

Higher National Unit Specification

General information for centres

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

Unit code: DW5V 34

Unit purpose:

On completion of the Unit the candidate should be able to:

- 1 Identify and analyse the effects of water based exercise on the components of fitness.
- 2 Plan a water based exercise session.
- 3 Teach a water based exercise session.
- 4 Evaluate the session and personal teaching performance.

Credit points and level: 2 HN Credits at SCQF level 7: (16 SCQF credit points at SCQF level 7*).

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this Unit will be at the discretion of the Centre however candidates should possess good oral communication skills. Other knowledge skills or experience relevant to the Unit would be beneficial.

Core Skills: There are opportunities to develop the Core Skills of Problem Solving, Working with Others and Communication at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: Candidates should demonstrate a clear grasp of the underpinning knowledge required to plan a session, demonstrate their skills in the practical application of this knowledge to teach an effective water based exercise session and following this session evaluate both their personal teaching performance and class content.

Outcome 1 will be assessed by means of a short response assessment: Outcome two will require the candidate to devise a session plan based on the needs and objectives of the participants, and put this plan into practice by teaching a session to fulfil the requirements of outcome three. Following the session candidates will evaluate their teaching performance and the content of the session.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Identify and analyse the effects of water based exercise on participants and components of fitness

Knowledge and/or skills

- ◆ Effect of water based exercise on participants
- ◆ Effect of water based exercise on the components of physical fitness
- ◆ Effect of thermoregulation on class structure
- ◆ Application of Archimedes Principle to water-based exercise
- ◆ Medical conditions that pose more problems in water than on land
- ◆ Properties of water.
- ◆ Advantages and disadvantages of water-based exercise

Evidence Requirements

The assessment for this Outcome will be in the form of short response questions. Candidates are required to provide evidence that demonstrates their knowledge and skills by showing they can:

- ◆ describe and analyse the effect of water-based exercise on skeletal, musculoskeletal, cardio-respiratory and energy systems
- ◆ describe the effect of water-based exercise on cardio-respiratory endurance, muscular strength, muscular endurance and flexibility
- ◆ describe the effect of buoyancy, water resistance and turbulence on a variety of exercises
- ◆ identify environmental factors that should be taken into account when planning for a water-based exercise class
- ◆ outline the structure of a water based exercise class
- ◆ identify medical conditions that pose more problems in water than on land
- ◆ describe the advantages and disadvantages of water based exercise

Assessment guidelines

In order to successfully achieve this Outcome the candidate should complete a short answer response assessment demonstrating their knowledge and understanding of the evidence required. Assessment exemplars are available.

Higher National Unit specification: statement of standards (cont)

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

Outcome 2

Plan a water-based exercise session

Knowledge and/or skills

- ◆ Collect and analyse relevant information
- ◆ Select and agree objectives for the session
- ◆ Select and prepare activities for the session
- ◆ Select and prepare equipment for the session
- ◆ Assess and minimise likely risk prior to the session

Evidence Requirements

The assessment for this Outcome will be in two parts. Candidates are required to:

- (i) Complete a risk assessment on the facility and activity session and (ii) write a session plan that reflects the needs and objectives of the participants.

For the risk assessment candidates must provide evidence that demonstrates their knowledge and skills by showing they can:

- ◆ assess the risks to the participants from the activity, equipment and activity environment prior to the session
- ◆ assess the risks to the Instructor from the activity, equipment and activity environment prior to the session
- ◆ analyse the identified risks and provide methods to decrease the risk(s) to both the participants and instructor
- ◆ identify the emergency procedures of the facility where the session will take place

The session plan should provide evidence that demonstrates their knowledge and skills by showing they can:

- ◆ analyse information collected from a Pre Activity Readiness Questionnaire and utilise information gained to help plan a session which meets the aims and objectives of the participants
- ◆ identify reasons for temporary deferral of exercise
- ◆ develop a shallow water or aqua circuit session which will ensure the participants will improve their skills and techniques relative to safe, accurate and effective exercise performance
- ◆ select appropriate exercises and intensity for inexperienced participants OR a mixed ability group of participants
- ◆ develop a session for a class which will last between 30 - 45 minutes demonstrating a structure based on guidelines for water-based exercise
- ◆ choreograph a session in a manner which will enable participants to build combinations, develop coordination and build movement patterns
- ◆ selected a variety of exercises and movement patterns to ensure a balanced programme

Higher National Unit specification: statement of standards (cont)

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

- ◆ select progression and adaptations to exercises that are safe and effective and will ensure that participants can work to their own level of intensity
- ◆ select a range of resistance and buoyancy equipment for the session
- ◆ select music of the correct speed and type for the participants
- ◆ provide a written breakdown of the music for the session

Assessment guidelines

In order to successfully achieve this Outcome the candidate should present the assessor with a written session plan and risk assessment form completed for the participants, instructor and facility. Tutors may wish to use a checklist to ensure that the criteria have been achieved. Assessment exemplars of Session plans, risk assessment forms and checklists are available.

Outcome 3

Teach a water based exercise session

Knowledge and/or skills

- ◆ Teaching and communication skills
- ◆ Prepare participants
- ◆ Class management skills
- ◆ Teach a session in a structured and logical manner
- ◆ Provide participants with adaptations/progressions for exercises selected
- ◆ Analyse participants' performance, identify and correct errors
- ◆ Work to the beat and / or phrase of the music
- ◆ Effect of water temperature and pressure on the body

Evidence Requirements

Candidates are required to teach a shallow water or aqua circuit session to a group of no less than eight inexperienced or mixed ability group of participants. The session should last a duration of at least thirty minutes covering all components of the planned session. The session should provide evidence that demonstrates their knowledge and skills by showing they can:

- ◆ conduct a shallow water or aqua circuit session incorporating warm up, cardiovascular, muscular strength / endurance, and flexibility components
- ◆ prepare the participant(s) for the session using a safe and effective warm up
- ◆ use volume and pitch of voice effectively, relative to the music and environment
- ◆ demonstrate the exercises in a technically correct manner with safe and effective alignment of exercise positions and in a position where participants can effectively observe
- ◆ build up exercises gradually and explain the purpose of the exercises
- ◆ structure a session in a manner which will enable participants to build combinations, develop coordination and build movement patterns
- ◆ utilise a range of communication methods, verbal and non verbal, to provide effective cueing
- ◆ provide teaching points and feedback to participants to ensure good technique
- ◆ offer advice to correct technique in a positive and constructive manner

Higher National Unit specification: statement of standards (cont)

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

- ◆ select appropriate adaptations or progressions for participants
- ◆ check regularly for the participants' ability to cope with the intensity of the exercise and adapt where necessary
- ◆ work within the structure of the music enabling participants to work to the beat and/or phrase

Assessment guidelines

This is a practical based Outcome and should be assessed by means of an observation checklist as the candidate conducts a shallow water or aqua circuit session with a group of no less than eight participant.

Tutors will complete an observation checklist and should there be any ambiguity regarding aspects of the candidate's performance oral questioning may be used — in these circumstances tutors should note the questions and responses. Tutors may wish to video the teaching performance to be kept as evidence for external moderation. Assessment exemplars are available.

Outcome 4

Evaluate the session and personal teaching performance

Knowledge and/or skills

- ◆ Evaluation techniques
- ◆ Observation, Feedback and Recording Skills
- ◆ Identify improvements for future sessions

Evidence Requirements

- ◆ Following delivery of the induction session candidate's must complete an evaluation questionnaire based on their own, and their participants, observations of the content, structure and effectiveness of the session and their personal teaching performance.
- ◆ Once this questionnaire is completed candidates should identify areas of their performance or session that may require adapted or improved for future sessions. Candidates should identify ways that that this may be achieved.

Assessment guidelines

In order to successfully achieve this outcome the candidate must complete an evaluation questionnaire following their practical session once they have gained feedback from their participant. Once this questionnaire is completed candidates should identify areas of their performance or session that may require adapted or improved for future sessions. Candidates should identify ways that that this may be achieved.

Should there be any ambiguity regarding aspects of the candidate's performance oral questioning may be used. The tutor should note questions and responses.

Administrative Information

Unit code:	DW5V 34
Unit title:	Plan, Teach and Evaluate a Water Based Exercise Session
Superclass category:	MA
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Higher National Unit specification: support notes

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

Outcome 1 covers the underpinning knowledge relevant to planning and teaching a water-based exercise session. The assessment will be in the form of short response questions.

Content for the closed book assessment should include the following physiological and anatomical effects:

Skeletal: decreased bone mineral content; long term stress on joints; synovial fluid; postural problems

Musculoskeletal: effect on muscle fibres; elasticity in ligaments and tendons; increased connective tissue

Cardio-respiratory: increased gaseous exchange

Energy Systems: energy expenditure

Components of Fitness: effect of water-based exercise on cardio-respiratory endurance, muscular strength, muscular endurance and flexibility.

Environmental factors: water temperature; Air temperature; pool depth; turbulence; floor surface

Medical conditions: Hypertension

Advantages and Disadvantages: weight supportive; reduction of stress on joints

For Outcome 2 candidates are required to complete a risk assessment on the facility and planned activity, and devise a session plan reflecting the needs and objectives of the facility. In order to successfully complete this outcome it would be beneficial if candidates had knowledge of the following areas:

Risk assessment: Real or perceived hazards from equipment, facility and environment eg water temperature and depth; use of music system on poolside; humidity; swimming ability of participants.

Session Plan: Structure of session reflects current practice; Exercises reflect aims and objectives of participants; selection of safe and appropriate exercises including alternatives to accommodate all participants; choreography / structure of session will enable participants to build combinations, safe technique and movement patterns; selection of equipment reflects knowledge of resistance and buoyancy effects; range of equipment and effective use (aqua mitts, paddles, woggles, floats, dumbbells, buoyancy belts)The session plan should detail timings for each component, teaching points, adaptations of exercises, equipment and music breakdown.

Higher National Unit specification: support notes (cont)

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

For Outcome 3 candidates are required to teach a shallow water or aqua circuit session to a group of no less than eight inexperienced or mixed ability group of participants. The session should last a duration of at least thirty minutes covering all components of the planned session. Candidates should demonstrate teaching skills including effective use of voice, technically correct demonstrations, progressive development of session, class management skills, cueing, observation of technique, feedback, encouragement and motivation.

Immediately following the teaching component of outcome three candidates are required to complete an evaluation of their teaching and of the session. From this evaluation candidates should identify areas of their teaching that may need to be developed and aspects of the class that may need adjusted prior to the next class.

Guidance on the delivery and assessment of this Unit

This Unit is an optional unit of the HNC/D Fitness, Health and Exercise award. Integration will occur between this Unit and outcomes from screening unit. In addition the practical component may be assessed whilst the candidate is on placement as part of a workplace experience unit.

It is anticipated that delivery of this Unit will be carried out with small groups of mixed abilities and where possible working with real/not simulated participants. Candidates should demonstrate a clear understanding of the effect of water on exercise intensity, participants and components of fitness and be able to apply this knowledge when developing and implementing a water based exercise session.

Opportunities for developing Core Skills

All elements of the core skill of Problem Solving, that is, planning and organising, critical thinking, and reviewing and evaluating, could be developed and enhanced in the unit as candidates plan, undertake and evaluate the complex practical tasks required to provide evidence of competence. Detailed preparation for teaching sessions is critical to achievement as all factors are considered in relation to the health benefits and risks for a specified group. Identifying all available resources and planning their efficient use in order to maximise impact and overcome perceived potential difficulties will further involve a high level of critical thinking. Justifying and adopting effective strategies which reflect and apply current theory will be an integral aspect of each session. Producing and delivering a balanced, safe programme which includes music and allows clients to work at an appropriate personal rate for their experience should allow on-going opportunities for review and potential adjustment. Candidates have to complete a personal evaluation questionnaire, and some may benefit from additional support materials or personal interviews with the assessor in order to reinforce analytical approaches to overall achievement and future activities and further development.

Higher National Unit specification: support notes (cont)

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

There are many opportunities in which different ways to enhance skills in managing co-operative working with others can be explored. Elements of negotiation, including the selection of appropriate programmes for each participant, are intrinsic to all stages of planning and delivering sessions. Candidates could be expected to offer encouragement to clients by demonstrating, explaining and adapting their behaviour to maximise the achievements of a group. Centre designed self assessment skills checklists might support practice in developing a range of approaches to instruction and negotiation with different client groups. In the delivery of teaching sessions candidates will be required to demonstrate an empathic understanding of the physical and emotional needs of others in order to progress communication. A significant level of verbal and non verbal communication skills will be developed in order to present complex information in a style and format most conducive to learning. Candidates should be aware of how to:

- ◆ collate, organise and structure information effectively
- ◆ adapt language, register and style to learners
- ◆ emphasise and signpost key points
- ◆ select and produce appropriate support materials if appropriate
- ◆ use effective verbal non-verbal communication techniques
- ◆ use pace and voice projection for impact to assure compliance and safety
- ◆ respond to in depth questions confidently

Open learning

As a practical performance unit this unit is unsuitable for delivery in an open learning format.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Alternative Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on SQA's website: www.sqa.org.uk.

General information for candidates

Unit title: Plan, Teach and Evaluate a Water Based Exercise Session

On completion of this Unit you should be able to understand the effects of water on the components of fitness, intensity of exercises, anatomical and physiological effects on participants, and the advantages and disadvantages of water based exercise. You must be able to demonstrate that you can apply this knowledge to develop and implement a water based exercise session (either a shallow water session or aqua circuits).

A large amount of self study and practice is essential to successfully complete this Unit.

You will be required to plan and teach a water based exercise session to a group of either inexperienced or mixed ability group of participants. This session can take the form of either a:

- ◆ shallow water session
- ◆ aqua circuit session

You will be assessed on your knowledge, planning, teaching and evaluation skills by means of a variety of assessment methods including closed book assessment, session plans and practical performance.

You will be required to ensure that:

- ◆ You have knowledge of the water based exercise and how it affects fitness, intensity of exercises, and participants.
- ◆ Your teaching performance is of the necessary standard to allow assessment to take place. Your teaching performance will be recorded.
- ◆ You have the participant(s), adequate equipment and suitable music available for the due assessment date.
- ◆ Written evidence in the form of a session plan, screening questionnaire, and evaluation is supplied on the due dates.