



Course Title: **Hand Me A Handbar**

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) 0.2
(2 Hours) Approved and Accepted by several additional organizations.

Continuing Education:

To receive continuing education for this course you must receive a 75% or higher score on a multiple choice quiz.

Author:

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Terri Mitchell has been involved in aquatic fitness since the early 80's. She is also a licensed Physical Therapist Assistant in Texas, and works as an aquatic specialist with neuro and ortho patients of all ages. A previous Training Specialist for AEA (Aquatic Exercise Association) for 25 years, she has taught many continuing education workshops, using buoyant and drag equipment to enhance aquatic fitness classes for persons of all abilities.

Course Introduction:

Hand Me a Handbar is an introduction to safely using buoyant equipment in the water to enhance and add variety to aquatic fitness workouts. Each video shows a basic move, as well as progressions and options for changing the stance or active movement of the legs or arms to add challenge or variety. One of the most important cues for using the buoyant handbars is to prevent injury. The cue "shoulders down" is mentioned in each video clip. "Shoulders down" also means; "Keep scapula down," "Keep scapula depressed," "Stabilize shoulder girdle," "Shoulder blades in your back pocket," "Lower shoulders below earlobes." This technique can prevent injury as well as allow shoulder and core stabilization to help perform handbar exercises more effectively. Handbars can be used during the muscle conditioning segment of a class. They can be used to enhance the cardiorespiratory segment of an aquatic fitness class. Handbars can be included in a circuit format aquatic class. Several ideas are presented in this course for your use. Be creative, and have fun!

Objectives:

After completing this course you will be able to:

1. Describe 5 kinds of aquatic equipment.
2. Discuss 7 aquatic principles that affect exercise in the water.
3. Describe aquatic muscle actions without equipment and with the addition of buoyant resistance equipment including buoyancy resisted and assisted.
4. Discuss buoyant equipment care and storage, safety, and program formats.
5. Explain how to safely and effectively perform 25 exercises using handbars in the water.

Outline:

Aquatic Equipment

- Drag Equipment

- Buoyant Equipment

- Weights

- Rubberized Equipment

- Buoyancy Supported Equipment

Aquatic Principles

- Viscosity

- Archimedes' Principle

- Hydrostatic Pressure

- Surface Tension

- Drag

- Frontal Surface Area

- Lever

Aquatic Muscle Actions

Buoyant Equipment

Buoyant Equipment Care and Storage

Handbar Safety

Handbar Program Format

Handbar Exercises

- Shoulder Internal/External Rotation

- Elbow Flexion/Extension

- Arm Bend, Sagittal Plane

- More Arm Bends, Sagittal Plane

- Scapula Elevation/Depression

- Shoulder Flexion/Extension

- Shoulder Adduction/Abduction

- Shoulder Adduction/Abduction- Side View

- Shoulder Horizontal Abduction/Adduction

- Punch Across

- PNF D1 Upper body

- PNF D2 Upper body

- Wrist Flexion/Extension

- Forward Plank

- Side Plank

- Tuck Jumps

- Cheerleaders

- Cycling Forward/Right/Left

- Kicking

- Side Flutter Kick

Side Scissors
Shoot Throughs to Sprint
Abdominals
Trunk Flexion
Trunk Rotation

Bibliography:

Books and eLearning:

- American College of Sports Medicine (ACSM). (2014) Exercise Guidelines for Testing and Exercise Prescription. 9th Edition. Lippincott, Williams, and Wilkins.
- Aquatic Exercise Association (AEA). (2010) Aquatic Fitness Professional Manual. Sixth Edition. Human Kinetics.
- Chewning, J. Applied Anatomy: Land and Water. (2013) Fitness Learning Systems eLearning Continuing Education Course. ISBN# 978-1-935746-03-4.
- Becker B, Cole A. (2004) *Comprehensive Aquatic Therapy*. Butterworth Heinemann, Philadelphia.
- Mitchell T, Ogden D. (2002) *Applications of PNF Patterns in the Aquatic Setting*. Austin, TX. Aquatic Ms. Fit.
- Bates A, Hanson N. (1996) *Aquatic Exercise Therapy*. Philadelphia PA, WB Saunders.
- Sova R. (1992) *Aquatics - The Complete Reference Guide for Aquatic Fitness Professionals*. Boston, Jones and Bartlett Publishers.

Content also used from related Continuing Education live Workshops taught by Author:

- Hand Me a Handbar
- Aqualogical Abdominals
- Agony of DeFeet
- PNF in the Pool
- AquaStretch
- Joint Replacement Rehab
- Bad Ragaz for Neuromuscular Re-education
- Supine Shoulder Solutions
- It's Hip to Knead to Know