

# AUSTSWIM Aqua Exercise Instructor (AQUA) SISSS00135

The AUSTSWIM Aqua Exercise Instructor course will enable candidates to deliver aqua exercise sessions to a range of participants once all course requirements have been completed and submitted. Aqua Exercise Instructors are in high demand across Australia and AUSTSWIM is proud to be able to offer this course.

This course is recognised and registered with AUSactive and provides successful candidates with 20 CECs.



## Course Overview

- Participation in three (3) aqua classes before workshop
- eLearning: up to 20 hours, **MUST** be completed before workshop
- Two-day face-to-face workshop
- Practical assessment tasks
- Workplace training
- 12 months to complete



## What to bring

- Exercise gear
- Goggles and hair ties
- Pens, highlighter, paper
- Snacks and drinks
- Swim wear and towels
- Appropriate footwear for poolside exercise
- Sunscreen (if outdoors)
- T shirt/rash vest to wear over bathers



## Prerequisites

- Must be able to swim at least 25m and comfortable in deep and shallow water
- **MUST** have completed all eLearning and assessment tasks before attending the workshop
- Reasonable fitness
- Minimum age 16
- Will need computer and internet access



## Pathways

The AUSTSWIM Aqua Exercise Instructor course enables Candidates to instruct aqua exercise sessions to general population groups



## Assessment

- Online Learning and assessment tasks
- Participation in Aqua Exercise sessions
- Completion of a Candidate Handbook
- Practical assessment tasks
- Workplace observation and training



## USI

A Unique Student Identifier must be provided on enrolment for verification by AUSTSWIM. For more info visit [USI website](#).



## Industry recognition

The AUSTSWIM Aqua Exercise Instructor course is nationally recognised training and meets all ASQA standards.



## Unit of Competency

1. SISFFIT038 - Plan group water-based exercise sessions
2. SISFFIT039 - Instruct group water-based exercise sessions
3. SISFFIT048 - Use anatomy and physiology knowledge to support safe and effective water exercise
4. HLTWHS001 - Participate in workplace health and safety
5. SISCAQU020 - Perform water rescues

Candidates must also provide a current HLTAID011 Provide first aid

