



Course Title: **Buoyancy Stretches**

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,
NFPT 1.0, NCSF 1.5, YMCA 3.0, NSPA 3.0

Author:

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Motivated by 23 years of professional experience in the fitness and aquatic industry, Ana founded the Global Institute for Integrated Wellness, Fitness and Aquatic Programs LLC which specializes in bilingual aquatic seminars and educational workshops. Ana is an AEA International Aquatic Training Specialist.

She specializes in exercise programming that combines techniques such as Yoga, Pilates, Ai-Chi and Feldenkrais for the deconditioned, arthritic, and overweight. As a competitive swimmer, she has discovered the specific needs of the swimming population to enhance their technique and help stay strong and flexible.

Ana is an AEA Training Specialist and International Provider and Presenter for the Aqua Pi-Yo-Chi™ system. She is also a Master Trainer for the Aquatrend™ Water Workout Station. She is a contributing writer for the Hispanic Media addressing the latest aquatic research and trends.

Course Summary:

Buoyancy Stretches is designed to help the fitness professional enhance flexibility by utilizing Archimedes™ Principle at the pool wall and exploring the use of buoyancy equipment in the water. You will learn how to enhance stretching by using the wall at the deep end of the pool and to have the option of using the program in the shallow end of the pool by working with buoyancy and buoyant equipment. In addition you will learn how to identify your clients' personal buoyancy and center of gravity. Learn supine, side, and front working positions and find neutral buoyancy (equilibrium). Enhance relaxation, breathe more consistently and deeply, and maintain the proper level of body alignment that can help achieve a fluid and controlled stretch. Use these stretches to enhance your body awareness which is central to any lasting change. Great for group fitness, personal training, rehabilitation, or athletes.

Objectives:

After completing this course, you will:

1. Guide students to enhance stretching by utilizing the wall at the deep end of the pool.
2. Maximize and utilize Archimedes' Principle.
3. Carefully select the placement of buoyant equipment such as a belt, noodles, ankle cuffs, buoyant wrist bands, and shoes.
4. Locate the center of buoyancy and center of gravity.
5. Look for body composition of participants, placement of flotation equipment, and/or type of flotation utilized.
6. Use the Supine/Side/Front Working Position to find proper neutral buoyancy and place the body in buoyant equilibrium.
7. Use deep end stretches and the following practices to enhance the participant's body awareness.
8. Modify exercises for the shallow end of the pool by using the appropriate buoyant equipment to obtain the desired stretch.

Outline:

Recommended Water Depth

Recommended Water Temperature

Air Temperature

Muscular Relaxation

Body Awareness

Flexibility

Stretching:

Ballistic

Dynamic

Static

Proprioceptive Neuromuscular Facilitation (PNF)

Archimedes' Principle:

Center of Buoyancy

Buoyancy Torque

Buoyancy Offloading

Getting Started:

Preparatory Steps and Guidelines for the Instructor

Pointers for all Stretches

Equipment

Proper Form and Technique

Buoyancy Stretches:

Starting Position A

Stretch One: Lower back Loosener
Noodle Note
Stretch Two: Kneeling Stretch
Starting Position B
Stretch Three: Floating Lunge Stretch
Forward Lunge Variation
Stretch Four: Relax and Float Stretch
Stretch Five: Knee Drop
Stretch Six: Extended Side Angle Stretch
Stretch Seven: Pull Resist Stretch
Stretch Eight: Leg Circles at the Wall
Stretch Nine: Wide Wall Leg Splits
Stretch Ten: Swimming Gliding Stretch

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