



**Australian Government**

**SISFFIT048 Use anatomy and physiology  
knowledge to support safe and effective  
water-based exercise**

**Release: 1**

# **SISFFIT048 Use anatomy and physiology knowledge to support safe and effective water-based exercise**

## **Modification History**

No equivalent unit.

## **Application**

This unit describes the performance outcomes, skills and knowledge required to identify the role of anatomy and physiology knowledge in aqua fitness instruction, and to use that knowledge to develop and instruct safe and effective water-based exercise activities.

Knowledge of anatomy and physiology underpins effective performance in a range of work functions for water-based exercise instruction. This unit has direct links to, and supports, units for planning and instructing water-based exercise sessions.

This unit applies to aqua exercise instructors; they practise in settings with pools, such as fitness facilities, gyms, 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**

*Elements describe the essential outcomes*

### **PERFORMANCE CRITERIA**

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

1. Identify role of anatomy and physiology in aqua fitness instruction.
  - 1.1. Identify situations where aqua instructors use knowledge of anatomy and physiology.
  - 1.2. Identify and use credible sources of information about anatomy and physiology that are relevant to aqua instruction.
2. Select effective water-based exercise activities for participants.
  - 2.1. Identify aspects of anatomy and physiology that impact selection of suitable exercises for participants.
  - 2.2. Select exercises that account for variations associated with participant sex and age.
3. Support participants to exercise safely and effectively.
  - 3.1. Provide succinct explanations about the relationship between water-based exercises and their beneficial impacts on the body and health.
  - 3.2. Explain injury risk factors and demonstrate and explain safe and effective exercise technique to participants.

## 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"><li>• interpret information of varying complexity about anatomy and physiology, including anatomical terminology.</li></ul>  |
| Oral communication skills to:        | <ul style="list-style-type: none"><li>• explain information that includes anatomical and physiological references using terms that participants can understand.</li></ul>  |
| Initiative and enterprise skills to: | <ul style="list-style-type: none"><li>• critically analyse information about anatomy and physiology for its application to aqua fitness instruction</li><li>• critically interpret and synthesise complex information into participant focussed fundamental information.</li></ul> |

## 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>