



Course Title: **Essential Aqua Pilates**

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

Credit hours: AEA 6.0, ACSM 6.0, ATRI 0., COPS-KT 0.6,
NFPT 1.0, NCSF 3.0, YMCA 6.0, NSPA 6.0

Author:

Anna Shay-McEntee

Anna Shay McEntee is a fitness and a holistic healthcare practitioner. She worked as the director of the Health Education and Stress Management in the Santurce Medical Mall in Puerto Rico. She was a regular columnist on fitness and health for the newspaper San Juan Star and other newsletters published by the Santurce Medical Mall and United Health Care in Puerto Rico.

Today, Anna resides in Wellington, Florida, where she teaches and trains the largest polo and equestrian community. She also works as a continuing education specialist and a presenter in mind-body exercise, nutrition, and stress management for the American Council on Exercise, Aerobic and Fitness Association of America, Bio Sensory Systematic T.O.U.C.H. Training™, California Medical Board of Acupuncturists, California Board of Registered Nursing, and the International Macrobiotic Shiatsu Society. She is a member of the teaching staff and faculty for the Health Classic Inc. Conferences, offering accredited workshops on fitness and holistic medicine.

Anna is a certified Stott Pilates instructor™ (full certification), certified group fitness instructor and personal trainer with the American Council on Exercise and Aerobic Training International; certified water aerobic instructor with Aquatic Exercise Association; and a certified yoga Instructor with White Lotus Foundation of California, Iyengar School of the Yoga Institute of Miami, and the International Yoga Teacher Association. Anna is also a certified practitioner with American Oriental Body Therapy Association.

Anna is passionate about her work. Her dream is to create a wellness center that is affordable for everyone. She wishes to guide people to an elevated consciousness and heightened awareness in mind, body, and spirit to create a better world.

Course Summary:

Pilates and Aqua exercise are two of the fastest growing exercise programs in the world today. They offer programs to suit the exercise needs for people of all ages and all levels of fitness. Pilates performed in the water engages the upper and lower extremities through optimal ranges of motion while minimizing stress on the joints, resulting in a unique combination of exercise and physiotherapy.

In this course the goal is to develop correct breathing technique, body awareness, body alignment and body placement throughout the execution of the exercises. The results are an improved core strength, control, stability and flexibility. All these benefits are crucial in order to transition to the next level of aqua Pilates. You do not have to be a Pilates instructor to use these great exercises in group fitness and personal training.

Objectives:

Complete this course to:

1. Learn the six principles and mind body concepts of Pilates Exercise.
2. Understand the concepts and benefits for Aqua Pilates.
3. Identify special considerations for Aqua Pilates.
4. Discover general recommendations for teaching Aqua Pilates.
5. Describe recommended class format for Aqua Pilates including warm-up, exercises and cool-down.
6. Learn, view, and practice Aqua Pilates Warm-up exercises.
7. Learn, view, and practice Aqua Pilates Core Exercises.
8. Learn, view, and practice Aqua Pilates Cool-down exercises.

Outline:

A New Dimension to Pilates

Six Principles of Pilates

- Mind-Body connection
- Dynamic alignment
- Diaphragmatic and controlled breathing
- Core stability and control
- Oppositional lengthening
- Movement technique: precision and fluidity

Pilates Performed in Water

General Teaching Recommendations

Aqua Pilates Class Design

Essential Aqua Pilates

Warm-up Exercises

Aqua Pilates Exercises
Cool- Down Exercises

Warm-up Exercises

- Breathing
- Neutral vs. Imprint
- Cervical Spine Placement
- Scapular Stabilization - Elevation and Depression
- Scapular Protraction and Retraction
- Scapular Disassociation and Lubrication
- Hip Disassociation and Lubrication
- Spinal Rotation
- Spinal Articulation from Prone
- Spinal Articulation from Supine

Aqua Pilates Exercises

- Exercise guidelines
- Abdominal Preparation
- Breast Stroke Preparation
- Hundred
- Rolling Back
- Single Leg Circle
- Spine Twist
- Rolling Like Ball
- Single Leg Stretch
- Obliques
- Double Leg Stretch
- Single Straight Leg Stretch- Scissors
- Shoulder Bridge
- Heel Squeeze Prone
- Single Leg Kick Preparation
- Breast Stroke Modification
- Shell Pose
- Saw
- Side Kick
- Side Kick-Up
- Small Circles
- Staggered Legs
- Both Legs Together
- Lower Leg Lift
- Double Leg Kick Preparation
- Spine Roll
- Teaser Preparation
- Single Leg Hip Extension
- Swan Dive Preparation
- Opposite Arm and Leg
- Swimming Modification I
- Swimming Modification II
- Swimming Modification III
- Leg Pull Front Preparation
- Leg Pull Preparation

Hip Twist Preparation
Seal
Side Bend Preparation
Side Bend and Twist Preparation
Push-Up Preparation
Standing Balance

Cool-Down Exercises
Chest Expansion
Back Stretch
Mermaid
Relaxation

Bibliography:

Educational materials recommended for professionals with Aquatic Exercise Association certification:

- Aquatic Exercise Association (AEA). 2007. AKWA vol 1-21. Nokomis, FL: AEA
- Farhi, Donna. 1996. The Breathing Book. New York, NY: Henry Holt and Company, Inc.
- Iyengar, B.K.S. 1989. Light on Pranayama. New York, NY: The Crossroad Publishing Company.
- Kravec, A. Joseph, and Diane C. Grimes. 1985. Hydrorobics®. Champaign, IL: Leisure Press.

Educational materials recommended for professionals with Stott Pilates full certification:

- Calais-Germain Blandine. 1985. Anatomy of Movement. Seattle, WA: Eastland Press.
- Hall, Susan, Ph.D. 1991. Basic Biomechanics. St. Louis, MO: Mosby Year Book.
- Kapit, Wynn, and Lawrence M. Elson. 1993. The Anatomy Coloring Book. New York, NY: Harper Collins College Publishers.
- Kendall, Florence, Elizabeth K. McReary, and Patricia G. Provance. 1949. Muscles Testing and Function. Baltimore, MD: Williams and Wilkins.
- Pilates, H. Joseph, and William J. Miller. 2006. A Pilates' Primer: The Millennium Edition: Return to Life Through Control and Your Health. NV: Presentation Dynamics Inc.
- Stott Pilates™. 2001. Comprehensive Matwork Manual. Canada: Stott Pilates Inc., Merrithew Corporation.
- Stott Pilates™. Injuries and Special Population Manual. Canada: Stott Pilates Inc., Merrithew Corporation.

Other references:

- Adamany, Karrie, and Daniel Loigerot. 2004. Pilates Edge an Athlete Guide to Strength and Performance. New York, NY: Avery.
- Anderson, Bob. 2000. Stretching. California: Shelter Publication.
- Shay, Anna, and Richard Difede. 1999. Energy Break™ for Prolonged Periods of Sitting. Tucson, AZ: Desert Southwest Fitness, Inc.