

CALA Vertical Water Training (VWT) Course Details

- Pre-requisite to CALA Specialty Training and Certification



CALA Foundations of Vertical Water Training – The Charlene Kopansky Method

This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic water based group classes and one to one sessions geared to a variety of people with a diversity of health conditions from healthy to post rehabilitation. The pre-requisite course content meets the needs of experienced fitness leaders as well as lifeguards, health care providers, personal trainers, coaches, participants and aspiring leaders; and exceeds the Provincial and Federal Guidelines and Standards. This course is a BCRPA approved course, and is recognized and accredited by YMCA and YWCA facilities, various provincial and national fitness organizations (canfitpro, CPTN, CFES, NSFLA, SPRA, AFLCA) and Canadian Universities and Colleges.

The course manual is available in both French and English. You are welcome to purchase the manual prior to registering for the course. If you do so, the cost of the manual will be deducted from the course fees upon registration.

Options:

Option One: Complete the full CALA Foundations of Vertical Water Training - 20 hours

Option Two: Complete the Letter of Acceptance to Bypass the CALA Foundations of Vertical Water Training. Fitness theory knowledge, leadership experience and a strong foundation in anatomy and physiology are essential

Pre-requisite Course: Foundations of Vertical Water Training – The Charlene Kopansky Method (20 hours)

It is highly recommended that course participants complete both Vertical Water Training and Group Aqua Fitness of the Foundation Course: Combined Basic Fitness Theory and Aquafitness Leadership Training and Certification Course. If you elect to take Vertical Water Training only, you must be a highly experienced and/or certified fitness leader with an excellent working knowledge of applied anatomy, applied physiology, components of fitness, principles of training, use of music as well as exercise and class design.

Who attends the VWT...

Fitness leaders and fitness participants, kinesiologist, teacher, lifeguard/swim instructor, rehabilitation specialist, health care provider (physiotherapist, occupational therapist, PTA, OTA, chiropractor, nurse) 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

What to Expect..

- A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions.
- Expect to be transformed as a leader... and inspired to spread the joy of movement in water!

Brief Overview: Course Content

- CALA Philosophy, Mission Statement, Code of Ethics
- Leadership: Values Clarification
- Aqua Physics: Magical Properties of Water
- Body Alignment: Power Posture
- Training Principles, Components of Fitness, Class Format and Class Design
- CALA Movement Bank in Chest Deep & Deep Water: Bottom Contact and Suspension: Legs, Arms, Chest, Back, Abdominals and Core
- Risk Management: Instructor and Participant Safety
- Communication: Verbal and Visual Cueing
- Applied Anatomy
- Applied Physiology: Effects of Immersion on the Body Systems
- Pathway to Certification: Selecting CALA Specialty Training and Certification Courses that meet your needs

Certification Process

Certification usually occurs several weeks after the course although course participants have the option of completing certification immediately following the course. Certification must be completed within one year of taking the course. Certification includes three components:

VWT Theory Component

- 2.5 hours are allotted to write the VWT theory exam
- This is an 'open book' theory exam. Any written resources that will assist the examinee may be utilized
- Pass mark is 80%

Specialty Certification Process – Upon Completion of a CALA Specialty Training and Certification Course

Choose one or more of the following courses:

- Group Aqua Fitness (GAF)
- Healing Waters: Aquatic Post Rehabilitation: Aqua Arthritis and Joint Disorders (HW:AA)
- Aqua Yoga (AYoga)
- Aqua Jogging and Water Running (AJog-Run)
- HydroRider (HR)
- Aqua Kick Box (AKB)
- Personal Aqua Training (PAT)

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Practical Assignment (Plan) Component

- Complete the practical assignment by submitting a 30 minute 'class' plan using the assignment template.
- The practical assignment is submitted (via email to an approved CALA assessor) a minimum of two weeks before the practical assessment.
- The practical assessment (30 minute 'class' demo) does NOT need to mirror the practical assignment.
- Pass mark is 80%

Practical Assessment Component

- 30 minute practical assessment or a 30 minute video may be submitted for the practical assessment, in lieu of having an assessor in person. If a video is submitted, the feedback is delivered by email, verbal feedback is not generally given with a video assessment
- Each individual being assessed is allotted 30 minutes to complete the practical assessment and 15-20 minutes to receive "one-on-one" feedback. The candidate is sent a copy of the completed practical assessment form from the CALA assessor.
- A minimum of two participants must participate in the 30 minute 'class'.
- Pass mark is 80%

Re-write or Re-assessment or Re-submission

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)

- No CECs are awarded for completing the Pre-requisite VWT course the first time. If you repeat the VWT course (at a discounted cost), you earn 12 CALA CECs.
- You can also earn CECs with other fitness organizations by completing the CALA course

Re-Certification

Attending CALA Specialty Courses, workshops and conferences and/or re-taking the CALA VWT 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 Choreography workshop, earn three CALA CECs. Also earn credits with other fitness organizations.

To maintain certification status as a CALA certified 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

Maintaining Certification Status: It's Easy!

At CALA, we make it easy to maintain certification status as a certified leader. Leaders can "bank" or accumulate CALA CECs before attending the VWT Course or a CALA Specialty Course, or completing certification. If more than eight credits are collected, CALA will bank the extra credits to be used in future recertification periods.

Special: If you complete more than one CALA Specialty Training and Certification Course:

- You will earn 12 CECs for each additional specialty course that you complete.
- You only need 8 CECs per year, to recertify, no matter how many CALA specialty certifications you hold.
- For example, if you are certified in Group Aqua Fitness, Healing Waters, Aqua Yoga, Aqua Kick Box, Water Running... you still only need 8 CECs in total to recertify.

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. Petition fee is applicable.

What To Bring – How to prepare

- Pre-read the VWT manual before the course. You do not need to understand what you read. You just need to be familiar with the content.
- Try to attend at least 5 sessions with a CALA Certified Leader. Contact CALA for a list of instructors in your region.
- Proper Aquafitness shoes - "RYKA" - available through CALA or quality running shoes
- Shorts and couple of swimsuits, towels, water bottle, comfortable clothing suitable for dry land movement, writing materials, lock, food for break times. Details about any medical information that may be required in case of a medical emergency

Manual Resource

- The VWT Manual used in this 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.
- Other CALA Manuals are also available for purchase.

More Questions – email or call us.

- 1-888-751-9823 or local (Toronto) 416-751-9823
- cala_aqua@mac.com