



**Australian Government**

# **Assessment Requirements for RGRPSH418 Set goals to improve racing performance**

**Release: 1**

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## Modification History

Release	Comments
Release 1	This version released with RGR Racing and Breeding Training Package Version 2.0.

## Performance Evidence

An individual demonstrating competency in this unit must satisfy all of the elements and performance criteria of this unit. There must be evidence that the individual has set and prioritised personal and career goals to improve racing performance, on at least one occasion, including:

- reviewed personal racing outcomes and feedback from others to assess racing performance objectively
- developed goals to manage career and personal priorities.

## Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- principles and practices of goal setting and racing improvement
- factors that can affect performance:
  - impact of anxiety on performance
  - impact of self-confidence and self-esteem on performance
  - benefits and disadvantages of stress to performance
  - effect of human emotions on self and others
  - social media and effects of feedback and critiques of performance
- factors that lead to success or failure in racing
- lifestyle balance and personal welfare:
  - principles of self-management
  - stress management techniques
  - types of relaxation and performance enhancing techniques
  - planning leisure activities
  - strategies to manage weight problems
- racing industry standards and expectations relevant to industry personnel racing performance:

- communication procedures within stable and wider racing industry
- relevant rules of racing.

## **Assessment Conditions**

Assessment of skills must take place under the following conditions:

- physical conditions:
  - a workplace or simulated environment that accurately reflects performance in a real workplace setting
- specifications:
  - personal records of performance or achievements, and feedback from targeted racing personnel.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

## **Links**

Companion Volumes, including Implementation Guides, are available at VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5c4b8489-f7e1-463b-81c8-6ecce6c192a0>