



PROGRESS TRACKER

Chapter 7

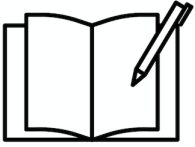
SISSSCO015 – Prepare participants for sport competition



	7A Inquiry Task -Not just your standard athlete	7B Inquiry Task – SMARTen Up	Reflection Bank SET A	7C Inquiry Task – Pre-competition meal	7D Inquiry Task – Pre-competition stress relief techniques	7E Inquiry Task – Exploring stretching techniques	7F Inquiry Task -Support Staff Referrals	7G Inquiry Task – Create a participation evaluation form!	Reflection Bank SET B	Road Map to Success
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INQUIRY TASK 7A

Not just your standard athlete!

Which standard do you think each of the athletes listed below is performing at? Explain your reasoning.



Meet Emily, a 13-year-old high school student who has just started playing basketball. Emily has always been interested in sports but has never played basketball before. She has decided to join her school's junior team and is excited to learn more about the game. Emily's coaches and teammates have been very supportive, helping her learn the basics of the game and get up to speed. Emily has been working on her ball handling skills, shooting form, and defensive techniques. She has also been participating in team practices and conditioning drills to improve her physical fitness.

Suggested answer: Emily is performing at a beginner standard as she just never played basketball previously. She is learning the basics of the game and requires frequent demonstrations and feedback from her coaches.



Meet Jack, a 20-year-old university student who has been playing soccer for several years. Jack is a midfielder on his local team and has a strong foundation in the technical and tactical aspects of the game. He has a good understanding of his role on the team and is comfortable with the ball at his feet.

Suggested answer: Jack is performing at advanced/elite standard as he has been played soccer for several years and is very confident with his skills and his role within the team.



Meet Rachel, a 12-year-old who has just started participating in sports. Rachel has always been active and enjoys trying new things, so she decided to join her sister's netball team. Rachel is new to competitive sports and is feeling a mix of excitement and nervousness as she begins her training.

Suggested answer: Rachel is performing at a beginner standard as she has just started participating in sports.



Meet Michael, a 25-year-old tennis player. Michael has been playing tennis at a high level for several years and is considered one of the top players in the world. He has won numerous titles and accolades, including Grand Slam titles and ATP Tour victories.

Suggested answer: Michael is performing at an elite standard as he is an accomplished tennis player and is competing international and national tournaments.



Meet Emma, a 22-year-old swimmer. Emma has been swimming competitively for several years and is a strong and skilled athlete. She has a good foundation in the technical and tactical aspects of her sport and is able to perform at a high level in a variety of events. Despite her skills and experience, Emma has been struggling to consistently perform at her best. She has been dealing with some nagging injuries and has not been able to train as consistently as she would like.

Suggested answer: Emma is performing at advanced/elite standard as he has been swimming competitively for several years. She consistently performs at high levels in events and has high technical skills.



Meet Sylvester, a 26-year-old triathlete. Sylvester has been competing in triathlons at a high level for a number of years and is considered one of the top athletes in the country. He has won numerous titles and awards, including Ironman and World Championship titles. Sylvester is known for his impressive endurance and ability to excel in multiple disciplines. He is highly skilled at swimming, cycling, and running, and is able to perform at a high level in a variety of conditions. Sylvester is also highly motivated and disciplined and is always looking for ways to improve his performance.

Suggested answer: Sylvester is performing at advanced/elite standard as he is a highly skilled triathlete and has competed in world championships and won multiple titles.

REFLECTION BANK



SISSSC015 – Set A

A. What is mental readiness?

Mental readiness is being a competitor in the event or competition, showing confidence, managing anxiety and nerves, and understanding strategy.

B. What is physical readiness?

Physical readiness is being physically conditioned and trained in the skills required for a level of competition.

C. Outline three ways you can determine mental and physical readiness.

1. **Fitness tests (e.g., beep test, agility runs, time trials, strength, and endurance tests)**
2. **Observations of physical performance, skills, and behaviour**
3. **Meetings and discussions with individual participants**

D. Outline three sources of athlete motivation.

- ***Trophies***
- ***Prize money***
- ***Rankings***

E. As a coach, outline one way you increase participant motivation.

Giving nonverbal and verbal positive reinforcement based on the specific behaviours of your participants

F. Briefly outline the role of a coach.

A coach plays a vital role in helping individuals or teams improve their skills and reach their goals. The responsibilities of a coach vary, but generally include providing guidance and support, offering constructive feedback, motivating and inspiring, providing new perspectives, and promoting accountability. A coach acts as a motivator, encourager, and supportive figure, helping individuals or teams set goals, develop action plans, and work towards achieving their desired outcomes.

G. Why is it important to recognise your limitations as a coach?

Recognising limitations is an important aspect of being a coach. It demonstrates professionalism and a commitment to providing high-quality coaching services. By recognizing their limitations, coaches can avoid taking on clients or situations that are beyond their area of expertise, ensuring that clients receive the necessary support and guidance.

H. Outline two factors that you must consider when matching your participant standard to competition.

- ***Age and developmental readiness***

I. Identify three characteristics of a beginner standard athlete.

- ***Minimal kinaesthetic sense (awareness of body position and movement with basic skills and movement patterns)***
- ***Movements appear not fluid and robotic***
- ***Makes frequent mistakes and errors***

J. Identify three characteristics of an intermediate standard athlete.

- ***Moderate kinaesthetic sense skills and movement patterns***
- ***Movements appear more fluid, however some still robotic***
- ***Still mistakes but not as large or frequent***

K. Identify three characteristics of an elite standard athlete.

- ***Fully autonomous with their skills***
- ***Rare and minor mistakes or errors***
- ***Very high kinaesthetic sense***

L. What should a basic competition schedule include?

- ***Dates***
- ***Times and duration***
- ***Location***
- ***Game /tournament numbers***
- ***Special notes or instructions***

M. What is a performance objective?

Performance objectives are goals that identify a specific standard of performance and are related to execution during game or competition time.

N. Why is goal setting important for athletes when preparing for competition?

Goal setting is a crucial aspect of athlete preparation for competition. It helps to provide focus, motivation, and improved performance, and increases confidence and personal growth. By setting specific, measurable, and achievable goals, athletes can track their progress and adjust their training program and approach.

O. Outline the three types of goals.

- ***Performance goals - as mentioned in the previous section, performance goals are related to execution during game or competition time.***
- ***Process goals - Process goals focus on learning the skills and techniques necessary to accomplish a goal.***
- ***Outcome goals - Outcome goals are the desired finish line in goal setting.***

P. Outline the SMART goals setting method.

The SMART goals setting method is a widely used framework for setting effective and achievable goals. SMART is an acronym that stands for:

- 1. Specific: The goal should be clear and well-defined, specifying what the athlete wants to achieve.***
- 2. Measurable: The goal should be quantifiable, so that progress can be tracked, and success can be measured.***
- 3. Achievable: The goal should be realistic and attainable, considering the athlete's current skills and resources.***
- 4. Relevant: The goal should be relevant to the athlete's larger aspirations and aligned with their values and priorities.***
- 5. Time-bound: The goal should have a specific deadline, providing motivation and a sense of urgency.***

By following the SMART goals setting method, athletes can ensure that their goals are clear, measurable, achievable, relevant, and time-bound, providing a strong foundation for their preparation and success. This method helps athletes stay focused and motivated and provides a roadmap for their training and preparation leading up to competition.

Q. Outline two benefits of performance analysis for athletes.

- 1. Improved technical and tactical knowledge***
- 2. Improved decision making***

R. Outline two benefits of performance analysis for coaches.

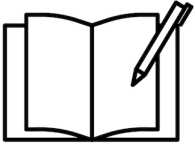
- 1. Assists in understanding athlete's strengths and weaknesses***
- 2. Enhances their own development and coaching practice***

S. How can temperature impact an athlete's performance?

When an athlete competes in temperatures between 14–25°C, there is little risk of harm to the body. However, when the competition occurs in temperatures which are warmer or cooler than the ones mentioned above, coaches need to adequately prepare their athletes to ensure their safety and well-being. Athletes risk dehydration as a result of sweating and insufficient fluid intake, along with heat stroke when exercising in hot or humid conditions.

T. How can humidity impact an athlete's performance?

Humid conditions make it difficult for the body to get rid of heat through the natural process of evaporation (sweating), which can lead to a rapid increase in core temperature and dehydration, which can negatively impact an athlete's performance.



INQUIRY TASK 7F

SUPPORT STAFF REFERRALS

For each of the following athlete injuries, illnesses or need identify which support staff team member(s) would be suitable to assist.

Athlete Injury, illness, or need	Suitable support staff member(s)
○ Sprained ankle	<i>Physiotherapist</i>
○ Chest infection	<i>Doctor (GP)</i>
○ Fracture of the wrist	<i>Doctor (GP)</i>
○ Recent muscle injury	<i>Massage therapist Physiotherapist</i>
○ Sports anxiety	<i>Psychologist</i>
○ Torn ligament	<i>Doctor (GP) Physiotherapist</i>
○ Acute and/or sudden joint swelling	<i>Doctor (GP) Physiotherapist</i>
○ Neck soreness or strain	<i>Massage therapist Physiotherapist</i>
○ Diet planning	<i>Dietitian</i>
○ New training program	<i>Physical performance trainer</i>
○ Upset stomach before competition	<i>Dietitian Psychologist Doctor (GP)</i>

REFLECTION BANK



SISSC015 – Set B

A. What is 'doping'?

The practice of enhancing performance through artificial means, such as the use of foreign substances.

B. What is the world anti-doping code?

The World Anti-Doping Code (WADA Code) is the document that lays out the standards and guidelines for anti-doping practices in sports worldwide. The WADA Code is considered the cornerstone of the global anti-doping system and provides a unified approach to the fight against doping in sport. The Code applies to all sports organizations and athletes who participate in international sporting events, including the Olympic Games.

C. Outline four possible long lasting side effects of doping.

1. *Cardiovascular damage*
2. *Liver and kidney damage*
3. *Hormonal imbalances*
4. *Mental health issues*

D. Why can a 'doping mentality' be dangerous for athletes to adopt?

A doping mentality is dangerous for athletes to adopt because it can have serious and long-lasting consequences for their health, reputation, and future prospects, as well as undermine the integrity of sport and set a bad example for the next generation.

E. Why is it important for an athlete to eat and drink before competition?

Eating and drinking before competition is critical for athletes to perform at their best. Food provides the energy and nutrients necessary for athletic performance, while proper hydration is essential to prevent dehydration and maintain optimal fluid levels. A light meal or snack before competition can improve digestion and prevent stomach issues during the event, while also enhancing focus and mental clarity. Consuming the right foods and fluids before competition can also reduce the risk of injury by providing the energy and nutrients needed for proper muscle function and recovery.

F. As a guide, what choice of meal should an athlete consume before competition?

As a guide the choice of meal, snack and fluids should:

- *Be easy to digest*
- *Be rich in carbohydrates for fuel*
- *Be low in fat*
- *Provide adequate amounts of fluids*
- *Include foods and fluids that are familiar and enjoyable*

G. When should an athlete eat and drink before competition?

Typically, it is recommended that the pre-event meal and drink is consumed 2-4 hours before competition.

H. What is a pre-competition routine?

A pre-competition routine is a set of activities or rituals that an athlete performs before a competition to prepare mentally and physically. It typically includes a combination of physical warm-up exercises, mental preparation techniques, and other activities specific to the individual athlete's needs.

I. Outline two advantages of having a pre-competition routine?

- 1. Improved mindset***
- 2. Improved confidence and control***

J. Outline two ways coaches can help athletes reduce performance anxiety.

- 1. Ensure the athlete uses a pre-game routine***
- 2. Ensure the athlete is consistent with their training***

K. What are the two things that an athlete can control regarding their sport and self-confidence.

Attitude and effort

L. Outline three benefits of a physical warm-up?

- 1. Increase body and muscle temperature***
- 2. Increases bloody and oxygen supply***
- 3. Increases proprioception***

M. What is the difference between a static and dynamic stretch?

Static stretching involves holding a stretched position for a set amount of time, while dynamic stretching involves moving through a range of motion. Static stretching is best used after physical activity, while dynamic stretching is better for warming up before physical activity.

N. Outline three movements that could be incorporated into a dynamic warm-up.

- 1. Lunges***
- 2. Jumping jacks***
- 3. Squats***

O. What is PNF stretching?

This is a technique used to allow an athlete to reach their maximal flexibility. It involves contracting and relaxing muscles against a resistance.

P. What is the role of a dietitian?

A dietitian is a professional who specializes in the science of nutrition and the relationship between food and health. They assess a person's nutritional needs, create a personalized nutrition plan, educate and counsel them on healthy eating, monitor their progress, and work with other healthcare professionals. Dietitians play a crucial role in promoting good health through healthy eating.

Q. What is the role of a physiotherapist?

The role of a Physiotherapist is to treat injuries and dysfunctions through prescription of movement exercises and techniques.

R. What is the role of a massage therapist?

The primary role of a massage therapist is to use various techniques to manipulate the muscles and soft tissues of the body to promote relaxation, increase circulation, and alleviate pain and tension.

S. Outline two roles and responsibilities of a physical performance trainer.

- 1. Creating individualised training programs for athletes to improve performance, prevent injuries, and increase endurance levels***
- 2. Observing and assessing athletes' performance during competitions or practices to provide feedback to coaches on technique and strategy adjustments***

T. Outline three ways self-reflection can help you as a coach.

- 1. Grow and develop as a coach***
- 2. Learn from the past***
- 3. Not repeat mistakes***

U. Outline one method of self-reflection.

Diary or journaling allows you to jot down information about the session you conducted and self-evaluate your own performance based on a range of self-made criteria. These may include communication, explanation and delivery, the degree of success of the session, rapport, and the responsiveness of the athletes.

V. Outline three parameters you should seek feedback on from your athletes.

- 1. suitability and safety of facilities and equipment***
- 2. content of training program***
- 3. structure and content of activities or sessions***


W. Why is it important to analyse the findings of your feedback and self-reflection?

By analysing the findings of your feedback, you can highlight or identify areas of improvement that you will need to work on in your future coaching career.

ROAD MAP

Are you aware of support staff?

SUCCESS



Can you:

- Diicians
- Doctors
- Psychologists
- Physiotherapists
- Physical performance trainers

9

Can you sequence a specific skill?

What is the role of reflective practices?

8

What is a sport specific task or movement?

7

What are the physical benefits of a warm-up?

6

Can you describe the different methods of stretching?

5

How do you manage performance anxiety?

4

What is world ant-doping code?

What are the different environment conditions you need to be aware of when preparing participants for competition?

3


What are the different types of mental goals and SMART?

2

Do you know the limitations of your role, how to match participant standard to competitions and how to plan competition schedules.

1

Do you know what makes up mental readiness?



What can you do to increase participant motivation?