



'Simplicity at its best'

SISSSCO002

Work in a community coaching role

SCHOOL ASSESSED COURSEWORK *Question and answer booklet - 84 Marks*

Materials supplied

- Question and answer booklet

Instructions

- All written responses must be in English
- Ensure you complete the student agreement prior to beginning this task with your name
- Attempt all questions
- Students are permitted to bring into the SAC room: pens, pencils, highlighters, erasers, sharpeners, and rulers.
- Students are NOT permitted to bring into the SAC room: blank sheets of paper and/or white-out liquid/tape.
- No calculator is allowed in this SAC
- Clear water bottle is allowed
- Students are not permitted to bring mobile phones and/or any other unauthorised electronic devices into the SAC room.

Recommended time allowance – Teacher Discretion (90 minutes plus 5 minutes reading time advised)

Student Name: _____

Student Signature: _____

How to achieve a satisfactory result: Fully address the task or questions provided. Demonstrate clear understanding and include relevant details or examples. Use any feedback to improve future tasks.

In the following task, the student was assessed as;

Satisfactory **Not Yet Satisfactory**

In the above unit, the student was assessed as;

Competent **Not Yet Competent**

Assessor Name: _____

Assessor Signature: _____

Date: _____

Any Assessor Comment



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Instructions

Answer all questions in the spaces provided. If you require more paper, please ask your teacher.

1. Provide an outline of what the individuals in governing roles will collectively do for their sporting organisation.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

2. Provide the title and a brief description of the role, for at least three (3) identities that would form a typical governing board structure.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

3. Identify at least three (3) different workplace policies and procedures, related to working in a community coaching role that you would expect to have to read, understand and follow.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

4. In the table provided, for each of the identified legal and ethical responsibilities of a community coach, provide an explanation of what this looks like for the coach in day to day practice.

Legal and ethical responsibilities	Explanation in day to day practice
Member protection	
Child protection	



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Work health and safety	
Negligence and duty of care requirements	
Insurance	
Privacy and confidentiality	

School based result - 6 Marks
RTO Result - Satisfactory **Not Satisfactory**

5. In the table provided, for each of the identified National Sporting Organisation (NSO) policies applicable to community coaching, provide an explanation of what the intended purpose of the policy is.

National Sporting Organisation (NSO) policies	Intended purpose of the policy
Safe guarding children and young people	
Integrity in sport	



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Social media	
Code of conduct	
Anti-doping	
Member protection	

School based result - 6 Marks
RTO Result - Satisfactory **Not Satisfactory**

6. When it comes to training their sporting participants, outline at least three (3) different responsibilities that a community coach has.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

7. When it comes to preparing for and taking part in sporting competitions, outline at least three (3) different responsibilities that a community coach has.



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School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

8. Outline at least three (3) general 'limitations' to a coach's role.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

9. Provide an explanation of the limitations in injury management if a coach is not trained in first aid.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

10. Provide an explanation of the limitations in providing sport science advice if a coach is not qualified to do so.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

11. In the table provided, for each of the listed interpersonal and communication skills required of a community coach, provide an explanation of what this looks like for the coach in day to day practice.

Required interpersonal skills	Explanation in day to day practice
Effective communication	



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Empathy	
Active listening	
Conflict resolution	
Relationship building	
Emotional intelligence	
Flexibility	
Providing constructive feedback	

School based result – 8 Marks
RTO Result - Satisfactory Not Satisfactory

12. Outline at least four (4) different attributes of a 'knowledgeable' coach.



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School based result - 4 Marks
RTO Result - Satisfactory **Not Satisfactory**

13. a) Outline what a 'skilled' sports coach would look like.

b) What are the technical skills a coach has to focus on?

c) What are tactical skills a coach needs to be able to draw upon?

d) Outline at least one (1) other sport-specific skills a coach needs to possess

School based result - 4 Marks
RTO Result - Satisfactory **Not Satisfactory**

14. a) Provide an outline of the benefits for a sporting club if their coaching staff are able to consistently maintain good working relationships with everyone they encounter.

b) What does building rapport entail for a coach?

c) What does building up trust and respect mean for a coach?

d) What does it mean for a coach to practice and encourage a 'teamwork' approach?



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School based result - 4 Marks

RTO Result - Satisfactory Not Satisfactory

15. In the table provided, for each of type of behaviours expected in a sport environment, provide an explanation of what this looks like for the coach in day to day practice.

Behaviours expected in a sport environment	Explanation in day to day practice
Being prepared	
Promoting cooperation and good relationships	
Using acceptable language	
Dressing in a professional manner	
Arriving on time	
Using self-reflection to identify areas for improvement	

School based result - 6 Marks

RTO Result - Satisfactory Not Satisfactory



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16. a) Provide three (3) different examples of the skills being used when a coach is communicating verbally.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

b) Provide three (3) different examples of the skills being used when a coach would be communicating non-verbally.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

c) Provide three (3) different examples of when a coach would communicate required information in writing.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

17. In the table provided, for each of the identified verbal methods of communication, provide an example of this in day to day practice.

Verbal methods of communication	Example in day to day practice
Use of language and tone	
Giving constructive feedback	
Active listening	



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Questioning techniques	
Asking for advice	
Use of interpreters for other languages or hearing difficulties	

School based result - 6 Marks
RTO Result - Satisfactory Not Satisfactory

18. In the table provided, for each of the identified non-verbal methods of communication, provide an example of this in day to day practice.

Non-verbal methods of communication	Example in day to day practice
Body language	
Personal presentation	
Gestures and mannerisms	
Voice tone and volume	



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Use of space	

School based result - 5 Marks
RTO Result - Satisfactory **Not Satisfactory**

19. In the table provided, for each of the identified challenges in a sporting environment, outline how a coach can respond appropriately.

Challenges in a sporting environment	How to respond
Breakdowns in communication	
Selection disputes	
Abuse of officials	
Team conflicts	
Complaints from athletes, parents and others	
Members' protection breaches	

School based result - 6 Marks
RTO Result - Satisfactory **Not Satisfactory**



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SAC ENDS HERE
WELL DONE

PLEASE ENSURE ALL PAGES ARE SIGNED AND DATED ACCORDINGLY

FEEDBACK

Score

/ 84