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Aquatic Arthritis Instructor Certification

There are more than 100 diseases in the arthritis category and it is widely accepted that most of the symptoms may be greatly benefited through functional water exercise programming. This educational program will review progressive exercise inventory to design a safe, effective and well balanced program based on an understanding that many clients attending programs will require less intense and low impact options.



Instructors will review functional range of motion and joint action as well as review how to help people with limitations so that they may be helped with functional well-being.

The goal of this program is to provide a balanced approach to train and target cardiopulmonary benefits, functional fitness, muscular endurance and strength, balance, posture and flexibility training. The WaterART working positions will be introduced to provide multi level programming to help each participant train at an appropriate intensity and low impact - for a safer yet functional approach to benefitting the many people who suffer from the many forms of arthritis or painful movement. This program will also introduce the use of flotation as well as resistive devices to provide both work and rest for people suffering with Arthritis. Water specific equipment such as noodles and resistive paddles for improved performance. Water Walking and Tai Chi movements will be incorporated to train mobility, gait and balance.

This program is available via Onsite or Home Study Training.

Specialty Certification Examination Process

- This is a specialty level of WaterART Certification, so currently qualified Instructors with a WaterART H2O Certification need only to complete the theory portion of the examination. **Theory exams** may be emailed or mailed.
- Anyone new to WaterART or Water Certification or Expired Certifications must complete both a theory & practical assessment. This is also optional for currently qualified and Certified WaterART Instructors. Practical assessments (if required) may be performed onsite with a WaterART Master Trainer OR you may submit a home video/DVD or your program (you may teach this at home as if you are on the pool deck).
- If you are utilizing this for renewal of certification - you should complete prior to your existing level expiring so you do not have to pay a late renewal fee or complete a practical assessment.
- There is a free upgrade of all WaterART Certification for 2 years from the newest exams passing date.
- **Successful candidates will receive a E-Diploma, online web profile and Certification status once the exam is completed successfully.**
- **Should you have further questions, you may** email us if you require coaching.
- All Certification Programs come with DVDs (hard copy or video streaming).

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Chapter 9 Study Guide Questions & answers

Exam & How to complete the exam (in the back of manual)

- **Become a WaterART Professionals MEMBER & SAVE 20-25 % OFF ALL PRODUCT PURCHASES & OTHER BENEFITS !**
- **IF YOU ARE NEW TO WATERART FITNESS** - you will have to complete both a theory & practical exam. The exam is located at the end of the manual and all the criteria for examinations are itemized. You will have 6 months to complete the program (without a penalty fee).

You may [email us if you require coaching](#). Whether you complete onsite training or home study you will

complete the same Certification exams. The written or theory exam may be submitted via emailing the answers OR mailing the exam. The practical assessment may be completed either by submitting home video/DVD OR completing an onsite assessment with a Master Trainer or qualified assessor.

The onsite program includes:

- 8 hours training (4 hours pool time),
- Arthritis Instructor Manual,
- Study Guide Questions and Answers
- 3 laminated program card for pool side use,
- DVD090 (2 DVDs) - Arthritis Instructor Shallow H2O Mobility and Range of Motion Programs
- Certificate of Course Completion
- Speciality Examination Process Theory & Practical Assessment. (If you are a current Certified Instructor - you only need to complete the theory exam to upgrade and re-certify your qualifications)
- This program is worth 8.0 WaterART, 8.0 OFC/FPAO, 8.0 OKA, 8.0 AFPA, 8.0 AEA continuing education credits.
- Online Profile & Certification Diploma upon successful completion of the exams.
- NOTE: You will have up to six months to complete the certification exams (after the training date for onsite education or purchase date of home study). Theory is take home or applied theory. Practical is onsite assessment OR DVD/Video submission. If you are currently certified and qualified with WaterART, you will only need to complete the theory exam. In doing so, this will update your qualifications with a new specialty level of certification as well as re-qualify your existing levels of certification for 2 years from the pass date of your new certification.
- If you want to register to an event, [please click here.](#)
- For NEW Professionals without WaterART Instructor Certification we recommend the full Arthritis Instructor Program with Tutorial program or CTW005 [click here](#)
- If you are currently a WaterART Certified professional you may order the Non Tutorial Arthritis Instructor Certification Program (CT005a), [please click here](#)

CTW005 Arthritis Instructor Certification with Tutorial Home Study Package includes:

- Arthritis Instructor Certification Manual
- Study Guide Questions & Answers for self study
- DVD011- Shallow H2O Arthritis Program -55 minutes
- DVD036 - Arthritis Noodle Program -55 minutes
- DVD078- How to Orient a Non Swimmer to Water Exercise (2 DVDs) 1 hour & 15 minutes
- 3 reference program cards to take poolside (WaterART System, LC011, LC015, LC036)
- DVD089 - 2 DVDs (Power Point Tutorials Guided by Narration of Master Trainer) 2 hours & 30 minutes
- DVD090 - 2 DVDs (Mobility Arthritis Program and Range of Motion) 1 hour & 15 minutes
- Certification Examination process
- You will have up to 6 months to complete exam process.
- Certification Diploma, laminated wallet card & online profile when successful with exam process
- **HOW TO COMPLETE EXAM PROCESS FOR SPECIALTY CERTIFICATION PROGRAMS**
- **Note:** if you are utilizing this new qualification to upgrade your existing qualifications you do need to complete prior to your expiration or your are subjected to late Certification renewal fees for the other qualifications or level(s) of Certification.
- All home study programs involve reading the manual, watch the DVDs, take the laminated cards to the pool, answer the study guide questions and then cross reference with the answers. You may email us if you require coaching or assistance comprehending the program.
- All home study correspondence programs involve reading the manual, watching the DVD, and pool practice, as well as taking the laminated cards to the pool for guidance.

ONSITE ARTHRITIS TRAINING PROGRAMS

[DOWNLOAD \(PDF FILE\) OF ARTHRITIS AGENDA](#)

SPECIALTY CERTIFICATION EXAM PROCES

LAND ARTHRITIS INSTRUCTOR PROGRAM

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Land Arthritis Instructor Certification

Investigate the most common types of arthritis and the need to design programs to aid this clientele. Examine the options for class design based on the skill and fitness level of each individual. Learn how to modify and progress exercises within each selected program to meet the needs of this multi-level population.

Course will cover:

- The wide variety of Arthritic conditions and how exercise can help.
- Understanding Functional Range of Motion and Joint Actions
- Design Guidelines for Arthritis programs
- Functional Testing for Balance, Strength & Mobility
- Arthritis Specific Exercise Inventory for Balance and Functional Activities incorporating
- Chair Programs
- Low Impact Aerobic Activity
- Line Dancing
- Step Training
- Tai Chi
- Mat Exercises
- Resistant Bands and Light Weights



NOTE: You will have up to six months to complete the certification exams (after the training date/purchase date).

Exam Process

The theory exam is take home or applied theory. The practical assessment may be completed with a Master Trainer (onsite) OR DVD/VHS Video submission. If you are currently certified and qualified with WaterART, you will only need to complete the theory exam. In doing so, this will update your qualifications with a new specialty level of certification as well as re-qualify your existing levels of certification for 2 years from the pass date of your new certification.

If you are new to land certification with WaterART or New to WaterART you will have to complete both a theory and a practical assessment for full certification qualifications.

Continuing Education Credits available: 8.0 WaterART, 4.0 CFP, 8.0 AEA, 8.0 CATA, 8.0 OKA, 8.0 OFC, NBFAL, BCRPA *
May petition other organizations for CEC's

If you want to register to an event, [please click here](#).

If you want to order correspondence, Land Arthritis Instructor Certification (CT006), [please click here](#).

PDF AGENDA FOR COURSE

Certification Process

Note if this is your first certification or first Land Certification with WaterART - you will have to complete a practical assessment.

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