

ASA LEVEL

3

## Aquatic Activity for Health

(QAN): 603/2857/5

Summary Qualification Specification

**CIMSPA**  
ENDORSED



## **Welcome to the ASA Awarding Body Level 3 Aquatic Activity for Health qualification specification**

### **About the ASA Awarding Body**

The ASA Awarding Body (ASA AB) is recognised and regulated by the Office of Qualifications and Examinations Regulation (Ofqual) and Qualification Wales, to offer and certificate vocational qualifications, across a range of subjects including all aquatic disciplines. Providing progression from level 1 to level 3, the ASA AB ensures learners have been assessed fairly and accurately and that certification is secure.

The ASA AB has been producing qualifications for Swimming Teachers for over 30 years. During this time the requirements to be a successful Swimming Teacher have changed and developed and we are delighted to introduce this specification. We have worked with key partners, consulted widely and trialled this qualification to ensure it is fit for purpose for the learner and the swimming industry.

Every year the qualification is reviewed and if any changes are required to continue to meet the needs of learners and the swimming industry the specification will be updated on line. Centres will be informed when an update has occurred.

## Contents

About the ASA Awarding Body .....	1
About the qualification .....	3
Copyright .....	3
Publication .....	3
Outline of the qualification .....	4
Learner entry requirements .....	4
Safeguarding.....	4
Delivery.....	4
Learning programme and delivery .....	5
Assessment .....	5
Progression .....	5
Equal opportunities.....	5
Credits .....	5

## About the qualification

Qualification title	ASA Level 3 Aquatic Activity for Health
Qualification number	603/2857/5
Level	3
Guided Learning Hours (GLH)	18
Total Qualification Time (TQT)	20
Registration period	12 months
Operational start date	05 January 2018

## Copyright

All rights reserved. The content of this publication is, unless otherwise indicated, © of the ASA AB and may not be reproduced, translated or distributed in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior permission obtained in writing from the ASA AB.

## Publication

Every effort has been made to ensure that the information contained in this publication was true and correct at the time of going to press. However, ASA AB products and services are subject to continuous development and improvement and the right is reserved to change these products and services from time to time. The ASA AB cannot accept liability for the loss or damage arising from the use of information in this publication.

ASA/AAFH/V1

First published 5<sup>th</sup> January 2018

The ASA Awarding Body  
Pavilion 3  
SportPark  
3 Oakwood Drive  
Loughborough University  
LE11 3QF  
Tel: 01509 640493  
Email: [info@awardingbodyasa.com](mailto:info@awardingbodyasa.com)  
Website: [www.awardingbodyasa.com](http://www.awardingbodyasa.com)

## Outline of the qualification

The ASA Level 3 Aquatic Activity for Health qualification develops the knowledge, skills and confidence needed for individuals to plan and conduct aquatic activities for participants with possible or confirmed health issues or injuries.

This qualification builds on the knowledge, skills and abilities developed in the Level 3 Gym Referral qualification.

The delivery of the qualification is flexible with approved centres able to choose the timing and methods of delivery. The assessment of the qualification uses ASA AB materials or those that have been approved by ASA AB to ensure consistency. All aspects of the qualification are compulsory.

This qualification is made up of a series of learning outcomes and assessment criteria. Assessment is through the completion of a series of tasks set by the ASA AB. The accuracy of assessment is verified using ASA AB quality assurance procedures.

## Learner entry requirements

- Learners must be at least 18 years of age at the point of registration of this qualification.
- They must also hold one of the following qualifications
  - Level 3 Gym referral qualification
  - Level 3 Exercise referral qualificationor  
ATACP Foundation programme in Aquatic Physiotherapy and be a Member of the Health Care and Professionals Council (HCPC) or have a Chartered Society of Physiotherapy number

## Safeguarding

Learners under the age of 18 are not able to register on this qualification, however approved centres and all staff must be aware of safeguarding policies and procedures ensuring these are fully implemented.

## Delivery

This qualification has been developed alongside the Swim England Health and Wellbeing team and in collaboration with the ATACP.

Approved Centres wishing to deliver this qualification are required to have their delivery model approved by the ASA Awarding Body, Swim England Health and Wellbeing team and the Aquatic Therapy Association of Chartered Physiotherapists to seek approval contact the ASA Awarding Body.

## Learning programme and delivery

The ASA Level 3 Aquatic Activity for Health qualification is approximately **20 hours**. If a learner has significant experience in relevant aspects of the qualification then these hours may be less and again there may be learners who require more time. This should be determined by the approved centre prior to the start of the course.

Only **approved centres** can deliver ASA AB qualifications.

The qualification is designed to prepare the learner for **employment**. Special attention should be paid to skills such as professional behaviour, appearance and language and tutors should encourage high standards and expectations at all times.

## Assessment

The purpose of assessment is to ensure that effective learning has taken place to give learners the opportunity to achieve the learning outcomes and assessment criteria

To achieve this qualification:

- **All** learning outcomes must be achieved
- **All** assessment criteria must be achieved
- **All** evidence produced by the learner must be their own

This qualification is not **graded**. Learners will either meet the requirements and pass or will not meet the requirements and be referred. Where learners do not meet the requirements, they should be supported in developing an individual action plan. In this situation, **further assessment opportunities** will be provided to allow them to successfully meet the requirements within the registration period.

## Progression

On completion of this qualification, learners will have achieved the minimum recognised standards of competency to be an Aquatic Activity for Health Teacher and can progress their career in a number of settings including private swim schools, local authority leisure centres, local aquatic clubs and youth and community groups.

## Equal opportunities

The ASA AB fully supports the principles of equal opportunities and is committed to satisfying these principles in all activities and published materials. A copy of the Equality and Diversity Policy is available on the ASA AB website.

## Credits

The ASA AB worked in partnership with key partners during the production of this specification. This included approved centres, employers, current and potential learners, swimming and educational experts. In particular thanks go to:

Julie Gibson, Frances Gibbs, Louisa Herring, Helen Kellett, Penny Kirkham, Neil Martin, Elaine McNish, Simon Stevens, John Vernon and the Institute of Swimming.

<b>ASA Level 3 Aquatic activity for health criteria</b>	
<b>Learning Outcomes</b>	<b>Content covering</b>
Knowledge of key aquatic skills	Key aquatic skills
The principles of aquatic based exercise	The differences between aquatic and land based exercise
	How muscle actions in water differ to muscle actions out of water
	The benefits of using equipment in aquatic based exercises
The use of aquatic based referral exercises	The benefits of carrying out aquatic based referral exercises
	The barriers participants may face with aquatic based activities
How to support behaviour change	Opportunities to support behaviour change
How to prepare for aquatic based referral exercises	How to prepare the environment for aquatic based referral exercises
	How to prepare the participant(s) for aquatic based referral exercises
How to instruct aquatic based referral exercises	Instructing an appropriate aquatic based exercise session
	Progressing a range of aquatic based exercises
	Select and justify aquatic based exercises to suit different participants
	Conclude an aquatic based exercise session
The contraindications of aquatic based exercises to the participant	The additional risks of a pool environment
	The physiological effects of the pool environment on the participant
Future opportunities for participants to improve their health and fitness	Possible future health and fitness opportunities for participants

