



Australian Government

Department of Education, Employment and Workplace Relations

SISSCGP202A Reflect on professional coaching role and practice

Release: 2

SISSCGP202A Reflect on professional coaching role and practice

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to evaluate personal coaching style and capacity to determine continuing developmental needs and opportunities.

Application of the Unit

This unit applies to those conducting coaching activities suited to junior sports players in a variety of sports.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Reflect on own coaching practice.

- 1.1. Evaluate personal coaching style and ***performance***.
- 1.2. Seek ***feedback*** on coaching performance from ***relevant stakeholders***.
- 1.3. Recognise ***factors*** affecting coaching outcomes according to ***organisational policies and procedures***.
- 1.4. Evaluate and reflect on feedback to identify strengths and areas for improvement.

2. Plan and manage personal development.

- 2.1. Seek specialist advice on training and other developmental opportunities to meet identified needs.
- 2.2. Review current coaching practices to identify new and emerging skills and knowledge trends.
- 2.3. Establish realistic goals for personal development.
- 2.4. Investigate and access developmental opportunities according to organisational policies and procedures, sporting bodies and professional codes of practice.
- 2.5. Monitor progress against a ***developmental plan***.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication and interpersonal skills to:
 - invite, receive and analyse feedback from key personnel
 - seek advice from specialists on developmental opportunities
 - maintain professional networks
- self management skills to:
 - assess the effectiveness of personal coaching style
 - reflect on coaching style to identify opportunities for improvement
 - implement personal professional development plan
- planning and organising skills to:
 - research information for personal and professional coaching development
 - set personal goals to address development requirements
- literacy skills to:
 - maintain current knowledge of coaching and sport-specific issues and trends
 - research coaching developmental opportunities
 - design a developmental plan.

Required knowledge

- techniques appropriate to support self evaluation such as:
 - diary keeping
 - use of video
 - personal performance feedback
 - mentor reports
- factors that affect coaching performance including:
 - lifestyle of coach
 - coaching philosophy and values to enable effective self analysis of own coaching style and performance
- sources of information and advice on emerging coaching and sport-specific issues affecting coaching role to maintain currency of knowledge
- expectations of sporting bodies and professional codes of practice on coaches to maintain competence and undertake ongoing professional development
- opportunities and support for professional development including an understanding of organisational policies and procedures to support effective coaching practice
- methods to establish appropriate and realistic development goals and to support monitoring of progress towards achieving goals.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- reviews personal coaching performance taking account of personal experience and feedback from key personnel
- considers the impact of factors such as personal coaching philosophy, values and lifestyle on approach to coaching and reflects on coaching style to identify personal and professional development needs
- researches current developments and trends that influence coaching role
- sets appropriate developmental goals and designs, and monitors and adjusts a developmental plan and coaching techniques as required.

Context of and specific resources for assessment

Assessment must ensure demonstration of designing, monitoring and adjusting a personal development plan over a period of time that allows the candidate to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- key personnel who can comment on coaching performance
- specialists to give advice on training opportunities
- resources appropriate to support review of own coaching performance which may include videotaped sessions
- current coaching methods and initiatives.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- written or oral questioning to assess knowledge of developmental opportunities and emerging trends according to organisational requirements, sporting bodies and professional codes of practice
- portfolio of self evaluations, goals and developmental plan.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSCGP304A Coach junior sports players.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Feedback may include:

- verbal
- written
- video recording of session
- critical questioning and review of personal performance
- self reflection.

Key personnel may include:

- players
- peers
- mentors
- supervisor
- other coaches.

Factors may include:

- coaching philosophy
- values
- physical, psychological and emotional
- injury management
- relaxation activities
- diet.

Organisational policies and procedures may include:

- occupational health and safety
- access and storage of information
- time and budget requirements
- access to professional development
- communication protocols
- sporting bodies policies
- codes of conduct
- code of ethics.

Developmental plans may include:

- identified skills, knowledge and behaviour development needs
- strategies to address development needs
- timeframe for short and long term options
- resources required
- performance measures
- method and frequency of progress review.

Unit Sector(s)

Sport

Competency Field

Coaching General Principles