



Australian Government

Department of Education, Employment and Workplace Relations

SISSRGU203A Participate in conditioning for Rugby Union

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to participate in conditioning for Rugby Union. This unit focuses on the development and understanding of fitness and conditioning programs relating to Rugby Union, including techniques to improve speed, agility, endurance, strength, power and flexibility.

Application of the Unit

This unit applies to current, junior or aspiring athletes who are competing in Rugby Union at a local, state and or national level. It may also apply to those in sports development or Rugby Union coaching roles.

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. Identify physiological elements of Rugby Union.

- 1.1. Identify the ***basic energy systems and requirements*** for Rugby Union players in different positions.
- 1.2. Determine the major ***muscle groups*** required for playing Rugby Union.
- 1.3. Identify ***fitness tests*** appropriate to different levels of play.
- 1.4. Identify ***suitable conditioning regimes*** for each ***major fitness component*** used in Rugby Union.

2. Identify and perform basic conditioning techniques.

- 2.1. Select and safely utilise appropriate ***conditioning equipment*** according to ***relevant legislation*** and ***organisational policies and procedures***.
- 2.2. Identify ***basic conditioning techniques*** for the improvement of speed, agility, endurance, strength, power and flexibility, as advised by a ***specialist***.
- 2.3. Participate in fitness and conditioning sessions as identified by specialist.
- 2.4. Determine over training symptoms.
- 2.5. Develop a recovery plan for ***over training*** after seeking advice from a specialist.

3. Evaluate the conditioning sessions.

- 3.1. Review own performance and identify potential improvements.
- 3.2. Evaluate fitness test results and modify conditioning as required.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - discuss and determine fitness components requiring improvement with coaches and other specialists
 - seek and follow advice from specialists in developing recovery plans for over training
 - communicate and update progress during conditioning
- language and literacy skills to access, interpret and apply information about the basic energy systems and muscle groups to help prevent injury
- self-management skills to:
 - review and reflect on own conditioning and fitness performance
 - organise time and priorities effectively
 - set short, medium and long term goals.

Required knowledge

- legislation and organisational policies and procedures to enable safe participation during conditioning
- positions and players of Rugby Union and their roles and responsibilities on the field, and the relevant conditioning techniques suitable for different positions
- communication systems used between players, coaches and specialists to maintain a common understanding
- energy systems, muscle groups and correct use of equipment to prevent injury
- fitness components required to improve and maintain physical conditioning for playing Rugby Union
- self-reflection principles to enable effective self-evaluation for future improvement.

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:

- utilises knowledge of energy systems and muscle groups to interpret how different conditioning applies to individual Rugby Union positions
- participates in conditioning sessions to improve speed, agility, endurance, strength, power and flexibility required for Rugby Union games
- identifies over training symptoms and seeks advice from specialists to plan and implement a recovery plan
- communicates appropriately with coaches and specialists throughout conditioning and responds to feedback
- evaluates conditioning sessions and reviews own performance to identify strengths and areas requiring improvement and or modifications.

Context of and specific resources for assessment

Assessment must ensure participation in conditioning sessions to improve ***speed, agility, endurance, strength, power and flexibility that are of*** a sufficient duration to demonstrate competence, consistency of performance.

Assessment must also ensure access to:

- suitable facilities, such as gyms and training fields
- up-to-date testing equipment and facilities
- a coach to give instructions and feedback
- support staff, such as specialist conditioning coaches and dieticians
- conditioning equipment, such as cardiovascular and free weight equipment
- resources and information on the energy systems and muscle groups associated with Rugby Union
- to current legislation and organisational policies and procedures that impact on the conduct of conditioning sessions

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:

- coaches or specialists detailing conditioning performance observation of performance and improvement of fitness components, including ***speed, agility, endurance, strength, power and flexibility*** during conditioning sessions and Rugby Union games
- oral or written questioning to assess knowledge of the impact of physiological elements of Rugby Union , such as energy systems and muscle groups on performance
- discussions with specialists on topics such as over training symptoms and conditioning techniques for the improvement of fitness components
- third-party reports from.

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

- SISSRGU201A Perform foundation level Rugby Union skills
- SISSRGU202A Perform foundation level Rugby Union tactics and strategies.

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.

Basic energy systems and requirements may include:

- energy systems:
 - Alactic Anaerobic System
 - Lactic Anaerobic System
 - Aerobic System
- energy requirements:
 - carbohydrates
 - proteins
 - fats
- supply of chemical energy during muscular contraction.

Muscle groups may include:

- gluteus
- quadriceps
- hamstrings
- calves
- lower back
- abdominals
- pectoralis
- rhomboids
- trapezius
- deltoids
- biceps
- triceps.

Fitness tests may include:

- laboratory tests
- field tests.

Conditioning regimes may include:

- frequency and quantity of conditioning sessions
- position specific requirements
- specific fitness components requiring improvement
- player's needs
- time allocation
- venue and equipment
- specialist availability
- dietary and energy requirements.

Major fitness component may include:

- speed
- agility
- endurance
- strength
- power
- flexibility.

Conditioning equipment may include:

- cardiovascular equipment
- free weight equipment
- hydraulic equipment
- exercise balls
- bars
- steps
- bands
- resistance equipment
- pin loaded equipment
- electronically braked equipment
- air braked equipment
- pool based equipment.

Relevant legislation may include:

- occupational health and safety (OHS)
- anti-doping policy
- harassment-free sports policies.

Organisational policies and procedures may include:

- OHS
- use of venues
- communication protocols
- training and scheduling commitments
- code of ethics.

Basic conditioning techniques may include:

- combination of arm and leg movement
- contact time
- body positioning
- leg drive
- lateral movement
- forward and back movement
- evasion skills
- stamina
- weight training
- resistance training
- muscle size and strength
- force-velocity relationship
- peripheral neuromuscular facilitation
- dynamic stretching routine
- muscle balance and imbalance.

Specialists may include:

- doctor
- physiotherapist
- coach
- strength and conditioning coach
- skill coach
- dietician
- personal trainer.

Over training may include:

- tired or sore muscles
- feeling unwell
- fatigue
- stress
- increase in injuries
- disturbed sleep patterns
- poor performance.

Unit Sector(s)

Sport

Competency Field

Rugby Union