



## **Educational Programs & Resources** *Integrating Function with Fitness!*

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### **What to Expect Information Guide**

#### **Aquatic Options Professional Certificate Course**

Thank you for your interest in Aquatic Options Education. Aquatic Options is an educational organization dedicated to providing innovative aquatic exercise options designed to bridge the gap between physical therapy and aquatic fitness programming.

Please review the information provided to help you decide whether to attend this course or to help you prepare before attending. If you have any additional questions please visit our website [www.aquatic-options.com](http://www.aquatic-options.com) or contact one of the authors of this program.

*We look forward to seeing you at one of our courses!*

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### **Aquatic Options: Special Populations & Post Rehab Fitness Training**

This professional certificate course will demonstrate how to create inclusive Group and Personal Training Aquatic Fitness Programming. Learn how to create progressive exercises using aquatic equipment and design programs for deconditioned individuals and those with post rehab or medical conditions. Integrate simple modifications that provide options for arthritis, diabetes, hypertension, low back pain, obesity and shoulder, knee and hip orthopedic considerations.

Combine function with fitness as you put your knowledge into practice through case study application and an interactive pool session. **Receive your personal copy of the comprehensive *Aquatic After Care Training Manual*<sup>®</sup> which includes:**

- ◆ **Easy to Use Condition Chart**
- ◆ **Extensive Aquatic Exercise Photos**
- ◆ **Exclusive Sample Workouts**

**PLUS - Receive the complimentary course preparation *Body Basics Instructional Toolkit*<sup>®</sup>**

#### **Recommended Qualifications for Aquatic Options Attendees:**

- ◆ Certified Aquatic Fitness Professional by the Aquatic Exercise Association (AEA) or an internationally recognized organization **OR**
  - ◆ Have knowledge of how anatomy, exercise physiology, kinesiology and aquatic physics relate to body mechanics as applied to aquatic exercise **OR**
  - ◆ Have a nationally recognized Personal Training certification **OR**
  - ◆ Have an Associate's degree in the allied health and science field
- AND**
- ◆ Have a current and valid CPR Certification & AEA Training
  - ◆ Have basic water rescue skills and first aid knowledge

These qualifications are suggested but not mandatory for attending Aquatic Options. This course will not review basic anatomy, kinesiology or exercise physiology. These qualifications are suggested to maximize your learning experience.

## Who Should Attend?

- ◆ Certified Aquatic Fitness Professionals
- ◆ Athletic Therapists
- ◆ Athletic Trainers
- ◆ Group Exercise Instructors
- ◆ Kinesiotherapists
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Certified Personal Trainers
- ◆ Physical Therapists
- ◆ Physical Therapy Assistants
- ◆ Recreational Therapists
- ◆ Swimming Instructors/Coaches
- ◆ *Any experienced professional interested in working with clients post rehab!*

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## Course Format:

**Arrive at 7:30 am to register.**

**Scheduled times will vary based on location of event. Please refer to your registration confirmation for EXACT course schedule. This is a SAMPLE format.**

Lecture & Knowledge Application	8:00am - 11:30pm
<b>Lunch on your own</b>	<b>11:30-12:10</b>
Lecture & Knowledge Application	12:10pm - 1:00pm
Interactive Pool session	1:00pm - 3:00pm
Lecture & Knowledge Application	3:00pm - 4:30pm

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## What are people saying about Aquatic Options?

*Finally, a course developed to give essential information to design, implement and manage transitional programming! Aquatic Options gives you the tools to understand the needs of clients with orthopedic injuries and those living with joint and muscle pain. You'll be thrilled you participated! – Ruth Sova, Aquatic Therapy & Rehab Institute*

*Attending Aquatic Options has proven to be very beneficial in our efforts to develop a program that meets the therapeutic needs of our post-rehab community. You'll be excited to put into action your newly acquired skills! – Gail Blossom, Aquatic Specialist*

## What to Expect – Before the Course:

### **Receive your own copy of the Body Basics CD-DVD Instructional Toolkit**<sup>®</sup>

The purpose of the DVD is to review anatomy and human movement principles fundamental to developing safe and effective aquatic fitness programming. It is an add-on **FREE product** that summarizes knowledge learned in most fitness certification programs, anatomy textbooks, or introductory anatomy/kinesiology courses. The intent is to provide you with an additional learning and reference tool. If you feel confident with your knowledge of the human body and how it moves it is not mandatory that you watch this DVD before attending Aquatic Options.

### **Tips for using the Body Basics CD-DVD Instructional Toolkit**<sup>®</sup>

#### **A. Print a copy of the written materials provided on the CD**

Handouts include: (1) A copy of the PowerPoint presentation that is used by the instructor during the DVD lecture, (2) A student worksheet, and (3) The Body Basics Home Study Quiz.

#### **B. View the DVD one section at a time**

The content of anatomy and kinesiology can be dry and maybe even overwhelming. The DVD is conveniently divided up into four sections: the shoulder, the vertebral column, the hip and the knee. It is recommended to watch only one section at a time using your printed copy of the PowerPoint which will allow you to clearly see the slides referred to on the DVD. Next, test your knowledge using the student worksheet. ***Depending on your knowledge and experience you may choose to watch one or all four sections of the DVD.***

#### **C. Complete the Home Study Program to earn additional CECs**

The Home Study program is optional. The expiration date for submission of the quiz is December 31, 2008 (additional fee is required – see CD for more information).

## What to Expect – At the Course:

- Receive your personal copy of the “highly acclaimed” **Aquatic After Care Training Manual®**. This comprehensive manual includes photographs and descriptions of the exercises used, sample injury specific exercise programs and a condition chart that summarizes what you need to know about working with the populations discussed in Aquatic Options.
- Get motivated by new ideas for creating personalized programs for real life case scenarios such as hip replacement, shoulder injury and low back pain by connecting in small group work sessions during the lecture and at the pool.
- Be inspired by innovative and result oriented program formats and exercise progressions experienced in the two-hour interactive pool session.
- Revitalize your aquatic fitness programs with unique exercise progressions and formatting options with and without equipment.
- *Walk away with complete exercise routines in writing and a full understanding of how to develop personalized aquatic fitness programs that work!*

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## Aquatic Options – Course Objectives

The major issues that need to be considered when working with clients who are continuing therapeutic goals include: Training Principles & Aquatic Options for Persons with Medical Considerations; Client Assessment, Screening & Reporting; Aquatic Fitness Program Development; and Business Concepts.

### Section 1: Training Principles & Aquatic Options for Persons with Medical Considerations

- 1.1 Describe the standard components of cardiorespiratory fitness and how exercise in the aquatic environment affects physiological response. **Identify and apply these guidelines to \*persons with medical considerations.**
- 1.2 Discuss subjective and objective measures of intensity, how to progressively alter intensity and the implications of medications. **Develop understanding using specific applications for \*persons with medical considerations.**
- 1.3 Explain how intensity and progression apply to aquatic exercise program design. **Illustrate understanding of these concepts for \*persons with medical considerations.**  
*\*Persons with medical considerations will include applications to moderate obesity, deconditioned, type 2 diabetes, coronary heart disease, hypertension and osteoarthritis.*

### Section 2: Client Assessment, Screening & Reporting

- 2.1 **Learn the importance** of correct use of administrative forms; screening and assessment tools; and discuss how to appropriately communicate your findings to the medical community.

### Section 3: Aquatic Fitness Program Development

- 3.1 **Demonstrate** how buoyancy, drag, and hydrostatic pressure affect exercise and equipment usage in the aquatic environment. *Specific applications provided for special populations and individuals with orthopedic conditions.*
- 3.2 **Experience** appropriate exercise modifications and progressions for participants with orthopedic considerations. *Specific applications provided for persons with: shoulder injuries, low back pain, hip replacement and knee injuries.*
- 3.3 **Differentiate** appropriate use of the physical laws of motion and equipment to alter intensity of exercises for those with limited range of motion, decreased balance and stability. *Choose and justify the proper use of buoyant, weighted, rubberized and drag equipment.*

### Section 4: Business Concepts

- 4.1 Be familiar with the concept of “standard of care” and what this means to an Aquatic Fitness Professional.