



**Australian Government**

# **SISFFIT008 Instruct water-based fitness activities**

**Release: 1**

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## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, knowledge and skills required to plan, instruct, monitor and evaluate group water-based exercise sessions. It requires the ability to use aquatic exercise and instructional techniques, and hydrodynamic principles to ensure safe and effective fitness outcomes. This unit does not apply to the provision of hydrotherapy.

This involves using industry endorsed risk stratification procedures when determining the provision of suitable advice regarding services and referral requirements.

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 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. Develop water-based session plans.

### PERFORMANCE CRITERIA

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

- 1.1 Consider participant group characteristics and identify expected fitness outcomes and session type.
- 1.2 Determine appropriate phases, exercises, or choreography to meet group needs.
- 1.3 Select and sequence appropriate water-based fitness

- activities for participant group.
- 1.4 Incorporate motivational techniques to maximise exercise program adherence.
  - 1.5 Develop and document session plans that incorporate instructional information.
2. Conduct water-based session.
    - 2.1 Identify site aspects and pool design that may impact on the conduct of activities.
    - 2.2 Confirm availability of area, assemble resources and prepare environment appropriately.
    - 2.3 Check equipment for maintenance requirements, as required.
    - 2.4 Confirm capacity to independently participate in session.
    - 2.5 Provide clear instructions using effective communication and instructional principles.
    - 2.6 Demonstrate exercises, techniques and equipment, and monitor participation and performance of each participant.
    - 2.7 Modify activity, as required to cater for a multi-level group.
    - 2.8 Explain effects of water on client movement responses.
    - 2.9 Monitor client technique and safety within appropriate hydrodynamic principles, and modify as required.
    - 2.10 Show sensitivity to participant cultural and social differences.
    - 2.11 Respond to participants experiencing difficulties and answer questions as required.
    - 2.12 Encourage group cohesion and manage conflicts as they arise.
  3. Evaluate water-based session.
    - 3.1 Seek and acknowledge feedback from participants.
    - 3.2 Evaluate participant response and feedback.
    - 3.3 Evaluate own performance and identify areas needing improvement.
    - 3.4 Implement modifications to future sessions where relevant to meet participant needs.
    - 3.5 Update session documentation.

## 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.

<b>SKILLS</b>	<b>DESCRIPTION</b>
Reading skills to:	<ul style="list-style-type: none"><li>• interpret best practice principles of aquatic activities, organisational policies and procedures and legislation requirements.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>• maintain timing of exercises appropriate to session ability and, where required, music speed and tempo</li><li>• calculate and monitor intensity of workout for participants, if required.</li></ul>
Learning skills to:	<ul style="list-style-type: none"><li>• maintain current knowledge of water based fitness activities, training methods and water safety principles and codes of practice.</li></ul>
Problem-solving skills to:	<ul style="list-style-type: none"><li>• 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</li><li>• 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:<ul style="list-style-type: none"><li>• client in ability to cope with session, activities, turbulence in water, or level of support provided</li><li>• client requires more energetic movements to achieve a more effective workout.</li></ul></li></ul>

## Unit Mapping Information

SISFFIT310A Plan and deliver water based fitness activities

## Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>