

## Aqua Exercise Instructor Manual

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Water Aerobics Total Body Strengthening \u0026amp; Cardio AQUA WORKOUT#1 - WECOACHAqua Exercise Instructor Manual

Do you enjoy working with others in a water based exercise setting? Download our Manual for free and take the Certification Exam today! It is as easy as STEPS 1, 2, and 3... IFA has over 20 years of experience in the Fitness Industry. IFA's Aqua Fitness Instructor Certification provides the fitness expertise in an aqua environment allowing for less stress on the body. Pay After You Pass the ...

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Our Level 2 Aqua Instructor course teaches you everything you need to know about planning and teaching effective exercise in water. You ' ll also discover how water affects the body, and various techniques for teaching cardiovascular and muscular strength exercises.

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Aqua Fitness Instructor Certification - Aqua Fitness Online  
aqua exercises for all muscle groups and for all your fitness needs. Select the type of exercise you want from the above categories and browse through the exercises. Or you can check out our New Exercises to stay updated with everything that is new. We offer animated demonstration for each and every exercise, in addition to the text explanation.

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The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic exercise, health and wellness worldwide. AEA and YMCA USA Interim Guidance for Aquatic Fitness Programs during Covid-19 & Access AEA Recommendations & Pool Wise Helpful Ideas . MORE INFO. Get AEA Certified. Become a recognized leader in your community with the AEA Certification! Obtaining ...

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Get great new music for your Aqua/Water fitness classes. Buy CDs and album downloads directly on MyGroupFit.

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She has been a personal trainer and fitness instructor since 2002. There are 13 references cited in this article, which can be found at the bottom of the page. This article has been viewed 5,892 times. Aqua Zumba has been called a dance party in the pool, and in many ways it's just that. If you want a fun, low-impact workout, you may want to give Aqua Zumba a try. To do Aqua Zumba, previous ...

How to Do Aqua Zumba: 12 Steps (with ... - wikiHow Fitness  
The UK ' s most innovative aquatic training company, helping to update the instructors with new age functional aquatic exercises and modern performance and teaching skills for use on the pool deck. Instructors will need to already have ONE of Gym Instructor level 2, PT, Exercise to Music level 2, or Swimming Teacher level 2, Babe and Pre-School level 2 . When you are hold Swimming Teacher or ...

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H2O Fit - Aqua Instructor Training Courses  
CFES Aquafit Instructor Course This course is designed to teach foundation knowledge and instructor skills to successfully complete CFES Canadian national Aquafit Instructor certification -- enabling you to program and lead basic water fitness exercise classes. Ample practicum opportunities are provided. CFES Aquafit Instructor Course Content

CFES Aquafit Instructor Certification Course  
AUSTSWIM WETS Aqua Instructor Manual; 3 tracks of music; Creative choreography (sample routine plans); Video analysis of yourself on pool deck and in the water; Online video footage for you to keep – routines and specific moves. To demonstrate competency in this course and receive a Statement of Attainment you are required to complete and submit pre and post course work which includes ...

WETS Aqua Instructor Course - FITREC Fitness Registration  
The Aqua Fitness Instructor online course includes videos and a copy of the BCRPA-approved manual, this will be e-mailed upon purchase. This course will teach you all the aspects to become a safe and well-rounded Aqua Fitness instructor. As well, you will be required to submit online videos (can be done on dry land).

Aqua Fitness Online - Fitness Professionals - Infofit  
Aqua Aerobic Instructor Course Leading to Active IQ Level 2 Certificate in Fitness Instructing (Water based exercise) This course gives you the tools to plan, teach and co-ordinate a safe, effective yet fun water based group exercise session. Price from £ 450.00

Aqua Aerobic Instructor Course - From Focus Training  
Participants interested in becoming qualified as a AUSTSWIM Aqua Instructor Regardless of prior qualification or attributes, candidates receive the necessary knowledge, skill and understanding to plan and deliver effective, safe and enjoyable aqua classes.

AUSTSWIM | Aqua  
Anyone who wants to become an aqua fitness instructor, who has already passed the Active IQ Level 2 Fitness Instructing Core Units 1 to 4 course, or previously qualified as a fitness instructor. Course content. The course is delivered through a mixture of classroom activities and practical poolside learning. It builds on the core skills and knowledge you have already gained and covers: Unit 5 ...

Written by more than 30 industry experts, Aquatic Fitness Professional Manual, Sixth Edition, is the most comprehensive and relied-upon resource for fitness professionals, personal trainers, therapists, and facility or program managers who specialize in water exercise. No longer just for seniors, aquatic fitness has emerged at the forefront of new fitness trends as a challenging reduced-impact option for group exercise, small-group fitness, and personal training for all age groups. Straightforward explanations of current concepts in exercise science, applied exercise anatomy and physiology, and updated research on deep-water exercise will assist you in creating and leading safe, effective, and enjoyable exercise programs. This all-in-one aquatic fitness reference is the definitive resource for those preparing for the AEA Aquatic Fitness Professional certification exam. Reorganized for easier study and exam preparation, the sixth edition contains essential foundational information such as the components of physical fitness, group fitness teaching techniques, and AEA Standards and Guidelines.

Water Aerobics Instructor Training Manual with Specific Exercise Programs by Rob Thomason This book is an instruction manual that gives the potentially new instructor the basic information needed to become certified in water aerobics along with a regime of exercise moves using water dumbbells. The exercise portion gives the potential new instructor the means to begin their own classes after receiving certification using this protocol of water exercises, though there are other exercise moves that can be incorporated that are not listed in this manual. But this manual is more than just about becoming an instructor. Due to his role as a senior health advocate, the author wishes to impart the importance and benefits of water therapy and water wellness which play in the therapeutic aspect of healing and mending of a patient to the overall fitness and maintaining wellness which an individual receives participating in an actual water aerobics class. He also hopes that the medical field recognizes these attributes and supports its usage for the good of their patients. In the " About The Author " section within this manual, the author mentions the trainings and certifications that he has received throughout the various programs that lead him to concentrate on incorporating modifications to various exercise moves so that any individual can join a class and receive basically the same benefits that others get doing the same exercise performed. By having a plan of modified exercises structured within the program, you give those individuals that have trouble keeping up a routine of land exercises (due to any physical limitations), an exercise avenue that is a good fit for their needs and allow them to workout in an overall class structure promoting an atmosphere of safety, camaraderie, and overall fun while getting the physical exercises they need along with the mental challenges that are incorporated within many of the exercises themselves.

ACE Group Fitness Instructor Manual was designed to prepare fitness professionals to work in group and class settings and is the main study for the ACE Group Fitness Instructor. Developed and written by 17 of the industry's top experts, the ACE Group Fitness Instructor Manual is an excellent resource, addressing the core competencies you need regardless of the types of classes you teach. It provides overviews of nine of the most popular modalities, including aquatic exercise, fitness yoga, and Pilates mat training. Topics range from exercise physiology, anatomy, kinesiology, and health screening to adherence, injury prevention, and legal and professional responsibilities. Special attention has been given to fitness for special populations, including pregnant women and those with significant weight challenges. Companion DVD included.

Aquatic fitness is not just for older adults or those with physical limitations. Water exercise is a proven fitness activity that is challenging and fun for all age groups and abilities. It offers reduced-impact options for group exercise, small-group fitness, and personal training. As the primary preparation resource for the certification exam of the Aquatic Exercise Association (AEA), Aquatic Fitness Professional Manual, Seventh Edition, is the most comprehensive resource to help you design and lead effective exercise sessions in the pool. With contributions from 17 industry experts, you will learn how to energize your teaching with techniques and programs based on many popular fitness formats, such as kickboxing, yoga, body sculpting, Pilates, walking and jogging, circuits, intervals, and sport-specific training. You'll also find updated research on shallow- and deep-water exercise, as well as new and revised content on the following: • Specialty equipment such as bikes, treadmills, and gym stations intended for the aquatic environment • The latest interval training techniques, including HIIT and Tabata • Water safety guidelines • Aquatics recommendations from organizations such as the Arthritis Foundation and the National Osteoporosis Foundation • Nutrition and weight management guidance that reflects the 2015-2020 Dietary Guidelines for Americans • Business and legal insights on compliance with insurance, music licensing, and the Americans With Disabilities Act (ADA) In addition, the Aquatic Fitness Professional Manual covers basic exercise science concepts, including exercise anatomy and physiology. The text reviews injuries, emergencies, and working with special populations. For those preparing for the AEA Aquatic Fitness Professional Certification exam, you'll find a detailed glossary and index, along with review questions at the conclusion of each chapter, to help you study. Nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource. The Aquatic Fitness Professional Manual contains essential foundational information on the components of physical fitness, group fitness teaching techniques, and the AEA Standards and Guidelines. Expand your teaching and career opportunities by cultivating the critical skills for leading safe, enjoyable, and effective aquatic exercise programs.

Aqua Fitness offers cardiovascular, strengthening and stretching workouts that are highly effective, versatile and, above all, pleasurable. More and more popular with everyone from baby boomers to top athletes who want to cross train, it is low impact and uses water resistance to really work the body. Provides all the information you need to make aqua fitness work for you. - Full-colour step-by-step photographs of shallow, and deep water programmes, plus exercises designed to enhance performance in sports such as swimming, golf and jogging. - Ideal for the pool or the sea and featuring blissful relaxation routines drawn from shiatsu and t'ai chi. - Suitable for all ages and levels, from beginners to instructors.

This book is designed for the active Water Aerobics instructor who is on the go and needs to access materials quickly and easily. It includes a wide variety of tools that can be printed and taken poolside, such as an Aqua Choreography Wheel which can be used for curriculum development, a collection of line-drawn circuit cards useful in a variety of class formats, all described in the Manual. Games, brainteasers, and holiday ideas are also included. These tools are excellent and fun ways to incorporate fitness goals into a class. Additional tools include: Curriculum development tools Movement Blocks Template 13 tried and true games 10 fun holiday ideas A fabulous formations chart and directions to help you make the most out of your pool space Icebreaker activities to build community in your classes 7 methods for breaking your class into groups smoothly 21 Brainteaser exercises that incorporate the body, increasing coordination, balance, and laughter 8 Fun and challenging balance exercises 20 sample curriculum plans to get you started Sample Class Syllabus & Sample Class Evaluations A set of directional cue cards for audio challenged environments A set of number cards for setting up stations or games A set of "Roll the Dice" circuit cards Engaging ideas that have been used successfully in Water Aerobics classes Nationwide

Teaching Aqua Yoga is an exciting and fresh look at how to combine two very popular fitness disciplines. Aqua fit instructors, yoga teachers, personal trainers – and in fact, anyone looking to add the amazing benefits of aqua yoga in their own lives – will appreciate this comprehensive manual on how to share this form of water exercise with others. When taught correctly, aqua yoga can improve fitness levels and balance, increase self-awareness, and reduce stress. Aqua

yoga is particularly beneficial to people dealing with injuries or physical limitations, such as joint issues or balance challenges. To ensure a holistic approach to teaching this form of exercise, this book includes an overview of its benefits, a detailed description of 67 yoga poses for the water (each with its own photo), class templates, and scripts for guided meditation. Thorough, illustrative and motivational, Teaching Aqua Yoga is a must-have resource for fitness instructors and enthusiasts alike.

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