

Cueing:

Successful cueing involves a combination of visual and verbal communication. To maximize the effectiveness of cues in an aquatic environment:

- keep verbal cues brief and to the point
- use visual cues when possible to save your vocal cords
- forecast movement changes to allow participants to feel successful
- cue and change one thing at a time (tempo, buoyancy option, arm or leg pattern)
- observe participants carefully to see that cues were interpreted as intended
- create a clear picture of the desired movement outcome
- model and reinforce correct alignment
- encourage and motivate
- demonstrate and explain movement modifications
- explain exercise purpose to heighten participant knowledge and motivation
- reinforce non-judgmental permission for participants to select suitable exercise options
- vary cueing energy and style to suit the class phase
- create a climate for self-expression, humor, fit tips and interpersonal relationships

The aquatic environment creates communication challenges. Since hearing is difficult, it is often more effective to cue without words. Research in the field of communication indicates that people "hear" only about 7% of what is said, and the bulk of the message is communicated non-verbally through facial expression, posture, and actions. Effective visual cueing is a worthwhile creative challenge.

Verbal Cues Specific to AquaJogging

Following are specific cues for movement execution to enhance the running form. These cues address the body angle, arm action, and leg action.

A) Head and neck

- look ahead/out or forward, find and focus on a stationary point
- visualize the stationary point as the finish line or a source of power and energy
- ears in line with shoulders, long neck like a giraffe/ostrich
- relaxed jaw, loose lips
- chin retracted: pony tail visualization

B) Shoulder

- release shoulders, visualize cascading waterfall to let tension wash, flow or fall away

C) Arms

- pull arms in a straight line
- identify the beginning point - just below the surface of the water, (avoid breaking the surface of the water), and end point - just past the hip
- perform a full arm "pump", close to the body, "finger tips to the hip"
- at end of movement on the posterior phase, elbow points up and back, the arm is close to body
- imagine pulling on two ropes - equal tension anterior and posterior, keeping arm action

- smooth and rhythmical, create a groove and stay there creating a pendular arm action
- imagine running into a stiff wind, keep the arms and hands streamlined, close to the body
 - avoid crossover movements of arms or hands, eliminate internal or external rotation at shoulder, elbow or wrist

D) Wrist and hand position

- form a light fist, imagine gently holding an egg, fingers lightly connect to palm, thumbs lightly closed on top of fist, or Lew's method: "lightly touch the thumb to the end of the first finger, hands lightly cupped, catching the water"
- wrist is locked, no extraneous movement at wrist
- exaggerate the connection between the thumb and hand

E) Trunk

- maintain an erect posture
- imagine a helium filled balloon attached to the top of the head, pulling the top of the head up towards the sky, while the feet are reaching to the pool bottom, imagine making a long pencil shape, lengthening the body in opposite directions
- visualize a puppet on a string or a silver line travelling through the body from the tip of the head to the toes, through the spine...
- keep abs active, engage the abdominals, stabilize the body core
- open chest - open the heart
- squeeze shoulder blades - close shoulder blades, anchor the wings (trapezius/rhomboid muscle) to the body

F) Hip

- level or neutral pelvis
- avoid excessive hip movements including hip swiveling, rocking, swinging, circling
- maintain shoulder, hip, knee alignment - all in one line

G) Knee

- knee unlocked on extension
- knee remains at 90 degrees at the termination of hip flexion phase of the jogging action
- knee cap/patella faces forward
- hip, knee, ankle all move forward & backward in a straight line, create an anterior - posterior groove

H) Ankle and foot

- foot in neutral position with slight dorsi flexion, avoid excessive plantar and dorsi flexion at ankle
- on recovery phase, the foot gently points (plantar flexion) with gentle activation of gastrocnemius and soleus muscles
- on termination of the hip flexion phase, ankle is slightly dorsi flexed

Following is a comprehensive list of generic communication tips. While some of the cues may be repeated, it is essential to understand that while leading an Aquajogging class, cues must be constantly repeated, in different ways to ensure the message continues to reach the participant.

Generic Teaching Tips and Variations:

- Maintain rhythmical breathing.
- Lengthen arms (for variety) during slow jogging actions (1/4 tempo or 1/2 tempo). A longer lever length increases surface area, pressure drag and work performed
- Relax shoulders. Imagine cascading water falls caressing and massaging the shoulders and neck.
- Maintain full range of motion. During 'on tempo' moves (music approximately 120 beats per minute - bpm), keep the ROM as full or large as possible while listening to the body and executing the move correctly.
- Create rhythmical movement. Avoid stopping or hesitating during a movement. Keep the body flowing throughout all limb and trunk actions.
- Maintain firm wrists with relaxed fingers (light fist with thumb on top).
- Keep a firm, strong feeling around all joints. This will prevent joint laxity leading to unhealthy movements for which the joint was not intended. (ie. The knee joint is a hinge joint designed to perform flexion and extension. Performing incorrect joint actions over a prolonged period of time may lead to joint pain and instability due to ligament laxity.)
- Keep neck long. Imagine you are a giraffe or an ostrich.
- Maintain open chest. Feel the lungs expanding to full capacity.
- Open the solar plexus and allow energy to flow through the body.
- Back long. Erect spine. Long spine. Straight back.
- Hips in neutral. Imagine the tips of the front hip bones are headlights on a car. You are driving and need to see the road ahead. Keep headlights forward. Headlights forward. Level pelvis.
- Retract chin. Ponytail pulled up. Helium filled balloon from top of head.
- Activate abdominals. Keep abs active. Tighten abs. Strong abs. Solid torso. Note: Avoid using the term stomach, gut, belly or tummy. The stomach is a bag that holds food. These other terms are not professional.

Intensity Options:

- Increase speed of motion maintaining range of motion as large as possible with correct exercise execution.
- Alter hand surface area: Slice water, catch and push water with hands in a light fist position, flatten hands (while avoiding hands in a flexed position to protect wrist) or add gloves, maintain SOM (Speed of Motion) and ROM.
- Apply mental focus throughout the movement.
- Manipulate buoyancy by selecting from the following options: Light bounce (L), anchor (A), propulsion (P), suspension (S).