

# SKAES16 SQA Unit Code H9AK 04

## Manage your lifestyle to achieve excellence in your sport



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### Overview

Achieving excellence in your sport is not just about physical conditioning, technical, tactical and psychological skills. Being professional in all aspects of your life is also important. Your success depends on you making informed decisions, being reliable and spending your time in a way that does not harm your ability to perform or bring yourself or your sport into disrepute.

It is important that you can:

- make informed decisions when planning and prioritising your own commitments; including training, competition and other types of employment and education
- plan and manage your time effectively
- make good use of your leisure time, ensuring that leisure pursuits do not interfere with or harm your ability as an athlete or in achieving excellence in your sport

This standard is divided into two parts. The first part describes the two things you have to do. These are:

- 1. Plan and manage your sporting commitments**
- 2. Plan and manage your time outside sport**

The second part covers the knowledge and understanding you must have.

### Target Group

This standard is for athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

### Performance criteria

#### Plan and manage your sporting commitments

*You must be able to:*

- P1 work with **others** to plan, agree and record your **sporting commitments**
- P2 plan and manage your time so that you can achieve your **sporting commitments** as planned
- P3 make best use of the **resources** you need to achieve your **sporting commitments**
- P4 inform **others** who need to know about your plans
- P5 be flexible in adapting your **sporting commitments** when circumstances change

#### Plan and manage your time outside sport

*You must be able to:*

- P6 plan your everyday life so that you make best use of the time and opportunities available to you
- P7 take rest and relaxation as agreed with **others**
- P8 identify and manage the positive and negative influences of **others** and activities in your life and the effect they can have on your progress in sport
- P9 manage time away from home effectively
- P10 identify people with relevant skills, knowledge and experience who can provide help and support when you need it

### Knowledge and understanding

*You need to know and understand:*

#### Plan and manage your sporting commitments

- K1 why it is important to plan and manage your commitments
- K2 the importance of being clear about your commitments and agreeing with coaching staff and other people
- K3 how to prioritise your commitments
- K4 methods you can use to help you plan and manage your time
- K5 the types of things that can cause you to waste time in a way that could affect your work commitments and how to keep these to a minimum
- K6 the types of resources you need to help you meet your commitments
- K7 why it is important to keep others up-to-date on your commitments
- K8 why it is important to be flexible in planning your commitments and how to do this
- K9 who can help you to plan your commitments

#### Plan and manage your time outside sport

*You need to know and understand:*

- K10 why it is important for athletes to make good use of their time
- K11 why rest and relaxation is important to you, as an athlete
- K12 how to identify how much rest and relaxation you need and stick to this routine
- K13 the types of leisure activities that can help your performance and standing in your sport and the types of leisure activities that will not
- K14 types of leisure activities that can help you to develop personally
- K15 the types of activities that could harm your performance and standing as an elite athlete, and their potential consequences
- K16 the impact of social media
- K17 people who can help you to make good use of your time and provide support with personal issues

## **Additional Information**

### **Scope/range**

- 1. Sporting commitments**
  - 1.1. short term
  - 1.2. medium term
  - 1.3. long term
  
- 2. Resources**
  - 2.1. clothing and equipment
  - 2.2. information
  - 2.3. people
  - 2.4. finance
  - 2.5. travel arrangements
  
- 3. Others**
  - 3.1. coaching and or other relevant staff
  - 3.2. mentors
  - 3.3. other athletes
  - 3.4. school or college
  - 3.5. parents

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#### **Links to other NOS**

This standard links closely with all other SKAES standards.

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