



Course Title:     **Aquatic Fitness Principles for the Larger Adult**

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

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Course Summary:

Obesity is a growing problem around the world. The obese adult is at higher risk for diseases such as heart disease, diabetes and some cancers. The water provides a medium that allows maximum participation and caloric consumption while minimizing risk of weight bearing and over use injury. Aquatic exercise encourages and motivates the larger adult by providing a safe and effective environment.

In this course you will explore aquatic exercise as it relates to the larger adult. Special considerations for the obese participant, as well as exercise format and physiological differences, are included in this course. Review intensity and safety concerns and see an example of an exercise program for larger adult clients.

Objectives:

Upon completion of this course, you will be able to:

1. State the magnitude of the obesity problem in the USA Population.
2. Be able to provide a definition of obesity.
3. Understand the possible causes of obesity.
4. Provide the risks associated with obesity.
5. Provide the benefits of aquatic exercise for the larger adult.
6. Effectively plan an aquatic exercise class for the larger adult.

Outline:

Distinction between Overweight and Obesity

Causes of Obesity:

    Internal to Body:

        Set point Theory

Enzyme Theory  
Fat Cell Theory  
Theory of Thermogenesis  
Thermic Effect of Food  
Genetics

External to body:  
External Cue Theory  
Fattening Power of Fat  
Underactivity Theory

Special Considerations When Working With the Obese:

Misconceptions of the Obese  
Client Health Concerns  
Legal Considerations  
Social Implications  
Personal Assessment  
Facility Assessment  
Marketing

Benefits of Exercise:

Physiological Benefits  
Psychological Benefits  
Additional Benefits of Exercise  
Benefits of Aquatic Exercise

Class Planning:

General Program Design Considerations  
Special Program Design Considerations  
Special Vocabulary  
Class Format

Bibliography:

1. U.S. Department of Health and Human Services, The Surgeon General's Call to Action To Prevent and Decrease Overweight and Obesity 2001. Office of Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, and the National Institutes of Health, 2001. [bookstore.gpo.gov](http://bookstore.gpo.gov)
2. Vega, Christine, "Nutrition, Weight Management, and Lifestyle Change," an Instructor Training Workshop.
3. American Obesity Association [www.obesity.org](http://www.obesity.org)
4. Crutcher, Christine, "Programming for the Overweight Client," an Instructor Training Workshop.
5. Lindle, June, Aquatic Fitness Professional Manual, Aquatic Exercise Association, Nokomis FL, 1995.
6. AFAA, Exercise and Obesity, Aerobics and Fitness Association of America, Sherman Oaks, CA, 1995.
7. Vega, Christine, "Small Steps, Big Changes," an Instructor Training Workshop.