



Australian Government

SISFFIT038 Plan group water-based exercise sessions

Release: 1

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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

Elements describe the essential outcomes

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

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

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>

Assessment Requirements for SISFFIT038 Plan group water-based exercise sessions

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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:

- develop and document plans for six group water-based exercise sessions, each with a minimum duration of 30 minutes, that includes a session for:
 - at least one session for each of the following participant groups:
 - a group of female adults
 - a mixed sex group
 - a group of participants aged 55 years or over
- across the six sessions above collectively, incorporate the following:
 - anchored and weighted movements
 - active, rebound and energetic movements
 - propulsion or turbulent actions
 - suspended movements in deep or shallow water
 - formations
 - interval training
 - exercises with and without equipment
- for two sessions and according to actual feedback or case studies:
 - evaluate feedback provided by group participants
 - evaluate instructor feedback
 - modify future session content, and document details of the evaluation and changes made.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- common reasons and goals for people participating in group water-based exercise sessions
- different types of group water-based exercise classes typically offered by aquatic venues and how these relate to general consumer market preferences, expectations and goals
- general factors that affect session design:
 - indoor and outdoor pool environment

- size, depth and gradient of pool
- water temperature
- availability of different types of exercise equipment
- session duration preferences of different group markets
- factors that affect session design for particular client groups and mixed groups:
 - physical differences that need to be considered for:
 - adults of different sexes
 - older people
 - antenatal, postnatal, menopausal and post-menopausal women
 - cultural needs and expectations
 - differing fitness levels, and whether coming from sedentary or active base
- for a range of common injuries, medical conditions, and health risk factors:
 - contraindications and precautions for different types of water-based exercise sessions and exercises
 - how exercises, intensity and loads can be modified to allow safe participation by individuals with low risk injuries and health conditions
- the meaning of the following components of fitness, and how water-based exercises can target improvements for each:
 - health-related components:
 - cardiovascular endurance
 - muscle strength
 - muscle endurance
 - flexibility
 - body composition
 - skill-related components:
 - coordination
 - balance
 - reaction time
 - proprioception
- different types of water-based exercises and equipment that can be used:
 - cardiovascular exercises:
 - continuous
 - interval
 - resistance exercises
 - flexibility exercises
- how different types of water-based exercises can be combined and sequenced for safety and optimum effectiveness in group exercise sessions
- how the FITT (frequency, intensity, time and type) principle is used to structure group water-based exercise sessions
- established phases of exercise sessions, their underpinning rationale and timing for each within designated time of session:

- warm up
- main workout
- cool down and stretches
- components of water-based exercise sessions, and how they can be used effectively for goals targeted by group sessions:
 - exercise order
 - volume and intensity of exercises
 - repetitions and sets
 - repetition tempo
 - rest intervals
- training techniques that can be used in group water-based exercise sessions, how they can be used, and considerations for their use:
 - supersets
 - pyramiding
 - rebound
 - interval training including high intensity interval training (HIIT)
 - circuit training
- considerations for choreographing and cueing sequences of movements and exercises for group water-based exercise sessions
- considerations for the use of music in instruction of group water-based exercise sessions:
 - licensing requirements
 - tempo of music suited to different phases of exercise sessions and types of movements and exercises
 - how to break music down into phrases and beats per minute to time and sequence exercises with music
 - how different styles of music impact on participant motivation
- format and inclusions of documented group water-based exercise session plans
- methods that can be used to evaluate effectiveness of group exercise sessions:
 - participant and instructor evaluation questionnaires and reports
 - discussions with instructors delivering sessions
 - self-evaluation
 - discussions with venue operator on success of programs offered
 - evaluation of complaints, problems and difficulties.

Assessment Conditions

Skills can be demonstrated in:

- the workplace, or
- a simulated workplace set up for the purpose of skills assessment.

Assessment must ensure the use of:

- information about the pool environment in which activities will be instructed to allow for appropriate session design
- template group exercise session plans
- template evaluation reports.

Assessors must:

- satisfy the Standards for Registered Training Organisations requirements for assessors, and
- hold a qualification or Statement of Attainment which includes this unit of competency, SISFFIT038, or units that have been superseded by SISFFIT038, and have a collective period of at least two years' experience working in aqua fitness instruction, where they have applied the skills and knowledge covered in this unit of competency; the two years' experience can incorporate full and part time experience, or
- be a registered or accredited practising health or exercise professional with a degree and experience relevant to this unit of competency.

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