

SAF AQUA[®] TRAINING

PROGRAM ASSUMPTIONS

The aim of the training is to prepare participants to conduct training classes in recreation centers, swimming pools, clubs, fitness centers and other facilities. The program assumes that students will acquire theoretical knowledge and practical skills related to conducting selected aqua fitness modules using various loads. The course is addressed to people who have experience in conducting aqua fitness classes.

THEORETICAL PART:

1. Theoretical assumptions and methodological foundations of fitness training in water.
2. Anatomical, physiological and biomechanical conditions of selected movement forms in aqua training classes.
3. Basic concepts related to aqua training.
4. Functional and motor training in developing physical fitness.
5. Training forms used in aqua fitness classes.
6. Intensifying loads in training activities.

PRACTICAL PART:

1. Selected forms of training in water including:
 - Aqua Tabata,
 - HIIT,
 - AMRAP,
 - Aqua Circuit Training,
 - Aqua Plyometrics,
2. Systematics of exercises aimed at shaping individual muscle groups.
3. Intensification of training loads in water.
4. Developing proprioception in the aquatic environment.
5. Verbal and non-verbal cueing in training classes.
6. Preparing lesson plans for beginners and advanced groups.
7. Analysis of the instructor leading selected fragments of aqua fitness classes.