



Course Title: **Aquatic Sport, Function, and Performance**

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

Credit hours: IACET (International Association for Continuing Education and Training) 0.5 (5 Hours) Approved and Accepted by several additional organizations.

Author:

This eLearning course is developed from the material from a live workshop conducted by the Aquatic Exercise Association. Several aquatic fitness industry professionals contributed to the information contained in this course. The Aquatic Exercise Association is a not-for-profit educational organization committed to the advancement of aquatic fitness worldwide. AEA has certified over 45,000 professionals worldwide and maintains a strong membership base with representation in over 50 countries. AEA currently offers a certification program in the United States and internationally, as well as in-depth educational programs offered live and as home study designed to enhance leadership skills and knowledge in the aquatic fitness industry.

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Proprioceptive Neuromuscular Facilitation (PNF) photographs and video courtesy of Terri Mitchell and Julia Meno-Fettig.

Course Summary:

Put the 'fun' back into function through creative and carefully developed aquatic exercise. Whether designing aquatic programming for the professional athlete, the "armchair" athlete, or somewhere in between, this course will provide numerous options for improving performance and functional capabilities. The focus is on formatting for optimum efficiency in relation to a variety of student goals: sports related, recreational activity, or daily function. Consider participant goals, muscle involvement and equipment interaction, and movement patterns to improve performance and enhance exercise retention at any level of activity or sport. Great for group exercise or personal training!

Objectives:

After completing this course you will:

1. Describe 3 target groups who would benefit from sport, function, and performance training.
2. Define functional training.

3. Discuss how to incorporate and describe exercises in all three planes for functional fitness, balance, functional upper body challenges, and proprioceptive neuromuscular facilitation (PNF) training in a functional training program.
4. Explain the role of buoyant, weighted, drag, and rubberized equipment use and corresponding muscle actions in functional training. Identify equipment that can be used for functional training in the aquatic environment.
5. Identify the 4 parts of a needs assessment.
6. Discuss the 6 program components for class design in functional training.
7. Identify and describe 14 cardiovascular exercises with variations for sport and performance enhancement.
8. Describe sample programs for 5 types of functional training, and cardiovascular training exercises for 9 functional training target groups.
9. Describe marketing strategies for functional training for 5 target groups.

Outline:

Fast Track Menu

Sport, Function, and Performance

Target Groups

- Athletes/Highly Active Individuals
 - Aquatic Plyometric Training
 - Research on Athletes and Water
- Average Active Adult
- Average Adult/ Everyday Living

Functional Training

- Functional Fitness Training
- Functional Balance Training
- Functional Upper Body Challenge
- Proprioceptive Neuromuscular Facilitation (PNF)
 - PNF D1 Flexion and Extension
 - PNF D2 Flexion and Extension

Using Props and Equipment

- Buoyant Equipment
- Weighted Equipment
- Drag Equipment
- Rubberized Equipment
- Equipment Options

Class Design

- Needs Assessment
 - Define Goals
 - Identify Muscle Group Involvement
 - Define Movement Patterns
 - Develop Muscular Balance
 - General Fitness Program Example: Gardening
 - Define Goals
 - Identify Muscle Group Involvement
 - Define Movement Patterns to Increase Performance Ability
 - Develop Muscular Balance
 - Specific Sport Programs
 - Test Your Knowledge
 - PDF of Needs Assessment
 - Define Goals
 - Identify Muscle Group Involvement
 - Define Movement Patterns to Increase Performance Ability
 - Develop Muscular Balance

Program Components

Choosing Exercises

Side Step

- Slide
- Step and Cross
- Jumping Jack Variations
- Pendulum
- Rocking Horse
- Leap
- Drag Run / Down Run
- Cross Country Ski Variations
- Punt (Jazz Kick)
- Kick Variations
- Tuck Jumps
- Moguls
- Plyometric Jump Variations
- Sample Programs
 - PDF Program Worksheet
 - Softball
 - PDF of Program
 - Sport Mini Circuit
 - PDF of Program
 - Sport Conditioning
 - PDF of Program
 - Average Adult Everyday Living
 - PDF of Program
 - Drill / Skill / Strength Activities
 - PDF of Program
 - Cardiorespiratory Training Options
 - PDF of Program

Marketing

- Teams
- Individual Athletes
- Recreational Athlete
- Injury Recovery
- Fitness Class Option

Conclusion

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