



SPORT SCIENTIST CANADA

Para Sport

Area of Focused Competence (AFC)

Competency Form

(to demonstrate competencies 1-4)

Instructions:

1. Prior to filling out the competency form please read through the applicant manual for instructions.
2. We encourage you to highlight the diversity in your para sport experience by drawing your answers from different sports and/or para athletes when possible.
3. We recommend reading the list of provided para sport resources in the Applicant Manual appendix.
4. Take note that some elements require an **example** of you demonstrating the competency while others require you to **describe, identify, or list** information that confirms your knowledge of that competency.
5. Your **examples** must include a situation, task, action, and result (STAR response technique)
6. Do NOT use names of people or organizations in your examples. Include basic situational information to protect athlete's identity. Focus on your task, action, and result.

Once ready, fill in the form below (in full). Save and **upload** to your submission on the Sport Scientist Canada website along with the following:

- Letter of reference
- Resume
- Case study PowerPoint slide deck for competency 5

1. Knowledge of Paralympic Sports

Competency Element	
1a. Describe the Paralympic sport system (from international to local) and highlight the respective sport partners and major competitions	Description:
1b. List the 10 primary eligible impairments as outlined by the IPC classification code	<ol style="list-style-type: none">1.2.3.4.5.6.7.8.9.10.
1c. List the 3 steps of classification outline by the IPC	Step 1: Step 2: Step 3:

<p>1d.</p> <p>i) Describe potential differences in the athlete development pathways between a para athlete and an able-bodied athlete</p> <p>ii) Describe the differences in the development pathways between a para athlete with a congenital impairment and an athlete who acquired their impairment later in life</p>	<p>Description:</p> <p>i)</p>	<p>Description:</p> <p>ii)</p>
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2. Training and Competition Environment

Competency Element	
<p>2a. Provide one example of when you have implemented safety measures in the daily training environment (DTE) or competition environment (<i>choose one</i>) relating to a para athlete's impairment</p>	<p>Example:</p>
<p>2b. Provide one example of when you have optimized the performance impact (ie. Medal potential or training quality) for a para athlete in the DTE or competition environment (<i>choose one</i>)</p>	<p>Example:</p>

3. Physical considerations

Competency Element		
<p>3a. Identify the physical effects an impairment can have on a para athlete's training, recovery or performance. Please do this for two impairments</p> <p><i>*Physical effects include physiological, biomechanical, medical, muscular skeletal, and neurological impacts</i></p>	Impairment 1:	Impairment 2:
<p>3b. Provide one example of a workflow process that you have used when working with an unfamiliar para sport or impairment</p>	Example:	
<p>3c.</p> <p>(i) Identify one potential effect of activities of daily living (ADL) on training, recovery, or performance in para athletes</p> <p>(ii) Provide an example of how you would design a session with a para athlete while taking their ADL into consideration</p> <p><i>*ADL include fundamental, essential, and routine tasks required to independently care for oneself, such as eating, bathing, and mobility</i></p>	<p>Identification:</p> <p>(i)</p>	<p>Example:</p> <p>(ii)</p>

4. Psychological Considerations

Competency Element		
<p>4a.</p> <p>i) Identify at least two considerations on the use of appropriate language and communication strategies regarding a para athlete or an impairment</p> <p>ii) Provide one example of how you implemented these language considerations during a session with a para athlete</p>	<p>Identification:</p> <p>(i)</p>	<p>Example:</p> <p>(ii)</p>
<p>4b.</p> <p>(i) Identify one mental health risk factor (of which you are aware) that could exist in a para athlete's journey.</p> <p>(ii) Describe what resources you would access to support the risk factor listed above?</p>	<p>Identification:</p> <p>(i)</p>	<p>Description:</p> <p>(ii)</p>
<p>4c. Provide one example on how you have reflected and worked towards addressing any implicit or unconscious biases towards para athletes or para sports</p>	<p>Example:</p>	

5. Assessment, Adaptation, & Innovation

This competency will be answered in a PowerPoint presentation format. Applicants will download the PowerPoint template and prepare a presentation for the reviewer during the interview process. The presentation should be minimum 10-minutes and maximum 20-minutes in duration.

Reflection Question

<p>To foster a culture of excellence, growth, and learning, please select one of the core competencies listed above and outline a specific goal that you aim to achieve within the next two years to enhance this competency.</p>	<p>Competency Element:</p> <p>Goal:</p>
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