



SEQ LEVEL 3

Aquatic Activity for Health

QUALIFICATION SUMMARY

(QAN): 603/2857/5

Welcome to the SEQ Level 3 Aquatic Activity for Health Qualification Summary

About Swim England Qualifications

We develop market-leading qualifications for the aquatic industry.

As the awarding organisation for the national governing body for swimming in England, we aim to ensure our qualifications are high quality and reflect the latest industry developments.

Our qualifications are designed to:

- create a professional, high quality and diverse workforce
- equip learners with real world know-how and skills for the next stage in their career development
- meet industry recognised standards and the needs of employers.

The full list of qualifications awarded by Swim England Qualifications can be found on the Ofqual Register of Regulated Qualifications: register.ofqual.gov.uk or via Qualification Wales: qiw.wales.

Equal Opportunities

Swim England Qualifications fully supports the principles of equal opportunities and is committed to satisfying these in all activities and published materials. A copy of our Equality and Diversity Policy is available on our website: swimenglandqualifications.com.



Contents

- 1 Introduction to the qualification**
 - 1.1 CIMSPA professional standard endorsement
 - 1.2 Entry requirements
 - 1.3 About this qualification
 - 1.4 Who the qualification is for
 - 1.5 What the qualification could lead to
 - 1.6 Objective of the qualification
 - 1.7 What the qualification covers
 - 1.8 Structure of the qualification

- 2 Assessment**
 - 2.1 Assessment summary
 - 2.2 Assessment process
 - 2.3 Assessment tasks

- 3 Contact points**

- 4 Head office address**

1 Introduction to the qualification

1.1 CIMSPA professional standard endorsement

This qualification has been CPD endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) against their professional standard for Working with People with Long Term Conditions (LTC) and provides 10 CPD points.

1.2 Entry requirements

Learners must be 18 years of age or older on the first day of the course and have at least one of the following:

- a Level 3 Exercise Referral qualification
- membership of the health care and professional's council (HCPC)
- a Chartered Society of Physiotherapy number.

1.3 About this qualification

Qualification title:	SEQ Level 3 Aquatic Activity for Health
Qualification number:	603/2857/5
Qualification Level:	3
Registration Period:	24 months from the first day of registration
Total Qualification Time (TQT):	24 hours
Guided Learning (GL):	18 hours

GL is the amount of time an individual spends being taught or instructed by a Swim England licensed Educator.

TQT is comprised of the following two elements:

1. the number of hours which we have assigned to a qualification for Guided Learning
2. an estimate of the number of hours an individual will reasonably be likely to spend in preparation, study or other form of participation in education or training, including assessment.

1.4 Who the qualification is for

This qualification is for individuals that want to build on their exercise referral knowledge, skills and confidence to set and deliver water based exercises for people coming through health referral and physical activities pathways.

1.5 What the qualification could lead to

The qualification may also enable individuals to progress to other aquatics based qualifications or higher qualifications within the sports and/or health and wellbeing sectors.

It may also enable individuals to seek employment within the sport and active leisure sector or a related industry.

1.6 Objective of the qualification

The objectives of the qualification are to either:

- prepare individuals to progress to a qualification in the same subject area but at a higher level
- prepare individuals requiring more specific knowledge, skills and understanding
- preparing individuals for employment
- support a role in the workplace, or
- giving individuals personal growth and engagement in learning.

1.7 What the qualification covers

The qualification has been developed with key stakeholders from the aquatics sector, Health and Wellbeing in Aquatics and the Aquatic Therapy Association of Chartered Physiotherapists (ATACP).

The qualification covers a wide range of activities associated with delivering aquatics based exercises.

It develops the individual's knowledge, skills and understanding, enabling them to deliver aquatics based exercises with a range of audiences to improve the provision of health.

1.8 Structure of the qualification

The SEQ Level 3 Aquatic Activity for Health qualification consists of the following learning outcomes and assessment criteria.

SEQ Level 3 Aquatic Activity for Health	
Learning outcomes	Assessment criteria
1. Understand the principles of aquatic based exercises.	<ul style="list-style-type: none"> • Explain the differences between aquatic and land-based exercises. • Explain how muscle actions in water differ to muscle actions out of water. • Explain the benefits of using equipment in aquatic based exercises.
2. Understand the use of aquatic based referral exercises.	<ul style="list-style-type: none"> • Explain the benefits of carrying out aquatic based referral exercises. • Explain the barriers participants may face with aquatic based activities. • Explain how to support changes in behaviour relevant to carrying out aquatic based exercises.
3. Prepare for aquatic based referral exercises.	<ul style="list-style-type: none"> • Describe and justify appropriate aquatic based exercises. • Demonstrate how to prepare the environment for aquatic based referral exercises. • Demonstrate how to prepare participants for aquatic based referral exercises.
4. Instruct aquatic based referral exercises.	<ul style="list-style-type: none"> • Demonstrate how to instruct an aquatic based exercise session. • Demonstrate participant progression in aquatics based exercises. • Demonstrate how to appropriately conclude an aquatic based exercise session.
5. Understand the contraindications of aquatic based exercises to the participant.	<ul style="list-style-type: none"> • Explain the additional risks of a pool environment. • Explain the physiological effects of the pool environment on the participant. • List all the contraindications of aquatic based exercises.
6. Understand future opportunities for participants to improve their health and fitness.	<ul style="list-style-type: none"> • Describe possible future opportunities for participants to improve their health and fitness.
7. Maintain own professional development.	<ul style="list-style-type: none"> • Explain the benefit of maintaining and continuing professional development. • Evaluate own performance and identify areas for improvement and areas for development.

2 Assessment

2.1 Assessment Summary

The purpose of assessment is to ensure that effective learning has taken place and to enable individuals the opportunity to demonstrate their learning through the achievement of all the Learning Outcomes and Assessment Criteria.

2.2 Assessment Process

The Approved Training Centre undertakes the assessment. This is referred to as internal assessment.

All evidence produced by the individual must be their own, and in English.

All Learning Outcomes and Assessment Requirements must be achieved.

2.3 Assessment Tasks

Assessment is made up of a number of activities that are set by Swim England Qualifications and include:

- **Theoretical questions**
- **Observation**
- **Self-evaluation**
- **Case study review**

For Approved Training Centres that wish to develop their own assessment activities they should refer to the related qualification SEQ Level 3 Aquatic Activity for Health Assessment Strategy.

3 Contact points

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