



**Australian Government**

# **SISSS00127 Aqua Exercise Instruction**

**Release 1**

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## Modification History

No equivalent skill set.

## Description

A set of skills to plan and instruct group water-based exercise sessions, and to manage and assist with water-based rescues.

## Pathways Information

Achievement of these units provides credit towards SIS30321 Certificate III in Fitness.

## Licensing/Regulatory Information

No occupational licensing, certification or specific legislative requirements apply to this skill set at the time of publication.

## Skill Set Requirements

Unit code	Unit title
HLTAID011	Provide First Aid
HLTWHS001	Participate in workplace health and safety
SISCAQU002	Perform basic water rescues
SISFFIT038	Plan group water-based exercise sessions
SISFFIT039	Instruct group water-based exercise sessions
SISFFIT048	Use anatomy and physiology knowledge to support safe and effective water-based exercise

## Target Group

Aqua exercise instructors who lead group water-based exercise sessions in settings with pools, such as fitness facilities, gyms, and leisure and community centres.

## **Suggested words for Statement of Attainment**

These units of competency from the SIS Sport, Fitness and Recreation Training Package provide a set of skills to plan and instruct group water-based exercise sessions, and to manage and assist with water-based rescues.