



## Certificate IV in Sport (Athlete Support Services) [SRS40406]



The Certificate IV in Sport (Athlete Support Services) offers the student a number of options to pursue a career in Sport in the areas of massage therapy, sports trainer, and strength and conditioning. In addition to learning more in-depth techniques as a sports trainer, the student will also be able to specialise in massage therapy and/or strength and conditioning.

As a massage therapist, the student will develop the following knowledge and skills:

- ✦ develop and implement a massage therapy plan for an athlete or team; and,
- ✦ undertake related administrative tasks such as maintaining financial records, stock control and promoting products/services to clients.

By focusing on strength and conditioning, the student will develop the following knowledge and skills:

- ✦ observe athlete's performances to determine the level of instruction required;
- ✦ plan, conducting, evaluating and modifying individualised training programs;
- ✦ supervise the physical development of athletes;
- ✦ undertake related administrative tasks such as report writing, maintaining financial records and stock control; and,
- ✦ organise and liaise with coaching and other sports science support staff.

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The requirements for a Certificate IV in Sport (Athlete Support Services) comprise achievement of nineteen (19) to twenty-seven (27) units of competency including specific Core units PLUS the specified Stream units of competency from the functional area of Athlete Support Services PLUS a specialisation in the area of massage therapy, sports trainer or strength and conditioning. The student will also be required to take five (5) elective units of competency from any Training Package within the Sport and Recreation Industry or from any other Certificate IV endorsed Australian Training Package from any other industry.

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Among the subjects to choose from include:

- ✦ Foundation of Sport, Recreation and Fitness Administration
- ✦ The Basics of Strength and Conditioning
- ✦ Introduction to Sports Massage



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The requirement for a Certificate IV in Sport (Athlete Support Services) will comprise achievement of a total of eighteen (18) to twenty-two (22) of the following units of competency:

### **CORE** (All core competencies must be completed):

BSBCMN402A	Develop work priorities
ICAITU006C	Operate computing packages
SRXGCSO06A	Address client needs
SRXGCST05A	Coordinate client service activities
SRXINU003A	Analyse participation patterns in specific markets of the leisure and recreation industry
SRXINU004A	Promote compliance with laws and legal principles
SRXOGN001A	Conduct projects
SRXOHS002B	Implement & monitor the organisation's Occupational Health & Safety policies, procedures & programs
SRXRIK001A	Undertake risk analysis of activities

### **STREAM** (All stream competencies must be completed):

HLTCOM6A	Make referrals to other health care professionals when appropriate
HLTCOM8A	Use practice specific/medical terminology in order to communicate with client/patients, fellow workers and health care professionals

### **SPECIALISATION** (Choose one)

#### **Sports Trainer**

SRSSPT002B	Operate in accord with the accepted roles & responsibilities of a sports trainer
SRSSPT009B	Assist with the rehabilitation of injuries
SRSSPT010B	Tape and/or brace elbow, Achilles and AC joint

#### **Massage Therapy**

HLTCOM5A	Administer a practice
HLTIN1A	Comply with infection control policies and procedures
HLTREM1A	Work within a massage framework
HLTREM6A	Provide the massage treatment
HLTREM7A	Plan the massage treatment
HLTREM8A	Apply massage assessment framework
SRSMAS001A	Apply appropriate pre-event and post-event technique
SRSMAS002A	Operate in accord with accepted massage therapy workplace practices and ethics

#### **Strength and Conditioning**

SRSSTC001A	Teach or develop basic skills of strength and conditioning
SRSSTC002A	Plan and prepare a strength and conditioning program for a competitive athlete
SRSSTC003A	Operate in accord with accepted strength and conditioning industry health and safety practices
SRSSTC004A	Operate and maintain strength and conditioning facilities and equipment



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## ELECTIVES

(Choose three of the following Units of Competency or from the Specialisation)

<b>Coaching General Principles</b>	SRSCGP010A	Provide information regarding drugs in sport issues
	SRSCGP011A	Support athletes to adopt the principles of sports psychology
	SRSCGP012A	Support athletes to adopt the principles of eating for peak performance
	SRSCGP014A SRFETP001A	Implement recovery programs Plan and instruct an endurance training program
<b>General Administration</b>	BSBADM402A	Produce complex business documents
	BSBADM403A	Develop and use complex databases
	BSBADM404A	Develop and use complex spreadsheets
	BSBADM405A	Organise meetings
<b>Small Business Management</b>	BSBSBM401A	Establish business and legal requirements
	BSBSBM402A	Undertake financial planning
	BSBSBM403A	Promote the business
	BSBSBM404A	Undertake business planning