



Australian Government

Department of Education, Employment and Workplace Relations

SRCAQU008B Apply the principles of movement in water to aquatic activities

Release: 1

SRCAQU008B Apply the principles of movement in water to aquatic activities

Modification History

Not applicable.

Unit Descriptor

This unit has been developed for the Community Recreation Industry Training Package and covers the knowledge and skills required to apply the principles of movement in water to instruct clients to achieve efficient movements during aquatic activities in water.

Application of the Unit

Not applicable.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

Not applicable.

Elements and Performance Criteria Pre-Content

Not applicable.

Elements and Performance Criteria

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Element	Performance Criteria
1 Analyse the principles of movement in water	1.1 Identify the principles of movement in water , broken down into component parts and documented
2 Identify the effect of the principles of movement in water on the body	2.1 Identify the factors affecting the movement of a body in water 2.2 Identify and document the methods of increasing the efficiency of movement through water
3 Apply the principles of movement in water to assist clients to develop more efficient movements	3.1 Deliver concise and precise relevant information, explanations and demonstrations to develop efficient movements 3.2 Observe participant's movement through water and give feedback to improve movement on an individualised and/or group basis 3.3 Use technological aids to supplement presentations, where appropriate 3.4 Teach skills and monitor the instructional method during the instruction and assess following the instruction 3.5 Give clients the opportunity to comment and/or ask questions 3.6 Identify aspects needing further emphasis and/or attention for intervention in future sessions

Required Skills and Knowledge

Not applicable.

Evidence Guide

The Evidence Guide identifies the critical aspects, knowledge and skills to be demonstrated to confirm competence for this unit. This is an integral part of the assessment of competence and should be read in conjunction with the Range Statements

Critical aspects of evidence to be considered

Assessment must confirm the ability integrated demonstration of all elements of competency and their performance criteria, in particular the ability to identify and explain the principles of movement in water accurately determine the factors effecting the movement of the body in water evaluate the efficiency of a client's movement through water and provide feedback to improve client's performance

Interdependent assessment of units

This unit must be assessed after attainment of or in conjunction with competency in the following unit(s)

Nil

This unit must be assessed in conjunction with the following unit(s)

Nil

For the purpose of integrated assessment, this unit may be assessed in conjunction with the following unit(s)

Nil

Required knowledge and skills

Required knowledge

The principles of movement in water

The effect of the principles of movement in water on movement in water

Intervention strategies to achieve more efficient movements in water

Relevant equipment and safety requirements, including Occupational Health and Safety and legislative requirements

Required skills

Skills used to instruct aquatic activities, eg, movement, voice, use of technical aids

Ability to provide explanations and demonstrations, ie, self, other clients as models, videos

Monitoring/observation skills

Feedback and questioning skills

Activities are conducted in accordance with the accepted best practice principles of aquatic activities

Resource implications

Physical resources - assessment of this competency requires access to a real or simulated work environment appropriate documentation and resources normally used in the workplace a swimming pool and other equipment suitable clients rules, policies and regulations of relevant peak bodies and/or employer organisations Human resources - assessment of this competency will require human resources consistent with those outlined in the Assessment Guidelines. That is, assessors (or persons within the assessment team) must be competent in this unit but preferably be competent in the unit at the level above be current in their knowledge and understanding of the industry through provision of evidence of professional activity in the relevant area have attained the mandatory competency requirements for assessors under the Australian Quality Training Framework (AQTF) as specified in Standard 7.3 of the **Standards for Registered Training Organisations**

Consistency in performance

Competence in this unit must be assessed over a period of time in order to ensure consistency of performance over the Range Statements and contexts applicable to the work environment

Context for assessment

This unit of competency must be assessed in the context of community recreation in Australia. For valid and reliable assessment the community recreation activity should closely replicate the work environment. The environment should be safe, with the hazards, circumstances and equipment likely to be encountered in a real workplace This unit of competence should be assessed through the observation of processes and

procedures, oral and/or written questioning on required knowledge and skills and consideration of required attitudes
Where performance is not directly observed and/or is required to be demonstrated over a "period of time" and/or in a "number of locations", any evidence should be authenticated by colleagues, supervisors, clients or other appropriate persons

KEY COMPETENCIES

Collect, Analyse & Organise Information	Communicate Ideas & Information	Plan & Organise Activities	Work with Others & in Teams	Use Mathematical Ideas & Techniques	Solve Problems	Use Technology
2	2	2	2	1	2	-

These levels do not relate to the Australian Qualifications Framework. They relate to the seven areas of generic competency that underpin effective workplace practices. The three levels of performance (1, 2 and 3) denote the level of competency

required to
perform the
task:

Use routine
approaches

Select from
routine

approaches

Establish

new

approaches

**Collecting,
analysing**

and

**organising
informatio**

n -

**Communic
ating ideas**

and

informatio

n -

Planning

and

**organising
activities -**

Working

with teams

and others

-

Using

**mathemati
cal ideas**

and

techniques

-

Solving

problems -

Using

technology

- Not

applicable

Please refer

to the

Assessment

Guidelines

for advice

on how to

use the Key
Competenci
es.

Range Statement

Range Statements

The Range Statements provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. The Range Statements relate to the unit as a whole and helps facilitate holistic assessment. In addition, the following variables may be present for this particular unit of competency

RANGE STATEMENT

CATEGORIES

Factors affecting the movement of a body in water

Body alignment
long and short axis
smooth tapered shapes
Balance
head alignment and movement
balance of limbs in movement
effects of rotation
Core power
hip rotation to create torque/twisting forces

Feedback

Can be
verbal
written
visual
tactile
Should be an information exchange between participant and instructor regarding progress towards performance goals

Instructional method

Instructional approaches adopted by the instructor to convey instructional content to the participant
Depending on the situation the instructor should be able to incorporate a range of combinations of the following approaches and/or any associated variations
whole skill strategies
whole, progressive - part, whole strategies
progressive part strategies
demonstration strategies
command and response strategies
directive approaches through specific set tasks
reciprocal or peer tutoring strategies
feedback and refinement strategies
guided discovery strategies, setting problems and allowing clients to discover solutions

experiential or problem solving strategies

Principles of movement in water

Buoyancy
Flotation
Hydrostatic pressure
Propulsion
Lift
Drag
Turbulence
Acceleration
Resistance
Balance and stabilit

Technological aids

Video cameras
Videos of other clients

Unit Sector(s)

Not applicable.