

## Description

This specialty course provides the leader, coach, personal trainer, instructor and/or runner with the skills to design safe, balanced, research based Water Running/Jogging programs. Information about how to facilitate sessions for group classes, personal training, and/or individual self guided water running programs is included. Discuss the keys to effective training and coaching for athletes and recreational runners. Experience specific Water Running/Jogging workout formats designed to enhance 'Running Economy', 'Lactate Threshold' and 'VO2 Maximum'. Custom design training formats to meet the needs of a wide spectrum of participants: from Olympic-level athletes to marathon runners to tri-athletes to recreational runners to first time runners.

## Content

- 📄 History and philosophy of the Water Running/Jogging program
- 📄 Benefits of water running/jogging
- 📄 Fitting of equipment for each individual participant
- 📄 Aqua physics with respect to running/ jogging in water
- 📄 Orientation to techniques for safe and effective use of equipment in water
- 📄 Biomechanics of deep water running/jogging movements
- 📄 Physiological response to water running/jogging
- 📄 Training principles applied to water running/jogging
- 📄 Basic theme moves for water running/jogging
- 📄 Standardized verbal and visual cueing
- 📄 Modification of intensity of movement by manipulating water properties
- 📄 Importance of progression in meeting the needs of a variety of clients
- 📄 Conduct and interpret the "Graded Exercise Test for Deep Water Running"
- 📄 Significance of Rate of Perceived Exertion (RPE) and relationship to heart rate and cadence (CPM)
- 📄 Five specific formats for water running/jogging
- 📄 Marketing strategies to build and maintain this program
- 📄 Facility design considerations and instructor safety issues

## Target Audience

- 📄 Aquafitness instructor
- 📄 Coach
- 📄 Tri-athlete, Runner, Jogger, Walker
- 📄 Rehabilitation and Post-Rehabilitation Specialist
- 📄 Group Fitness Trainer and Personal Trainer

# CALA Water Running/Jogging Specialty Course Training and Certification Course Details



- Keen interest in aquafitness, water lover
- Job seeker: Looking for a part-time job or career change
- Want to train in a non-impact environment with the opportunity to have beginner to advanced intensity
- Retiree who has the time and commitment to get fit and possibly lead others

## Duration

- Total of 8 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
- CPR and First Aid are highly recommended
- Willingness to learn through practice and study
- Eagerness to achieve a high standard of leadership in water running/jogging

## Certification Process

### Theory Component

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

### Practical Component

# CALA Water Running/Jogging Specialty Course Training and Certification Course Details



- 📌 All Practical Assessments must be booked with an approved CALA Water Running and Aqua Jogging Assessor
- 📌 Practical Assessment is required for each participant
- 📌 30 minute mini-class assessment taught with an approved assessor observing plus 15 – 20 minutes of "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%

## 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 8 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

Attending other CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Foundation Course and/or the Water Running/Jogging 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 Arms workshop, earn three CALA CECs.

To maintain certification status as a Specialty leader in Water Running/Jogging, 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.

# CALA Water Running/Jogging Specialty Course Training and Certification Course Details



## Maintaining Certification Status: Made Easy!

**Note:** At CALA, we make it easy to maintain certification status as a Specialty leader in Water Running/Jogging. 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

## 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
- 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

# CALA Water Running/Jogging Specialty Course Training and Certification Course Details

---



- 📄 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.
- 📄 Note: There is an extra resource available with this course which complements the course manual. This resource is called "AquaJogger Training Manual" and is available for purchase through CALA.