

Description

This one day course includes a general introduction to aquafitness and aquafitness leadership.

Content

Charting The Voyage To Effective Aquafitness Leadership

- 📖 Welcome to the wonders of the water!
- 📖 Values clarification and goal setting for personal development
- 📖 CALA Holistic Philosophy: mind, body, spirit
- 📖 3 P's of Leadership: permission, protection, pleasure
- 📖 Self-responsibility and CALA code of ethics for leadership

Magical Properties Of Water

- 📖 Brief overview of unique qualities of water as a training medium; effects of immersion on the body
- 📖 Brief introduction to *Resistance*: factors altering aquatic work intensity; multi-directional resistance; safety and use of equipment
- 📖 Brief introduction to *Buoyancy*: assisted, supported and resisted; effects on the body
- 📖 Brief introduction to *Hydrostatic Pressure*: effects on the body
- 📖 Brief introduction to *Turbulence*: drag, whirlpools, currents, and magnetic effect on the body
- 📖 Brief introduction to *Thermal Conductivity*: ideal water temperature; exercise design and class format related to temperature of water
- 📖 Brief introduction to aquatic exercise design appropriate to various work intensities and water depths
- 📖 Brief introduction to exercise safety for the aquafitness participant and leader

Creating The Feast: Putting The Class Together

- 📖 Brief overview of components of fitness
- 📖 Aquafitness class format: warm-up; cardiovascular endurance; muscle conditioning; stretch; relaxation - from a mind, body and spirit perspective; including safety tips and tips for the design of each part of a class
- 📖 Overview of a part of the international CALA movement language bank for arm movements, leg movements and abdominal core exercises - for chest deep and deep water

Use Of Music

- Effect of pool environment on effective use of music
- Suitable music tempos (beats per minute) for aquafitness exercises and classes

The Aquatic Physiological Perspective

- Effects of aquatic training and immersion on the body systems
- Brief overview of cardiovascular, respiratory and metabolic systems with respect to the body moving in water

Communication For Excellence In Aquafitness Leadership

- CALA communication for motivation, education, safety and satisfaction
- Practice using effective visual and verbal cues during on-deck leadership
- Client - leader communication issues

Setting Sail

- Professional development and networking opportunities
- The CALA pathway to certification
- Personal plan for further skill development

Target Audience

- Fitness participant with a desire to learn more to enhance personal exercise results
- Lifeguard and/or swimming instructor
- Rehabilitation and post-rehabilitation specialist
- Group fitness instructor
- Personal trainer
- Student considering adding aquafitness leadership to their repertoire of skills
- Water-lover; enjoys working with people
- Job seeker; part time job or career change
- Retirees who have the time and commitment to get fit and possibly lead others

Duration

- Total of eight hours of training

CALA Introduction to Aquafitness

Course Details



- 📌 A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions
- 📌 This introductory course is usually offered on one full weekend day
- 📌 Some facilities choose to schedule the course differently depending on availability of the pool and classroom

Recommendations

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

- 📌 Keen interest in aquafitness
- 📌 Willingness to learn through practice and study before, during and after the course
- 📌 Eagerness to achieve a high standard of leadership in aquafitness
- 📌 Openness to learning and embracing new information
- 📌 CPR and First Aid are highly recommended

Certification Process

This introductory course does not prepare the leader for certification. In order to take the steps to become CALA certified, one must complete the the CALA Foundation Course Part I or the CALA Foundation Course Part I and Part II. CALA is confident that participation in this course will inspire the leader to pursue further CALA training and certification.

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 for fees

What To Bring

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

CALA Introduction to Aquafitness

Course Details



- ☒ 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

- ☒ The CALA Manual used in the Introductory course is a significantly abbreviated form of the CALA Foundation Course manual
- ☒ Introductory course participants are advised to purchase the comprehensive "Foundation Course" manual. It is available for purchase without attending the course
- ☒ If you purchase the "Foundation Course" manual prior to registering for the course, CALA will deduct the cost of the manual from the course fee