



SISSSCO015 Prepare participants for sport competition

Teacher Cheat Sheet

What is involved in Assessment Task 1

Students will complete 2 booklets for this unit of competency. One will be completed in class before SAVILE arrives for the practical assessment day and the other will be completed on the day of the practical assessment with SAVILE.

Activities to complete before SAVILE attends the practical assessment day.

Task A – Plan competitions

- Students will work in pairs for this task.
- One student will role play the participant while the other student is role playing the sports trainer.
- The sports trainer is required to ask questions and gather information from the participant.
- The sports trainer will then use this information along with their research to prepare the competition plan for the athlete. This can be based off the case study and scenario provided or tailored to their individual sports academy.
- The sports trainer will then present this to the athlete
- The participant is then to provide feedback to the sports trainer (no evidence is required for this feedback)

Task B – Apply competition strategies

- Students will work in pairs for this task.
- One student will role play the athlete while the other student is the sports trainer.
- The sports trainer is required to research and design the strategies for the athlete.
- The sports trainer will design and plan the athlete's training calendar to coincide with the planned competitions completed in Task A.
- The sports trainer will complete their training program with the athlete including taking participants through their warmup and cool down program.
- ***Please note that students will complete the practical application their warmup and cool downs on the practical day with SAVILE.***

Task C – Provide pre competition information to participant

- Students will work in pairs for this task.
- One student will role play the athlete while the other student is the sports trainer.
- The sports trainer is required to research and complete the template provided based on the athlete's sport.
- The athlete will provide a reflection comment for the sports trainer after this has been presented to them.

Task D – Identify and Access Support Staff

- Students will work in by themselves for this task.
- Students are required to create a list of support staff that can be used for their athlete.
- Students will complete the template provided and identify the appropriate support staff for the athlete's condition.



Day 2

Activities to be completed on the day of the practical assessment with SAVILE

Practical application of Task B

- Students will work in pairs for this task.
- One student will role play the athlete while the other student is role playing the sports trainer.
- The sports trainer will implement the participants warm up and cool down program and be observed by the trainer and assessor.

Task E - Evaluate the Effectiveness of the Training Program

- Students are required to complete the reflection questions based on their performance and the athlete's.

What is involved in Assessment Task 2 – Online Knowledge Questions?

- Students will have 120 minutes to complete the closed book assessment test
- **Assessment Task 2 - Recommended time allowance – 120 minutes**

Each student needs to submit the following for this unit to be complete:

- The completed online knowledge-based questions, each answer is required to be satisfactory