



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.

SKILLS	DESCRIPTION
Reading skills to:	interpret best practice principles of aquatic activities, organisational policies and procedures and legislation requirements.
Numeracy skills to:	- maintain timing of exercises appropriate to session ability and, where required, music speed and tempo - calculate and monitor intensity of workout for participants, if required.
Learning skills to:	maintain current knowledge of water based fitness activities, training methods and water safety principles and codes of practice.
Problem-solving skills to:	- 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 - 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: - client in ability to cope with session, activities, turbulence in water, or level of support provided - client requires more energetic movements to achieve a more effective workout.

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>

Assessment Requirements for SISFFIT008 Instruct water-based fitness activities

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

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