



Course Title: Aquatic Personal Training Programming

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: AEA 4.0, ACSM 4.0, ATRI 0.4, COPS-KT 0.4,
NFPT 1.0, NCSF 2.0, YMCA 4.0, NSPA 4.0, NSCA 0.4

Author:

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June M. Chewing has been presenting educational health/ wellness lectures and fitness classes to corporations, the community, and fitness professionals since 1985 both in the U. S. and Internationally. June serves on the Aquatic Exercise Association Research Council, Certification Council, and is a recipient of the AEA 1995 Achievement Award, and 2001 Contribution to the Aquatic Fitness Industry Award. She serves as adjunct faculty for Cincinnati State College, developing and teaching several courses for the Health Fitness Technician degree program. She is President of Fitness Learning Systems, a CEC education company. She specializes in educational formatting and programming.

Course Summary:

Expand your training potential and income by learning how to successfully train in the aquatic environment. This course teaches you program formats that work well in the aquatic environment and exercise techniques for shallow and deep water training. Learn the proper way to monitor and manipulate intensity in the aquatic environment, a skill critical to the success of your client reaching his/her goals. This course is part two of a three course certificate program. Part one is Introduction to Aquatic Personal Training and part three is Applied Anatomy: Land and Water.

Objectives:

During this course, you will:

1. Learn how to properly calculate an aquatic target heart rate or zone and properly monitor intensity for cardiorespiratory exercise.
2. Explore ways to monitor intensity for resistance training in the aquatic environment.

3. Understand impact level and speed variation for aquatic exercise.
4. Discover formats that work well for shallow and deep water exercise.
5. Learn basic principles about deep water exercise including deep water mechanics, neutral buoyancy, vertical positioning, and the difference between symmetrical and asymmetrical deep water exercises.

Outline:

Requirements for an Aquatic Personal Trainer
 Intensity Alteration in the Aquatic Environment
 Resources for an Aquatic Personal Trainer
 Monitoring Intensity in the Aquatic Environment
 Intensity Alteration in the Aquatic Environment
 Travel and Combine
 Push Harder
 Assisting and Impeding Movements
 Make it bigger

Aquatic Heart Rate Theories
 How many Calories?
 Monitoring Intensity for Cardiorespiratory Aquatic Exercise
 Maximal HR and HR Reserve
 Rate of Perceived Exertion
 Rate of Perceived Exertion (RPE) Chart
 Determining Individual Aquatic HR Values
 Protocol for Individualized Aquatic HR

Monitoring Intensity for Resistance Exercise in the Water

Shallow Water Training
 Impact Level Variations
 Speed of Aquatic Movement
 Basic Shallow Water Aquatic Movements
 Bounce- narrow, wide
 Jumping Jacks
 Cross Country Ski
 Knee Lifts
 Kicks Front
 Kicks Side
 Kicks Back
 Leg Curl
 Inner Thigh
 Rock
 Transition of Aquatic Movement
 Basic Transitions
 Intermediate Transitions
 Advanced Transitions

Formats for Aquatic Personal Training
 Water Walking/ Running

Research Tidbit
Sample Water Walking, Striding, and Jogging Choreography
Interval Training
Sport Format
Sample Moves for a Sport Format
Combination Formats

Deep Water Training
Deep Water Mechanics
Neutral Buoyancy
Vertical Positioning
Symmetrical and Asymmetrical movement
Deep Water Formats
Deep Water Basic Movement

Jog
Power Jog
Cross Country Ski
Jumping Jacks
Power Jacks
Can-can Kicks
Log Jumping
Moguls (Short or Long)
Frog Jumps
Cheerleader Jumps
Hurdles
Tire Running
Kick (High toward Surface & Low)
Angle Kick
Jazz Kick
Heel Touch Front (Inner Thigh)
Heel Touch Back
Bicycle
Egg Beater
Karate Kick Front and Side

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