

<b>Title</b>	<b>Plan, apply and review a psychological skills training programme</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People credited with this unit standard are able to describe methods of developing and maintaining basic psychological skills, and plan, apply, and review a psychological skills training programme in equine sport.
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<b>Classification</b>	Equine > Equine Industry
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Legislation relevant to this unit standard includes but is not limited to:
  - Health and Safety at Work Act 2015.
- 2 Psychological skills training programme may be planned, applied, and reviewed in an equestrian or racing environment by a rider, driver, or jockey. The athlete may be a beginner through to a higher-level competitor.
- 3 Competency must be demonstrated in an actual equestrian competition, trial, or race.

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### Outcomes and performance criteria

#### Outcome 1

Describe methods of developing and maintaining basic psychological skills in equine sport.

#### Performance criteria

- 1.1 Describe methods of developing and maintaining motivation in terms of performance in equine sport.
 

Range methods of developing and maintaining motivation include but are not limited to – goal setting, intrinsic and extrinsic rewards.
- 1.2 Describe methods of developing and maintaining confidence in terms of performance in equine sport.
 

Range methods of developing and maintaining confidence include but are not limited to – thought control, stress management and relaxation, time management, pre-competition preparation.

- 1.3 Describe methods of developing and maintaining concentration in terms of performance in equine sport.

Range methods of developing and maintaining concentration include but are not limited to – coping skills, key words, pre-competition mental preparation, refocusing skills, arousal control.

## Outcome 2

Plan, apply, and review a psychological skills training programme.

### Performance criteria

- 2.1 Select and describe psychological skills in terms of their use for improving performance in equine sport.

Range psychological skills may include but are not limited to – goal setting, time management, self-talk, reframing, affirmations, imagery, coping skills, routine development, refocusing skills, arousal control, relaxation;  
evidence of two psychological skills is required.

- 2.2 Plan a programme with the aim of improving personal performance through the use of the psychological skills selected.

- 2.3 Apply the programme according to the plan.

- 2.4 Review the programme against the objectives.

<b>Planned review date</b>	31 December 2025
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### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	22 May 2009	31 December 2022
Review	2	24 September 2020	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0018
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

### Comments on this unit standard

Please contact the Primary Industry Training Organisation [standards@primaryito.ac.nz](mailto:standards@primaryito.ac.nz) if you wish to suggest changes to the content of this unit standard.