

UK LEVEL 2

(European Qualifications Framework EQF Level 3)

Occupational Descriptor

Occupation Title

Aqua Fitness Instructor

Occupational Description

An aqua fitness instructor's role includes the planning, instructing and evaluation of aqua fitness sessions via a range of activities, including (but not limited to) shallow water sessions, deep water sessions, aqua circuits and sports specific aqua sessions. An aqua fitness instructor should also actively encourage potential class members to join and adhere to regular aqua fitness sessions, employing appropriate motivational strategies to achieve this.

Occupational Roles

The aqua fitness instructor should be involved in:

1. Planning, instructing and evaluating safe and appropriate aqua fitness sessions
2. Planning and delivering a variety of aqua fitness sessions, including (but not limited to) shallow water sessions, deep water sessions, aqua circuits and sports specific aqua sessions
3. Selecting relevant exercises and designing appropriate exercises/routines which address safety at all times
4. Using logical and progressive teaching methodology to develop the structure of the session
5. Developing the session so that it builds up in a progressive fashion, to ensure that class members experience a sense of achievement
6. Demonstrating a variety of aqua fitness water skills to keep class members interested and motivated
7. Planning routines, using the structure of the music, to create the content for all components of the session
8. Where appropriate, work effectively to the music, using the music tempo and structure to ensure effectiveness of the exercises in water
9. Providing adaptations and alternatives throughout the sessions to allow for individual differences
10. Monitoring class members, correcting and praising technique where appropriate
11. Motivating clients/members using appropriate strategies in order to promote retention and adherence to exercise
12. Acting as a positive role model for all class members and staff
13. Demonstrating a positive attitude to ensure that class members feel welcome at all times

14. Promoting healthy activities and related strategies for daily living to clients/members
15. Monitoring and assisting in the upkeep and cleanliness of the environment and aqua fitness equipment
16. Reflecting on own performance to enhance personal development
17. Working within the parameters given at Level 2, recognising the standards and professional limitations that this provides
18. Making the appropriate decisions relating to class members and their goals and, where required, refer to appropriate members of staff for guidance and support

Occupational Competence

L2 Aqua Fitness Instructors should:

1. Be aware of their professional role boundaries as listed....
2. When necessary, and within the limits of their knowledge and competence, adapt a general session to accommodate the needs of special population clients*.
3. Instructors should give guidance to encourage special population clients* to follow the key safety guidelines and discourage them from anything deemed to be potentially hazardous/contraindicated to enable them to take part in sessions.

*Special population clients including:

- 14-16 year old young people
 - disabled people
 - older people (50+)
 - ante and postnatal women
4. Get advice from another appropriate professional if there are any objectives, physical activities or risks that fall outside their professional boundaries or that they do not feel competent to deal with and/or refer on to the appropriate person.

L2 Aqua Fitness Instructors should NOT:

1. Instructors who do not possess the appropriate special population qualification/s (in older adults, ante/postnatal women and disabled people) are NOT qualified to:
 - Be a specialist instructor in the area of special populations, or advertise as such

- Instruct special population clients 1:1 or in groups on a regular or progressive basis
 - Plan a progressive, long-term special populations exercise or physical activity programme
 - Play any role in exercise or physical activity programming or monitoring in condition management on a 1:1 or group basis. (For this, a Level 3 Exercise Referral qualification is required and for certain conditions, where national occupational standards are in place, a Level 4 qualification).
2. Prescribe any form of exercise session or individual exercise that they have not been trained to deliver/teach effectively.
 3. Instruct exercise in disciplines in which they are not qualified or where they do not hold appropriate endorsed training (e.g. a Level 2 fitness instructor should not 'cover' an ETM class or a spinning class if they do not hold the appropriate certificates).
 4. Provide prescriptive nutritional advice or develop bespoke individualised nutrition plans for clients.