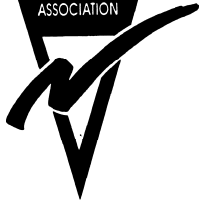


**Fitness
Leadership**

SINCE 1984

AFLCA

ALBERTA
FITNESS
LEADERSHIP
CERTIFICATION
ASSOCIATION



Learning Objectives

Aquatic Exercise Leader



Aquatic Exercise Leader - Learning Objectives

(January 2002)

Chapter 4 - Healthy Lifestyle Principles

Chapter Objectives:

1. Describe the benefits of Aquatic Exercise
2. Describe reasons for Aquatic Exercise popularity

Chapter 5 - Fitness Principles

Chapter Objectives:

1. Identify major muscle groups and their functions in relation to Aquatic Exercise (rectus femoris, vastus medialis, vastus intermedialis, vastus lateralis, biceps femoris, semitendinosus, semimembranosus, gluteus minimus, gluteus medius, gluteus maximus, gracilis, iliopsoas, biceps, triceps, trapezius, rhomboids, serratus anterior, latissimus dorsi, pectoralis major, pectoralis minor, deltoids, rotator cuff, gastrocnemius, soleus, tibialis anterior, adductors, abductors, transverse abdominals, internal obliques, external obliques, rectus abdominus, erector spinae, sartorius)
2. Identify the agonist or antagonist of a muscle pair (quadriceps/hamstrings, gluteus maximus/iliopsoas, biceps/triceps, trapezius, rhomboids/serratus anterior, latissimus dorsi/pectoralis major, medial rotators/lateral rotators of the rotator cuff, gastrocnemius, soleus/tibialis anterior, adductors/abductors, abdominals/erector spinae) and relate to their movement in the water
3. Describe the following terms: flexion, extension, abduction, adduction, rotation, circumduction, hyperextension, lateral flexion, dorsiflexion, plantar flexion, eversion, inversion, supination, pronation, horizontal abduction, horizontal adduction, elevation, depression, retraction, protraction, upward rotation of the shoulder girdle)

Chapter 6 - What Research reveals about Water Exercise?

Chapter Objectives:

1. Identify reasons for differences in exercising heart rates in water
2. Describe the different affects of speed of movement on; intensity and buoyancy
3. Describe different intensity monitoring techniques and the benefits and cons of each
4. Discuss factors that influence speed of movement
5. Identify outcomes of Aquatic Exercise in cardiovascular training, muscle conditioning and flexibility
6. Identify appropriate water temperature for various types of Aquatic exercise
7. List types of training and their effect on the Aquatic Exercise participant. (Program variables)

Chapter 7 - Physical Laws and Properties of Water

Chapter Objectives:

1. Identify and define the Physical laws and Properties of water (buoyancy, hydrostatic pressure, gravity, speed, power, force, inertia, resistance, leverage and action/reaction) and how they relate to the aquatic exerciser

2. Describe the physiological responses of the body in the water and the application to effective class design

Chapter 8 - Fundamental Skills and Exercise Design

Chapter Objectives:

1. Define and describe thermoregulation
2. Identify differences between deep, shallow and transitional depth water exercise
3. To apply the SWEAT and ABYSS tools to exercise design

Chapter 9 - Specificity of Training and Training Guidelines

Chapter Objectives:

1. Use the FITT principle to explain Specificity of training

Chapter 10 - Water Fitness Class Design

Chapter Objectives:

1. Identify components of class design and the application to water

Chapter 11 - Teaching responsively

Chapter Objectives:

1. Discuss effective leadership and teaching methods

Chapter 12 - Progressing in Your Programs: Equipment and advanced formats

Chapter Objectives:

1. Define and identify buoyancy, resistive and assistive aquatic exercise equipment