

## SAF AQUA<sup>®</sup> PREGNANCY

### PROGRAM ASSUMPTIONS

The aim of the training is to prepare participants to conduct recreational activities in the aquatic environment with women preparing for childbirth and motherhood, and to provide students with a specific set of knowledge and methodological skills necessary to implement this program.

The course is addressed to people conducting aqua fitness classes, swimming trainers 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 in an aquatic environment with pregnant women.

### THEORETICAL PART:

1. Developmental determinants of pregnant women.
2. Water environment and its impact on the body of a pregnant woman.
3. Physical activity in water of pregnant women from a physiological perspective.
4. The benefits of physical activity in water from a holistic perspective.
5. Forms of physical activity in the aquatic environment for pregnant women.
6. Aqua fitness for mother and child.

### PRACTICAL PART:

1. Various forms of water activities;
  - water gymnastics,
  - health swimming,
  - aqua aerobics,
  - aqua relaxation
  - Aqua Nordic Walking, etc.
2. Gymnastic exercises in water in individual trimesters of pregnancy:
  - first,
  - second,
  - third,
  - fourth.
3. Exercise programs in shallow and deep water.
4. Preparing lesson plans.
5. Conducting classes for pregnant women in water.