

SAF AQUA[®] SENIOR

PROGRAM ASSUMPTIONS

The aim of the training is to prepare participants to independently program, organize and conduct physical, preventive, health-promoting and therapeutic activities with older people based on theoretical and practical knowledge resulting from the specificity of activities carried out in the aquatic environment.

The course is addressed to people conducting aqua fitness classes, swimming coaches and instructors, students and graduates of the University of Physical Education and other universities, as well as people who want to learn the secrets of conducting classes with older people in the aquatic environment.

THEORETICAL PART:

1. Biological aspects of aging in selected systems;
2. Health determinants of physical activity among older people in the aquatic environment - indications and contraindications;
3. Physical activity in older people with health problems;
4. Aqua fitness modules and forms of conducting classes in the aquatic environment with older people;
5. Educational aspects of conducting classes with older people in water;
6. Health training in water for older people.

PRACTICAL PART:

1. Exercise programs in shallow and deep water;
2. Practical classes in selected aqua fitness modules for seniors:
 - Aqua Aerobics Senior,
 - Aqua Reha-Fit,
 - Aqua Osteo-Fit,
 - fun and games in the water,
 - water gymnastics,
 - pelvic floor muscle exercises,
 - exercises supporting the nervous system,
 - health swimming,
 - individual training,
 - circuit training;
3. Sensorimotor exercises for seniors in the aquatic environment.