
Overview

This standard is about instructing water-based (aqua) exercise to 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 standard, however, does not cover running specialist whole classes for young people, older adults, ante and postnatal and disabled clients. Specialist NOS are available for these types of classes.

The document is divided into two parts. The first part describes the four things you have to do. These are:

1. prepare clients for water-based exercise
2. instruct water-based exercise to clients
3. help clients improve their performance
4. bring a water-based exercise session to an end

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

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

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Instruct water-based exercise

Performance criteria

You must be able to:

Prepare clients for water-based exercise

- P1 arrive in time to set up the session, meet the clients punctually and make them feel welcome and at ease
- P2 check clients' level of experience and ability for the session, identifying any new clients
- P3 explain the demands of the session including physical and technical
- P4 ask clients if they have any illnesses or injuries and advise individuals of any reasons why they should not participate in the session
- P5 provide clients with clear information about the activities you have planned for the session and explain the exercises and their benefits
- P6 choose and apply methods of motivating clients that are appropriate to them and accepted good practice
- P7 advise clients of the facility's emergency procedures and health and safety requirements for the session
- P8 confirm or revise your plans for the session if necessary

You must be able to:

Instruct water-based exercise to clients

- P9 prepare clients physically for the exercises using safe and effective warm ups
- P10 make sure that explanations and demonstrations of exercises are technically correct with safe and effective alignment of exercise positions as appropriate to clients' needs and level of experience
- P11 vary the pace to suit the clients and ensure effectiveness in the water
- P12 give clients the opportunity to ask questions
- P13 communicate clearly, using volume and pitch of the voice effectively
- P14 ensure that clients take part in the session in a safe manner
- P15 keep to the planned timings for the session
- P16 apply the appropriate code of practice when working with clients during the session

You must be able to:

Help clients improve their performance

- P17 provide appropriate attention and motivation to clients
- P18 observe clients' performance throughout the session from an appropriate instructing position
- P19 check regularly for the clients ability to perform the exercises and provide appropriate progressions and regressions accordingly
- P20 use appropriate teaching methods to correct and reinforce technique
- P21 develop exercises gradually and explain the purpose of the exercises and their benefits
- P22 provide clear support and feedback which helps clients achieve their objectives

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- P23 adapt the activities to respond to the changing needs of the clients, equipment and environment during the session

You must be able to:

Bring a water-based exercise session to an end

- P24 allow sufficient time to end the session according to the clients' level of experience
- P25 end the session using cool down activities that are safe and effective for the clients
- P26 give the individuals and groups a summary and feedback on the session and its benefits
- P27 give the clients the opportunity to:
 - P28.1. reflect on the session
 - P28.2. ask questions
 - P28.3. provide feedback
 - P28.4. Identify their further needs
- P28 make sure the clients have information about future sessions
- P29 follow the correct procedures for checking and storing equipment used
- P30 leave the environment in a condition acceptable for future use
- P31 pass on any health and safety issues arising during the session to an appropriate person

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Knowledge and understanding

You need to know and understand:

Water-Based Exercise

- K1 the effects of water-based physical activity 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 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)
- K7 contraindications and key safety guidelines for working with older clients
- K8 contraindications and key safety guidelines for working with ante and postnatal clients
- K9 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
- K10 injury prevention in water-based activities
- K11 an awareness of the contribution of water-based activities to injury rehabilitation
- K12 the contribution of water-based activities to weight management

You need to know and understand:

For the whole standard

- K13 the application of the principles and variables of fitness to the components of fitness
- K14 the effect of speed on posture, alignment and intensity
- K15 the effect of levers, gravity and resistance on exercise
- K16 the aims of the programme that you are delivering and the needs and potential of the clients
- K17 the types of special requirements that clients may have and how to adapt your plans, yourself and the equipment and environment to meet these needs and reasons for temporary deferral of exercise
- K18 the purpose and value of warm up and cool down
- K19 why clients need to understand the purpose and value of warm-up and cool-down
- K20 safe and effective warm-up and cool-down activities for water-based exercise

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- K21 a range of basic exercises that are safe, appropriate and effective for the clients and their benefits
- K22 a range of alternative exercises for adaptation or progression
- K23 how to break exercise/movements down to their component parts
- K24 how to develop client co-ordination by building exercises/movements up gradually
- K25 pacing and speed of exercises in an aquatic environment
- K26 the importance/ methods of voice projection; effective use of volume and pitch of voice with and without a microphone
- K27 the suitability of speed and type of music for the clients and section of the class
- K28 legalities of the use of music
- K29 effective methods of building combinations of movements; instructor safety concerns, such as heat stress, joint stress and vocal chord injury
- K30 appropriate attire for the clients and instructor
- K31 the information that you must give to other people who are involved in the session including lane discipline / etiquette and direction
- K32 how to identify any new risks during a session and take action to control these in line with national guidelines
- K33 the importance of health and safety in the facility and of paying close attention to possible hazards, such as slippery surfaces, changes in water depth, pool temperature, entries and exits of the pool
- K34 the risks of using electrical equipment on the poolside and how to minimise these risks
- K35 spacing of the class shallow to deep
- K36 the types of new hazards that may occur during a session and how to identify and deal with these
- K37 reporting procedures for health and safety

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Additional Information

Scope/range related to performance criteria

1. **Session environment**
 - 1.1. shallow water
 - 1.2. deep water
2. **Exercises**
 - 2.1. cardiovascular fitness
 - 2.2. muscular fitness
 - 2.3. flexibility
 - 2.4. motor skills
3. **Teaching methods**
 - 3.1. changing teaching positions
 - 3.2. asking questions
 - 3.3. making adaptations and progressions
 - 3.4. verbal and visual communications and interactions
 - 3.5. mirroring

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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Suite Instructing Exercise and Fitness

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