

SISXCAI008 - Plan, conduct and review training and recovery programs

Practical Assessment

Task 1:

Plan, implement and evaluate three (3) high performance training programs that includes at least eight (8) training sessions each and meet the needs of participants. (3 programs, x min 8 sessions each)

As part of the task you must:

- Assess participant ability to meet the demands of high level performance
- Plan a training program to meet participant requirements.
- Implement the training program
- Monitor and adjust the training program
- Manage competitive and performance events during the program (where applicable)

You must submit evidence either in person, or via video upload, that you conducted these training sessions (Note: a written report alone will not constitute evidence)