



Australian Government

Assessment Requirements for SISFFIT008 Instruct water-based fitness activities

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role. This must include period(s) totalling at least eight hours comprising at least eight different water based fitness sessions and:

- plan, instruct and evaluate at least eight water-based fitness sessions:
 - five on pool deck
 - three in water
- conduct sessions that individually or cumulatively incorporate:
 - pre-session instructions
 - safe and effective instructional techniques in water-based fitness:
 - formations
 - instructor preservation techniques
 - visual and verbal cueing
 - mirror imagine
 - emulating water movements
 - anchored and weighted movements
 - active and energetic movements
 - propulsion or turbulent actions
 - suspended movements in deep or shallow water
 - efficient learning curves
 - establishing rapport
 - appropriate teaching positioning in regards to clients, pool and deck, sound system and sun glare
 - clear and encouraging instructions
 - modification of exercise options to meet individual needs
 - appropriate components of water-based circuit training
- monitor exercise intensity during sessions using at least one of the following methods:
 - heart rate response
 - perceived rate of exertion
 - talk test.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- legislation and regulatory requirements in regards to:
 - work health and safety/occupational health and safety
 - duty of care
 - copyright
 - licensing industry registration
- organisational policies and procedures to ensure safety of clients and other facility users in regards to:
 - overcrowding
 - ventilation
 - hygiene
 - climate control
 - energy
 - standards of personal presentation
 - swimwear and pool footwear
 - use, care and maintenance of pool equipment
- properties of water:
 - mass
 - density
 - viscosity
 - hydrostatic pressure
- forces that act upon the body in water:
 - buoyancy
 - resistance
 - turbulence
 - propulsion
 - inertia
- industry endorsed client pre-exercise health screening processes
- industry endorsed risk stratification procedures, exercise implications and referral requirements
- common barrier to exercise participation
- contraindications and precautions that may affect water based participation
- participant cultural and social differences and potential impacts of participation
- best practice principles of aquatic activities.

Assessment Conditions

Skills must be demonstrated in:

- an industry workplace or simulated environment with participants with real or simulated fitness needs and expectations.

Assessment must ensure use of:

- an industry workplace or simulated environment with the appropriate environmental features:
 - indoor or outdoor swimming pool in a controlled environment
 - swimming pool entry and exit points
 - wet decks
 - ramps
 - steps
 - bulk heads
 - surface of pool and concourse
 - pool floor gradient
 - water temperature
 - railings
 - chemical additives
 - ambient temperature
- safety equipment relevant to local regulatory and organisational policies and procedures
- appropriate participant equipment
- appropriate organisational documentation and resources such as equipment checklists and session plan templates
- appropriate music for instructing water-based fitness sessions:
 - motivating
 - themed
 - phrased and unphrased
 - appropriate beats per minute
- clients; these can be:
 - clients in an industry workplace, or
 - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessment must ensure access to:

- documentation such as manufacturer specifications for equipment use and maintenance
- legislation, best practice principles, and organisational policies and procedures in relation to aquatic activities.

Assessment activities that allow the individual to:

- demonstrate the ability to instruct a variety of water based fitness sessions:
 - using industry realistic timeframes
 - catering for:
 - beginners, intermediate and advanced participants
 - low and high impact.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors, and:

- have at least 2 years consecutive industry experience in the application of the skills and knowledge of this unit.

Links

Companion Volume implementation guides are found in VETNet -

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