



AQUA INSTRUCTOR

12 CPD POINTS | REPSSA

COURSE DURATION: 4 DAYS

SHORT CONTACT COURSE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

entry requirements

If you hold a fitness qualification or exercise science qualification you will:

Receive a certificate of achievement | Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

Receive a certificate of attendance | Not be able to use this qualification to train clients

course overview

Aqua aerobics benefits anyone looking for a different way of exercising. It's fun, burns calories, relieves stress, improves cardiovascular fitness, and endurance without the use of equipment. Water based exercise classes provide less joint stress not only for healthy individuals, but also for those special populations affected by medical conditions such as arthritis, neck and back problems, strokes and obesity. This type of aerobics may also be more acceptable for the self-conscious overweight exerciser.

Become a more versatile trainer by learning how to design and deliver safe, effective and innovative water-based training sessions in a gym or health club environment.

campuses/study modes

SHORT COURSE

Johannesburg, Cape Town, Durban, PE,
Nelspruit, Potchefstroom

course resources

- Contact course with online assignment submission
- Learner guide
- Hard copy manuals
- Additional online resources videos
- Online Tutor support

accreditation

- 12 REPSSA endorsed CPD points
- HFPA Certificate of Achievement/Attendance

learning outcomes

Successful learners will be able to:

- Incorporate aqua instruction into their service offering
- Work with special populations including pregnant clients and the elderly (gentle on the joints)

subjects & modules

ANATOMY & PHYSIOLOGY MODULE

- | | |
|---|---|
| 1 Homeostasis | 12 Principles Of Exercise, Fitness & Health |
| 2 Anatomical Terms | 13 Principles Of Training |
| 3 Organ Systems | 14 Cardiovascular Fitness |
| 4 Skeletal System | 15 Muscular Strength & Endurance |
| 5 The Muscular System | 16 Warm-Up & Stretching |
| 6 The Cardiovascular & Circulatory System | 17 Motor Fitness |
| 7 The Respiratory System | 18 Safety 112 |
| 8 The Nervous System | 19 Communication |
| 9 The Endocrine System | 20 Customer Service |
| 10 Energy Systems | 21 Introduction To Nutrition |
| 11 Adaptations To Physiological Systems With Exercise | 22 Role Players In The Fitness Industry |

AQUA INSTRUCTOR MODULE

- | | |
|---|---|
| 1 The Aquatic Environment <ul style="list-style-type: none"> • Physiology of Water Immersion • Water and it's Properties • Pool Considerations | 5 Instructing an Aqua Class |
| 2 Aquatic Equipment <ul style="list-style-type: none"> • Categories of Equipment • Choosing Equipment | 6 Special Populations <ul style="list-style-type: none"> • Elderly • Obese • Pre- Post- Natal • Cardiovascular Disease • Musculoskeletal Disorders • Metabolic Disorders • Immunological Disorders |
| 3 Benefits of Aquatic Exercise | |
| 4 Aquatic Exercise Program Design | |

learning pathways

- Pre & Post Natal Instructor
- Pilates Mat Instructor
- Studio Cycle Instructor

description of modes of delivery

SHORT CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

contact details

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