

Agenda for Specializing in Aquatic ONE ON ONE TRAINING :

16 hour program (9 hours theory, leadership drills & skills, 7 hours pool time)

Ideally scheduled as 2 (8 hour days) with 4 (1/2 - 2 hour pool sessions)

Ideal water temperature is 84-86 F

Equipment needs: TV, VCR/DVD player -

Pool Depths utilized: Shallow and/or deep end - both lengths (lanes) and/or ½ of pool

Water Equipment Needs: Steps, tethers, bands, buoyancy belts, paddles, foam dumbbells or barbells, fins, mitts, bands,

Theory Session (in classroom)

Introduction of Trainer, program, participants, agenda

The goal of this training session is to provide practical applications for Aquatic Personal Training to utilize a variety of techniques and pieces of equipment – so that they may have lots of tools, ideas and skills to put together programs for a multi level clientele.

Objectives: By the end of the program Instructors will be able to perform

- a) Establish contraindications to testing and/or training
- b) Sign Informed consent & liability waiver
- c) Health History Questionnaire
- d) A comprehensive CV assessment in Shallow and Deep water
- e) A comprehensive Muscular Strength assessment in Shallow and Deep water
- f) A comprehensive Flexibility Assessment
- g) A Posture Assessment
- h) Apply the properties of Water to Target the Exercise Objective (i.e. posture, balance, CV, Muscular strength and endurance, flexibility, ROM, coordination, sports specific training, functional training specifically for the aging population with medical conditions
- i) Evaluate Use of Equipment
- j) Design program cards for shallow and deep water using a variety of equipment and progressions or modifications (appropriate to clientele)
- k) Write out Program cards and keep records

CHAPTER ONE – Wave of Opportunity

- a) Why Aquatic Fitness? The reality, there is 80 – 90% of the population that is not exercising regularly enough to benefit their health and/or know how or be motivated to and/or know how to exercise. So there is a lot of opportunity to grow this area of fitness. Additionally, aquatic fitness can be used for a variety of clientele from Post Rehabilitation through to high performance.
- b) Review of Research – Specificity of Training for optimal program design

CHAPTER TWO – What Does a Personal Trainer Need to Know

- a) Emphasis on safe, effective & creative , INDIVIDUAL program design.
- b) Difference between group and individual
- c) Trends on land = personal training growing and more lucrative
- d) Aquatic Personal Training – relatively new..
- e) How training on land – differs from water training i.e. gravity and buoyancy , eccentric

CHAPTER THREE – Anatomy & Structural Organization of Human Body

- a) This should be a review. If you do not understand, you need to take Fundamentals and Specialized Populations programs.

CHAPTER FOUR WaterART™ – Powerful Properties of Water–

- b) Review the WaterART acronym
- c) This is a system to explore exercise design choices for water training
- d) Understand the benefit of Working Positions (shallow and deep)
- e) Shallow working positions extended, neutral, rebound, suspended = Learn how to change impact and intensity
- f) Deep water body positions
- g) Learn how properties effect program design. Understand how to make intensity and impact easier or harder and appropriate to clientele.
- h) Target Training – Evaluation Questions... who is the program for, goals, time, environment, skill,

Chapter 5 -PURPOSE OF AN EXERCISE BLUEPRINT

- a) Understanding the ART of the Exercise Blueprint,
- b) Rate of Progression: Initial Conditioning Stage, Improvement Stage, Maintenance Stage
- c) POST yourself as a Personal Trainer= POSTURE, OBJECTIVE, SPEAK, TEACH
- d) Environmental Considerations for program design

CHAPTER SIX – CV TARGET Training –

- a) The METS system and how to calculate for weight loss
- b) Using Heart Rate Monitors...
- c) F.I.T.T. Principle & program design
- d) Programming for Moderate Activity Zone, Weight Management Zone, Aerobic Zone, Competition Zone...
- e) Designing CV sets – shallow /deep – beginner, intermediate , advanced

POOL SESSION

20 minutes - CV WARM UP SHALLOW OR DEEP

20 minutes - review of the basic moves and all the working positions

20 minutes (learn with one person) MUSCULAR ASSESSMENTS – SHALLOW or DEEP

20 minutes (partner up and re do MUSCULAR ASSESSMENTS – SHALLOW or DEEP

20 minutes (do either shallow or deep MUSCULAR ASSESSMENT that you did not do)

10 minutes (1 person performs CV assessment NB need HR monitor)

10 minutes (partner up and do CV ASSESSMENTS)

30 Exercise Inventory Review for Muscular Conditioning in shallow or deep water

CHAPTER SEVEN POSTURE & BALANCE TARGETING

- a) Review the posture charts – Lordosis, Scoliosis, Flat Back, Kyphosis
- b) Learn how to assess and program for these postures

CHAPTER 16 PROFESSIONAL RESOURCES

- a. Equipment Handout Article « Wading through a Sea of Water Fitness Equipment »
Critically thinking equipment »
- b. Liability Insurance
- c. Certification Renewal info
- d. Student Handouts for clients and promotion

- e. Press release
- f. WaterART Professionals Newsletters.

CHAPTER TEN – ASSESSMENT CHAPTER

- a) Review the Check list for assessments (health screen & risk stratification, pre test evaluation, physical fitness pre test instructions, test order, test environment, contraindications to testing, informed consent, liability waiver and release, exercise readiness questionnaire, personal health history form,)
- b) Partner up and practice the exercise readiness questionnaire
- c) Physical Assessments
- d) Review measurements: posture, girth, body type, Blood Pressure, Height, weight, BMI, waist to hip,
- e) Review CV assessment, Muscular assessment in water, flexibility assessment

Day 2

CHAPTER EIGHT MUSCULAR STRENGTHING AND ENDURANCE

- a) review of exercise inventory with and without equipment

Chapter NINE TARGET TRAINING FLEXIBILITY

- b) Practice drills and skills – show progressions and modifications of all of the major muscle groups

CHAPTER 11 PROGRAM CONSIDERATIONS

- a) show deep/shallow water video program 10 minutes

CHAPTER 12 PROGRAM IDEAS & MASTER CARDS

1. Know the recommended intensity, duration, frequency and type of physical activity necessary for development of cardiorespiratory fitness for an apparently healthy population.
2. Understand the differences between the dose of exercise required for various health benefits and that required for fitness development.
3. Realize the differences between improvement and maintenance exercise training.
4. Apply the principles of over-load, specificity and progression and how they relate to exercise programming.
5. Monitor through RPE/Talk Test/Heart Rate Monitor and recognize their role in exercise programming.
6. Know the signs and symptoms of medical conditions or high-risk situations.
7. Provide appropriate modifications in exercise programs for specialized populations, high risk and new clients.
8. Know proper technique and use of all exercise equipment (i.e., proper body mechanics, proper positioning on an apparatus, proper monitoring techniques, safety considerations, etc.,)
9. Understand normal range of motion of all major joints.
10. Know exercises for each major muscle group and how to improve and maintain muscular balance.
11. Understand progressions for optimal results and overload.

POOL SESSION

- b) 1 hour Equipment Use Lab
- c) 1 hour Exercise Inventory Ideas for shallow and deep water with equipment

- d) 1 hour Coaching and Teaching of Program Cards

CASE STUDIES OF PROGRAMMING

- a) In small groups and come up with program cards for case studies.
- b) Review of Case Studies

Business Basics – CHAPTER 14

- a) Setting up a business either self employed or contracted by facility
- b) How to Create a Business Plan
- c) Marketing and Promotion Strategies
- d) Planning for Success –

Wrap up

- a) How to complete Certification – theory and practical
- b) Certificates of Course completion
- c) Questions and Answers
- d) Course Evaluations

Theory & Practical Exam:

How to complete either ONSTITE OR CORRESPONDENCE PROGRAM

NOTE – all WaterART Certifications have up to six months to complete TAKE HOME exam after the training date. Any exams submitted after 6 months to a year are subject to a \$35.00 administration fee. If you do not complete the program within a year – you will need to re-do program without purchasing manual again.

The theory exam is in the back of the manual.
You must complete both the theory and practical portion.

The theory exam is a variety of APPLIED short answers. All answers should not be taken directly out of the manual or these will not be accepted. In other words you must answer the questions in your own words. Spelling is not deducted, however; exams must be legible. You may email or fax answers.

The practical involves completing 5 case studies. We recommend that you do one of the assessments on yourself – so you have a better understanding of your fitness level. Assume this may take up to 20-25 hours to complete. However, in doing so, you will become efficient and proficient. We recommend that you use family and volunteers as your other case studies. The paper work is in the back of the manual or when you pay for the course – we will email you the paperwork to utilize to fast track your assessments.

You must include the following information with EACH CASE STUDY (see below)

- a) Liability Waiver & Release form of your client
- b) Personal Health History Form – of your client
- c) Physical Assessment – Form – of your client
- d) Search for Postural Alignment - of your client
- e) Sample contract & client agreement
- f) Week 1 (Day 1) a sample program card –or same format that is written and understandable so we know how you are going to program them in terms of exercises to improve their performance and fitness. Your program card should reflect how the person did on their water assessment, what you are training as well as some techniques or exercises to motivate or achieve adherence to a program.

- g) Week 4 (Day 1) (Day 1) a sample program card –or same format that is written and understandable so we know how you are going to program them in terms of exercises to improve their performance and fitness. We should see a slight progression of exercise inventory
- h) Week 8 (Day 1) (Day 1) a sample program card –or same format that is written and understandable so we know how you are going to program them in terms of exercises to improve their performance and fitness. We should see progressions of exercise inventory
i.e. show progressions
 - i) Counseling contract with your client (set goals and itemize obstacles)
 - j) Short Business & Marketing Plan (1-2 pages)

FEE: \$249.00 member & \$269.00 regular rate (early bird) add \$20.00 to each rate after rate is set. Fee includes: 14-16 hours training, manual, 4 laminated cards, DVD017,DVD019, certification exams, Certificate of Course Completion, Certification Diploma & Certified profile and status when successful, paperwork template to fast track assessments and program cards.)