



Australian Government

SISFFIT022 Instruct aquatic sessions for specific population groups

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan and deliver safe and effective aquatic exercise sessions to specific population groups. It requires the ability to understand anatomical and physiological considerations and apply that understanding to client exercise participation aimed at improving health-related components of fitness.

This unit applies to fitness instructors working within the industry endorsed scope of practice when providing advice regarding fitness services and referral requirements for clients from the following specific population groups:

- children
- women
- older adults
- clients with a disability
- culturally and linguistically diverse (CALD) groups.

This unit does not apply to provision of exercise to higher risk specific population clients, or inappropriate exercise prescription for moderate risk clients. This unit does not apply to the provision of hydrotherapy.

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, including working with children and/or vulnerable people checks, 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. Identify client fitness requirements.

2. Develop aquatic exercise plan and program.

3. Conduct aquatic session.

PERFORMANCE CRITERIA

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

- 1.1 Consider and confirm client needs, expectations and preferences using suitable questioning techniques.
- 1.2 Review and advise client of outcomes of pre-exercise health screening procedures.
- 1.3 Refer client to medical or allied health professionals as required.
- 1.4 Assess suitability of pool environment for participants and development strategies to maximise participant safety and enjoyment.
- 1.5 Explain benefits of aquatic exercise and identify potential barriers to participation.
- 1.6 Develop and document client profile for re-evaluation.
- 2.1 Determine type of aquatic training methods and equipment required to achieve client goals.
- 2.2 Develop and document program plans that incorporate key instructional information.
- 2.3 Incorporate guidance/advice from medical or allied health professionals into the provision of fitness advice/or planning of aquatic instruction.
- 2.4 Develop customised training sessions that include a variety of aquatic exercises and equipment to meet needs and characteristics of client.
- 3.1 Allocate sufficient space, assemble resources and check equipment for safety and maintenance requirements.
- 3.2 Provide clear exercise instructions and confirm client understanding.
- 3.3 Demonstrate exercises, techniques and equipment to client.
- 3.4 Monitor participation and performance to identify signs of exercise intolerance and modify as required.
- 3.5 Provide movement pattern alternatives for participants that present with limited water familiarisation, mobility or ability in an aquatic environment.
- 3.6 Monitor client technique and safety within appropriate

- hydrodynamic principles, and modify as required.
- 3.7 Seek ongoing guidance from, or refer client to, medical or allied health professionals, as appropriate.
- 3.8 Select and use communication techniques that encourage and support clients.
- 3.9 Respond to clients experiencing difficulties and answer questions as required.
- 3.10 Complete session documentation and progress notes.
- 4. Evaluate program.
 - 4.1 Monitor and evaluate exercise program at appropriate intervals.
 - 4.2 Provide written and verbal feedback to medical or allied health professionals, as required.
 - 4.3 Request and respond to feedback from clients.
 - 4.4 Review own performance and identify areas needing improvement.
 - 4.5 Identify aspects needing further emphasis or attention in future sessions.
 - 4.6 Evaluate program or activities and discuss modifications to program.
 - 4.7 Document and update records of evaluation and modification of programs.

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.
Oral communication skills to:	provide suitable modifications to participant exercises, use of equipment and spacing as 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 inability to cope with session or activities
- client inability to cope with turbulence in water
- client inability to cope with level of support provided
- client requires more energetic movements to achieve a more effective workout
- determine level of support required for each client in the water as determined by individual needs, aquatic environment and hydrodynamic principles.

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>

Assessment Requirements for SISFFIT022 Instruct aquatic sessions for specific population groups

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, and:

- plan, document, implement and evaluate suitable aquatic exercise programs within scope of practice for specific population clients:
 - five clients that don't require guidance or instruction provided by medical or allied health professionals
 - five clients in response to guidance or instruction provided by medical or allied health professionals
- conduct aquatic sessions that individually or cumulatively incorporate:
 - appropriate selection and monitoring of client use of a range of water-based fitness equipment
 - demonstration, explanation, and instruction of exercises
 - injury prevention strategies specific to client needs and program
 - suitable order and sequence of activities
 - session components that target the needs and goals of the individual
 - suitable duration, intensity, volume
 - ongoing clear and constructive feedback to clients and, where required, medical or allied health professionals
 - use of evidence based exercise adherence strategies specific to the population groups
 - safe and effective instructional techniques in water-based fitness:
 - formations
 - instructor preservation techniques
 - visual and verbal cueing
 - mirror image
 - 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
 - appropriate teaching positioning in regards to clients, pool and deck, sound system and sun glare

- clear and encouraging instructions
- modify programs for clients, addressing at least three of the following:
 - technical requirements
 - changing needs due to fitness adaptations
 - changing goals
 - client needs, objectives, likes and dislikes
 - technical difficulty adjustments of exercises
 - medical or allied health professional feedback.

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
- 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 for:

- low-risk clients
- moderate risk clients
- higher risk clients
- when there are extreme or multiple risk factors present and professional judgement to decide whether further medical advice is required identification of clients at high or higher risk of an adverse event occurring during exercise
- physical activity and exercise intensity and frequency guidelines
- common barrier to exercise participation
- contraindications and precautions that may affect water based participation
- participant cultural and social differences and potential impacts of participation
- precautions to exercise relevant to the specific population in accordance with industry guidelines where applicable
- benefits versus risk of participation
- situations where cessation of exercise program is required, this may include but is not limited to:
 - chest pain at rest or during activity
 - severe breathlessness/feeling faint/dizziness/loss of balance
 - unusual fatigue or shortness of breath
 - asthma aggravation/attack
 - significant muscle, bone or joint pain (beyond what is normally expected during exercise)
 - a situation whereby the fitness professional makes a judgement that continuing the session is beyond their professional capabilities and scope of practice, and could potentially compromise client health and safety
- signs and symptoms of poor exercise tolerance or unstable condition
- role of medical or allied health professionals for referral processes:
 - accredited exercise physiologist
 - accredited practising dietitian
 - chiropractor
 - continence nurse advisor
 - general practitioner
 - occupational therapist
 - osteopath
 - physiotherapist
 - podiatrist
 - psychologist
 - remedial massage therapist
 - sports doctor
 - sports physician
- typical anatomical and physiological considerations for the following specific population groups:

- children
- women
- older adults
- clients with a disability
- CALD groups
- appropriate management for signs and symptoms of intolerance or an unstable condition:
 - cease or modify exercise
 - refer to a medical or allied health professional
 - call an ambulance if required
- potential or actual effect of the condition on exercise behaviour
- exercise adherence strategies. instructional strategies appropriate to risk status for participant group to enable effective and safe conduct of aquatic activities:
 - visual and or verbal and or aural and or tactile communication
 - multi-sensory
 - guided discovery
 - repeating instructions
 - breaking tasks into smaller activities
 - positive reinforcement
 - directive
- best practice principles of aquatic activities
- effective teaching strategies appropriate to specific population group:
 - breaking tasks into smaller activities
 - directive
 - guided discovery
 - multi-sensory
 - positive reinforcement
 - repeating instructions
 - visual, verbal, aural and tactile.

Assessment Conditions

Skills must be demonstrated in:

- an industry workplace or simulated environment that offers aquatic services and facilities suitable for specific population clients.

Assessment must ensure use of:

- an industry workplace 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
- a variety of equipment appropriate for use in water by specific population clients
- industry endorsed risk stratification procedures
- session plan templates with space to identify modifications/adjustments needed
- appropriate organisational documentation and resources such as equipment checklists and session plan templates
- specific population clients and medical or allied health professionals for referral processes; these can be:
 - clients, and medical or allied health professionals in the workplace, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, 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:

- develop a variety of aquatic exercise programs for specific population clients over a period of time, ensuring adequate time to allow for the implementation of required modifications
- 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
 - taking into consideration:
 - participant characteristics, specific population conditions and functional ability
 - participant goals
 - depth of water
 - fitness and ability of participant

- water safety and awareness.

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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