



Australian Government

SISFFIT039 Instruct group water-based exercise sessions

Release: 1

SISFFIT039 Instruct group water-based exercise sessions

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 prepare for and instruct group water-based exercise sessions according to predesigned session plans which may have been developed by self or others. It requires the ability to use aquatic exercise instructional techniques, and cater for different participant needs in a mixed ability group situation, within the confines of session guidelines.

Skills for planning 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 provision of hydrotherapy or rehabilitation sessions.

This unit applies to aqua exercise instructors who work unsupervised when instructing groups, using discretion and judgement to solve routine problems but are guided by venue policies and procedures. 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

<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Prepare for water-based session.	1.1. Check and prepare pool environment to meet session requirements and identify and respond to factors that may impact session delivery. 1.2. Prepare required physical resources and check for safety and serviceability. 1.3. Follow pre-exercise screening procedures and assess participant characteristics, condition and capability as they present through observation and verbal screening and provide required response. 1.4. Issue exercise equipment to match participant characteristics and types of exercises.
2. Brief participants.	2.1. Provide clear safety information about exercise depth and gradient and appropriate group spacing. 2.2. Explain participant responsibility to work within their capability and provide clear advice on contraindications and precautions for particular activities during session. 2.3. Introduce session and its basic components using communication suited to participant characteristics.
3. Deliver water-based session.	3.1. Follow pre-designed session structure and timings. 3.2. Use voice projection techniques suited to the pool environment. 3.3. Combine clear and accurate verbal instructions and demonstrations for exercise technique, and explain effects of water on participant movements. 3.4. Use group communication techniques that motivate participants to maintain active participation in the session. 3.5. Monitor participant technique and safety and provide feedback, encouragement and corrective instruction based on observations. 3.6. Facilitate effective group interaction to maintain group cohesion, engagement and safety. 3.7. Observe individual participants, respond to difficulties and modify their activities to suit needs and to ensure engagement and comfort.
4. Evaluate group-session.	4.1. Seek and acknowledge feedback from participants and evaluate satisfaction with session. 4.2. Evaluate own performance and identify areas for

improvement.

- 4.3. Complete session documentation and evaluation according to record keeping procedures.

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 sometimes unfamiliar session plans which include fitness terminology and abbreviations - interpret detailed familiar procedures for instructing and reporting on group exercise sessions.
Writing skills to:	use fundamental sentence structure to record factual and subjective information in session documentation.
Oral communication skills to:	provide clear and unambiguous information to participants using language and terms easily understood.
Numeracy skills to:	follow and adjust session timings to meet requirements of session duration.
Problem-solving skills to:	critically evaluate successes and failures of sessions to contribute to 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 SISFFIT039 Instruct group water-based exercise sessions

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>