



'Simplicity at its best'



'Simplicity at its best'

SISSSCO015
Prepare participants for sport competition

Portfolio booklet

Student Name: _____

Student Signature: _____

In the following task, the student was assessed as;

Satisfactory

Not Yet Satisfactory

Assessor Name: _____

Assessor Signature: _____

Date: _____

Recommended time allowance – Teacher discretion advised



STUDENT AGREEMENT / DECLARATION

Prior to, during and after the assessment processes I am aware of and agree to all of the following:

If I do not agree to the terms set out I need to discuss with my trainer prior to undertaking the unit.

I have read and understood what is required in terms of the assessment tasks that make up this unit.

I agree to the way in which I am being assessed.

I do not have any special needs or considerations to be made for this assessment (If so, what are they?)

I understand my rights to appeal the decisions made in an assessment.

I am aware I will be assessed on my ability to competently address all of the tasks in this unit.

I am aware of the blended mix of training as part of this unit.

I am aware of the due dates of this work as set out by the trainer.

I am aware that if assessed as NYC, I will have further opportunities for reassessment as discussed on an individual basis with my trainer.

I agree that none of the work that will be completed is by another person.

I agree that I will not cheat or plagiarise the work or collude with any other student/s.

I agree that I will correctly reference all resources and reference texts throughout these assessment tasks.

I understand that if I am found to be in breach of the assessment policy, disciplinary action may be taken against me.

I acknowledge that I will be given the opportunity to see the result given by my trainer upon completion of the unit.

I am aware I will receive either verbal or written feedback from my trainer

By signing this document, I agree to all of the above.

Student Name: _____

Student Signature: _____



Assessment Task – Case Study and observation

Students will be required to develop a comprehensive training program for the athlete based on the information provided in the case study or for their individual sporting academy program they are apart.

You will need to consider the athlete's fitness level, training history, and the risks associated with training and competition. You have been provided with the associated templates for you to use to complete each step, if you would like to use other templates that are sport specific please speak with your trainer to ensure that the evidence completed and submitted meets the required standard.

You will complete the following tasks throughout section A of this assessment:

Task A: Plan Competitions

Task B: Apply Competition Strategies & Warm up and Cool Down

Task C: Provide Pre-Competition Information

Task D: Identify and Access Support Staff (when needed)

Task E: Reflect on Practice

Your training program should include detailed information on the type, duration, and intensity of each training session, as well as guidelines on nutrition, hydration, and recovery.

If required, you should also provide a risk assessment and an evaluation plan to monitor the athlete's progress and adjust the program as needed.

Finally, you should provide a report summarising the effectiveness of the training program after the competition.

Students will be required to conduct a series of warm-up and cool-downs programs for the athlete, will be observed on your skills in completing this task by your trainer / assessor.

As part of this assessment students will be required to plan and conduct **one** warm-up programs and **one** cool-down programs for an athlete to get them ready for competition.

Students will then be required to compile and conduct a formal training plan.

A role-play scenario will be employed for this assessment simulating a workplace environment.

Students will undertake the role of a sports trainer when presenting to the client of the organisation (maybe sporting team in this case).

Whilst completing all parts of this assessment, students will be observed by you (trainer / assessor) and feedback and advice will be continually given to ensure their skills in this area are satisfactory and they have been given every opportunity to achieve competence.



Case Study

Name: Jordan Smith

Age: 16

Experience Level: Intermediate, with 2 years of competitive sprinting experience

Strengths: Explosive start, strong acceleration, and good sprinting form

Weaknesses: Inconsistent finish, tends to get nervous before races

Description:

You are a coach at a community athletics club, working with a promising junior athlete named Jordan.

Jordan is 16 years old and has shown significant potential in regional sprint competitions.

The upcoming regional athletics meet is crucial for Jordan's development and potential selection for a state-level training program.

Your task is to prepare Jordan for this 100m sprint event, ensuring all aspects of their preparation are covered comprehensively.

Event Details:

Date: Three weeks from today

Location: Regional Athletics Stadium

Weather Conditions: Expected to be warm and dry

Competition Level: High, with top junior sprinters from the region participating





Available schedule of events

Week	Event	Date	Location	Performance Objectives
Week 1	Local Athletics Meet	3 days from today	Community Sports Ground	<ul style="list-style-type: none"> • Fine-tune race strategy and execution. • Work on mental preparation and visualisation techniques. • Aim for consistent performance close to personal best.
Week 1	High School Invitational	5 days from today	Local High School Track	<ul style="list-style-type: none"> • Peak performance with a focus on achieving the best possible time. • Execute the race strategy flawlessly, incorporating all learned techniques and feedback. • Aim for a top-5 finish to increase chances for state-level selection.
Week 2	School District Track Meet	7 days from today	Local High School Stadium	<ul style="list-style-type: none"> • Final practice meet to implement all learned techniques. • Focus on peak performance and mental readiness. • Aim for a top-3 finish to ensure confidence going into the regional event.
Week 2	College Prep Meet	9 days from today	City College Track	<ul style="list-style-type: none"> • Test all aspects of race preparation in a high-stakes environment. • Focus on explosive start and strong finish. • Set a target time to achieve a new personal best.
Week 2	Club Invitational Meet	10 days from today	City Sports Complex	<ul style="list-style-type: none"> • Fine-tune race strategy and execution. • Work on mental preparation and visualisation techniques. • Aim for consistent performance close to personal best.
Week 2	Youth Sprint Challenge	12 days from today	Regional Sports Centre	<ul style="list-style-type: none"> • Maintain form and technique under competitive pressure. • Implement refined strategies for managing nerves and maintaining focus. • Target a top-3 finish to build confidence leading into the regional event.
Week 3	Citywide Junior Sprint Championship	14 days from today	Regional Athletic Stadium	<ul style="list-style-type: none"> • Enhance sprinting form and technique • Focus on stride length and frequency. • Set a target time better than the previous meet.



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Week 3	Community Sprint Gala	16 days from today	Community Athletic Park	<ul style="list-style-type: none"> • Execute the full race strategy, focusing on both start and finish. • Integrate feedback from the previous two meets. • Achieve a new personal best time.
Week 3	Junior Elite Track Meet	18 days from today	Elite Training Facility	<ul style="list-style-type: none"> • Focus on maintaining speed throughout the race. • Implement breathing techniques to manage endurance. • Aim for a time close to personal best.
Week 3	Regional Prep Meet	19 days from today	Regional Training Stadium	<ul style="list-style-type: none"> • Improve the finish of the race by maintaining acceleration through the last 20 meters. • Test mental strategies for managing pre-race nerves. • Achieve a time better than the previous meet and within 0.15 seconds of personal best.
Week 3	Regional Athletics Meet	21 days from today	Regional Athletics Stadium	<ul style="list-style-type: none"> • Improve reaction time and start technique. • Work on mid-race acceleration. • Set a target time within 0.3 seconds of Jordan's personal best.
Week 3	Community Sprint Gala	27 days from today	Community Athletic Park	<ul style="list-style-type: none"> • Focus on achieving a strong and explosive start. • Aim to finish the race with a consistent pace. • Set a target time within 0.2 seconds of Jordan's personal best.



Task A: Plan Competitions

You are to meet with your athlete and design a proposed schedule of events that are available to use in preparation for their competition. In the below available template, place in their proposed schedule for you to consider and then finalise with the athlete. The schedule is required to lead up to their final competition and ensure that the athlete can perform at their peak at this competition. The schedule of events should run no longer than 4 weeks before the competition date. You are to use the internet to research appropriate carnivals, tournaments, events and organised activities to meet the desired needs of the athlete.

Week number	Event	Date	Location	Performance Objectives
<i>Week 1</i>	<i>Local Athletics Meet</i>	<i>3 days from today</i>	<i>Community Sports Ground</i>	<ul style="list-style-type: none"> <i>Fine-tune race strategy and execution.</i> <i>Work on mental preparation and visualisation techniques.</i> <p><i>Aim for consistent performance close to personal best.</i></p>
<i>Week 1</i>	<i>High School Invitational</i>	<i>5 days from today</i>	<i>Local High School Track</i>	<ul style="list-style-type: none"> <i>Peak performance with a focus on achieving the best possible time.</i> <i>Execute the race strategy flawlessly, incorporating all learned techniques and feedback.</i> <p><i>Aim for a top-5 finish to increase chances for state-level selection.</i></p>
<i>Week 2</i>	<i>College Prep Meet</i>	<i>9 days from today</i>	<i>City College Track</i>	<ul style="list-style-type: none"> <i>Test all aspects of race preparation in a high-stakes environment.</i> <i>Focus on explosive start and strong finish.</i> <p><i>Set a target time to achieve a new personal best.</i></p>
<i>Week 2</i>	<i>Club Invitational Meet</i>	<i>10 days from today</i>	<i>City Sports Complex</i>	<ul style="list-style-type: none"> <i>Fine-tune race strategy and execution.</i> <i>Work on mental preparation and visualisation techniques.</i> <i>Aim for consistent performance close to personal best.</i>
<i>Week 2</i>	<i>Youth Sprint Challenge</i>	<i>12 days from today</i>	<i>Regional Sports Centre</i>	<ul style="list-style-type: none"> <i>Maintain form and technique under competitive pressure.</i> <i>Implement refined strategies for managing nerves and maintaining focus.</i> <p><i>Target a top-3 finish to build confidence leading into the regional event.</i></p>
<i>Week 3</i>	<i>Regional Prep Meet</i>	<i>19 days from today</i>	<i>Regional Training Stadium</i>	<ul style="list-style-type: none"> <i>Improve the finish of the race by maintaining acceleration through the last 20 meters.</i> <i>Test mental strategies for managing pre-race nerves.</i>



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				<i>Achieve a time better than the previous meet and within 0.15 seconds of personal best.</i>
<i>Week 3</i>	<i>Regional Athletics Meet</i>	<i>21 days from today</i>	<i>Regional Athletics Stadium</i>	<ul style="list-style-type: none"> <i>Improve reaction time and start technique.</i> <i>Work on mid-race acceleration. Set a target time within 0.3 seconds of Jordan's personal best.</i>
<i>Week 4</i>	<i>Community Sprint Gala</i>	<i>27 days from today</i>	<i>Community Athletic Park</i>	<ul style="list-style-type: none"> <i>Focus on achieving a strong and explosive start.</i> <i>Aim to finish the race with a consistent pace. Set a target time within 0.2 seconds of Jordan's personal best.</i>

You have decided on a schedule that meets the policies of the Red Hill Sporting Association to ensure that overtraining does not occur, and the likelihood of injury is minimised as much as possible.

You should consider factors such as:

- The timing and spacing between races to allow for adequate recovery.
- The level of competition in each event to ensure progressive challenge and confidence building.
- The specific performance objectives tailored to improve different aspects of their performance.

Confirmed schedule

Week number	Event	Date	Location	Performance Objectives
<i>Week 1</i>	<i>High School Invitational</i>	<i>5 days from today</i>	<i>Local High School Track</i>	<ul style="list-style-type: none"> <i>Peak performance with a focus on achieving the best possible time.</i> <i>Execute the race strategy flawlessly, incorporating all learned techniques and feedback.</i> <i>Aim for a top-5 finish to increase chances for state-level selection.</i>
<i>Week 2</i>	<i>College Prep Meet</i>	<i>9 days from today</i>	<i>City College Track</i>	<ul style="list-style-type: none"> <i>Test all aspects of race preparation in a high-stakes environment.</i> <i>Focus on explosive start and strong finish.</i> <i>Set a target time to achieve a new personal best.</i>
<i>Week 2</i>	<i>Youth Sprint Challenge</i>	<i>12 days from today</i>	<i>Regional Sports Centre</i>	<ul style="list-style-type: none"> <i>Maintain form and technique under competitive pressure.</i> <i>Implement refined strategies for managing nerves and maintaining focus.</i> <i>Target a top-3 finish to build confidence leading into the regional event.</i>
<i>Week 3</i>	<i>Regional Prep Meet</i>	<i>19 days from today</i>	<i>Regional Training Stadium</i>	<ul style="list-style-type: none"> <i>Improve the finish of the race by maintaining acceleration through the last 20 meters.</i>



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				<ul style="list-style-type: none">• Test mental strategies for managing pre-race nerves. Achieve a time better than the previous meet and within 0.15 seconds of personal best.
Week 3	Regional Athletics Meet	21 days from today	Regional Athletics Stadium	<ul style="list-style-type: none">• Improve reaction time and start technique.• Work on mid-race acceleration. Set a target time within 0.3 seconds of Jordan's personal best.
Week 4	Community Sprint Gala	27 days from today	Community Athletic Park	<ul style="list-style-type: none">• Focus on achieving a strong and explosive start.• Aim to finish the race with a consistent pace. Set a target time within 0.2 seconds of Jordan's personal best.



Task B: Apply competition strategies

You have met with your athlete and now prepared their schedule of events that they will use in preparation for their competition.

Through your consultation with the athlete use the below available template, to place their specific competition strategies for their chosen sport.

Students are required to complete this task with their athlete and will be observed by their assessor implementing the below mentioned strategies and their training programs with their athlete.

Sport	
Pre competition strategies	Explain 2 methods how the athlete can achieve their optimum level of arousal for their competition/s
Competition strategies	Identify 2 strategies that the athlete can implement whilst in competition to achieve their optimal performance.
Athlete reflection	The athlete will reflect on the training block/s you have designed and developed for them including the strategy/s you focused on in each.



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Week 1

Goal	Equipment
Include the following information: Activity - Description – Distance Required -	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Strategy for the week to work on for competition	

RTO Result – Satisfactory Not Satisfactory



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Week 2

Goal	Equipment
Include the following information: Activity - Description – Distance Required -	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Strategy for the week to work on for competition	

RTO Result – Satisfactory Not Satisfactory



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Week 3

Goal	Equipment
Include the following information: Activity - Description – Distance Required -	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Strategy for the week to work on for competition	

RTO Result – Satisfactory Not Satisfactory



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Week 4

Goal	Equipment
Include the following information: Activity - Description – Distance Required -	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Strategy for the week to work on for competition	

RTO Result – Satisfactory Not Satisfactory



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Week 5

Goal	Equipment
Include the following information: Activity - Description – Distance Required -	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Strategy for the week to work on for competition	

RTO Result – Satisfactory Not Satisfactory



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Week 6

Goal		Equipment	
Include the following information: Activity - Description – Distance Required -			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Strategy for the week to work on for competition			

RTO Result – Satisfactory Not Satisfactory

Warm up and cool down

Students must satisfactorily complete the following activities:

Plan and conduct **one** warm-up programs and **one** cool-down programs for their athlete to get them ready for competition.

Students are going to create and administer a 15- 20-minute warm-up and cool-down program for their athlete.

You will need to complete all appropriate areas of conducting warm up and cool downs to ensure you have the knowledge required to conduct these programs for athletes.

Program plan requirements:

- Select appropriate warm-up and cool-down exercises and techniques for the sport or activity.
- Select appropriate exercises for the group of athletes you will be conducting the warm-up and cool-down for.
- Include a series of warm-up exercises, incorporating stretching exercises.
- Include a series of cool-down exercises, incorporating stretching exercises.
- Complete a placement as a trainer or injury specialist for the athlete.
- Identify support staff that can be called upon (if needed).

A role-play scenario will be employed for this part of assessment two, simulating a workplace environment.

A template is provided on the following pages for the warm up and cool down.

Warm Up

Warm Up			
Session			
Date		Time	
Equipment			

**Include the following information:
Activity/The number of reps/The number of sets/Description or feedback on exercise**

--	--	--	--

--

Feedback

--

Cool down

Session			
Date		Time	
Equipment			

**Include the following information:
Activity/The number of reps/The number of sets/Description or feedback on exercise**

--	--	--	--

--

Feedback

--

Task C – Provide pre competition information to participant

You have meet with your athlete and have prepared their schedule of events along with their training program to ensure that they will achieve their optimum performance in their competition.

As part of your role in preparing them to reach their maximal performance, you are required to ensure that the athlete is aware of all facets of pre competition preparation and readiness. This includes providing them with sport specific information on, but not limited to:

- Anti-doping information relating to their chosen sport and/or competition.
- Nutritional information relating to their chosen sport and/or competition.
- Psychological preparation relating to their chosen sport and/or competition.
- Physical warm up information relating to their chosen sport and/or competition.

Students are required to complete the below template which will be provided to their participant to read, understand and reflect upon to ensure that they understand the information presented to them. Your athlete will sign and date this template to demonstrate that they have understood and clarified any points that they are unsure about.

Pre competition information

Athlete Name

Date

Time

Competition

Anti-doping information

Antidoping information relevant to the competition:

Where did you source your information (list this clearly below please):

Nutritional information

Nutritional information relevant to the competition:

What foods should be consumed to ensure that energy levels are maximised for performance.

Create a meal planner for the 24 hours leading up to the competition starting with lunch the day before the competition.

Lunch

Snack

Dinner

Snack

Breakfast

Snack

Competition time

Where did you source your information (list this clearly below please):

Psychological preparation information

Psychological preparation relevant to the competition:

List activities that should be completed prior to the competition time to ensure that the athlete has reached optimal arousal.

Where did you source your information (list this clearly below please):

Physical warm up preparation information

Physical warm preparation relevant to the competition:

List activities and equipment that are required to complete their warm-up prior to the competition time.

Where did you source your information (list this clearly below please):

**Athlete reflection
of information
received**

Name

Date

Sign

Tak D: Identify and Access Support Staff

Students must satisfactorily complete the following activity.

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

A template is provided on the following pages for the warmup and cool down.

Identify and Access Support Staff

Athlete Name			
Date		Time	
Competition			
Injury/condition:			
Identify and justify the correct support staff the athlete can utilise: Support staff: Reason 1: Reason 2			
Injury/condition:			
Identify and justify the correct support staff the athlete can utilise: Support staff: Reason 1: Reason 2			
Injury/condition:			
Identify and justify the correct support staff the athlete can utilise: Support staff: Reason 1: Reason 2			

Task E – Evaluate the Effectiveness of the Training Program

After the competition, you will need to evaluate the effectiveness of the training program and identify any areas for improvement. This may include reviewing the athlete's performance during the competition, assessing their recovery time and injury risk, and gathering feedback from the athlete on their experience with the training program.

Students will need to submit their completed questionnaire, reflection on their performance and 1 area that is required for further development (self-improvement).

A template is provided on the next page for you to use with your athlete.

Feedback

	Yes	Unsure	No
I felt safe while completing my program			
The equipment that was used was appropriate and in good condition			
I felt supported while completing my program			
I understood the exercise and activities that I needed to complete			
The timing of the activities was of the correct length			
The sequence of the activities made sense to me			
I felt that I improved and reached my goal			

Self-reflection

What was the feedback received from the client?	
What areas for improvement in the program are there?	
How can you improve your performance for future programs?	

RTO Result - Satisfactory Not Satisfactory

Trainer feedback to the student on their performance

TRAINER FEEDBACK	
Score	S / NYS

Observation Checklist (TRAINER TO COMPLETE)

Unit code and title	SISSSCO015 Prepare participants for sport competition	
The environment was set up with all resources, materials, technology and equipment for safe assessment	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Learner behaviour observed	Satisfactory	Comments if Not Satisfactory
The student has prepared one participant for competition in a specific sport.	<input type="checkbox"/> Yes <input type="checkbox"/> No	What did the learner not do to not meet the criteria? When did s/he not do it? Why was the outcome not achieved? Other relevant comments/evidence:
The student has conducted a warmup and cool down program for an athlete or group of athletes.	<input type="checkbox"/> Yes <input type="checkbox"/> No	What did the learner not do to not meet the criteria? When did s/he not do it? Why was the outcome not achieved? Other relevant comments/evidence:
The student has shown an ability to plan competitions and ensure athletes are ready for competitions through a detailed program plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	What did the learner not do to not meet the criteria? When did s/he not do it? Why was the outcome not achieved? Other relevant comments/evidence:
The student has shown an ability to apply competition strategies to prepare participants for competition through their program plan	<input type="checkbox"/> Yes <input type="checkbox"/> No	What did the learner not do to not meet the criteria? When did s/he not do it? Why was the outcome not achieved? Other relevant comments/evidence:
The student has shown an ability to Provide pre-competition information to participants prior to competition.	<input type="checkbox"/> Yes <input type="checkbox"/> No	What did the learner not do to not meet the criteria? When did s/he not do it? Why was the outcome not achieved? Other relevant comments/evidence:

Learner behaviour observed	Satisfactory	Comments if Not Satisfactory
The student has shown an ability to access support staff through a presentation and in game time.	<input type="checkbox"/> Yes <input type="checkbox"/> No	What did the learner not do to not meet the criteria? When did s/he not do it? Why was the outcome not achieved? Other relevant comments/evidence:
The student has shown an ability to reflect on their practice through a presentation and in game time.	<input type="checkbox"/> Yes <input type="checkbox"/> No	What did the learner not do to not meet the criteria? When did s/he not do it? Why was the outcome not achieved? Other relevant comments/evidence:

Date	The learner's performance was
Observation 1 Date	<input type="checkbox"/> Satisfactory <input type="checkbox"/> Not yet satisfactory
Observation 2 Date	<input type="checkbox"/> Satisfactory <input type="checkbox"/> Not yet satisfactory
Observation 3 Date	<input type="checkbox"/> Satisfactory <input type="checkbox"/> Not yet satisfactory
Feedback to the learner	
Assessor name	
Assessor signature	
Date	

PLEASE COMPLETE ON THE NEXT PAGE ASSESSMENT TASK COMPLETION DOCUMENT

ASSESSMENT TASK COMPLETION RECORD

SISSSCO015 Prepare participants for sport competition

After this assessment task is completed, all areas on this page need to be completed and signed by the learner and assessor.

If the student's work is not satisfactory at the first attempt, strategies to address gaps in performance need to be identified and time for reassessment arranged.

(If gaps in performance are identified, trainers may be required to complete the **Identified improvement framework sheet** for further gap training and rectification for satisfactory completion)

Assessor to Complete

In the following tasks, the student was assessed as;

Assessment Task 1:

Satisfactory

Not Yet Satisfactory

Student declaration

I certify that all of the work in this assessment task is my own work, based on my personal study and/or research. I also certify that the assessment task has not been submitted for assessment in any other subject or at any other time in the same subject and that I have not copied in part or in whole or otherwise plagiarised the work of other students, other sources and/or other persons.

- I acknowledge that I have read and understood the assessment task and unit result given by my teacher/trainer*
- I acknowledge that I have read and understood the feedback given by my teacher/trainer on each assessment task*
- I acknowledge that all of the work completed was my own and I have completed all three sessions as per the task instructions*

ASSESSMENT TASK 1

Student name

Student signature

Date

___/___/___

Assessor name

Assessor signature

Date

___/___/___