

<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: explain the fitness requirements for a selected sport; plan a basic conditioning programme to meet specific training goals in the selected sport; implement and monitor a basic conditioning programme for the selected sport; 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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### Explanatory notes

- 1 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.
- 2 Examples of sport general assessments and sport specific assessments can be obtained from the relevant national sporting organisation or Sport and Exercise Science New Zealand, PO Box 756, Wellington 6011; <http://www.sesnz.org.nz/>.
- 3 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.
- 4 In the context of this unit standard, feedback may be verbal, written, visual, and/or tactile. It must address information pertinent to technical adjustments and the participant's capability to adhere to the programme.
- 5 Underpinning knowledge and skills relevant to this unit standard include basic knowledge of injury prevention and management in order to avoid injury and manage injured participants effectively (which may be demonstrated through a relevant first aid qualification); and basic principles and concepts of the physiology of exercise.
- 6 Competency in this unit standard must be demonstrated in a real sport coaching or teaching environment.

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## Outcomes and evidence requirements

### Outcome 1

Explain the fitness requirements for a selected sport.

#### Evidence requirements

- 1.1 Explanation identifies 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 Explanation identifies the fitness components required for 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.

#### Evidence requirements

- 2.1 Data gathered from screening identifies individual strengths and weaknesses.
- Range screening includes but is not limited to – health, injury, level of fitness in required components, lifestyle factors.
- 2.2 Consultation with individual participants establishes long and short-term training goals and motivation to achieve the goals.
- 2.3 Training techniques selected develop the fitness components required for optimum performance in the selected sport.
- 2.4 Planned training programme applies the principles of training and meets 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 Rest and recovery techniques selected meet the needs of individual participants and are appropriate for the frequency, intensity, duration and type of training.

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.

#### Evidence requirements

3.1 Monitoring of participants throughout the programme. identifies 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 Modifications made to the programme are in response to, and consistent with, the results of monitoring.

3.3 Provision of feedback 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 Observation identifies coachable moments which are utilised to provide relevant feedback.

### Outcome 4

Review and modify the basic conditioning programme.

#### Evidence requirements

4.1 Follow-up screening at the conclusion of the basic conditioning programme determines 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 following the conclusion of the basic conditioning programme identifies areas requiring 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 2012
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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	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>.

#### Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMRs). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

#### Comments on this unit standard

Please contact Skills Active Aotearoa Limited [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.