



Instructor Certification Agenda (for onsite training)

This is the fundamentals instructor course for anyone new to water training. (We recommend this prior to other WaterART certification programs). The course is geared towards practical and enjoyable education. This program is a research based exercise design program which, was developed to provide aquatic fitness leaders with functional techniques for designing programs in both shallow & deep depths. The in-depth classroom theory and pool practice provides the foundation for safe, effective program exercise.

Included in fee: Instructor Manual, DVD001- the art of exercise science, 8 Laminated cards , Study Guide questions & answers, onsite training (pool & classroom) , Should the program be less than 16 hours, you will be supplemented more DVD's. (People completing everything via home study – receive same manual, exam, DVD001 + 6 other DVD's)

The Theory & Practical assessment are included in the fee. CEC workshops may be included in the fees. You will receive a certificate of course completion, Certification Diploma. Laminated wallet card, online profile when successful with practical and theory exams.

All delegates have up to four months after the ONSITE training event to complete both exams without penalty fees. After 4 months, there is a late fee of \$35.00 + applicable taxes for both exams. After a year, you may no longer submit the exam. All exam marking sheets are in the manual (at the back of the manual).

There is no sharing of exam answers. All delegates caught sharing are automatically disqualified.

The pass is 75% on both parts of the program. Should reach a grade below 75%, you may take the exams again for a \$35.00 fee. There is no limit to re-writes/ re-take.

Whether it is one/two day or correspondence program, everyone writes the same theory & practical exams.

Additional Notes:

All materials will be supplied at the training unless requested in advance for \$15.00 shipping. You should bring your water wear, towel, and lunch. Be ready to more and be active.

Theory –this will be in a classroom and will be alternated with pool sessions)

Introductions / Review agenda

Chapter 1 Understand the benefits of water fitness

- What does an instructor need to know
- Types of program – it is growing

Chapter 3/4 General Exercise Principles of Exercise Blueprint

- Working with the F.I.T.T. principle
- Progressive overload with safe and effective exercise design
- BASIC MOVES – get up an physically move illustrating beginner, intermediate, advanced levels of basic moves : JOG, ROCK, KICK, JAX, JUMP, CROSS COUNTRY SKI

Introduce Working positions = impact versus intensity

1. Review of class structure and basic exercise design
2. Review of Deep Water Movements – working positions
3. Safe Deck moves and how to communicate to your clientele

Chapter 2/6 Anatomical Position, Basic Anatomy & Joint Actions & terminology and exercise Design
TARGET TRAINING – flexibility, CV, Muscle

Principles of Increasing Muscular strength
Review antagonist / agonist
Isometric, isotonic, isokinetic
Repetitions / Sets

Review of Exercise Inventory

Review for Exam – DVD003 Review the Beginner Muscles program with noodles. Understand the system of exercise design for muscular strength, endurance and flexibility. Understand muscle progressions & modifications.

Give everybody a muscle group to teach – using good posture, endurance and flexibility exercise

Chapter 7 Flexibility Training

Chapter 9 Deep Water Program Design

Chapter 10 Using The Noodle for Program Design

Chapter 11 Fine Tuning your Leadership and Communication Skills

Chapter 12 Emergency Safety

PRACTICAL POOL SESSIONS

1. Complete All of the Basic WaterART Moves and personal safety skills
2. Learn all of the working positions and how to teach/cue verbally/visually
1. Shallow H2O Class Design & Deep H2O Class Design & Noodle Workout

Skills & Drills groups of 3-4 people

1. give everybody a basic move and have them come up with and teach back to group – 10 movement ideas (not using working positions or travel)
2. show & tell – provide constructive feedback
2. give everybody a basic move and have them teach working positions
3. Noodle basic moves and short 30 minute program (shallow & deep)
4. Review of Deep Water Movements
5. Deep Water Program – 45 minutes
6. Groups – designing – Orientation/Buoyancy Warm up, CV Warm Up & CV set , Muscular Conditioning and Flexibility Sets

Certification Process.

All delegates receive the materials at the training program (unless you request them in advance.)

The Master Trainer will review all the pertinent information at the training so that you understand the materials and the terminology. You also have a chance to experience more practical applications.

We believe in a 5 pronged approach to learning.

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- 1) classroom time
- 2) partake in pool class led by a Master Trainer
- 3) view our materials (laminated cards, manual, DVD's) and
- 4) practice teaching the skills in a small group with the Master Trainer
- 5) go home and review – re-read manual & Watching DVD (you may want to watch this several times)

We recommend that you take about 15-25 hours after the training to re-read the manual, view the DVD's and answer the study guide questions. Once this is complete, you may complete the certification exams with confidence.

The Certification exams involve both a theory and practical assessment.

The theory is a take home (open book) that is applied answers. Should you be late with either practical or theory assessment, you may still take exam; however, there is a \$35.00 late fee.

You may submit the THEORY portion of the exam

Via EMAIL OR MAIL,

With email, you simply email the answers to us (don't retype the questions, but please identify the question, and exam and person submitted the exam.)

Please put in a word doc or pdf file or cut and paste directly to the email. [We confirm all emails.](#)

OR mail us the full exam (please get tracking but no signature is required)

In USA: WaterART Fitness International Inc, 210 South 8th Street, Lewiston NY 14092 (when you live in USA)

In CANADA: WaterART Fitness International Inc, 83 Galaxy Blvd Unit 19, Toronto, ON M9W 5X6 (when you live in Canada)

You have options for completing the practical assessment for certification within 4 months of the training dates. You may also complete at the training. We recommend receiving your materials in advance.

To complete Practical Assessment:

1) Submit a home VHS video/DVD of your class (the class design is written out as part of the theory exam - we follow it along with your video/DVD submission). We prefer VLC as a file format when submitting DVD otherwise we may not have the program. Also, USB sticks often are easier for us to download or view file (they transfer more easily). Please review your submission prior to mailing this because if we can not view this – we cannot mark it. Realize your video does not have to be done with a group or regular class nor at the pool. You may simply teach your program at home (as if you are on the deck teaching a group). We should be able to see you, hear you, and understand you. AS long as you are teaching us what you are training and providing safety and efficacy information about the exercise – you are on the right track.

OR

2) Book direct with a Master Trainer and complete onsite practical assessment. In this scenario, the person being assessed has to make it convenient for the assessor (i.e. probably go to their location) Each onsite assessment takes 20-30 minutes. It is not necessary for the Master Trainer to attend your whole program. We test the candidate on competencies. Report cards are written for both theory & practical's and emailed to you. Once completed both parts of the exam process you will be sent a report card. When successful, you are mailed your official diploma, laminated wallet card and immediately set up for an online profile (so you may log in and show your employer). Mailing of diplomas may take 1-2 weeks after your have successfully completed your exams.

Please email us if you have further questions info@waterart.org