



Australian Government

Department of Education, Employment and Workplace Relations

SISFFIT310A Plan and deliver water based fitness activities

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, knowledge and skills required to plan, deliver and evaluate water based fitness activities for mainstream clients. It requires the application of effective aquatic instructional techniques and the application of the hydrodynamic principles on muscles, joints and cardiorespiratory system to ensure safe and effective fitness outcomes for clients.

Application of the Unit

This unit applies to exercise instructors who provide a range of exercise programs to diverse population groups who are able to independently enter and exit the water environment. This unit is applicable to those employed in fitness environments such as fitness facilities, public swimming pools, private swim schools or other aquatic fitness venues.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Determine needs.

- 1.1. Identify the ***characteristics of the participant group*** and clarify their short and long term fitness goals.
- 1.2. Screen clients for health status and water familiarisation according to ***legislation and regulatory requirements*** and ***organisational policies and procedures***.
- 1.3. Recommend clients seek advice from ***medical or allied health professionals*** to clarify any ***concerns or conditions*** which may affect safe participation in an aquatic environment.
- 1.4. Determine the ***instructional techniques*** appropriate to the participant group.

2. Develop the session plan.

- 2.1. Identify a suitable range of ***water based fitness activities*** according to the ***identified needs*** of the participant group.
- 2.2. Analyse ***site aspects and pool design*** and identify issues which impact on the conduct of activities.
- 2.3. Select and sequence appropriate ***specific purpose aqua activities*** for the participant group.
- 2.4. Select appropriate ***participant equipment*** and ensure it is in good working order.
- 2.5. Allocate sufficient pool space and prepare instructor and safety ***resources*** for the session according to legislation and regulatory requirements, organisational policies and procedures and ***conditions and external influences***.
- 2.6. Prepare a ***session plan*** and where appropriate incorporate a ***music*** mapping sheet.
- 2.7. Use energy, water and other resources effectively when planning, preparing and maintaining equipment and activity areas to reduce environmental impact.

ELEMENT	PERFORMANCE CRITERIA
3. Develop a water based circuit training session plan.	3.1. Identify the <i>aims</i> of the circuit training session. 3.2. Define expected outcomes of the circuit training session. 3.3. Identify a broad and varied <i>exercise repertoire</i> . 3.4. Plan and document a <i>circuit training session plan</i> using the <i>principles of exercise planning</i> . 3.5. Design clear and structured forms or cards for use in a circuit training session.
4. Deliver water based fitness activities including circuit sessions.	4.1. Explain <i>common types of injuries</i> that would prevent participation and confirm that clients are not affected. 4.2. Demonstrate <i>water familiarisation techniques and skills</i> to assist clients as required. 4.3. Show sensitivity to <i>cultural and social differences</i> . 4.4. Conduct activities according to <i>best practice principles of aquatic activities</i> . 4.5. Demonstrate <i>water based fitness activities</i> using appropriate instructional techniques and provide explanations of the functionality of the activities to clients. 4.6. Demonstrate and instruct correct use of equipment during water based fitness sessions, according to organisational policies and procedures and manufacturer's instructions. 4.7. Recognise signs and symptoms of overtraining and <i>potentially harmful practices</i> and implement appropriate <i>intervention strategies</i> according to organisational policies and procedures. 4.8. Emulate water movement patterns when instructing from pool deck. 4.9. Incorporate, where appropriate, the effective use of music.
5. Monitor, evaluate and modify the session.	5.1. Monitor exercise intensity, technique and safety of clients during the session and address difficulties as required according to participant responses. 5.2. Recognise the <i>signs and signals</i> of a participant in difficulty and provide <i>basic water assistance</i> according to <i>accepted best practice principles</i> . 5.3. Apply appropriate <i>motivational techniques</i> to encourage clients and make any required modifications to activities. 5.4. Seek and acknowledge <i>feedback</i> from clients on the

ELEMENT**PERFORMANCE CRITERIA**

effectiveness of the water based fitness session.

5.5. Evaluate *own performance* according to planned outcomes and organisational policies and procedures.

5.6. Identify aspects needing further emphasis and attention in future sessions.

5.7. Identify modifications to future sessions in response to feedback and review of participant progress.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - determine participant needs
 - provide explanations of the benefits of specific water based fitness activities
 - instruct safe and effective water based fitness sessions on pool-deck and in the water
 - demonstrate effective use of music for purposes of motivation and exercise intensity
 - determine any necessary basic water safety skills
 - seek feedback from clients
- transferability of hydrodynamic principles whilst on pool-deck which emulate demonstration of exercises at water speed
- problem-solving skills to:
 - evaluate participant characteristics and needs to develop and monitor appropriate water based fitness sessions
 - identify any medical conditions requiring further clarification
- identify improvements to energy, water and other resources for environmental sustainability
- conflict resolution skills to identify and respond to inappropriate behaviour to enable effective management of group cohesion
- planning and organisational skills to:
 - plan a circuit session
 - prepare the exercise area and equipment
 - make modifications to the session
- language and literacy skills to produce and document a circuit training session plan for the session
- self-management and learning to maintain currency of knowledge and to provide effective water based exercise formats to clients
- technology skills to enable the use of water based and instructor equipment
- ability to perform non contact basic water assistance
- general characteristics of the main social and cultural groups in Australian society and the key aspects that relate to their cultural and religious protocols and preferences for exercise
- environmental and resource efficiency practices related to aquatic environments and fitness equipment.

Required knowledge

- organisational policies and procedures and legislation relevant to enable the safe and effective conduct of water based exercise

- concerns or conditions commonly considered as an impediment to safe participation in planned aquatic activities
- physiological and biomechanical adaptation to exercising in water
- hydrodynamic principles to enable safe and effective water based exercise
- instructional techniques appropriate to participant characteristics and hydrodynamic effects of movement.
- motivational techniques to provide appropriate encouragement and feedback to participant groups
- instructional techniques suitable for circuit training sessions to enable use of strategies to produce positive outcomes for clients
- a range of water-based fitness formats applicable to a wide range of clients to provide a variety of appropriate activities.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- plans, explains, demonstrates and conducts activities for multiple water based fitness sessions that are of sufficient duration to demonstrate competency and consistency of performance whilst in the water and on pool deck
- monitors clients and provides feedback and intervention to improve individual skill performance as appropriate
- modifies instructional methods, styles and activities on an individual and group basis to enhance skill development as required
- addresses cultural needs in planning and instruction of water based fitness sessions
- plans circuit sessions with interrelated components, monitors the progress of the session and applies effective contingency management techniques to deal with a range of problems and issues that may arise during the session, such as equipment failure or client overtraining, and makes adjustments
- identifies common signs and signals of a participant experiencing difficulties in the water based fitness session and promptly determines possible contributing factors and formulates a suitable assistance plan including referring to suitably qualified personnel
- applies all organisational policies and procedures and legislation and regulatory requirements to ensure safety of clients and other facility users.

Context of and specific resources for assessment

Assessment must ensure planning and conducting activities for multiple participant groups of a size and nature that reflect current local and industry conditions.

Assessment must also ensure:

- demonstration of skills within a facility with access to a suitable aquatic environment with appropriate depth, surfaces, entry, exit, water quality and temperature
- access to appropriate documentation and resources

normally used in the workplace such as equipment checklists and session plan proformas

- access to equipment for water based fitness activities
- access to a safe pool deck including instructor and safety resources
- access to documentation such as manufacturer specifications for equipment use
- access to a range of clients with a range of fitness needs.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of instructing, monitoring and adjusting a range of water based fitness sessions appropriate to the needs and characteristics of a range of participant groups
- oral or written questioning to assess knowledge of the application of the physiological and biomechanic adaptation for the safe planning, conduct and modification of safe and effective water based fitness activities
- portfolio showing participation in, planning and delivery of multiple water based fitness activities for clients with differing characteristics and needs.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISCAQU202A Perform basic water rescues
- SISAQU308A Instruct water familiarisation, buoyancy and mobility skills

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Characteristics of the participant group*** may include:
- age
 - gender
 - culture
 - physical fitness
 - body type and composition
 - water familiarisation
- Legislation and regulatory requirements*** may include:
- Occupational Health and Safety
 - duty of care
 - working with children
 - copyright and licensing
 - industry registration.
- Organisational policies and procedures*** may include:
- Occupational Health and Safety
 - duty of care
 - privacy
 - anti-discrimination
 - copyright
 - licensing
 - child protection
 - trade practices
 - consumer protection
 - environmental
 - business registration and licences
 - facility users.
- Medical or allied health professionals*** may include:
- sports physician
 - sports doctor
 - general practitioner
 - physiotherapist
 - accredited exercise physiologist
 - occupational therapist
 - remedial massage therapist
 - chiropractor
 - osteopath
 - accredited practising dietician
 - psychologist

- Concerns or conditions*** may include:
- aboriginal health worker
 - diabetes educator
 - podiatrist.
 - chronic disease state
 - medical condition or injury
 - prescribed medication
 - dependent upon assistance to enter and exit the pool.
- Instructional techniques*** may include:
- formations
 - instructor preservation
 - visual and verbal cueing
 - mirror imaging
 - emulating water movements
 - anchored or weighted movement
 - active or energetic movement
 - propulsion or turbulent actions
 - suspended movements in deep or shallow water
 - efficient learning curves
 - establishing rapport
 - communication
 - teaching positioning:
 - in the water
 - on pool deck
 - in relation to clients, sound system, sun glare
 - encouragement
 - motivation
 - voice clarity
 - pitch
 - non-verbal.
- Water-based fitness activities*** may include:
- interval
 - circuit
 - drills
 - exercises
 - games
 - choreographed sessions to music
 - deep water session
 - equipment based.
- Session plan*** may include
- participant characteristic
 - goals

- formations
 - exercises
 - music
 - phases.
- Identified needs*** may include:
- sports, respiratory and muscle conditioning
 - resistance training
 - flexibility, mobility and coordination
 - social and enjoyment.
- Water Properties*** may include:
- mass
 - density
 - viscosity
 - hydrostatic pressure.
- Forces that act upon the body in water*** may include:
- buoyancy
 - resistance
 - turbulence
 - propulsion
 - inertia.
- Site and pool design*** may include:
- change rooms, toilets and showers
 - participant and instructor storage cupboard
 - pool deck seating, towel hooks and surface
 - pool surface
 - gradient
 - pool temperature
 - location of steps or ladders
 - pool depths
 - rails
 - wall surface and ledge
 - lane ropes.
- Specific purpose aqua activities*** may include:
- fitness
 - balance and coordination
 - drills
 - fun and aquatic games
 - social
 - movement functionality.
- Client Equipment*** may include:
- kickboards
 - flotation belts and vests
 - flippers
 - balls
 - dumbbells
 - paddles
 - webbed gloves

- noodles, woggles, cookies, wafers and kick rollers
- resistance bands
- clothing and sun protection
- ankle cuffs
- shoes
- water-resistant heart rate monitors and stop watches.

Conditions and external influences may include:

- weather conditions
- angle of sun-glare or sun protection
- other facility users
- spectators
- noise levels
- turbulence or eddy from users.

Signs and signals may include:

- call for help
- muscle cramp
- dizziness
- localised pain.

Instructor and Safety Resources may include:

- ropes
- reach poles
- flotation devices
- whistle
- ratio of instructors and or equipment to clients.
- access to hydration
- non slip pool deck instructor mat
- instructor aqua frame
- microphone
- circuit breaker power cord
- sound system
- circuit card holders
- equipment storage.

Music may include:

- motivational
- themed
- phrased, unphrased
- cultural
- beats per minute
- selection should consider copyright and legal procedures.

Water familiarisation skills may include:

- entering and exiting the pool
- ability to remain balanced and stable in moving water
- aquatic exercise familiarity

- Basic water assistance*** may include:
- movements in a variety of depths of water
 - water safety awareness.
 - non-swimming assistance techniques
 - reach
 - throw
 - wade
 - call for assistance from lifeguard or industry recognised employer.
- Cultural and social differences*** may include:
- modes of greeting, farewelling and conversation
 - body language, including use of body gestures
 - formality of language
 - clothing.
- Best practice principles of aquatic activities*** may include:
- accepted preventative practice adopted throughout the aquatic industry to minimise safety hazards and risks
 - Instructors Code of Conduct policies developed by the peak bodies responsible for the teaching of swimming and water safety such as AUSTSWIM Incorporated, Australian Swimming Incorporated, Australian Swimming Coaches and Teachers Association, The Royal Life Saving Society Australia and Surf Life Saving Australia, and Sports Medicine Australia
 - national activity organisation regulations and guidelines.
- Motivational techniques*** may include:
- arousal theories and control techniques
 - zone of optimal function.
- Feedback*** may include:
- verbal
 - written
 - visual
 - tactile.
- Aims*** may include:
- competition or performance targets
 - self improvement
 - fitness targets
 - lifestyle adjustments.
- Exercise repertoire*** may include:
- cardio
 - strength and conditioning
 - flexibility.
- Circuit training session plan*** may include:
- phases of:
 - preparation

- conditioning
 - recovery
 - adaptation
 - rest intervals
 - required equipment
 - floor plan for equipment arrangement.
- Principles of exercise planning*** may include:
- frequency
 - intensity
 - duration
 - movement
 - environment
 - program type.
- Common types of injuries*** may include:
- *muscle or soft tissue injury*
 - *back injury*
 - *heart condition.*
- Potentially harmful practices*** may include:
- hyperextension
 - exercising while sick or in extremes of temperature
 - multiple repetitions
 - ballistic movements
 - spinal hyperextension
 - straight leg sit-ups
 - lever length
 - additional equipment.
- Intervention strategies*** may include:
- stopping or modifying the exercise
 - modifying equipment.

Unit Sector(s)

Fitness

Competency Field

Fitness