

# SKAD455 (SQA Unit Code - FT7P 04)

## Plan and prepare water-based exercise



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### Overview

This standard is about planning and preparing a basic water-based (aqua) programme for apparently healthy adults. This may include young people in the 14-16 age range, provided they are part of a larger adult group. The standard also covers working with individual older adults, ante and postnatal clients and disabled clients, provided the relevant contraindications and guidelines are observed. This unit, however, does not cover running specialist whole classes for older adults, young people, ante and postnatal and disabled clients. Specialist NOS are available for these types of classes.

Instructors must also take account of guidelines from relevant national bodies and their own prior experience when planning and preparing sessions. The document is divided into two parts.

The first part describes the three things you have to do. These are:

1. collect and analyse relevant information
2. plan safe and effective water-based exercise
3. prepare equipment for water-based exercise

The second part covers the knowledge and understanding you must have.

This standard is for instructors who plan, instruct and review water-based (aqua) exercise sessions.

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### Performance criteria

*You must be able to:*

#### **Collect and analyse relevant information**

- P1 collect the information you need to plan water based exercise sessions
- P2 make sure the information is accurate and up-to-date
- P3 analyse the information and identify the implications for water based exercise
- P4 refer any clients whose needs and potential you cannot meet to another professional
- P5 maintain confidentiality

*You must be able to:*

#### **Plan safe and effective water-based exercise**

- P6 identify objectives that are appropriate to
  - P6.1. the needs and potential of your clients,
  - P6.2. accepted good practice in the industry
  - P6.3. your own level of competence
  - P6.4. the aims of the session
- P7 plan sessions that will help the clients take part and achieve planned objectives
- P8 plan for the use of music where appropriate to the session
- P9 identify hazards and carry out a risk assessment
- P10 plan how you will minimise risks
- P11 seek advice from another appropriate professional if there is anything you are not competent to deal with
- P12 plan realistic timings and sequences for sessions
- P13 record your plans in the required format

*You must be able to:*

#### **Prepare equipment for water-based exercise**

- P14 identify and select the correct equipment for the sessions
- P15 check the equipment is in safe working order
- P16 lift and handle the equipment in a way that prevents injury and damage
- P17 ensure and organise sufficient space for safe exercise performance
- P18 provide sufficient equipment for the clients
- P19 follow correct health and safety procedures for any unsafe equipment

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### Knowledge and understanding

*You need to know and understand:*

#### **Water-based exercise**

- K1 the effect of water-based exercise on energy expenditure
- K2 the effect of levers, gravity, buoyancy, floatation, turbulence and resistance on water-based exercise
- K3 the use of synergistic arm movements and muscle contractions in the water
- K4 theories of lift/propulsion and their applications in aquatic exercise
- K5 the effect water has on the body e.g. greater range of joint movement, mobility and hyperbaric pressure on the chest
- K6 injury prevention in water-based exercise
- K7 an awareness of how water-based exercise can contribute to injury rehabilitation
- K8 how water-based exercise can contribute to weight management

*You need to know and understand:*

#### **For the whole standard**

- K9 the application of the principles and variables of fitness to the components of fitness
- K10 the effect of speed on posture, alignment and intensity
- K11 the effect of levers, gravity and resistance on exercise
- K12 the importance of careful and thorough planning and preparation for sessions
- K13 the entries and exits to a pool
- K14 the needs and potential of the clients including reasons for and barriers to participation in the appropriate session
- K15 exercises that are safe and appropriate for clients, including alternatives to potentially harmful exercises; safe and effective alignment of exercise positions
- K16 the life-course of the musculoskeletal system (including bone) and its implications for working with young people, ante and postnatal women, disabled people and older people (i.e. tendon, ligament and bmd changes and their effect on posture and postural stability for all the above)
- K17 contraindications and key safety guidelines for working with older clients
- K18 contraindications and key safety guidelines for working with ante and postnatal clients
- K19 how to give guidance to encourage special population clients to follow the key safety guidelines and to discourage them from anything deemed to be potentially hazardous/contraindicated to enable them to take part in sessions
- K20 pacing and speed of exercises in an aquatic environment
- K21 how music can enhance a session and the suitability of speed and type

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of music for the participants and section of the class

K22 legalities of the use of music

K23 effective cueing

*You need to know and understand:*

### **Collect and analyse relevant information**

K24 the information you need to plan water based exercise

K25 methods of collecting the information you need to plan water based exercise

K26 the factors which effect the ability to exercise; screening process, including primary and secondary risk factors of coronary heart disease;

K27 reasons for temporary deferral of exercise; referral; informed consent

K28 the emergency procedures of the facility/organisation

K29 the Pre Activity Readiness Questionnaire (PAR-Q) and how to record information on it

*You need to know and understand:*

### **Plan safe and effective water-based exercise**

K30 how to identify and agree objectives for sessions based on collected information

K31 the environmental factors of water temperature and depth, humidity and air temperature

K32 the effects of thermoregulation on class structure

K33 considerations for the inclusion of non-swimmers

K34 the effects of buoyancy, water resistance and turbulence on water-based physical activity

K35 the effects of water on static and travelling balance

K36 the health and environmental factors which can influence safety; factors which affect group/individual working space

K37 how to use a range of resistance and buoyancy equipment e.g. floats, paddles, pull buoys, and other equipment such as kickboards, pace clocks, heart rate monitors, rpe chart, stopwatches and how to achieve required fitness development

K38 the safe use of electrical equipment in a pool environment

K39 how to record plans in the required format

*You need to know and understand:*

### **Prepare equipment for water-based exercise**

K40 the manufacturers' guidelines and organisations guidelines for replacement of equipment

K41 the safe use, storage, checking and maintenance of equipment

K42 safe manual handling techniques

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### Additional Information

#### Scope/range related to performance criteria

1. **Session environment**
  - 1.1. shallow water
  - 1.2. deep water
2. **Objectives**
  - 2.1. improve fitness
  - 2.2. improve motivation
  - 2.3. address barriers to participation
  - 2.4. improve skills and techniques
  - 2.5. provide opportunities for fun and enjoyment
3. **Hazards**, relating to
  - 4.1. the client
  - 4.2. the activities you are planning
  - 4.3. other activities happening at the same time

#### Scope/range related to knowledge and understanding

##### Special population clients including:

1. 14-16 year old young people
2. disabled people
3. older people (50+)
4. ante and postnatal women

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**Developed by** SkillsActive

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**Relevant occupations** Associate Professionals and Technical Occupations; Leisure, travel and tourism; Sport, leisure and recreation; Sports and Fitness Occupations

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**Suite** Instructing Exercise and Fitness

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