

<b>Title</b>	<b>Plan and review Aquafitness classes in an aquatic facility</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>6</b>

<b>Purpose</b>	People credited with this standard are able to: plan Aquafitness classes; and review the delivery of Aquafitness classes to improve own practice.
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<b>Classification</b>	Recreation and Sport > Recreation and Sport - Aquatics
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<b>Available grade</b>	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 their role:
  - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 2020, Human Rights Act 1993, Accident Compensation Act 2001, The Children’s Act 2014, and subsequent amendments;
  - industry codes and good practice guidelines, for example those published by: Water Safety NZ ([watersafety.org.nz](http://watersafety.org.nz)), Swimming New Zealand ([swimming.org.nz](http://swimming.org.nz)); Austswim Aotearoa ([austswim.com.au](http://austswim.com.au)), Exercise Association of New Zealand ([exercise.org.nz](http://exercise.org.nz)) and Recreation Aotearoa ([nzrecreation.org.nz](http://nzrecreation.org.nz));
  - 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 This unit standard complements and could be assessed alongside unit standard 27710, *Instruct an Aquafitness class*.
- 3 Definitions
 

*Aquatic facility* refers to the pool or pools; water-based fun equipment and play areas; their fixtures and surrounds; changing rooms, spas, saunas where they exist.

*Chest deep* classes are taught in water depth of 1.1-1.4m.

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

*Deep water* classes are taught in water depth of more than 1.8m or a depth where participants are not able to touch the bottom of the pool.

*Exercise technique* refers to how an exercise task is done including the form the body takes when doing that exercise.

*Organisational policies and procedures* refer to the operations manual or documented normal operating procedures at an aquatic facility that set out the way in which the facility will operate on a day-to-day basis.

**4 Range**

Competence must be demonstrated for a minimum of five Aquafitness classes. Each class:

- must consist of at least five participants and be for a minimum of 45 minutes.
- can be in either deep water or chest deep water.

**Outcomes and performance criteria****Outcome 1**

Plan Aquafitness classes.

**Performance criteria**

- 1.1 Identify learning outcomes and potential learning barriers of anticipated participants and address these in the planning.
- 1.2 Plan and structure classes, incorporating a range of delivery techniques relevant to the Aquafitness class and anticipated participant fitness level.
- 1.3 Select choreography that is appropriate for participants and relevant to the type of Aquafitness class.

**Outcome 2**

Review the delivery of Aquafitness classes to improve own practice.

**Performance criteria**

- 2.1 Review the delivery and choreography against the class plan, using participant feedback and self-reflection to improve own practice.

Range must include but is not limited to – meeting participant needs and expectations, managing safety, use of appropriate teaching and exercise techniques.

<b>Planned review date</b>	31 December 2026
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	16 March 2017	31 December 2023
Review	2	28 October 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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**Comments on this unit standard**

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