



HPC Competency Submission Form

Practitioner Level

(Minimum 3 years of HP Sport Experience)

Checklist:

1. Review the HPC Guidelines before completing this form. Available for download on the SSC Website.
2. Ensure you have selected the correct form at the level you meet all standards and wish to apply.
3. Sign and type your name below.

Reminders:

- Provide examples of **how** you demonstrate each competency element.
- Refrain from using specific organizational names or individual names.
- Applicants must use the **STAR** framework for each example:
 - **Situation** – provide the context for the example, the environment or situation, the individuals (titles or roles) or types of organizations involved
 - **Task** – your role, how **you** applied the competency
 - **Action** – the action **you** took
 - **Result** – the outcome or result of **your** action

Note: The submission form must be opened in Adobe if you use a Mac.

Download a free version of the software here:

<https://get.adobe.com/reader/?promoid=TTGWL47M>

Attestation: I have completed this form to provide evidence that I demonstrate all HPC competency elements.

HPC Applicant Signature: _____

HPC Applicant Name (typed): _____

Practitioner Criteria	Examples
1A Demonstrates knowledge of sport partners, their roles, and priorities in the system	
1B Demonstrates knowledge of the roles of each scientific discipline that operates in an IST	
1C Demonstrates knowledge of expectations and integration of your role in the daily training, and competition or games environments	



<p>2A Accesses sources of evidence, and is able to defend their value in informing their practice</p>	
<p>2B Demonstrates knowledge of validity and reliability and is able to defend these principles within their practice</p>	
<p>2C Demonstrates resourcefulness, adaptability, and initiative during gathering, assessing and implementing phases of practice</p>	



<p>2D Generates actionable solutions to be applied in practice based on evidence collected or reviewed</p>	
<p>2E Utilizes planning and effective organization of their workplan to execute deliverables</p>	
<p>3A Collects and documents reproducible scientific measurements within a designed workflow that utilizes the appropriate metrics and tools required</p>	



<p>3B Utilizes appropriate software to organize data (collect, transfer and store)</p>	
<p>3C Demonstrates ethical management of data according to privacy, confidentiality, and professional body guidelines</p>	
<p>3D Calculates descriptive and inferential statistics and can articulate the limitations of these on decision-making and interpretation</p>	



3E Generates results with summaries and visualizations and communicates these to the appropriate audience	
4A Adheres to appropriate policies of sport organizations	
4B Adheres to scope of practice	



4C Demonstrates integrity and applies ethical practice	
4D Demonstrates inclusive behaviours and can articulate the value of diversity in a team	
5A Writes and speaks in a clear and efficient manner to coaches, athletes and staff	



<p>5B Exhibits open, respectful and humble communication methods</p>	
<p>5C Identifies important components of conflict resolution</p>	
<p>5D Demonstrates ability to collaborate and connect with coaches, athletes, practitioners</p>	



<p>6A Exhibits awareness of and expresses one's emotions (self-awareness)</p>	
<p>6B Demonstrates ability to develop and maintain professional relationships and gain trust</p>	
<p>6C Demonstrates the ability to contribute to a culture of excellence</p>	



6D Utilizes feedback in reflective practice	
6E Articulates personal and professional sense of purpose and values (philosophy)	