

Title	Instruct an Aquafitness class		
Level	3	Credits	9

Purpose	People credited with this unit standard are able to: demonstrate knowledge of aquatic exercise environments; and instruct an Aquafitness class.
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Classification	Recreation and Sport > Recreation and Sport - Aquatics
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment within this unit standard must be carried out in accordance with the following, as relevant to role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, Human Rights Act 1993, Accident Compensation Act 2001, Children's Act 2014, and subsequent amendments;
 - industry codes and good practice guidelines;
 - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) or Normal Operating Procedures (NOPs), and requirements for the use of personal protective equipment (PPE).
- 2 It is recommended that the instructor holds a current Pool Lifeguard Practicing Certificate or is instructing in a facility where a lifeguard is actively on duty at the time of instruction.
- 3 It is strongly recommended that candidates hold a current first aid certificate before beginning this unit standard.
- 4 Assessment conditions
 - Deep water Aquafitness must be assessed during classes in water depth of more than 1.8m or a depth where participants are not able to touch the bottom of the pool;
 - Chest deep Aquafitness exercises must be assessed during classes taught in water depth of 1.1-1.4m;
 - The candidate must be assessed instructing a class of at least five participants for a minimum of 45 minutes.
- 5 Definitions

Class plan refers to the design of the class format and content.

Level options refers to progressions; which increase the intensity of an exercise and regressions; which decrease the intensity of an exercise.

Normal Operating Procedures refer to the operations manual or documented normal operating procedures at a facility.

Pre-screen refers to industry recognised pre-screen.

Respect and care refer to dealing with individuals with courtesy and consideration of potential personal differences and cultural awareness.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of aquatic exercise environments.

Performance criteria

- 1.1 Describe the physical properties of water as an exercise medium.
- Range must include – resistance, buoyancy, relative density, and hydrostatic pressure.
- 1.2 Explain the differences between water-based exercise and land-based exercise in terms of the body's response to each environment.
- Range must include but is not limited to – cardiorespiratory responses, blood pressure, heat conductance, energy expenditure, impact, recovery, movement speed/control, range of motion, strength, endurance, balance and posture, and barriers to effective instruction.
- 1.3 Describe the roles and responsibilities of an Aquafitness instructor according to the normal operating procedures.
- Range must include – pre-screen, facility health and safety requirements.
- 1.4 Explain signs that show participants are in difficulty in the water in terms of recognition, action and/or response.

Outcome 2

Instruct an Aquafitness class.

Range one of a chest deep Aquafitness class or deep water Aquafitness class; exercise movements must include aqua jogging and at least three other Aquafitness moves and/or exercises with or without equipment.

Performance criteria

- 2.1 Screen participants and look for contra indications according to normal operating procedures.
- 2.2 Introduce class and warm up the participants, advising participants of the sequence of activities, benefits and limitations.

- 2.3 Use instructional techniques that enable participants with different needs to engage in the class.
- 2.4 Describe equipment used in Aquafitness classes in terms of purpose, application and safety.
- 2.5 Explain and demonstrate methods for modifying the body’s resistance in water using examples.

 Range must include but is not limited to – inertia, acceleration, speed, lever length, range of motion, surface area presented to water (such as hand position), travelling, current generation and use.
- 2.6 Describe and demonstrate exercise movements used in Aquafitness classes in accordance with the class plan.

 Range must include – muscle groups used, exercise purpose, key technique points.
- 2.7 Describe and safely demonstrate level options for each of the exercise movements described in performance criterion 2.6 in accordance with the class plan.

 Range must include – two progressions and two regressions from the following – speed, travelling, resistance, complexity, intensity.
- 2.8 Describe and demonstrate stretches and stretching movements used in Aquafitness classes in terms of their purpose and execution in accordance with the class plan.

 Range stretches or stretching movements must include but are not limited to movements for the following – quadriceps, hip flexors, hamstrings, chest and upper back.
- 2.9 Communicate throughout the class to promote group and individual focus, and safe exercise techniques in accordance with participant requirements.
- 2.10 Conduct cool down, stretches and post class interaction in accordance with class plan.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 May 2012	31 December 2020
Review	2	16 March 2017	31 December 2022
Review	3	24 September 2020	N/A

Consent and Moderation Requirements (CMR) reference

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.