

SAF AQUA[®] BASIC

PROGRAM ASSUMPTIONS

The purpose of the training is to prepare participants for independent organizational and training work in recreational centers, swimming pools, spas, fitness clubs and other centers. The program assumes that students will master basic theoretical knowledge and practical skills related to running various forms of aqua aerobics.

THEORETICAL PART:

1. Aqua fitness modules and various forms of conducting classes in the aquatic environment;
2. Theoretical basics of aqua fitness - basic concepts and terms:
 - Properties of the aquatic environment (characteristics of the aquatic environment, static and dynamic swimming);
 - Anatomical-biomechanical, motor and physiological conditions for conducting various aqua fitness classes..
3. Educational aspects of conducting aqua fitness classes with particular emphasis on various types of aqua aerobics;
 - Characteristics of aqua aerobics;
 - Place of the classes;
 - Exercise technique (posture and body positions, hand positions, upper and lower limb movements);
 - Structure of aqua aerobics classes;
 - Basic exercises in shallow and deep water;
 - Equipment characteristics;
 - Music, choreography, basic transitions of exercises in shallow and deep water and ways of communicating during classes;
 - Basic safety rules during classes;
 - Impacts and transitions used in aqua fitness classes;
 - Basic safety rules during classes.

SEMINARS:

1. Observing classes in various forms of aqua aerobics;
2. Preparing lesson plans without equipment and using basic equipment (small noodles, long noodles, dumbbells, aqua discs or Happy Flowers);
3. Conducting selected parts of aqua aerobics classes by students.

ACTIVITIES ON LAND:

1. Assessment of motor skills, coordination, musicality and sense of rhythm;
2. Basic positions, arm and leg movements;
3. Proprioception - the study of neuromuscular communication;
4. Systematics of basic exercises targeted at individual muscle groups.

WATER ACTIVITIES:

1. Aqua aerobics - practical application of basic body positions, movements and steps in shallow and deep water;
2. Systematics of exercises in shallow and deep water without equipment and with the use of basic equipment;
3. Shaping proprioception in the aquatic environment;
4. Choreographic preparation using transitions of exercises in shallow and deep water;
5. Conducting selected fragments of aqua aerobics classes.