

<b>Title</b>	<b>Train to develop conditioning for a selected sport at a basic level</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to, for a selected sport: explain the fitness requirements; plan a basic conditioning programme to meet specific training goals; implement and monitor a basic conditioning programme; and review and modify the basic conditioning programme.
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<b>Classification</b>	Recreation and Sport > Recreation and Sport - Coaching and Instruction
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 All learning and assessment within this unit standard must be carried out in accordance with the following:
  - relevant legislation including Health and Safety at Work Act 2015, Children's Act 2014, Privacy Act 2020, and any subsequent amendments;
  - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) or Normal Operating Procedures (NOPs), and the use of any relevant personal protective equipment (PPE).
- 2 Participant safety must be the priority. Should monitoring identify a condition or problem beyond the coach's degree of knowledge and/or level of expertise, the participant should be referred immediately to a strength and conditioning specialist or medical professional.
- 3 Competency in this unit standard must be demonstrated in a real sport coaching or teaching environment.
- 4 Definition  
*Coachable moments* are situations that occur in a drill or performance that the coach can use to demonstrate the tactics being developed. The coach may see a critical incident occur (success or failure) and use a variety of strategies to praise, or further develop or alter a performance.

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### Outcomes and performance criteria

#### Outcome 1

Explain the fitness requirements for a selected sport.

**Performance criteria**

- 1.1 Explain the relative importance of each of the energy systems for the selected sport.

Range energy systems – anaerobic alactic, anaerobic lactic, aerobic; explanation – duration and intensity of activity, relationship between the energy systems.

- 1.2 Identify fitness components and explain their role for achieving optimum performance in the selected sport.

Range fitness components may include but are not limited to – aerobic capacity, anaerobic capacity, strength, endurance, power, speed, agility, balance, flexibility.

**Outcome 2**

Plan a basic conditioning programme to meet specific training goals in the selected sport.

**Performance criteria**

- 2.1 Identify individual participant's strengths and weaknesses from data gathered through screening.

Range screening includes but is not limited to – health, injury, level of fitness in required components, lifestyle factors.

- 2.2 Consult with individual participants to establish long and short-term training goals and motivation to achieve the goals.

- 2.3 Select training techniques to develop the fitness components required for optimum performance in the selected sport.

- 2.4 Apply the principles of training to the planned training programme to meet the requirements of individual participants.

Range principles of training – frequency, intensity, duration and type of activity, specificity, overload and progression, individual differences, reversibility and maintenance, tapering, warm up and cool down; requirements of participants include but are not limited to – training goals, motivation, consideration of screening data.

- 2.5 Select rest and recovery techniques appropriate for the frequency, intensity, duration and type of training required to meet the needs of individual participants.

Range rest and recovery techniques may include but are not limited to – pool work, sauna or spa or plunge pool, hot or cold showers, alternative activity.

**Outcome 3**

Implement and monitor a basic conditioning programme for the selected sport.

**Performance criteria**

- 3.1 Monitor participants throughout the programme, identify symptoms of overtraining, progress in relation to short-term training goals, and unexpected circumstances.
- Range monitoring includes but is not limited to – observation, feedback from participants;  
unexpected circumstances may include but are not limited to – injury, illness, lifestyle factors.
- 3.2 Modify the programme in response to, and consistent with, the results of monitoring.
- 3.3 Provide feedback that is timely and relevant to the performance, progress, and motivation of the participants.
- Range feedback may include but is not limited to – positive reinforcement of adherence to programme, identification of causes of poor progress, encouragement in maintaining training, correction of errors in training techniques.
- 3.4 Identify and utilise coachable moments to provide relevant feedback.

**Outcome 4**

Review and modify the basic conditioning programme for the selected sport.

**Performance criteria**

- 4.1 Complete follow-up screening at the conclusion of the basic conditioning programme to determine the degree of achievement of long-term training goals.
- Range screening includes but is not limited to – health, injury, level of fitness in required components, lifestyle factors.
- 4.2 Review the basic conditioning programme at its conclusion to identify areas of modification for future training.
- Range review includes but is not limited to – effectiveness of selected training techniques, appropriateness of short and long-term training goals, effectiveness of rest and recovery techniques, appropriateness for individual participants, motivation of participants;  
evaluation methods include but are not limited to – coach evaluation, participant feedback.

<b>Planned review date</b>	31 December 2026
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	26 April 2005	31 December 2012
Rollover and Revision	2	20 May 2011	31 December 2023
Review	3	16 December 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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**Comments on this unit standard**

Please contact Toi Mai Workforce Development Council [qualifications@toimai.nz](mailto:qualifications@toimai.nz) if you wish to suggest changes to the content of this unit standard.