

## Description

By the year 2021, one in five Canadians will be 65 years or older. Studies have proven that aquafitness can contribute significantly towards healthy aging. Consider how resistance, buoyancy, hydrostatic pressure, thermal conductivity and turbulence make the water an ideal environment for older adult conditioning. Discuss the relationship between the physiology of aging and aquatic exercise design. Design programs to enhance daily functioning of the mind, body and spirit. Include physical exercises to improve body core stability, strength, cardio-respiratory fitness, posture and flexibility. Also, include exercises to engage the mind and develop self-confidence through movement.

## Content

- 📄 Discuss the affects of adult learning and gerontology principles on aquafitness class design and delivery
- 📄 Review the physiological changes (cardiovascular, respiratory, musculoskeletal, central nervous system, eyes and ears) associated with aging
- 📄 Relate the significance of physiological changes to daily functioning and review the implications for exercise design
- 📄 Outline the benefits of aquatic exercise
- 📄 Experience the modifications to exercise design to meet the diverse needs of the older adult population
- 📄 Adopt pre screening procedures and consider facility challenges and solutions when designing classes and offering programs
- 📄 Employ communication techniques to satisfy the intellectual, physical and emotional needs of older adults
- 📄 Discuss the psychological and psychosocial affects of aging and how they impact aquafitness class design and delivery
- 📄 Analyze exercise myths associated with the older adult population
- 📄 Analyze the functional myths and understand how to improve active daily living (ADL) through aquafitness
- 📄 Develop a marketing and advertising strategy to 'make the older adult aquafitness program float'
- 📄 Consider the special needs of older adults when offering an aquafitness program

## Target Audience

# CALA Older Adults Specialty Course Training and Certification

## Course Details



- 📌 Keen interest in geriatrics and gerontology, specifically physical activity for older adults
- 📌 Rehabilitation and post-rehabilitation specialist
- 📌 Group fitness instructor
- 📌 Personal trainer
- 📌 Water-lover; enjoys working with people
- 📌 Job seeker; part time job or career change
- 📌 Retiree who has the time and commitment to get fit and possibly lead others
- 📌 Older adult fitness participant with a desire to learn more to enhance personal exercise results
- 📌 Lifeguard and/or swimming instructor

## Duration

- 📌 Total of eight hours of training
- 📌 One full day of eight hours or two four hour sessions
- 📌 A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions
- 📌 Some facilities choose to schedule the course differently depending on availability of the pool and classroom

## Pre-requisites

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

## Recommendations

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

- 📌 Basic fitness theory knowledge and leadership experience
- 📌 General knowledge about anatomy and physiology
- 📌 CALA certification status is not mandatory in order to participate in this specialty course
- 📌 CALA certification in aquafitness leadership is highly recommended
- 📌 CPR and First Aid are highly recommended
- 📌 Willingness to learn through practice and study
- 📌 Eagerness to achieve a high standard of leadership

## Certification Process

# CALA Older Adults Specialty Course Training and Certification

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### Theory Component

- 📌 Theory Exam: one hour open book exam written after the course or as a 'take-home'
- 📌 Pass mark is 75%

### Practical Component

**All Practical Assessment** must be booked with an approved CALA Older Adult Assessor:

*If participant is not currently CALA certified:*

- 📌 Lead a 30 minute mini-class plus receive 15–20 minutes of personalized "one-on-one" feedback,  
OR  
Video submission (to CALA office) of a 30 minute mini-class. Once the video is observed, written feedback will be provided
- 📌 Pass mark is 75%

*If participant is currently CALA certified:*

- 📌 Complete a 15-30 minute oral practical (some demonstration may be required); and receive personalized, "one-on-one" feedback. Note: This option cannot be completed using a video submission.

### Re-write or Re-assessment

- 📌 Full fee must be paid for Practical re-assessment or Theory exam re-write

### Deadline For Completion Of Certification

- 📌 The candidate has one year from the last date of their course to complete the theoretical and practical aspects of 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

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## Re-certification

Attending other CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Foundation Course and/or the Older Adults Specialty Course, 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 Abdominals workshop, earn three CALA CECs.

To maintain certification status as a Specialty leader in Older Adults, you must meet the following criteria:

-  Current CALA member, in good standing
-  Gather a minimum of eight CALA CEC's before re-certification date
-  Pay an annual re-certification fee.

### Maintaining Certification Status: Made Easy!

**Note:** At CALA, we make it easy to maintain certification status as a Specialty leader in Aqua for Older Adults. Leaders can "bank" or accumulate CALA CECs before attending the Course, or completing certification. If more than eight credits are collected, CALA will bump the extra credits into the next re-certification period.

### 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 fitness knowledge and leadership skills. There is a petition fee applicable.

## Fees

-  Contact CALA for fees

## What To Bring

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

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- ☒ 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 this specialty course is available for purchase without attending the course.
- ☒ If you purchase the manual prior to registering for the course, CALA will deduct the cost of the manual from the course fee.