



Australian Government

SISSS00135 Aqua Exercise Instruction

Release: 1

SISSS00135 Aqua Exercise Instruction

Modification History

Release 1. Supersedes and is not equivalent to SISSS00127 Aqua Exercise Instruction Release 1. Units contained in skill set updated and not equivalent.

Description

A set of skills to plan and instruct group water-based exercise sessions, and to manage and assist with water-based rescues.

Pathways Information

Achievement of these units provides credit towards SIS30321 Certificate III in Fitness.

Licensing/Regulatory Information

No occupational licensing, certification or specific legislative requirements apply to this skill set at the time of publication.

Skill Set Requirements

Unit code	Unit title
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HLTAID011	Provide First Aid
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HLTWHS001	Participate in workplace health and safety
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SISCAQU020	Perform water rescues
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SISFFIT038	Plan group water-based exercise sessions
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SISFFIT039	Instruct group water-based exercise sessions
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SISFFIT048	Use anatomy and physiology knowledge to support safe and effective water-based exercise
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Target Group

Aqua exercise instructors who lead group water-based exercise sessions in settings with pools, such as fitness facilities, gyms, and leisure and community centres.

Suggested words for Statement of Attainment

These units of competency from the SIS Sport, Fitness and Recreation Training Package provide a set of skills to plan and instruct group water-based exercise sessions, and to manage and assist with water-based rescues.