



AUSTRALIAN SPORTS ACADEMY

SIS 50512

DIPLOMA OF SPORT COACHING



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DESCRIPTION

This qualification reflects the role of individuals who apply the skills and knowledge to pursue a career as a coach at a high-performance level. Likely functions for someone with this qualification include observing elite athletes to determine the level of instruction required, and planning, conducting and evaluating high performance individualised and team training programs. Those with this qualification would also supervise practice sessions and provide in competition assistance to athletes including supporting their psychological preparation and conducting post competition analysis of both performance and strategy. Outcomes would vary depending on the specialisation chosen.

JOB ROLES

The following is an indicative job role for this qualification:

- High performance coach
- Sports Coach / Community Coach
- Assistant Strength & Conditioning Coach
- Sports Trainer in rehabilitation centres

COURSE DURATION

The delivery for SIS50512 Diploma of Sport Coaching will take place over 12 months, full-time, and 18 months, part-time.

Course Title: (FULL-TIME)	DIPLOMA OF SPORT COACHING
Total No. of Months:	12
Total No. of Days Per Week:	5
Total No. of Hours Per Day:	3.0
Course Title: (PART-TIME)	DIPLOMA OF SPORT COACHING
Total No. of Months:	18
Total No. of Days Per Week:	3.0
Total No. of Hours Per Day:	3.0
<u>Total Contact Hours</u> <u>(FULL-TIME/PART TIME)</u>	406

NOTE:

The number of hours listed above are subject to change. Students will be eligible for the certification so long as they fulfil the requisite number of hours, and successfully complete all the assessments as required of them.



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ENTRY REQUIREMENTS

Minimum Age : 16

Minimum Academic Qualification : ASA Certificate IV in Sport Coaching

English Language Proficiency : Pass in ASA LLN Test or O Level Pass in English at C6 or higher or IELTS 5.0.

PACKAGING RULES

Entry Units to be completed:

Entry Unit	Unit Description
SISSSCO306	Provide drugs in sport information
SISSSCO307	Provide nutrition information to athletes
SISSSCO308	Support athletes to adopt principles of sport psychology
SISSSCO409	Work collaboratively with support personnel
SISSSCO411	Apply self-management to intermediate level coaching

23 Compulsory Units to be completed:

Entry Unit	Unit Description
BSBADM502B	Manage meetings
BSBINN502A	Build and sustain an innovative work environment
SISSSCO304	Customise coaching for athletes with specific needs
SISSSCO305	Implement selection policies
SISSSCO410	Implement a talent identification program
SISSSCO512	Assist athletes to prevent and manage injury and illness
SISSSCO513	Plan and implement high performance training and recovery programs
SISXCAI305A	Conduct individualised long-term training programs
SISXCCS403A	Determine needs of client populations
SISXIND404A	Promote compliance with laws and legal principles
SISXIND406A	Manage projects
SISXIND408	Select and use technology for sport, fitness and recreation
SISXRSK502A	Manage organisational risks
SITXFIN402	Manage finances within a budget
SITXHRM402	Lead and manage people
SISSMAR503A	Teach the high performance skills of martial arts
SISFFIT419A	Apply exercise science principles to planning exercise
SISSSCO101	Develop and update knowledge of coaching practices
SISSSCO303	Plan and deliver coaching programs
SISSTTC301A	Instruct strength and conditioning techniques



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SISSTC402A	Develop strength and conditioning programs
SISXIND409	Organise a sport, fitness or recreation event
SISXIND410	Coordinate sport, fitness or recreation work teams or groups



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UNIT DESCRIPTIONS

SISSCO306 – Provide drugs in sport information

This unit describes the performance outcomes, skills and knowledge required to provide information about performance enhancing and prohibited drugs to athletes and implement strategies to assist athletes to effectively address those issues according to legislative and sport-specific regulations.

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting. This includes providing in competition assistance to athletes and supporting their psychological preparation. It also applies to those in roles such as sport development officers and competition managers or coordinators.

SISSCO307 – Provide nutrition information to athletes

This unit describes the performance outcomes, skills and knowledge required to enable coaches to provide information to support their athletes to apply the principles and practices of nutrition to achieve peak performance in the relevant sporting activity.

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting.

SISSCO308 – Support athletes to adopt principles of sport psychology

This unit describes the performance outcomes, skills and knowledge required to enable coaches to support their athletes to apply the principles of sports psychology to their specific sporting activity. It focuses on assisting athletes to implement and evaluate psychological approaches to optimise their sporting performance.

This unit applies to those working autonomously and within supervisory roles in a sport and recreation environment. It applies to personnel who are responsible for coaching athletes in a sport-specific training or competition setting.

SISSCO409 – Work collaboratively with support personnel

This unit describes the performance outcomes, skills and knowledge required to consult with others to develop and maintain an effective working relationship in relation to sporting activities or competition.

This unit applies to personnel who coach or train athletes in a sport-specific training or competition setting at an intermediate level.

SISSCO411 – Apply self-management to intermediate level coaching

This unit describes the performance outcomes, skills and knowledge required to improve coaching skills for sport competition environments. This unit focuses on the ability to apply self-reflection techniques and plan and implement a professional development plan.

This unit applies to those personnel who are responsible for coaching athletes at an intermediate level, where the competition is at a minimum of regional level. Personnel will already have achieved basic level coaching accreditation through their National Sporting Organisation (NSO).

BSBADM502B – Manage meetings

This unit describes the performance outcomes, skills and knowledge required to manage a range of meetings including overseeing the meeting preparation processes, chairing meetings, organizing the minutes and reporting meeting outcomes.

BSBINN502A – Build and sustain an innovative work environment

This unit describes the performance outcomes, skills and knowledge required to create an environment that enables and supports the application of innovative practice.

SISSCO304 – Customise coaching for athletes with specific needs

This unit describes the performance outcomes, skills and knowledge required to customise coaching practices for athletes with specific needs.

This unit applies to those operating as a coach from regional, to international level working with athletes with particular needs such as those from culturally linguistic and diverse backgrounds, elite juniors or mature aged athletes. This also covers athletes with a disability.

SISSCO305 – Implement selection policies

This unit describes the performance outcomes, skills and knowledge required to utilise selection criteria and policies to make selection decisions in consultation with relevant personnel in specific sporting areas and or activities. It focuses on conveying selection criteria and policy to potential candidates, compiling selection data for potential candidates and applying organisational selection policies.

This unit applies to those working autonomously and within supervisory roles in a sport organisation at a local, state or national level. It applies to personnel responsible for selection of candidates in a sport-specific training and or competition setting including schools and local sporting clubs.

SISSCO410 – Implement a talent identification program

This unit describes the performance outcomes, skills and knowledge to implement and evaluate a talent identification system for athletes. It focuses on identifying and developing potential athletes to perform at elite competition level in the relevant sport.

This unit applies to those working in a coaching role in a specific training and or competition setting at from regional to international level and whose role would include identifying and developing athletes in specific sports.

SISSCO512 – Assist athletes to prevent and manage injury and illness

This unit describes the performance outcomes skills and knowledge required enable coaches to assist their athletes with injury prevention and provide strategies to deal with illness and injury.

This unit applies to those personnel who are responsible for coaching athletes at a high performance level. Personnel will already have achieved senior level coaching accreditation through their NSO.

SISSCO513 – Plan and implement high performance training and recovery programs

This unit describes the performance outcomes, skills and knowledge required to apply sport-specific knowledge to implement a high-performance training program designed to refine the skills and performance of individuals participating at a high level.

This unit applies to coaches working with individuals or teams at a minimum of state representative level.

SISXCAI305A – Conduct individualised long-term training programs

This unit describes the performance outcomes, skills and knowledge required to apply sport or activity-specific knowledge to plan, implement and evaluate long-term training programs designed to develop individual sporting or physical capacity.

This unit applies to coaches working with individuals or teams. It also applies to fitness instructors, specialised exercise trainers or personal trainers who provide a range of fitness programs and services to individuals and groups. The unit is applicable to those working with individuals and sporting groups, in fitness centres, gyms or autonomously in the fitness industry.

SISXCCS403A – Determine needs of client populations

This unit describes the performance outcomes, skills and knowledge required to gather, analyse and interpret data to plan and evaluate client service relationships and develop methods of improvement.

This unit applies to those working autonomously and within supervisory roles in a sport, recreation or

fitness environment. It applies to personnel who are responsible for planning and conducting coaching and talent development programs for athletes in a sport-specific training or competition setting. This may include schools and local sporting clubs; those managing high-performance individual or team athletes, such as sports trainers; and those planning, implementing and evaluating outdoor recreation programs and activities across a range of activity areas, such as operations managers and outdoor adventure guides. This unit may also apply to program developers and managers who are responsible for identifying and developing community recreation activities, managing competitions in a range of sporting organisations, and managing sports venues and facilities. This unit may also apply to fitness venue managers and personal trainers.

SISXIND404A – Promote compliance with laws and legal principles

This unit describes the performance outcomes, skills and knowledge required to apply legislation relevant to organisation operations. The unit focuses on analysis and interpretation of relevant legislation to inform the review of current organisation systems to determine compliance with legal obligations and promote the modification or development and implementation of systems to promote organisation compliance.

This unit applies to staff in leadership and supervisory roles, responsible for organisation systems in a variety of sport, fitness and recreation environments. This may include staff working as program, recreation or swim school coordinators or managers across a range of programs and locations, sport development officers or administrators as well as those working in outdoor field locations, such as outdoor leaders and logistics coordinators.

SISXIND406A – Manage projects

This unit describes the performance outcomes, skills and knowledge required to scope, implement, monitor and evaluate project-management plans and outcomes in specific activity areas, ensuring all resources are available to achieve project goals and that the project complies with legislative and organisational requirements.

This unit applies to those working autonomously and within supervisory roles in a sport, recreation or fitness environment. This includes those in leadership and guidance roles, such as competition managers, program developers, operations managers and adventure guides. These roles may be performed in a range of sport and recreation environments, such as leisure centres, training venues, indoor activity centres or as part of outdoor recreation activities.

SISXIND408 – Select and use technology for sport, fitness and recreation

This unit describes the performance outcomes, skills and knowledge required to assess, use and evaluate technology relevant to work in the sport, fitness and recreation industry. The unit focuses on the ability to source and comprehend technical information and acquire skills in technology use.

This unit applies to a range of individuals working in the sport, fitness and recreation industry who require an essential and broad knowledge of technology to support their activities. This unit applies to individuals working within any sector, in any location and for any sport, fitness and recreation

organisation, but is of particular relevance to those with a focus on performance enhancement.

SISXRSK502A – Manage organisational risks

This unit describes the performance outcomes, skills and knowledge required to develop, implement and evaluate a risk-management program for an organisation. It incorporates an assessment of potential risks facing the organisation and the development of strategies and procedures to mitigate risk situations according to the current Australian and New Zealand Standard.

This unit applies to those who work in a range of roles, settings and locations in the sport, fitness and recreation industry, including indoors, outdoors and in controlled or uncontrolled environments. This includes those who are responsible for planning, implementing and evaluating programs and activities, such as operations managers, program managers or adventure guides, as well as those managing competitions, sports venues and facilities, recreation and fitness venues.

SITXFIN402 – Manage finances within a budget

This unit describes the performance outcomes, skills and knowledge required to take responsibility for budget management where others may have developed the budget. It requires the ability to interpret budgetary requirements, allocate resources, monitor actual income and expenditure and report on budgetary deviations.

SITXHRM402 – Lead and manage people

This unit describes the performance outcomes, skills and knowledge required to lead and manage people and teams and support and encourage their commitment to the organisation. It requires the ability to lead by example and manage team performance through effective leadership.

SISSMAR503A – Teach the high performance skills of martial arts

This unit describes the performance outcomes, skills and knowledge required to teach the high performance skills of martial arts. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills of a chosen martial art or discipline to a high performance level.

This unit applies to individuals intending to pursue a career as a coach of a chosen martial art or discipline at a state, national or international level. This includes observing high performance martial arts athletes to determine the level of instruction required, and planning, conducting and evaluating high performance individualised and group-based training programs and games or competitions. This may involve supporting athlete's psychological preparation, liaising with other coaches and specialists, and conducting post-competition analysis of both performance and strategy.

SISFFIT419A – Apply exercise science principles to planning exercise

This unit describes the performance outcomes, knowledge and skills required to utilise a broad knowledge of exercise science principles in fitness training.

This unit applies to exercise trainers who work in facilities that provide a range of exercise programs to general populations including older clients who present with no major health conditions. The unit is applicable to those employed in fitness environments such as fitness venues and those working autonomously in the fitness industry.

SISSSCO101 – Develop and update knowledge of coaching practices

This unit describes the performance outcomes, skills and knowledge required to develop and update information on coaching, including the legal and ethical issues that must be considered by coaches.

The unit focuses on the ability to source and comprehend general principles of coaching as well as National Sporting Organisation (NSO) sport specific requirements and covers the initial and ongoing development of a person's required knowledge base. It does not cover the technical requirements related to coaching in particular sport, these skills are covered in other units. This information underpins effective performance as a coach.

This unit describes a key function for all people who require an essential knowledge of coaching general principles to support work activities. This unit applies to individuals who undertake entry level coaching roles in any sport in any location. It is particularly relevant for those wishing to operate as a community coach.

SISSSCO303 – Plan and deliver coaching programs

This unit describes the performance outcomes, skills and knowledge required to develop and deliver sports coaching programs. The unit focuses on the application of planning and organisational skills to determine developmental activities and delivery methods according to sports participants needs.

This unit applies to those conducting coaching activities in a variety of sport contexts including schools and clubs.

SISSSTC301A – Instruct strength and conditioning techniques

This unit describes the performance outcomes, knowledge and skills required to use drills, exercises and activities to instruct strength and conditioning techniques to individual athletes or groups of athletes according to their sport-specific needs, or those undertaking fitness programs to achieve personal fitness goals.

This unit applies to coaches working with individuals or teams. It also applies to fitness instructors who provide a range of fitness programs and services to individuals or groups. The unit is applicable to those working with sporting groups, in fitness centres, gyms or autonomously in the fitness industry.

SISSTC402A – Develop strength and conditioning programs

This unit describes the performance outcomes, knowledge and skills required to develop, implement and evaluate strength and conditioning program. It focuses on the skills needed to develop a program which meets the needs of individual athletes or groups of athletes according to their sport-specific needs or those undertaking fitness programs to achieve personal fitness goals.

This unit applies to coaches working with individuals or teams. It also applies to fitness instructors who provide a range of fitness programs and services to individuals or groups. The unit is applicable to those working with sporting groups, in fitness centres, gyms or autonomously in the fitness industry.

SISXIND409 – Organise a sport, fitness or recreation event

This unit describes the performance outcomes, skills and knowledge required to organise an event in a sport, fitness and recreation environment. It involves planning, set-up and delivery of an event, supervising the event team and monitoring and evaluating the event or competition outcomes. Event team members may be paid employees or volunteers.

While the unit is broad in scope to cover the diversity of sport, fitness and recreation event types it requires the ability to apply specific knowledge of event organisation and coordination requirements at a single site or venue for a participation event such as a regional sports carnival, club fundraiser, facility open day or fun run.

This unit requires the event coordinator to consistently and responsibly apply organisational policy and procedures and state, territory and local statutory requirements in regard to planning and delivery of events. Event coordinators would have responsibility for allocation of resources within a defined budget, determining the event specific systems and procedures within the framework of the event managing organisation or sport controlling body and a dedicated event team to assist with the implementation.

SISXIND410 – Coordinate sport, fitness or recreation work teams or groups

This unit describes the performance outcomes, skills and knowledge required to coordinate work teams or groups in a sport, fitness and recreation environment. It involves monitoring and organising staffing levels, informing team or group members of expected standards of work, motivating the team and maintaining staffing records. Group or team members may be paid employees or volunteers.

This unit requires the team or group coordinator to consistently and responsibly apply organisational policy and procedures and local statutory requirements in regard to the induction, rostering, coordination, coaching and motivation of work teams or groups. It requires strong interpersonal communication skills. Those with managerial or supervisory responsibility undertake this role.

DELIVERY METHODS

The course will be delivered using one or more of the following methods:

- Classroom;
- Theory; or
- Practical.

ASSESSMENT METHODS

Assessment methods can include one or more of the following:

- Questions and answers;
- Panel of workplace presenters/personal trainers;
- Simulation;
- Role plays;
- Written and/or oral examinations;
- Projects and case studies;
- Observation;
- Third party report; or
- Practical demonstration and assessment.

CREDIT TRANSFER

The organisation recognises qualifications issued by the Australian Qualification framework and statements of attainment which are issued by any other Registered Training Organisation.

Students may be entitled to a credit transfer in the following circumstances:

- Completed units of competency from a relevant National Training Package.
- Approved units of competency from a National Training Product.
- Successful RPL application



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RECOGNITION OF PRIOR LEARNING

Recognition of Prior Learning (RPL) is a process where a candidate may be granted credit or partial credit towards a qualification in recognition of skills and knowledge gained through work experience and/or formal training. For additional information relating to RPL for this course, please contact our admissions team.

ACCREDITATION

This course has been developed under the Australian Quality Framework (AQF) and is recognised in Australia. Qualifications granted by Australian Sports Academy are accredited by the Australian Government; Department of Education, Employment and Workplace Relations.

QUALIFICATION FEE (LOCAL Students)

FEES STRUCTURE		
Fees Breakdown	Total Payable (S\$) (with GST)	
Application Fee (Non-Refundable)	190.50	
Course fee	9,416.00	
Course material fee	642.00	
Examination fee	1,819.00	
TOTAL FEES PAYABLE	11,877.00	
NO. OF INSTALMENTS	Full Time:	6
	Part Time:	9
INSTALMENT AMOUNT	Full Time:	\$ 1,979.50
	Part Time: (6 Instalments)	\$ 1,319.65
	Part Time: (3 Instalments)	\$1,319.70

QUALIFICATION FEE (INTERNATIONAL Students)

FEES STRUCTURE		
Fees Breakdown	Total Payable (S\$) (with GST)	
Application Fee (Non-Refundable)	345.50	
Medical Insurance Fee	96.30	
Fees for Banker's Guarantee (Non-Refundable)	To be determined	
Course fee	9,416.00	
Course material fee	642.00	
Examination fee	1,819.00	
TOTAL FEES PAYABLE	11,877.00	
NO. OF INSTALMENTS	Full Time:	2
INSTALMENT AMOUNT	Full Time:	\$ 5,938.50

MISCELLANEOUS FEE (Applicable for both LOCAL and INTERNATIONAL Students)

MISCELLANEOUS FEES	
Purpose of Fee	Amount (with GST S\$)
Deferment Fee (if applicable)	235.40
Re-Assessment per unit	214.00
Re-Module per unit	856.00
Penalty for late payment (each week of late payment)	10.70
Printing cost per Sheet	0.20
Replacement of student ID	21.40
Medical Insurance (if applicable)	96.30
ISA T-shirt	30.00

Note: Miscellaneous Fees refer to any optional fees which the students pay only when applicable.



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About ISA

The International Sports Academy (ISA) was officially opened in 2005 and has been appointed as the sole partner in Singapore by the United States Sports Academy (USSA), to provide quality academic sports certifications and diplomas. The ISA was founded in order to meet the growing need for sports education in Singapore. With the growing interest in sports to promote a healthier lifestyle and a means of social cohesion, the sporting industry has grown substantially over the past years. The ISA provides the much needed knowledge and skills required to empower individuals with the right tools to achieve success in the sporting industry today.

Our Mission

Preparing the next generation of sports leaders for the industry of tomorrow.

Our Vision

To become the region's leader in sports education, providing the tools to empower individuals with both knowledge and skills required to achieve success in the sporting world.

Our Values

PASSION | PURPOSE | PROGRESS

Our Culture

An environment where our passion for sports meets the love of learning.

Where success is not quantified by just the end result, but rather by the calibre of the pursuit.