

Description

Review the necessary design features to ensure safe and effective classes for the pre and post-natal population. Many women are deciding to begin or maintain a healthy active lifestyle during the childbearing years. Group activity leaders and personal trainers need to be prepared for this special participant. The water is an ideal exercise environment for pre and post-natal women due to its magical properties. The information and skills shared in this course are essential for instructors who have pregnant participants integrated into their mainstream classes, or who design and teach specialty classes specifically designed for pre and post-natal women.

Content

- 📄 List the benefits of exercise during the childbearing years
- 📄 Attract pre and post-natal clients to the aquatic environment and meet their goals
- 📄 Discuss the bio-mechanical and physiological needs of pre and post-natal clients
- 📄 Analyze movements and make modifications for pre and post-natal clients
- 📄 Discuss the precautions associated with pregnancy and exercising as well as the contraindications to activity
- 📄 Discuss strategies to integrate pre-natal participants into regular classes and to create specialty aqua natal classes
- 📄 Review health screening information to establish activity readiness during the childbearing year
- 📄 Discuss the anatomical, physiological and psychological changes associated with the childbearing year
- 📄 Practice techniques to effectively manipulate resistance and turbulence to modify exercise intensity
- 📄 Outline nutritional concerns for the pregnant, pre and post-natal aquafitness participant
- 📄 Plan, create, and practice leading safe, enjoyable and effective Aqua Natal aquafitness classes

Target Audience

- 📄 Interest in obstetrics
- 📄 Fitness enthusiast in the pre/post natal phases of pregnancy
- 📄 Aquafitness instructor
- 📄 Rehabilitation and Post-Rehabilitation Specialist
- 📄 Group Fitness Trainer/Aerobic Instructor

CALA Aqua Natal Specialty Course

Aquafitness Leadership Training and Certification

Course Details



- 📌 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

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

Theory Component

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

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Practical Component

All Practical Assessment must be booked with an approved CALA Aqua Natal 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

Re-certification

CALA Aqua Natal Specialty Course Aquafitness Leadership Training and Certification Course Details



Attending other CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Foundation Course and/or the Aqua Natal 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 Interval Training workshop, earn three CALA CECs.

To maintain certification status as a Specialty leader in Aqua Natal, 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 Natal. 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:

- 📌 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

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Aquafitness Leadership Training and Certification

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- ☒ 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.