

# AUSTSWIM AQUA EXERCISE INSTRUCTOR™

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# Aqua Exercise Instructor Manual

**Rob Thomason**

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## **Aqua Exercise Instructor Manual:**

**Water Aerobics Instructor Training Manual with Specific Exercise Programs** Rob Thomason, 2017-02-21 Water Aerobics Instructor Training Manual with Specific Exercise Programs by Rob Thomason This book is an instruction manual that gives the potentially new instructor the basic information needed to become certified in water aerobics along with a regime of exercise moves using water dumbbells The exercise portion gives the potential new instructor the means to begin their own classes after receiving certification using this protocol of water exercises though there are other exercise moves that can be incorporated that are not listed in this manual But this manual is more than just about becoming an instructor Due to his role as a senior health advocate the author wishes to impart the importance and benefits of water therapy and water wellness which play in the therapeutic aspect of healing and mending of a patient to the overall fitness and maintaining wellness which an individual receives participating in an actual water aerobics class He also hopes that the medical field recognizes these attributes and supports its usage for the good of their patients In the About The Author section within this manual the author mentions the trainings and certifications that he has received throughout the various programs that lead him to concentrate on incorporating modifications to various exercise moves so that any individual can join a class and receive basically the same benefits that others get doing the same exercise performed By having a plan of modified exercises structured within the program you give those individuals that have trouble keeping up a routine of land exercises due to any physical limitations an exercise avenue that is a good fit for their needs and allow them to workout in an overall class structure promoting an atmosphere of safety camaraderie and overall fun while getting the physical exercises they need along with the mental challenges that are incorporated within many of the exercises themselves **Aqua Fitness**

**Instructor Manual** Christina Maria Truscott, 2014 [Aquatic Fitness Professional Manual](#) Aquatic Exercise Association, 2017-10-17 Aquatic fitness is not just for older adults or those with physical limitations Water exercise is a proven fitness activity that is challenging and fun for all age groups and abilities It offers reduced impact options for group exercise small group fitness and personal training As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA Aquatic Fitness Professional Manual Seventh Edition is the most comprehensive resource to help you design and lead effective exercise sessions in the pool With contributions from 17 industry experts you will learn how to energize your teaching with techniques and programs based on many popular fitness formats such as kickboxing yoga body sculpting Pilates walking and jogging circuits intervals and sport specific training You ll also find updated research on shallow and deep water exercise as well as new and revised content on the following Specialty equipment such as bikes treadmills and gym stations intended for the aquatic environment The latest interval training techniques including HIIT and Tabata Water safety guidelines Aquatics recommendations from organizations such as the Arthritis Foundation and the National Osteoporosis Foundation Nutrition and weight management guidance that reflects the 2015 2020 Dietary

Guidelines for Americans Business and legal insights on compliance with insurance music licensing and the Americans With Disabilities Act ADA In addition the Aquatic Fitness Professional Manual covers basic exercise science concepts including exercise anatomy and physiology The text reviews injuries emergencies and working with special populations For those preparing for the AEA Aquatic Fitness Professional Certification exam you ll find a detailed glossary and index along with review questions at the conclusion of each chapter to help you study Nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource The Aquatic Fitness Professional Manual contains essential foundational information on the components of physical fitness group fitness teaching techniques and the AEA Standards and Guidelines Expand your teaching and career opportunities by cultivating the critical skills for leading safe enjoyable and effective aquatic exercise programs *Aquatic Fitness Professional Manual-7th Edition* Aquatic Exercise Association (AEA),2017-10-12 This is the definitive resource for individuals preparing for the AEA Aquatic Fitness Professional Certification exam and for anyone leading water exercise classes **Aquatic Fitness Professional Manual-6th Edition** ,2003 *Aquatic Fitness Professional Manual* Aquatic Exercise Association,2025-03-27 Aquatic Fitness Professional Manual is the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and is the most comprehensive guide available for designing and leading exercise sessions in the pool

**Aerobics Instructor Manual** Richard Thomas Cotton,Robert Lewis Goldstein,1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities H2O Workouts” Resource Guide for Aquatic Fitness Instructors Francine Milford,2013-03-26 H2O Workouts R Resource Guide for Aquatic Fitness Instructors by Francine Milford is used in the Basic Instructor Certification course which is available online at [www.H2Oworkouts.com](http://www.H2Oworkouts.com) or in person at specific locations Through this book you will learn about taking a given move and making it easier or harder through a variety of techniques such as speed direction movement and intensity This book will teach you how to find your target heart rate and work within that range for optimal health and fitness The water environment is a perfect place to find safe fun and effective fitness exercises regardless of your current fitness level Follow the easy photographs and diagrams in this book to guarantee a workout that is perfect for you and your fitness goals Water exercises are great fun for all ages so be sure to include your family members in on the activity *Y's Way to Water Exercise Instructor's Guide* Joseph A. Kraviec,1989 American Red Cross Water Safety Instructor's Manual ,2004

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