



**SIS30713 -
CERTIFICATE III
IN SPORT COACHING
(TENNIS)**

SIS30713 - CERTIFICATE III IN SPORT COACHING (TENNIS)

DESCRIPTION

This qualification reflects the role of individuals who apply the skills and knowledge to undertake a role as a coach. Likely functions for someone with this qualification include observing the performance of sports participants to determine the required level of instruction, and planning, conducting and evaluating individualised and team based training programs. Those with this qualification would also supervise practice sessions and provide in competition assistance to participants.

Possible job titles include:

- Coach
- Personal coach

COURSE CONTENT

Core

- **HLTAID003** - Provide first aid
- **SISSCO101** - Develop and update knowledge of coaching practices
- **SISSCO202** - Coach beginner or novice participants to develop fundamental motor skills
- **SISSCO303** - Plan and deliver coaching programs
- **SISSCO304** - Customise coaching for athletes with specific needs
- **SISSDE201** - Communicate effectively with others in a sport environment
- **SISXAC001** - Maintain equipment for activities
- **SISXRSK301A** - Undertake risk analysis of activities
- **SITXCOM005** - Manage conflict

Elective

- **SISSTNS205** - Interpret and apply the rules and regulations of tennis
- **SISSTNS307** - Coach red stage tennis players
- **SISSTNS308** - Coach orange stage tennis players
- **SISSTNS309** - Coach green stage tennis players
- **SISSCOP202A** - Develop a personal management plan
- **SISXCAI003** - Conduct non-instructional sport, fitness or recreation sessions

CAREER OUTCOMES

A sports coach teaches individuals and teams to improve the way they play their sport by analysing their performances, instructing players in relevant skills and enhancing players' performance. Coaches facilitate the development of athletes in order to improve performance of the individual or team.

This requires the coach to:

- Plan, conduct and evaluate training
- Evaluate and analyse the sport specific performance of individual athletes and/or teams
- Design individualised training programs
- Apply a variety of teaching methods and instructional styles

Sport coaches are employed by sporting clubs and associations, government agencies, government funded centres (e.g. The Australian Institute of Sport), holiday resorts and centres specialising in particular sports (e.g. Horse-riding schools), swimming centres, health clubs and community institutions.

They may perform the following tasks:

- Observe individual performances to determine the level of instruction required
- Teach techniques for players to acquire additional skills or improve existing skills
- Plan, conduct, monitor and adjust an individualised training program
- Implement sports first aid procedures and apply sports first aid
- Supervise the physical development of athletes by teaching or developing the skills of strength and conditioning
- Aid in the psychological preparation of athletes to meet the needs of competition and training
- Organise and liaise with sports science support staff and officials
- Provide information about drugs in sport issues
- Apply the principles of eating for peak performance
- Plan and direct game strategy, sometimes in consultation with club officials
- Analyse the progress of games or competitions and give signals and instructions to players
- Travel with teams or individuals