

Outline of the assessment tasks to be completed at own pace and within 6 months of registering for the training

The Aqua Instructor (SISSS0127) skill set is made up of the following units:

HLTAID011 - Provide First Aid, done separately and we will require sight of each person's certificate prior to issuing their final certificate for the skill set.

SISCAQU020 – Perform water rescues

This is made up of 2 assessment tasks, on the cloud assess portal there is a student guide to assist.

Assessment task 1 – Questions and answers (19 questions)

Assessment task 2 – Video submission of several water rescue techniques

HLTWHS001 – Participate in work health and safety - This is made up of 5 assessment tasks:

Assessment task 1 – Questions and answers (21 questions)

Assessment task 2 – Written task about legislation and regulations relevant to the fitness industry (5 questions)

Assessment task 3 – 5-day journal outlining work role, any acts, legislation, policies/procedures that are applied to work

Assessment task 4 – Emergency situation simulation, video submission of an emergency scenario in an aqua class setting.

Assessment task 5 – WHS inspection of 5 areas within the workplace

SISFFIT038 – Plan water-based exercise sessions - This is made up of 4 assessment tasks:

Assessment task 1 - questions and answers (44 questions)

Assessment task 2 - short case studies (9 questions)

Assessment task 3 - creating 6 class plans

Assessment task 4 – observe 2 and take part in 2 aqua sessions

SISFFIT039 – Instruct water-based exercise sessions - This is made up of 4 assessment tasks:

Assessment task 1 – questions and answers (30 questions)

Assessment task 2 – short case studies (7 questions)

Assessment task 3 – Teach 3 x 30-45 min classes under supervision by a qualified instructor

Assessment task 4 – Video assessment to be submitted

SISFFIT048 – Use anatomy and physiology knowledge to support safe and effective water-based exercise

This is made up of 3 assessment tasks:

Assessment 1 – Questions and answers (48 questions)

Assessment 2 – label major bones

Assessment 3 – label major muscles