

Title	Explain stress and stress overload, and manage personal stress, in a sports situation		
Level	3	Credits	3

Purpose	<p>This unit standard is designed primarily for people seeking to further develop their skills in a sports situation.</p> <p>People credited with this unit standard are able to: explain stress and the effects of stress overload on physiological and psychological wellbeing; explain causes of stress overload in sport and the impacts of stress on sporting performance; explain strategies for managing personal stress in a sports situation; and develop, implement, and monitor a plan for managing personal stress in a sports situation.</p>
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Classification	Recreation and Sport > Recreation and Sport - Core Skills
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Available grade	Achieved
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Guidance Information

- 1 In the context of this unit standard, *stress overload* refers to mental, emotional, or physical strain or tension that has a negative impact on performance and/or wellbeing, and may include long-term stress overload.
- 2 This unit standard relates to knowledge of stress management. Credit for this unit standard should not be used as evidence that people have made individual progress in terms of their own stress management or that they are deemed to be free from negative effects of stress.
- 3 Any programme of learning leading to assessment against this unit standard should support the concept that stress is a natural human reaction, that it can be managed to avoid stress overload, and that it can be an important factor in motivation.
- 4 It is recommended that any programme of learning leading to assessment against this unit standard should have input from a health, counselling, or human resource professional.

Outcomes and performance criteria

Outcome 1

Explain stress and the effects of stress overload on physiological and psychological wellbeing.

Performance criteria

- 1.1 Explanation identifies stress as a natural human reaction based on the individual's perception of situations and identifies symptoms of potential stress overload.
- Range evidence is required for five physical, four emotional, and four behavioural symptoms.
- 1.2 Explanation includes the positive role of stress as a motivator and identifies the consequences of too little stress.
- 1.3 Explanation includes the effects of stress overload on physiological and psychological wellbeing.
- Range effects may include but are not limited to – negative consequences for physical health, mental health, relationships with significant others, wellbeing of other family members, social relationships.

Outcome 2

Explain causes of stress overload in sport and the impacts of stress on sporting performance.

Performance criteria

- 2.1 Explanation includes factors and/or situations that cause stress overload in sport.
- Range factors and/or situations may include but are not limited to – social, environmental, technological, psychological, fear or anxiety, time management;
evidence of at least four factors or situations is required.
- 2.2 Explanation includes the impacts that stress can have on sporting performance.
- Range impacts may include but are not limited to – increased tension, decreased concentration, loss of rhythm, impaired decision making, increased reaction time;
evidence of three impacts is required.

Outcome 3

Explain strategies for managing personal stress in a sports situation.

Performance criteria

- 3.1 Explanation includes strategies for coping with personal stress.
 Range strategies may include but are not limited to – relaxation techniques, thought control, participation in physical recreation, time management, accessing supportive agencies and/or people; evidence of five strategies is required.
- 3.2 Explanation includes benefits of each of the identified stress management strategies.
 Range evidence of at least two benefits per strategy is required.

Outcome 4

Develop, implement, and monitor a plan for managing personal stress in a sports situation.

Performance criteria

- 4.1 Factors and/or situations that cause personal stress overload in sport are identified.
 Range evidence of at least two factors and/or situations is required.
- 4.2 Strategies are selected for their effectiveness in managing the factors and/or situations identified in performance criterion 4.1.
 Range evidence of five strategies is required.
- 4.3 A plan to implement the selected strategies is developed.
 Range plan may include but is not limited to – action, practice, feedback from supportive person, method for monitoring effectiveness of stress management strategies.
- 4.4 Personal stress management strategies are implemented and monitored in accordance with the plan.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 November 2006	31 December 2023
Review	2	18 June 2010	31 December 2023
Rollover and Revision	3	20 May 2011	31 December 2023

Process	Version	Date	Last Date for Assessment
Review	4	16 December 2021	31 December 2023

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

This unit standard is expiring