endurance training
 - muscle strength and endurance training
 - agility and coordination training
 - flexibility training
- instructional techniques relevant to the delivery of sessions within a long-term training program
- instructional methods used to correct safe and effective exercise technique
- communication techniques used for participants of long-term training programs to:

- motivate individuals over a long period of time to persist in achieving goals, including techniques for intrinsic and extrinsic motivation
- provide ongoing constructive feedback and positive reinforcement
- how to recognise and respond to common indicators of exercise fatigue and overtraining, and when and how training should be modified or stopped during a long-term program
- methods used to evaluate effectiveness of long-term training programs:
 - ongoing informal discussions with participants and targeted questions to elicit opinion about achievement of goals
 - ongoing observation and measurement of participant performance, and improvements in skill, fitness and endurance
 - staged formal fitness assessments and comparison measurements
- format and inclusions of documented:
 - long-term training programs
 - session plans
 - participant profile and training evaluation records.

Assessment Conditions

Skills must be demonstrated in a sport, fitness, aquatic or recreation environment. This can be:

- a workplace, or
- a simulated industry environment set up for the purposes of skills assessment.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communications equipment for emergency response.

Assessment must ensure the use of:

- interaction with participants; these can be:
 - participants in an industry workplace, or
 - participants who participate in simulated activities used for the purpose of skills assessment
- equipment required for sessions
- template program and session plans
- participant records and progress charts.

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>