



## **PROGRAMMING FOR ALL - FIRST CONSIDERATION – SAFETY!**

The first consideration when planning a class is to protect the participant by offering safe, effective and functional exercise. This requires that exercises are modified to be made easier or, conversely, options are offered to progress to a higher level.



To achieve this it becomes important that the instructor understands muscle and joint action to provide safe range of motion around each joint. Realize that people with conditions affecting a joint may have compromised ROM that can be affected by buoyancy. When training, cue movement to 75% of ROM as buoyancy could take the joint past range prior to the return to the starting point for the movement.

**ALL COMPONENTS OF FITNESS AND FUNCTION MAY BE EFFECTIVELY AND SAFELY TRAINED IN WATER.**

- Start with pain free movement - with a focus on correct breathing techniques.
- Train for Balance and Posture – may need to retrain walking patterns
- Work on muscular balance using correct joint action –
- Train each major muscle group for muscular strength, endurance and flexibility through optimal ROM – a long muscle is a strong muscle.
- Provide Functional movement for Active Living: this means specificity of training and kinetic awareness (PNF)

Incorporate cardiovascular training – aerobic and anaerobic movement

**The key is to:**

- 1) Define the exercise goal**
- 2) Understand exercise design**
- 3) Progress gradually & safely**

**Modifications for the beginning or less skilled participants will require options to DECREASE INTENSITY**

- Less repetitions
- More recovery time
- Less motivational encouragement
- Stationary offering a wider base of support or support
- Add equipment (such as a belt) that may make it easier
- Scull with arms for added balance
- Slow down
- Decrease surface area
- Decrease range of motion
- Decrease duration

