



## COURSE AND ASSESSMENT OUTLINE

### SIS20319 CERTIFICATE II IN SPORT COACHING



This qualification is delivered via a blended model that includes learning in a classroom-based environment by qualified trainer/assessors, Self-Study and Work Placement.

The course is delivered unit by unit in the order outlined below. The first session of the training program focuses on inducting the student into the RTO and training program. The trainer provides each student with a training plan and takes their time to explain each of the Blocks, the units of competency and the training to be conducted during the program. The training program is delivered with a blend of verbal instruction, Power Point presentation, demonstration, instructions and practical tasks.

Year	Term	Week	Unit Code	Unit Title	Topic	Assessment & Activities
1	1	1-10	HLTAID003	<b>Provide First Aid</b>	First Aid- scene assessment, barrier use, chain of survival, Good Samaritan principles  First Aid- Documentation, signed and explained, primary care, DRSABCD First Aid- CPR, rescue breathing, compressions etc, heart attacks, cardiac arrest strokes  First Aid- Defibrillation, choke management  First Aid- serious bleeding, shock management First Aid- spinal injury management, emergency oxygen use  First Aid- asthma, anaphylaxis, eye wounds  First Aid- illness assessment, broken bones, fractures  First Aid- stings, bites  First Aid- hypothermia, epilepsy, heat stroke,	Observation/Demonstration  Oral/Written Questions



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					<p>First Aid - scenario collapsed family member, down in public</p> <p>First Aid- scenario recreational accident, multi person accident, secondary care- fallen friend</p> <p>First Aid – injury report and AQTF questionnaire First Aid- theory assessment</p> <p>First Aid Practical Assessment First Aid Practical Assessment</p>	
1	2/3	1-10	SIRXWHS001	<b>Work Safely</b>	<p>Occupation Health and Safety Complete power points 1-23</p> <p>Occupation Health and Safety Complete power points 24-46</p> <p>Occupation Health and Safety Complete power points 47-67</p> <p>Occupation Health and Safety Exercise potential risks</p> <p>Occ Health and safety assignment Written answers</p> <p>Occ Health and safety assignment Generic smart move certificate</p> <p>Occ Health and safety assignment Hazards checklist</p>	<p>Observation/Demonstration</p> <p>Oral/Written Questions</p>



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				Occupational Health and Safety  Occupational Health and Safety	
1	3/4	1-10	<b>Touch Football</b>	<p>Touch football- basic rules/ game play</p> <p>Touch football- techniques for passing/ catching</p> <p>Touch football- techniques for dodging</p> <p>Touch football- strategies tactics for defence. Set ups, player movement.</p> <p>Touch football- offensive strategies, wraps, switches, hit ups.</p> <p>Touch football- player analysis and adapting strategies to suit.</p> <p>Touch football- player positioning.</p> <p>Coaches roles.</p> <p>Touch football- game play.</p> <p>Touch football – written task</p>	<p>Observation/Demonstration</p> <p>Oral/Written Questions</p>



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					Touch football written task	
1	1/2	1-10		<b>Participate in condition for sport</b>	<p>Fitness testing</p> <p>Theory- Testing protocols eg core stability, aerobic performance, anaerobic performance, components they measure</p> <p>Info needed on athlete when designing a training program</p> <p>Theory- Resistant exercises eg bench press, lat pull down etc. Students to present 1 each to class and technique required</p> <p>Theory-Types of strength and conditioning training- resistance training, aerobic, anaerobic, flexibility, abdominal, core</p> <p>Theory- Policies and procedures/ safe delivery of exercise programs eg Sports coaches or instructors code, Australian sports commission (Harrassment-free Sport policy, drugs in sport policy)</p> <p>Manufacturers guidelines</p>	



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					<p>Program development Program development</p> <p>Theory- Muscles and bones upper body/arms, progressive overload</p> <p>Theory- psychological effects of conditioning programs</p> <p>Theory- written assignment (instruct strength and conditioning techniques)</p> <p>Program implementation in pairs</p>	
2	1	1-10	SISSCO002	<b>Work in a community coaching role</b>	<p>Complete Community Coaching General Principles online course</p> <p>Prepare information about becoming an accredited coach. This can be done through Powerpoint, pamphlet, poster or a short report. You must source information and address the following points:</p> <ul style="list-style-type: none"> <li>• The name of your National (or State) Sporting Organisation and their website address (if applicable)</li> <li>• A brief summary of who they are and what they do</li> <li>• The approved and accredited coaching courses they offer</li> <li>• The name of the official rules or regulations of your sport and where you can obtain a copy of them</li> </ul>	<p>Observation/Demonstration</p> <p>Oral/Written Questions</p>



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			<ul style="list-style-type: none"><li>List websites, books or publications you can use to help you as a coach of your chosen sport</li></ul> <p>Skill development practical lesson</p> <p>Structure of coaching sessions</p> <p>Styles of coaching</p> <p>Warm ups</p> <p>Practical lesson</p> <p>Cool downs Practical lessons</p> <p>Students to conduct drill with class</p> <p>Attributes of a good coach</p> <p>Code of conduct, discrimination, duty of care</p> <p>Potential hazards, structure of coaching session, safety standards, motivational techniques</p> <p>Lesson planning- complete doc 1 and 2</p> <p>Conduct lesson 1 with lower school students</p> <p>Communication checklist</p>	
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2	2	1-10	SISSBSB001	<b>Conduct basketball coaching sessions with foundation level participants</b>	Create a basketball specific coaching resource file - Scenario Questions - Create a session plan (incorporating 2 skills) - Conduct 2 coaching sessions - Short answer questions Practical demonstration of umpiring 4 games of basketball, consistently applying the rules	Observation/Demonstration  Oral/Written Questions
2	3	1-10	SISSCO001	<b>Conduct sport coaching sessions with foundation level participants</b>	Create a sport coaching specific coaching resource file - Scenario Questions - Create a session plan (incorporating 2 skills) - Conduct 2 coaching sessions - Short answer questions Practical demonstration of umpiring 4 games, consistently applying the rules	Observation/Demonstration  Oral/Written Questions