



Course Title: **Aqua Magic Moves 2**

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

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

Author:

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Katrien was born in Belgium, but currently lives in The Netherlands. After her studies for physical education and a masters in Special Movement Education, she devoted her time to aqua fitness. In 2005, her company was started and currently has 12 to 15 freelance trainers to help with education on aqua fitness, trainings and management support for pools. She is a formula manager for 16 swimming schools and is the Program Director for the Club Aqua Programming. Since 2004 she teaches internationally as an aqua fitness presenter. She's been traveling to USA, Brazil, Estonia, Russia, Portugal, Spain, Germany, France, Belgium and so on. Her magic is her charisma and energy.

Course Summary:

Aqua Magic Moves is aquatic choreography on steroids! Great movement ideas and variations for upper torso, lower torso, and combinations to give your brain and body a unique workout. Aqua Magic Moves can be used for group fitness, personal training, therapy, and for athletic populations. Over 100 videos included.

Aqua Magic Moves is designed to help instructors combine arm and leg patterns and make them into new exercises. They have the Magic to be executed in so many different ways that you will never run out of choreography ideas. There is theory included, cue recommendations, and other ideas you can use to execute the moves and understand the philosophy behind the system. You will see that once you start you can't stop because the variety is endless!

**3 NEW MOVES, over 100 video's with variations for: Circle 3 ski, Corner Kick and the Rocking Mambo.**

## Objectives:

After completing this course you will:

1. Understand how to safely and effectively alter intensity in the aquatic environment using the physical laws and properties of the water.
2. Learn concepts to enhance movement and exercise performance in the aquatic environment.
3. Review choreography styles to use with Aqua Magic Moves.
4. Understand the concepts for base movements and combinations for Aqua Magic Moves.
5. Learn, view, and practice the Corner Kick with variations, combinations, and transitions.
6. Learn, view, and practice the Rocking Mambo with variations, combinations, and transitions.
7. Learn, view, and practice the Circle 3 Ski with variations, combinations, and transitions.

## Outline:

Intensity Changes in Aquatic Fitness

- Body's Resistance
- Working with Levers
- Hand Positions

Concepts of moving in water

- Motion and inertia
- Drag, Turbulence and Eddy
- Viscosity and Density
- Acceleration and Resistance
- Action / Reaction and Balance
- Buoyancy versus Gravity
- Hydrostatic Pressure and Surface Tension

Choreography options

- Freestyle
- Linear Progression
- Pyramid
- Add-on
- Pure Repetition (or Patterned)
- Layer Technique

Aqua Magic Moves

Corner Kick

- Basic Move
- Variations
- Additional Variations
- Crazy Combos
- Transitional Suggestions

Rocking Mambo  
Basic Move  
Variations  
Additional Variations  
Crazy Combos  
Transitional Suggestions

Circle 3 Ski  
Basic Move  
Variations  
Additional Variations  
Crazy Combos  
Transitional Suggestions

Bibliography:

Aquatic Exercise Association. (2010) Aquatic Fitness Professional Manual. Human Kinetics.

2. Ostdiek V and Bord D. (1994) Inquiry Into Physics. West Publishing Company, St. Paul, MN.

3. Burdenko I. (2010) Fitness Intelligence for the Fitness Professional: Land. Fitness Learning Systems. [www.FitnessLearningSystems.com](http://www.FitnessLearningSystems.com).

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