



ARTHRITIS INSTRUCTOR CERTIFICATION AGENDA

CLASSROOM: 9.00 – 10.35 AM

Welcome and short overview of course

What is arthritis?

The WaterART™ Arthritis Fitness Program:

- Benefits
- Exercise design
- Putting a program together
- Modifications for working positions

Watch video for joint actions and exercise movements

Arthritis Exercise Inventory

Planning a class and safety precautions

POOL: 10.45 – 12:15 AM

Go through an example of an Aquatic Arthritis Program and Exercise Inventory:

Exercise skills, training format, modifications and progressions suitable for the Arthritic population.

Introduction of suitable working positions and traveling movements

LUNCH: 12:15- 1.15 PM

CLASSROOM: 1.15 – 2.45 PM

Learning the Fundamentals of Anatomy & Biomechanics (Joint Action)

Understand how it relates to exercise selection

Understand how a one size fits all approach is very limited for real bodies

Learning functional activities of daily living

Developing functional exercises in the water for improving life on land

POOL: 2:45 – 5.30 PM

Learn specific functional exercises

Equipment options and use (noodles, paddles)

Modifications for basic movements in the rebound working position

WRAP UP: to finish at 6.00PM

Q & A

Evaluations

Give out Certificates

Home study exam to complete for certification. Must complete the questions and mail it in within a 6 month period.

Recertification Process is that the individual must complete a minimum of 8 hours of WaterART™ Fitness Program (continuing education only) every 2 years.