



Australian Government

SISFFIT022 Instruct aquatic sessions for specific population groups

Release: 1

SISFFIT022 Instruct aquatic sessions for specific population groups

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan and deliver safe and effective aquatic exercise sessions to specific population groups. It requires the ability to understand anatomical and physiological considerations and apply that understanding to client exercise participation aimed at improving health-related components of fitness.

This unit applies to fitness instructors working within the industry endorsed scope of practice when providing advice regarding fitness services and referral requirements for clients from the following specific population groups:

- children
- women
- older adults
- clients with a disability
- culturally and linguistically diverse (CALD) groups.

This unit does not apply to provision of exercise to higher risk specific population clients, or inappropriate exercise prescription for moderate risk clients. This unit does not apply to the provision of hydrotherapy.

This unit applies to fitness instructors who work in a variety of fitness or aquatic locations such as fitness, leisure and community centres. These individuals typically work independently with some level of autonomy in a controlled environment. Work is performed according to relevant legislation, including working with children and/or vulnerable people checks, and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Fitness

Unit Sector

Fitness

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Identify client fitness requirements.

2. Develop aquatic exercise plan and program.

3. Conduct aquatic session.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise client of outcomes of pre-exercise health screening procedures.
- 1.3 Refer client to medical or allied health professionals as required.
- 1.4 Assess suitability of pool environment for participants and development strategies to maximise participant safety and enjoyment.
- 1.5 Explain benefits of aquatic exercise and identify potential barriers to participation.
- 1.6 Develop and document client profile for re-evaluation.
- 2.1 Determine type of aquatic training methods and equipment required to achieve client goals.
- 2.2 Develop and document program plans that incorporate key instructional information.
- 2.3 Incorporate guidance/advice from medical or allied health professionals into the provision of fitness advice/or planning of aquatic instruction.
- 2.4 Develop customised training sessions that include a variety of aquatic exercises and equipment to meet needs and characteristics of client.
- 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
- 3.2 Provide clear exercise instructions and confirm client understanding.
- 3.3 Demonstrate exercises, techniques and equipment to client.
- 3.4 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
- 3.5 Provide movement pattern alternatives for participants that present with limited water familiarisation, mobility or ability in an aquatic environment.
- 3.6 Monitor client technique and safety within appropriate

- hydrodynamic principles, and modify as required.
- 3.7 Seek ongoing guidance from, or refer client to, medical or allied health professionals, as appropriate.
 - 3.8 Select and use communication techniques that encourage and support clients.
 - 3.9 Respond to clients experiencing difficulties and answer questions as required.
 - 3.10 Complete session documentation and progress notes.
4. Evaluate program.
- 4.1 Monitor and evaluate exercise program at appropriate intervals.
 - 4.2 Provide written and verbal feedback to medical or allied health professionals, as required.
 - 4.3 Request and respond to feedback from clients.
 - 4.4 Review own performance and identify areas needing improvement.
 - 4.5 Identify aspects needing further emphasis or attention in future sessions.
 - 4.6 Evaluate program or activities and discuss modifications to program.
 - 4.7 Document and update records of evaluation and modification of programs.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	<ul style="list-style-type: none"> • interpret best practice principles of aquatic activities, organisational policies and procedures and legislation requirements.
Oral communication skills to:	<ul style="list-style-type: none"> • provide suitable modifications to participant exercises, use of equipment and spacing as required.
Learning skills to:	<ul style="list-style-type: none"> • maintain current knowledge of water-based fitness activities, training methods and water safety principles and codes of practice.
Problem-solving skills to:	<ul style="list-style-type: none"> • determine how to effectively instruct water-based fitness activities from outside of the pool considering hydrodynamic principles which emulate demonstration of exercises at water speed • apply principles of hydrodynamics to the adjustment of

client aquatic activities and implementation of contingencies when problems arise, or other changes are required such as:

- client inability to cope with session or activities
- client inability to cope with turbulence in water
- client inability to cope with level of support provided
- client requires more energetic movements to achieve a more effective workout
- determine level of support required for each client in the water as determined by individual needs, aquatic environment and hydrodynamic principles.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>