



**Australian Government**

**Assessment Requirements for RGRPSH419  
Manage principles of sports science for  
jockeys**

**Release: 1**

# Assessment Requirements for RGRPSH419 Manage principles of sports science for jockeys

## 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 managed personal health, fitness and wellbeing according to the principles of sports science for jockeys, including:

- developed an exercise regime for two different situations, and implemented the strengthening exercises
- developed a diet to manage weight for two different scenarios
- devised strategies for managing a common illness and injury experienced by jockeys
- investigated approaches to cope with stress and build resilience.

## 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:

- basic principles of human anatomy and physiology
- basic principles of human fitness and exercise regimes, including:
  - fitness indicators
  - hydration and dehydration
- sources and types of professional fitness services
- racing industry safety requirements, including safe operating procedures:
  - types of workplace illnesses and injuries in the racing industry
  - common riding injuries, illnesses and related rehabilitation
  - reporting procedures for workplace illness or injury
- basics of food and nutrition in diets for sport, including:
  - managing and maintaining weight
  - effect of drugs and alcohol on fitness
- basic principles of wellbeing, including:
  - sources of stress – social media, work schedule, career, family

- work relationships – trainers, race officials, stewards and stable personnel
- physical and emotional indicators of stress
- features of work/life balance
- resilience and coping strategies
- sources of advice and help.

## **Assessment Conditions**

Assessment of skills must take place under the following conditions:

- physical conditions:
  - a workplace setting or an environment that accurately represents workplace conditions
- resources, equipment and materials:
  - materials and equipment relevant to assessing candidate's ability to manage and apply principles of sports science for jockeys
  - realistic case studies or scenarios if required
- specifications:
  - work instructions and related documentation.

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>