



Course Title: **Burdenko Water Walkers:** General Fitness Conditioning Applications for Group Fitness and Personal Training

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

Credit hours: AEA 3.0, ACSM 3.0, ATRI 0.3, COPS-KT 0.3,
YMCA 3.0, NSPA 3.0, W.I.T.S. 3.0

Author:

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Dr. Burdenko is the founder and chairman of the Burdenko Water and Sports Therapy Institute in Bedford, Massachusetts. The institute is dedicated to healing programs that combine traditional and alternative therapies in the water and on land. Dr. Burdenko has developed a national and international certification program for the Burdenko Method. His clients include numerous athletes from the NBA, NFL, NHL, U.S. and Russian Olympic Teams, members of the U.S. Handicapped Olympic Team, and several top world known dancers and figure skaters.

Educated in Russia, Dr. Burdenko received his Ph.D. in Sports Medicine and his M.S. in Physical Education. He has authored and co-authored four books and over one hundred articles on health and fitness, training and conditioning. He presents seminars, lectures and certification of the Burdenko Method throughout the world. He also consults on the design and implementation of therapeutic facilities and equipment.

More than forty years of experience and research have made Dr. Burdenko one of the world's leading authorities on the use of water for rehabilitation, conditioning, and training.

Course Summary:

This unique program, based on the Burdenko Method using Fitness Intelligence, can provide lifelong benefits for your clients. Whether in a group fitness application or personal training, the Burdenko Water Walker program is versatile for all ages of clients and for all fitness levels. It is safe and has tremendous value in restoring health as well as in injury prevention. It maximizes time efficiency, makes exercising fun, is easy to remember, and mimics some sports movement. Great for personal training, group fitness, rehabilitation, and sport conditioning applications.

Objectives:

After completing this course you will:

- Demonstrate proper assembly of the Burdenko Water Walkers.
- Demonstrate proper wear and safety tips for the Burdenko Water Walkers.
- Discuss the populations that could benefit from a general conditioning program with Burdenko Water Walkers.
- Describe and explain six essential qualities (balance, coordination, flexibility, endurance, speed, strength) to teach and develop through exercise with the Burdenko Water Walkers.
- Understand basic training tips and main principles: working with multiple directions, different speeds and starting positions for using the Burdenko Water Walkers.
- Describe and demonstrate six exercises for the six essential qualities with the Burdenko Water Walkers.
- Convey key points to aid clients in proper form and technique for each Burdenko Water Walker exercise.
- Explain the benefits and goals of each Burdenko Water Walker exercise.
- Construct safe and effective group or individual workouts for clients with the Burdenko Water Walkers.
- Select, design, and apply proper programs for individuals and for classes.

Outline:

Installation of Straps

Proper Wear and Use of the Burdenko Water Walkers

Target Market and Populations

Fitness Intelligence

Training Tips

Benefits of Using the Burdenko Water Walker

General Safety Tips

Water Temperature

Increasing and Decreasing Intensity- Progressive Overload

Muscle Balance

Programming for General Fitness Conditioning

Typical Aquatic Workout Format

Warm Up

Cool Down

Exercises

Class Examples

Personal Training Applications

Bibliography:

1. AEA / Lindle. (2006) AEA Aquatic Fitness Professional Manual. Aquatic Exercise Association. Nokomis, FL.
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4. Earle and Baechle. (2003) NSCA's Essentials of Personal Training. National Strength and Conditioning Association. Human Kinetics.
5. Heyward. (2004) Advanced Fitness Assessment and Exercise Prescription. 4th Edition. Human Kinetics.
6. ACE/ Bryant and Green. (2003) Ace Personal Trainer Manual. 3rd Edition. American Council on Exercise.
7. Burdenko. (2006) Burdenko Water Walkers. Owner's Manual. Aquatic Fitness Products, Fargo, ND.