

SISSCO003 Meet participant coaching needs

Practical Task 1

Plan, conduct and evaluate three sport-specific coaching sessions **on three occasions** for a **duration of at least 30 minutes** each that involves:

customising the session plans to meet the individual needs of **participants from two of the following population groups:**

- boys
- girls
- adolescent boys
- adolescent girls
- adult men
- adult women
- pregnant women
- older adults
- those with a physical disability
- those who are deaf or hard of hearing
- the blind and visually impaired
- those with an intellectual disability
- culturally and linguistically diverse groups

Submit your session plans **for each of the 3 sessions (using the Training Session Plan template in Practical Task 2)**, and conduct those sessions, applying inclusive and non-discriminatory coaching practices.

Session plans can be uploaded in the online Assessment Questions section.

Sessions **MUST** be conducted for at least 2 different clients and you must clearly outline how and why the sessions differ according to the client's needs.

Submission:

Unless you are conducting your sessions in the presence of a qualified and approved assessor, you **must film each session and submit the video** to the Global Fitness Institute assessment drive.

Please submit each session as a separate video file.

Submission Link:

<https://drive.google.com/drive/folders/19bOVR6jpi0DDATYHIJkJMOY4UcefbNM0?usp=sharing>