



Australian Government

Assessment Requirements for SISFFIT039 Instruct 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.

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:

- instruct three predesigned group water-based exercise sessions:
 - each with a minimum duration of 30 minutes
 - each with at least six participants
 - one group that is predominately comprised of female adults
 - one mixed sex group
 - one group that is predominately comprised of participants aged 55 years or over
- across the above three sessions collectively, instruct:
 - 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 each of the three sessions:
 - prepare environment and equipment
 - pre-screen participants for current condition
 - brief participants and provide safety information tailored to the pool environment and types of exercises
 - incorporate the following techniques:
 - optimal instructor positioning
 - clear verbal communication
 - optimal voice projection
 - combined explanation and demonstration of safe exercise technique
 - verbal and visual cueing
 - motivational communication
 - complete session documentation and evaluation reports
- according to actual client interactions or case studies:

- identify two situations from pre-session screenings that require recommendations on exercise participation, explain exercise precautions and provide recommendations for modifications
- respond to two individuals showing signs of over exertion or difficulty, and modify their activities.

Knowledge Evidence

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

- key content of established industry guidelines for safe pool operations relevant to aqua exercise instructors, and associated policies and procedures implemented by pool operators:
 - qualification requirements including those for rescues
 - zoning for water-based exercise programs
 - responsibilities of instructors while on site including supervisory and reporting lines
 - pool conditions and equipment
 - emergencies including rescue equipment that must be on hand
 - pre-exercise screening and briefing of group participants
 - maintaining records for session delivery and evaluation
- workplace health and safety issues for instructors of water-based activities and how to manage these:
 - effects of extended exposure to chlorinated water and sunlight
 - slips, trips and falls and safe pool footwear
 - physical demands of extended energy expenditure on the pool deck and in the pool
- pool environmental factors that may impact session delivery and how to respond:
 - noise
 - sun and glare
 - water temperature
- safety and serviceability checks for aqua exercise equipment
- considerations for the use of music in instruction of water-based exercise sessions:
 - type and operation of music equipment
 - volume and instructor positioning in relation to sound system
- types of observations and verbal screening questions that can be used to assess suitability of individuals for participation
- safety considerations for group water-based exercise sessions and importance of clear and accurate briefing information:
 - emergency procedures and how participants can raise the alarm
 - optimal spacing for group numbers and exercise types
 - exercising depth and gradient of pool for different types of exercises and population groups

- importance of participants working within own capability and tailoring intensity accordingly
- dangers of exercising while sick
- common medical conditions and injuries, contraindications and precautions for exercises, and how exercises, intensity and loads can be modified to allow safe participation by individuals with low risk injuries and health conditions
- appropriate instructor apparel and participant swimwear and footwear for comfort and safety, and how this may vary according to different cultural backgrounds
- established phases of exercise sessions, their underpinning rationale and timing for each within overall session:
 - warm up
 - main workout
 - cool down and stretches
- different types of water-based exercises, equipment that can be used, and safe techniques for their completion:
 - cardiovascular exercises:
 - continuous
 - interval
 - resistance exercises
 - flexibility exercises
- benefits and impacts on the body of different types of water-based exercises and specific injury prevention strategies
- physical differences that need to be considered and ways that exercises can be modified for:
 - adults of different sexes
 - older people with low risk health conditions
 - antenatal, postnatal, menopausal and post-menopausal women with low risk health conditions
- factors that affect selection of equipment to suit participants
- group exercise instructional techniques and how they impact effectiveness of instruction:
 - optimum positioning of instructor
 - physical formation of group
 - movement breakdown and combination
 - combining explanation and demonstration
 - verbal and visual cueing
 - mirror imaging
 - emulating water-based exercises from the pool deck accounting for hydrodynamics
 - instructing within the pool
- ways of varying instruction:
 - to meet the needs different participant characteristics
 - to cater for individual abilities within a group

- group communication techniques and how they may vary depending on participant profile:
 - voice projection with and without the use of a sound system
 - establishing rapport with group
 - providing clear instruction in group environment
 - motivating and encouraging participants of different abilities to keep them engaged and challenged
 - maintaining group cohesion
 - providing constructive feedback and positive reinforcement
- key considerations for monitoring participant comfort and safety during group water-based exercise sessions:
 - common indicators of over exertion that are particular to water-based activities
 - when exercise intensity and technique should be modified for individuals and how to instruct individuals while maintaining group momentum
 - situations that indicate individuals should stop exercising
- factors to consider in session evaluation:
 - suitability of physical environment and availability of suitable equipment
 - structure and timing
 - suitability of exercises and equipment for session objectives
 - participant feedback
 - trainer communication and instruction.

Assessment Conditions

Skills must be demonstrated in an indoor or outdoor pool facility meeting current state or territory and local government regulations. The facility owner or operator must have guidelines or policies and procedures to regulate the safe operation of the facility and its use by facility users and instructors based on current industry guidelines for safe pool operations.

Pools can be publicly or commercially owned and operated, and can be in diverse locations including educational institutions, clubs, fitness facilities, gyms, and leisure and community centres.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- rescue equipment
- communication equipment for emergency response.

Assessment must ensure the use of:

- interaction with group participants who are participating in exercise activities within a pool; these can be:
 - group participants in an industry workplace, or
 - group participants who participate in simulated activities used for the purpose of skills assessment

- aqua equipment for exercises
- pre-designed session plans for group water-based exercise sessions
- template evaluation reports
- established industry guidelines for safe pool operations relevant to aqua exercise instructors, and associated guidelines or policies and procedures implemented by pool operators.

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, SISFFIT039, or units that have been superseded by SISFFIT039, 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.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>