



Australian Government

RGRPSH419 Manage principles of sports science for jockeys

Release: 1

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.

Application

This unit of competency describes the skills and knowledge required to identify the principles of human anatomy and physiology in order to maintain healthy riding weight and manage fitness, including diet, illness and injury.

The unit applies to individuals working as apprentice jockeys in work environments of racing stables, racecourses and public areas.

Licensing, legislative, regulatory or certification requirements apply to this unit. Users are advised to check with the relevant Principal Racing Authority (PRA) for current requirements.

Pre-requisite Unit

Nil

Unit Sector

Performance services horse (PSH)

Elements and Performance Criteria

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Develop strength and fitness for jockeys	1.1 Identify basic principles of human anatomy and physiology 1.2 Apply principles of fitness to human anatomy 1.3 Determine exercise regime according to workplace health and safety principles and practices 1.4 Use safe strengthening exercises
2. Develop diet for	2.1 Apply principles of nutrition for athletes

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
jockeys	2.2 Maintain safe long-term weight management practices 2.3 Evaluate professional services for nutrition and weight control
3. Manage workplace illness and injury	3.1 Identify common riding injuries and assess rehabilitation practices 3.2 Recognise and manage workplace illnesses and injuries 3.3 Follow procedures for reporting workplace illness or injury
4. Manage stress related to training and racing	4.1 Identify training and racing situations that can lead to stress for individuals 4.2 Recognise common indicators of stress 4.3 Investigate a range of coping strategies and techniques for building resilience in professional fitness references

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.

Skill	Description
Reading	<ul style="list-style-type: none"> Interpret information from a variety of sources on health, fitness and stress, and consolidate information to determine requirements
Numeracy	<ul style="list-style-type: none"> Perform calculations relevant to calculating weight and food nutritional requirements
Navigate the world of work	<ul style="list-style-type: none"> Comply with explicit policies and procedures, including relevant rules of racing.
Get the work done	<ul style="list-style-type: none"> Contribute to continuous improvement of health, fitness and wellbeing by applying basic principles of analysis Take responsibility for planning, sequencing and prioritising health, fitness and wellbeing activities for efficient and effective outcomes

Unit Mapping Information

Code and title	Code and title	Comments	Equivalence status
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current version	previous version		
RGRPSH419 Manage principles of sports science for jockeys	RGRPSH419A Manage principles of sports science for jockeys	Updated to meet Standards for Training Packages. Changes to elements and performance criteria to clarify intent of unit.	Equivalent unit

Links

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