

## SAF AQUA<sup>®</sup> PERSONAL TRAINER

### PROGRAM ASSUMPTIONS

The aim of the training is to prepare participants to conduct individual aqua fitness training. The program assumes that students will acquire theoretical knowledge and practical skills regarding the organization, planning and monitoring of the effort undertaken by people practicing various types of aqua fitness modules. The course is addressed to people who have experience in conducting aqua fitness classes.

### THEORETICAL PART:

1. Goals and tasks of individual aqua fitness training.
2. Aqua Personal Trainer – features, tasks, competences in individual and team training.
3. Aqua fitness modules, basic devices, instruments and utensils.
4. Physical properties of the aquatic environment.
5. Anatomical, physiological and biomechanical conditions for the development of basic components of physical fitness through physical activity in water.
6. Biological determinants of physical activity in water.
7. Theoretical foundations of health and holistic training.
8. Types of individual training in water (functional, motor, metabolic, plyometric, etc.).
9. Monitoring loads and post-training effects in aqua fitness classes.
10. Post-traumatic rehabilitation in water.
11. Supplementation, diet and biological regeneration.

### PRACTICAL PART:

1. Exercises in shallow and deep water used to develop basic motor skills and the efficiency of the circulatory and respiratory systems.
2. Functional training in water.
3. Various forms of water activities:
  - aqua box,
  - Aqua Tabata,
  - Aqua Plyometrics,
  - Aqua Fitness Cross.
4. Development of proprioception and neuromuscular communication on land and in water.
5. Water training supporting orthopedic rehabilitation.
6. Aqua therapy in shallow and deep water.
7. Selected forms of water activities used in motor preparation in individual sports.
8. Relaxation techniques in water.
9. Conducting selected fragments of aqua fitness classes.