



AQUATIC FITNESS INSTRUCTOR CERTIFICATE

UNITS OF COMPETENCE AND ASSESSMENT REQUIREMENTS

The student will be required to complete 6 units of competence (as well as organizing their own completion of HLTAID003 Provide First Aid).

Below is a summary of the assessment tasks required for the successful completion of all 6 units:

BSBRSK401 Identify risk and apply risk management processes AND HLTWHS001 Participate in workplace health and safety

- ❑ There are 6 written assessment tasks for these two units – these include case studies; questions and answers and project work, which will need to be completed in a workplace environment.
- ❑ There is a Third Party Report to be completed by a Workplace Supervisor.

SISCAQU002 Perform basic rescues

- ❑ All practical assessments for this unit will need to be completed in an aquatic environment. You will be required to video your-self performing a list of assessment tasks and then forward these videos to Active Training for marking.
- ❑ You will need to complete the theory questions for this unit.

SISCAQU008 Instruct water familiarization, buoyancy and mobility skills

- ❑ There is 1 written assessment task for this unit – questions and answers.
- ❑ The practical elements of this unit will be assessed in conjunction with SISFFIT008 Instruct Water-based Fitness Activities

SISFFIT008 Instruct water-based fitness activities

- ❑ Plan, instruct and evaluate 8 different water-based fitness sessions (5 on deck and 3 in water) under the supervision of a qualified Aqua Exercise Instructor. 1 on deck and 1 in water session will need to be assessed by a qualified assessor OR by videoing these sessions as per guidelines provided and forwarding these videos to Active Training for assessment.
- ❑ There is 1 written assessment task for this unit – questions and answers.

SISFFIT022 Instruct aquatic sessions for specific population groups

- ❑ Within the above 8 different water-based fitness sessions, the student must demonstrate competency to work with at least 2 of the 5 specific population groups listed below:
 - children and adolescents
 - women
 - older adults
 - clients with a disability
 - culturally and linguistically diverse (CALD) groups

****If the student is not able to achieve this assessment requirement within the 8 different water-based fitness sessions, they must complete extra sessions to satisfy this assessment requirement.***

- ❑ There are 2 written assessment tasks for this unit – these include case studies and questions and answers.
- ❑ As a final assessment the student is to develop and deliver an exercise plan and program for a client that doesn't require guidance or instruction provided by medical or allied health professionals.
 - Conduct a fitness screening on a participant.
 - From the results, plan, deliver and instruct a 45-minute fitness training session for a client. (prep, conditioning, recovery and adaptation)
 - Explain how a program would be modified for the person

A qualified assessor must observe and assess this session OR the student must video this session and forward to Active Training for assessment.

It is the student's responsibility to make the appropriate arrangements to be mentored by an experienced, qualified Aqua Exercise Instructor, for the purpose of completing all of the practical components of the course. If the student has difficulties with this, they are encouraged to contact Active Training for assistance.