



Course Title: **Introduction to Aquatic Personal Training**

Produced by: **Fitness Learning Systems**
1012 Harrison Ave #3 Harrison OH 45030
www.fitnesslearningsystems.com 1-888-221-1612

Course Type: **e-Learning Home Study**

Credit hours: AEA 3.0, ACSM 3.0, ATRI 0.3, COPS-KT 0.3, NSCA 0.3
NFPT 1.0, NCSF 1.5, YMCA 3.0, NSPA 3.0

Author:

June Lindle – Chewing BS, MA

June M. Lindle-Chewing, BS MA has been presenting educational health/ wellness lectures and fitness classes to corporations, the community, and fitness professionals since 1985 both in the U. S. and Internationally. June serves on the Aquatic Exercise Association Research Council, Certification Council, and is a recipient of the AEA 1995 Achievement Award, and 2001 Contribution to the Aquatic Fitness Industry Award. She serves as adjunct faculty for Cincinnati State College, developing and teaching several courses for the Health Fitness Technician degree program. She is President of Fitness Learning Systems, a CEC education company. She specializes in educational formatting and programming.

Course Summary:

Expand your training potential and income by learning how to successfully train in the aquatic environment. This course helps you gain understanding of the aquatic environment and the properties of the water. The water's viscosity provides resistance that surrounds you and provides "work" for every movement in every direction. The water's buoyancy reduces body mass, reduces impact to weight bearing joints, and reduces spinal decompression in deep water. The water's hydrostatic pressure affects many of the body's physiological functions.

If you want to be successful as an aquatic personal trainer, learn about the special benefits and qualities the aquatic environment has to offer and incorporate that knowledge into your personal training sessions.

This course is part one of a three course certificate program. Part two is Aquatic Personal Training Programming, part three is Applied Anatomy: Land and Water.

Objectives:

Upon completing this course, you will:

1. Know basic requirements for personal training in the aquatic environment.
2. Discover opportunities for aquatic personal training.
3. Understand the effects of water immersion on human anatomy and physiology.
4. Be able to effectively train in the aquatic environment with proper knowledge of aquatic exercise environmental factors including water temperature, humidity and air temperature, water quality, air quality, pool considerations, and acoustical factors.
5. Know basic dress for aquatic exercise and personal training.
6. Understand basic properties of the water including viscosity, buoyancy, heat dissipation, hydrostatic pressure, and surface tension.
7. Have a general knowledge of basic aquatic training formats including shallow water, deep water, transitional water, and mixed formats.
8. Learn and review American College of Sports Medicine (ACSM) workout component guidelines with considerations and adaptations for the aquatic environment.
9. See sample work outs for personal training in the aquatic environment.
10. Learn recognition of a water crisis and basic assist/rescue skills for the aquatic environment.

Outline:

Requirements for an Aquatic Personal Trainer
Resources

Opportunities for an Aquatic Personal Trainer
Facility Opportunities
Marketing Opportunities
Generational Marketing Trends

Aquatic Environment Influences on Exercise
 Human Responses to Water Immersion
 Aquatic Exercise Environmental Factors

Water Temperature
Humidity and Air Temperature
Water Quality
Air Quality
Pool Considerations
 Depth, Slope, and Surface
 Access
 Deck

Acoustical Factors

Choosing a Pool to Personal Train

Dress for Aquatic Exercise

Properties of the Water

Viscosity and Drag

Buoyancy

Heat Dissipation

Hydrostatic Pressure

Surface Tension

Benefits of Personal Training in the Aquatic Environment

Basic Aquatic Training Formats

Shallow Water

Deep Water

Transitional Water

Mixed Format

Workout Component Considerations in the Aquatic Environment

ACSM Guidelines

General Guidelines

Cardiorespiratory Guidelines

Resistance Training Guidelines

Flexibility Guidelines

Rate of Progression

Warm-up

Conditioning

Cool Down

Sample Programs

Sample Program 1

Sample Program 2

Sample Program 3

Safety in the Aquatic Environment

Recognition of a Water Crisis

Basic Assist/ Rescue Skills

Bibliography:

1. (2009) IDEA Health and Fitness Association/ Kathleen Conway. February 04, 2009 E-Newsletter. "Some good news on our industry!" KConway@IDEAfit.com.
2. (2009) Innovative Aquatics "Personal Pool Programming" workshop. Sponsored and conducted by Aquatic Exercise Association.
3. (2009) Aquatic Exercise Association. Aquatic Fitness Professional Manual. 7th Edition. Human Kinetics.
4. (2009) AEA Standards and Guidelines. Aquatic Exercise Association. www.AEAwave.com.

5. (2006) Craig A. Clemens, BS, Craig J. Cisar, PhD. The effect of footwear on the reliability of the 500-yard shallow water run as a predictor of maximal aerobic capacity (VO₂max). *AEA Aquatic Research Journal*, September 3(1).
6. (2006 and 2010) ACSM Guidelines for Exercise Testing and Prescription. American College of Sports Medicine. Lippincott Williams & Wilkins.
7. (2006) Heyward, VH. Advanced Fitness Assessment and Exercise Prescription. 5th edition. Human Kinetics.