



**Australian Government**

# **SISFFIT038 Plan group water-based exercise sessions**

**Release: 1**

## SISFFIT038 Plan group water-based exercise sessions

### Modification History

Supersedes and is not equivalent to SISFFIT008 Instruct water-based fitness activities, and SISFFIT022 Instruct aquatic sessions for specific population groups.

### Application

This unit describes the performance outcomes, skills and knowledge required to plan group water-based exercise sessions designed for participation by mixed ability groups, or by groups that predominately comprise a particular profile, for example, older people. It requires the ability to account for the participation of individuals from specific population groups and of diverse abilities, and allow for modifications that can be made during instruction.

It covers skills for evaluating and improving sessions in response to participant and instructor feedback, noting that sessions might be delivered by self or others. Skills for instructing group water-based exercise sessions are covered in a complementary unit.

Water-based exercise sessions may be conducted in indoor or outdoor pools, with or without equipment. They are most likely to involve music. Sessions could combine or specifically concentrate on cardiovascular, resistance and flexibility exercises. This unit does not apply to the planning of hydrotherapy or rehabilitation sessions.

This unit applies to aqua exercise instructors who use discretion and judgment when planning sessions to meet diverse participant needs. Aqua exercise instructors practise in settings with pools, such as fitness facilities, gyms, and leisure and community centres.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

#### PERFORMANCE CRITERIA

<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Identify needs and expectations of diverse participants.	1.1. Identify diverse reasons and goals for participation in group water-based exercise sessions and evaluate how these can be accommodated in a group setting. 1.2. Identify characteristics, abilities and special needs of participants from specific population groups and determine ways that session inclusions can address needs. 1.3. Identify common injury and medical barriers for participation in group water-based exercise sessions and determine how session inclusions can be modified.
2. Plan group water-based exercise sessions.	2.1. Determine type of session and fitness goals to be targeted. 2.2. Identify participant characteristics, abilities and fitness levels and determine group profile. 2.3. Select exercises, training techniques and exercise equipment that target identified fitness goals and that are suited to group profile. 2.4. Plan sessions that incorporate volume and intensity and load of exercises appropriate to group profile. 2.5. Plan for exercise phases and volume within session duration. 2.6. Determine ways that exercise type and intensity and load can be modified during instruction to meet individual participant abilities and needs. 2.7. Document session plans according to organisational format.
3. Review and modify future sessions.	3.1. Collate and review feedback provided by participants and instructors. 3.2. Identify successes, problems and difficulties with session delivery. 3.3. Modify and improve future sessions according to feedback.

## 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

- Writing skills to:
- produce detailed session plans that use fitness terminology and abbreviations for instructional use
  - use fundamental sentence structure to complete basic evaluation records that require factual and subjective information.
- Numeracy skills to:
- complete and record calculations and estimations of varying complexity for session plans involving times, intervals, volume, speeds and loads.
- Problem-solving skills to:
- critically evaluate successes and failures of sessions to initiate future improvements.

## Unit Mapping Information

Supersedes and is not equivalent to SISFFIT008 Instruct water-based fitness activities, and SISFFIT022 Instruct aquatic sessions for specific population groups.

## Links

Companion Volume implementation guides are found in VETNet -

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