



Australian Government

SISSCO512 Assist athletes to prevent and manage injury and illness

Release: 1

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Modification History

The release details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Release	Comments
1	New unit.

Unit Descriptor

This unit describes the performance outcomes skills and knowledge required enable coaches to assist their athletes with injury prevention and provide strategies to deal with illness and injury.

Application of the Unit

This unit applies to those personnel who are responsible for coaching athletes at a high performance level. Personnel will already have achieved senior level coaching accreditation through their NSO.

Licensing/Regulatory Information

Each National Sporting Organisation (NSO) has specific training and assessment requirements for industry accreditation of coaches. These requirements will vary between different sports and those developing training and assessment for this unit should undertake consultation with the relevant NSO or State Sporting Organisation (SSO) to determine any specific arrangements for courses, trainers and assessors to facilitate RPL for individuals to achieve the required registration status to operate as a coach in that sport.

Pre-Requisites

SISSSCO306 Provide drugs in sport information

SISSSCO307 Provide nutrition information to athletes

SISSSCO308 Support athletes to adopt principles of sports psychology

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

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|---|--|
| 1. Undertake injury surveillance. | 1.1 Source and analyse <i>data</i> on common <i>injuries</i> for athletes in chosen sport.
1.2 Monitor occurrence of injury and analyse injury patterns for athletes.
1.3 Identify <i>risk factors</i> that may lead to injury for specific athletes.
1.4 Identify <i>preventative measures</i> in consultation with <i>medical or allied health professionals</i> . |
| 2. Liaise with relevant support personnel. | 2.1 Understand purpose and benefits of medical and musculoskeletal screening.
2.2 Consult with support personnel to identify optimum screening process and timing.
2.3 Consult with a physiotherapist to use musculoskeletal screening to reduce injury risk to athletes.
2.4 Consult with medical practitioner to use medical screening to design strategies for athletes to maintain optimal health. |
| 3. Implement injury prevention training programs and strategies. | 3.1 Apply preventative measures and strategies to minimise injuries to athletes according to <i>best practice guidelines</i> .
3.2 Monitor and adjust application of <i>injury prevention</i> measures according to organisational policies and procedures.
3.3 Conduct ongoing monitoring of injury trends and promote preventative measures to athletes to minimise likelihood of injury according to sport-specific criteria. |
| 4. Assist athletes to manage their recovery from injury or illness. | 4.1 Source information on the response of immune system to exercise and <i>common illnesses</i> amongst athletes.
4.2 Support athletes to implement selected strategies designed to prevent common illnesses.
4.3 Make modifications to injured or ill athlete training or competition programs in consultation with sports medicine professionals.
4.4 Identify allied health and medical professionals who can assist athletes and support staff with further advice and rehabilitation programs.
4.5 Recognise when to refer athletes to professional services for |

advice and support.

4.6 Review effectiveness of strategies in consultation with athletes and support personnel and make adjustments where required.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - convey information to athletes about injury and illness prevention strategies
 - liaise with appropriate allied health and medical personnel
- problem-solving skills to:
 - identify appropriate preventative methods and interventions
 - adapt measures in response to ongoing surveillance
 - identify and report issues related to implementation of injury prevention strategies
 - assess the need for referral and reassessment of athlete injuries and illness
- language and literacy skills to access, record and interpret information about injuries related to specific sports and their causes
- teamwork skills to liaise with health personnel and follow instructions as required
- self-management skills to:
 - recognise and work within own professional roles and responsibilities
 - review and reflect on own performance.

Required knowledge

- principles of biomechanics to enable the application of appropriate techniques and strategies to minimise sports injuries
- pathology of injury and injury response and the phases of healing and repair to enable appropriate exercise prescription to aid healing
- common causes of musculoskeletal injuries in relation to athletes in a particular sport
- defined roles and responsibilities of the coach and their ethical and legal limitations to enable understanding of work parameters in implementing injury prevention and management strategies
- anatomy and physiology to enable an understanding of the impact of preventative measures
- benefits of different approaches to minimise sports injuries such as neuromuscular and plyometric training
- the immune system and its response to exercise
- common illness that affect athletes and related preventative strategies
- organisational policies and procedures to enable athletes to implement strategies in a professional and supported manner
- available support services to assist athletes.

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 ability to:

- research cause and prevalence of commonly occurring injuries and illnesses to develop prevention strategies for athletes
- implement injury and illness prevention strategies and monitor and adjust the effect of interventions within the parameters of own accepted roles and responsibilities
- ensure screening and treatment is in line with organisational policies and procedures including anti-doping
- evaluate and reflect on own performance in implementing and evaluating prevention strategies
- select and adopt communication strategies appropriate to the information needs of athletes to convey information clearly and accurately
- make modification to athlete training and competition program to assist them to manage injury and illness
- work with appropriate medical and allied health personnel to provide support and advice to athletes
- develop a rapport with athletes and encourages them to clarify information and access support.

Context of and specific resources for assessment

Assessment must ensure:

- liaison with relevant support personnel over a period of time to advise athletes on injury and illness prevention to demonstrate competence and consistency of performance.

Assessment must also ensure access to:

- a high performance sport-specific training or competition setting or environment
- organisation sports policies
- elite athletes and support personnel
- relevant senior personnel and medical and allied health professionals
- sources of information about sports injury prevention strategies.

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:

- observation of consultation with athletes to apply and review strategies to support them to maintain optimum health
- observation of interaction with athletes and support personnel including discussions and implementation of strategies to minimise illness and manage injury
- records of screening outcomes and modifications to athlete's training and competition programs
- oral or written questioning to assess knowledge of common injuries and preventative methods
- portfolio of research and presentations on sport-specific illnesses and injuries
- portfolio containing evidence of injury and illness prevention and management strategies developed for specific athletes
- third-party reports from support staff detailing examples of interactions and discussions with athletes such as the implementation of strategies to support athletes manage injury or illness.

Guidance information for assessment

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

- SISSSCO409 Work collaboratively with support personnel
- sport-specific units of competency.

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 individual, accessibility of the item, and local industry and regional contexts) may also be included.

Data may include:

- incidence
- severity
- prevalence
- cause
- types of injuries.

Injuries may include:

- primary or secondary
- direct or indirect
- acute or overuse
- musculoskeletal.

Risk factors may include:

- ground hardness
- weather conditions
- equipment
- other athletes
- training regime
- risk taking behaviour
- anatomical and anthropomorphic characteristic of athlete
- genetic predisposition
- fitness levels
- previous injuries.

Preventative measures may include:

- screening
- physical conditioning
- protective equipment
- hydration and nutrition.

Medical or allied health personnel may include:

- sports physician
- sports doctor
- sports trainer
- general practitioner
- accredited sports dietician
- physiotherapist
- accredited exercise physiologist
- occupational therapist
- remedial massage therapist.

Best practice guidelines may include:

- sport-specific guidelines
- relevant NSO and or association code of ethics or

Injury prevention training programs may include:

- code of conduct or behaviour
- Sports Medicine Australia policies.
- musculoskeletal
- neuromuscular
- running exercises
- balance and body control exercises
- plyometrics
- strengthening exercises
- stretching exercises.

Common illnesses may include:

- upper respiratory infection
- eating disorders
- chronic fatigue
- Epstein Barr Virus
- ear infection
- skin conditions
- allergic reactions
- gastrointestinal.

Unit Sector(s)

Sport

Competency Field

Sport Coaching