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1 CALA Healing Power Of Aquatic Exercise and The Physiology Of Immersion (Part of the CALA Healing Waters: Aquatic Post Rehabilitation Program)

CALA continues to promote the "Healing Waters" theme through conferences, intensive training weekends, workshops and courses. At every national and regional CALA conference, an aquatic rehabilitation stream is offered.

Description

The Healing Power of Aquatic Exercise and The Physiology of Immersion course is a compulsory foundation for further training in the CALA Healing Waters: Aquatic Post Rehabilitation Program.

Content

Course participants will be introduced to:

The effects of immersion on the following human systems:

- Cardiac and circulatory
- Respiratory
- Renal
- Musculo-skeletal
- Neuro-muscular
- Psycho-social

The specific benefits of immersion and aquatic exercise for a variety of specific conditions.

Target Audience

- Health care professionals including but not limited to: kinesiologist, physiotherapist, doctor, chiropractor, athletic therapist, massage therapist, occupational therapist, home care specialist
- Others with a keen interest in post rehabilitation: Rehab. and post rehabilitation specialist, Group fitness leader/ Personal trainer
- Participant with a condition that prevents pain-free functioning (including but not limited to: arthritis, back pain/spinal injury, cardiac conditions, joint replacement, multiple sclerosis, breast cancer, motor vehicle accident victims, workplace injury, sports injury), with a desire to learn how to alleviate or relieve their symptoms through aquatic exercise

Duration

- The Healing Power of Aquatic Exercise and The Physiology of Immersion is a compulsory eight hour course.
- This course is facilitated using an active theory format. If a warm-water pool is available (31°C / 88°F to 35° C / 95°F), a pool session may be incorporated into the course agenda.

CALA Healing Waters Certification Program Introduction and Compulsory Courses



- A question and answer period is included within the eight hour agenda.
- Time is allotted to complete the certification exams within the eight hours.
- Host affiliates will schedule the courses according to the availability and suitability of the pool and classroom and the needs of potential course participants.

Pre-requisites

You must be a current member of CALA to participate in this educational opportunity.

Compulsory courses:

- The Healing Power of Aquatic Exercise and The Physiology of Immersion (compulsory: eight hours)
- Introduction to Aquatic Therapy (compulsory: eight hours)

There are three levels of acceptance to gain entrance into this Healing Waters Program. Select the Level that best describes your level of expertise. If in doubt, contact CALA for clarification.

Healing Waters Entrance Criteria: Level One:

If you have a diploma or degree in health care or a related field of study (Kinesiology, Physiotherapy, Chiropractic, Sports Medicine, Athletic Therapy, Massage Therapy, Occupational Therapy, Nursing, Human Kinetics, Human Biology, Exercise Physiology, Physical and Health Education) you are a candidate to participate in the Healing Waters Program without becoming a CALA certified Aquafitness Leader.

You will be responsible for learning the International CALA Compendium of Moves. A CALA Base Moves for Legs, Arms & Abs - A Movement Bank for Chest Deep & Deep Water Manual is available for purchase.

You may also choose to complete the CALA Foundation Course: Part I to become familiar with CALA terminology.

Healing Waters Entrance Criteria: Level Two:

If you do not have a degree or diploma as noted in Level One above, but do have current certification as an Aquafitness Leader with an organization other than CALA, you may challenge the CALA certification for aquafitness leadership. It is highly recommended to purchase a CALA Basic Fitness Theory and Aquafitness Specialty Training Manual which accompanies the CALA Foundation Course.

You will be responsible for learning the International CALA Compendium of Moves. The CALA Base Moves for Legs, Arms & Abs - A Movement Bank for Chest Deep & Deep Water Manual is available for purchase.

You may also choose to complete the CALA Foundation Course: Part I to become familiar with CALA terminology. Completing this course usually enables you to earn continuing education credits with the organization you are certified with.

Healing Waters Entrance Criteria: Level Three:

If you do not have a degree or diploma as noted in Level One above, but do have current CALA certification as an Aquafitness Leader you are accepted as a candidate for the Healing Waters Program.

Recommendations

Note: The following are highly recommended, but not compulsory:

- Keen interest in aquatic post rehabilitation

CALA Healing Waters Certification Program Introduction and Compulsory Courses



- Willingness to learn through practice and study before, during and after the course
- Eagerness to achieve a high standard of leadership in aquatic post rehabilitation
- Openness to learning and embracing new information
- A strong desire to help people; to work with people who may be in experiencing intermittent or chronic pain
- CPR and First Aid are highly recommended

Certification Process

Certification for this course involves one part only:

Theory Component

- An open book theory exam may be written at the end of the course or as a take home exam which is then submitted to CALA headquarters within a specified period of time
- Pass mark is 75%

Re-certification

Refer to the Post Rehabilitation Program description recertification section.

Continuing Education Credits CECs

- Earn eight CALA CECs and credits with other fitness organizations
- Credits from this course can be applied towards re-certification in Aquafitness only if the CALA Foundation Course has been completed and CALA Certification status as an Aquafitness Leader has been achieved

Fees

- Contact CALA

What To Bring

Attendees taking the course with the goal to lead post aquatic rehabilitation classes will need the following:

- Proper Aquafitness shoes (The "RYKA 2 Aqua shoe" is available through CALA) or good quality running shoes suitable for the pool deck and dry land movement
- Shorts to wear over a swimsuit (not short shorts), an aquafitness or an aerobic outfit (one that can get wet) for 'on deck' leadership practice

Attendees taking the course for general (personal) interest:

- Slip-on water shoes or clean running shoes that can be used in the water

All attendees taking the course will need the following:

- A couple of swimsuits and towels
- A water bottle
- Shoes and comfortable clothing (tracksuit or athletic clothing) suitable for dry land movement
- Writing materials to take notes
- A lock to secure valuables
- Details about any medical information that may be required in case of a medical emergency
- Food for break times

Bring lots of energy and enthusiasm. Get ready to have fun and learn a lot. Remember - just like a parachute, your mind works better when it is open.

Manual

- A manual will be distributed at the course and is not generally available for purchase beforehand.

2 Compulsory Course - Healing Waters - CALA Healing Power of Aquatic Exercise and the Physiology of Immersion (Part of the CALA Healing Waters: Aquatic Post Rehabilitation Program)

CALA continues to promote the "Healing Waters" theme through conferences, intensive training weekends, workshops and courses. At every national and regional CALA conference, an aquatic rehabilitation stream is offered..

Description

The Healing Power of Aquatic Exercise and The Physiology of Immersion course is a compulsory foundation for further training in the CALA Healing Waters: Aquatic Post Rehabilitation Program.

Content

Course participants will be introduced to:

1. The effects of immersion on the following human systems:
 - Cardiac and circulatory
 - Respiratory
 - Renal
 - Musculo-skeletal
 - Neuro-muscular
 - Psycho-social
2. The specific benefits of immersion and aquatic exercise for a variety of specific conditions.

Target Audience

- Health care professionals including but not limited to: kinesiologist, physiotherapist, doctor, chiropractor, athletic therapist, massage therapist, occupational therapist, home care specialist
- Others with a keen interest in post rehabilitation: Rehab. and post rehabilitation specialist, Group fitness leader/ Personal trainer
- Participant with a condition that prevents pain-free functioning (including but not limited to: arthritis, back pain/spinal injury, cardiac conditions, joint replacement, multiple sclerosis, breast cancer, motor vehicle accident victims, workplace injury, sports injury), with a desire to learn how to alleviate or relieve their symptoms through aquatic exercise

Duration

- The Healing Power of Aquatic Exercise and The Physiology of Immersion is a compulsory eight hour course.
- This course is facilitated using an active theory format. If a warm-water pool is available (31 °C / 88°F to 35° C / 95°F), a pool session may be incorporated into the course agenda.
- A question and answer period is included within the eight hour agenda.
- Time is allotted to complete the certification exams within the eight hours.
- Host affiliates will schedule the courses according to the availability and suitability of the pool and classroom and the needs of potential course participants.

Pre-requisites

You must be a current member of CALA to participate in this educational opportunity.

Compulsory courses:

- The Healing Power of Aquatic Exercise and The Physiology of Immersion (compulsory: eight hours)
- Introduction to Aquatic Therapy (compulsory: eight hours)

CALA Healing Waters Certification Program Introduction and Compulsory Courses



There are three levels of acceptance to gain entrance into this Healing Waters Program. Select the Level that best describes your level of expertise. If in doubt, contact CALA for clarification.

Healing Waters Entrance Criteria: Level One:

If you have a diploma or degree in health care or a related field of study (Kinesiology, Physiotherapy, Chiropractic, Sports Medicine, Athletic Therapy, Massage Therapy, Occupational Therapy, Nursing, Human Kinetics, Human Biology, Exercise Physiology, Physical and Health Education) you are a candidate to participate in the Healing Waters Program without becoming a CALA certified Aquafitness Leader.

You will be responsible for learning the International CALA Compendium of Moves. A CALA Base Moves for Legs, Arms & Abs - A Movement Bank for Chest Deep & Deep Water Manual is available for purchase.

You may also choose to complete the CALA Foundation Course: Part I to become familiar with CALA terminology.

Healing Waters Entrance Criteria: Level Two:

If you do not have a degree or diploma as noted in Level One above, but do have current certification as an Aquafitness Leader with an organization other than CALA, you may challenge the CALA certification for aquafitness leadership. It is highly recommended to purchase a CALA Basic Fitness Theory and Aquafitness Specialty Training Manual which accompanies the CALA Foundation Course.

You will be responsible for learning the International CALA Compendium of Moves. The CALA Base Moves for Legs, Arms & Abs - A Movement Bank for Chest Deep & Deep Water Manual is available for purchase.

You may also choose to complete the CALA Foundation Course: Part I to become familiar with CALA terminology. Completing this course usually enables you to earn continuing education credits with the organization you are certified with.

Healing Waters Entrance Criteria: Level Three:

If you do not have a degree or diploma as noted in Level One above, but do have current CALA certification as an Aquafitness Leader you are accepted as a candidate for the Healing Waters Program.

Recommendations

Note: The following are highly recommended, but not compulsory:

- Keen interest in aquatic post rehabilitation
- Willingness to learn through practice and study before, during and after the course
- Eagerness to achieve a high standard of leadership in aquatic post rehabilitation
- Openness to learning and embracing new information
- A strong desire to help people; to work with people who may be in experiencing intermittent or chronic pain
- CPR and First Aid are highly recommended

Certification Process

Certification for this course involves one part only:

Theory Component

CALA Healing Waters Certification Program Introduction and Compulsory Courses



- An open book theory exam may be written at the end of the course or as a take home exam which is then submitted to CALA headquarters within a specified period of time
- Pass mark is 75%

Re-certification

Refer to the Post Rehabilitation Program description recertification section.

Continuing Education Credits CECs

- Earn eight CALA CECs and credits with other fitness organizations
- Credits from this course can be applied towards re-certification in Aquafitness only if the CALA Foundation Course has been completed and CALA Certification status as an Aquafitness Leader has been achieved

Fees

- Contact CALA

What To Bring

Attendees taking the course with the goal to lead post aquatic rehabilitation classes will need the following:

- Proper Aquafitness shoes (The "RYKA 2 Aqua shoe" is available through CALA) or good quality running shoes suitable for the pool deck and dry land movement
- Shorts to wear over a swimsuit (not short shorts), an aquafitness or an aerobic outfit (one that can get wet) for 'on deck' leadership practice

Attendees taking the course for general (personal) interest:

- Slip-on water shoes or clean running shoes that can be used in the water

All attendees taking the course will need the following:

- A couple of swimsuits and towels
- A water bottle
- Shoes and comfortable clothing (tracksuit or athletic clothing) suitable for dry land movement
- Writing materials to take notes
- A lock to secure valuables
- Details about any medical information that may be required in case of a medical emergency
- Food for break times

Bring lots of energy and enthusiasm. Get ready to have fun and learn a lot. Remember - just like a parachute, your mind works better when it is open.

Manual

- A manual will be distributed at the course and is not generally available for purchase beforehand

CALA

3 Compulsory Rehab Prep Course - CALA Introduction To Aquatic Therapy (Part of the CALA Healing Waters: Aquatic Post Rehabilitation Program)

CALA continues to promote the "Healing Waters" theme through conferences, intensive training weekends, workshops and courses. At every national and regional CALA conference, an aquatic rehabilitation stream is offered.

The 'Prep' Course is offered on an ongoing basis to create a standardized approach to the design and delivery of aquatic post rehabilitation programs within facilities. Also, selected specialty courses addressing topics from the following list will be scheduled according to the needs expressed by the CALA membership.

- Cancer
- Post Burn
- Post Cardiac
- Osteoporosis
- Sports Injuries
- Multiple Sclerosis
- Back Care and Whiplash
- Post Stroke and Brain Injuries
- Degenerative Neuromuscular Conditions (M.D., Parkinson's...)

Aqua Post-Rehabilitation Program

(This program consists of two compulsory course: Healing Power and Introduction to Therapy, and other specialty courses offered over an extended period of time):

- Healing Power (compulsory)
- Introduction to Therapy (compulsory)
- Other Specialty Post-Rehabilitation Courses in development
- Aqua Arthritis
- Aqua Back Splash
- Aqua Joint Rehabilitation
- Aqua Sports Injuries
- Aqua Cardiac Rehabilitation
- Aqua Multiple Sclerosis
- Aqua Breast Cancer
- Aqua Osteoporosis
- MVA Rehabilitation

Description

The diagnosis of chronic diseases such as Diabetes, Arthritis, Multiple Sclerosis, Parkinson's and Cancer used to be followed by advice to 'take it easy' and rest. Research confirms that exercise can strengthen the immune system and promote healing. Certain conditions and special populations respond best to activity in an aquatic environment. In the classroom and the pool, this comprehensive prep course sets the stage for future learning through exploration of the following:

- Introduction to Aquatic Post Rehabilitation
- Philosophical Approach – integration of mind, body and spirit
- Physiological effects of immersion from a post rehab perspective and the Healing Power of Movement in Water

CALA Healing Waters Certification Program Introduction and Compulsory Courses



- Benefits of aquatic physical activity, for certain special populations and the treatment of a number of chronic diseases
- Indications and Contraindications
- Phases of Rehabilitation (I, II, III, IV), Characteristic Symptoms, Corresponding Goals and Advantages of Water: Pain Cycle, Healing Cycle
- Team Approach to Healing, Building Your Business
- Risk Management Strategies, Screening, Insurance, Facility Considerations

Content

Course participants will be introduced to:

- The goals of aquatic activity for most musculo-skeletal conditions
- The phases of healing
- The stages and goals of aquatic post rehabilitation
- Aquatic therapy facility requirements
- Contraindications to aquatic post rehabilitation
- General exercise guidelines and effective teaching techniques
- Class design for therapeutic pools, including temperature considerations

Target Audience

Health care professionals including but not limited to:

- Kinesiologist
- Physiotherapist
- Doctor, Chiropractor
- Athletic therapist
- Massage therapist
- Occupational therapist
- Home care specialist
- Others with a keen interest in post rehabilitation: Rehabilitation and post rehabilitation specialist
- Group fitness instructor
- Personal trainer

Participant with a condition that prevents pain-free functioning (including but not limited to: arthritis, back pain/spinal injury, cardiac conditions, joint replacement, multiple sclerosis, breast cancer, motor vehicle accident victims, workplace injury, sports injury), with a desire to learn how to alleviate or relieve their symptoms through aquatic exercise

Duration

- The AQUATIC POST REHABILITATION PREP COURSE is a compulsory eight(8) hour course.
- This course is facilitated using active theory and active pool sessions. If a warm-water pool is available (31 °C / 88°F to 35° C / 95°F), a minimum of one hour in the pool will be incorporated into the course agenda. If the water is cooler, the trainer has the option to include practical pool session(s).
- A question and answer period is included within the eight hour agenda.
- Time is allotted to complete the certification exams within the eight hours.
- Host affiliates will schedule the courses according to the availability and suitability of the pool and classroom and the needs of potential course participants.

Sample Agenda - (Facility dependent)

- 8:30: Theory in Classroom
- 10:45: Break
- 11:00: Participation in a Therapy Pool Session
- 12:00: Observation of 'real' therapy class

CALA Healing Waters Certification Program Introduction and Compulsory Courses



13:00: Lunch provided – nutritional & plentiful

14:00: Theory in Classroom

16:30: Theory assessment

Pre-requisites

You must be a current member of CALA to participate in this educational opportunity.

There are three levels of acceptance to gain entrance into this Healing Waters Program. Select the Level that best describes your level of expertise. If in doubt, contact CALA for clarification.

Healing Waters Entrance Criteria: Level One:

If you have a diploma or degree in health care or a related field of study (Kinesiology, Physiotherapy, Chiropractic, Sports Medicine, Athletic Therapy, Massage Therapy, Occupational Therapy, Nursing, Human Kinetics, Human Biology, Exercise Physiology, Physical and Health Education) you are a candidate to participate in the Healing Waters Program without becoming a CALA certified Aquafitness Leader.

You will be responsible for learning the International CALA Compendium of Moves and the Magical Properties of Water. The CALA Combined Basic Fitness Theory and Aquafitness Leadership Training manual must be purchased through CALA. You must purchase a CALA Basic Fitness Theory and Aquafitness Specialty Training Manual which accompanies the CALA Foundation Course.

You must complete the open book theory exam associated with the manual and the Foundation Course. You may also choose to complete the CALA Foundation Course: Part I to become familiar with CALA terminology.

Healing Waters Entrance Criteria: Level Two:

If you do not have a degree or diploma as noted in Level One above, but do have current certification as an Aquafitness Leader with an organization other than CALA, you may challenge the CALA certification for aquafitness leadership. You must purchase a CALA Basic Fitness Theory and Aquafitness Specialty Training Manual which accompanies the CALA Foundation Course.

You may also choose to complete the CALA Foundation Course: Part I to become familiar with CALA terminology. Completing this course usually enables you to earn continuing education credits with the organization you are certified with.

Healing Waters Entrance Criteria: Level Three:

If you do not have a degree or diploma as noted in Level One above, but do have current CALA certification as an Aquafitness Leader you are accepted as a candidate for the Healing Waters Program.

Recommendations

Note: The following are highly recommended, but not compulsory:

- Keen interest in aquatic post rehabilitation
- Willingness to learn through practice and study before, during and after the course
- Eagerness to achieve a high standard of leadership in aquatic post rehabilitation
- Openness to learning and embracing new information
- A strong desire to help people; to work with people who may be in experiencing intermittent or chronic pain
- CPR and First Aid are highly recommended

Certification Process

CALA Healing Waters Certification Program Introduction and Compulsory Courses



Theory Component of certification is offered at the end of the course. The theory assessment is a one hour open book exam, for the 'Prep' Course. There is no practical assessment for the 'Prep' Course.

To earn status as CALA Aquatic Post Rehabilitation Specialist the following criteria must be met:

- Complete the open book theory exam for the compulsory course: Aquatic Post-Rehab Prep Course
- Complete the certification exams for one other optional specialty courses within the program. (ie Aqua Arthritis)

The CALA Aquatic Post Rehabilitation Specialist Certificate will list the specialties completed.

Note: Refer to the course within the CALA Healing Waters Aquatic Post Rehabilitation Program to determine the specific certification requirements.

Continuing Education Credits CECs

Note: One CALA CEC is granted for each hour of each course.

Credits from this course can be applied towards re-certification in Aquafitness only if the CALA Foundation Course has been completed and CALA Certification status as an Aquafitness Leader has been achieved

Re-certification

Attending CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Post Rehab Compulsory and/or Optional Courses, will entitle you to earn Continuing Education Credits (CECs). One hour of education (theory and/or practical) earns one CALA CEC. For example: Attend a three hour Aqua Natal workshop, earn three CALA CECs.

To maintain certification status as an Specialty Aqua Post Rehabilitation leader you must meet the following criteria:

- Current CALA member, in good standing
- Gather a minimum of eight CALA CEC's before re-certification date
- Conduct a specified number of post aquatic therapy sessions per year (ie. Aqua Arthritis classes)
- Pay an annual re-certification fee. Refer to the fee schedule (pdf format)

Maintaining Certification Status: Made Easy!

Note: At CALA, we make it easy to maintain certification status as a aquatic post rehabilitation specialist. CECs can be "banked" or accumulated before attending the Aquatic Post Rehabilitation Program, or completing certification. If more than eight credits are collected, CALA will bump the extra credits into the next re-certification period. The candidate is also required to conduct a certain number of aquatic rehabilitation sessions per year in order to maintain certification.

Petitioning for Credits

Note: In the event that the necessary number of credits are not collected before the certification expiry date, the candidate can petition for credits. This means, CALA will review documentation submitted by the candidate that proves attendance at educational events that enhance knowledge related to aquatic post rehabilitation. There is a petition fee applicable.

Fees

- Contact CALA

CALA Healing Waters Certification Program Introduction and Compulsory Courses



What To Bring

Attendees taking the course with the goal to lead post aquatic rehabilitation classes will need the following:

- Proper Aquafitness shoes (The RYKA 2 Aqua shoe" is available through CALA) or good quality running shoes suitable for the pool deck and dry land movement
- Shorts to wear over a swimsuit (not short shorts), an aquafitness or an aerobic outfit (one that can get wet) for 'on deck' leadership practice

Attendees taking the course for general (personal) interest:

- Slip-on water shoes or clean running shoes that can be used in the water attendees taking the course will need the following:
- A couple of swimsuits and towels
- A water bottle
- Shoes and comfortable clothing (tracksuit or athletic clothing) suitable for dry land movement
- Writing materials to take notes
- A lock to secure valuables
- Details about any medical information that may be required in case of a medical emergency
- Food for break times

Bring lots of energy and enthusiasm. Get ready to have fun and learn a lot. Remember - just like a parachute, your mind works better when it is open.

Manual

- Note: Refer to the specific course within the CALA Healing Waters Aquatic Post Rehabilitation Program to determine the availability of the course manual for purchase prior to the course.

THE CANADIAN AQUAFITNESS LEADERS ALLIANCE INC.
CALA