



Water Aerobics

Instructor

Short Course



Duration: 4 Days



12 CPD Points



Admission 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



Registered: REPSSA



Modes of delivery: Contact



Subjects and Modules

ANATOMY & PHYSIOLOGY MODULE

- ▶ Homeostasis
- ▶ Anatomical Terms
- ▶ Organ Systems
- ▶ Skeletal System
- ▶ The Muscular System
- ▶ The Cardiovascular & Circulatory System
- ▶ The Respiratory System
- ▶ The Nervous System
- ▶ The Endocrine System
- ▶ Energy Systems

- ▶ Adaptations To Physiological Systems With Exercise
- ▶ Principles Of Exercise, Fitness & Health
- ▶ Principles Of Training
- ▶ Cardiovascular Fitness
- ▶ Muscular Strength & Endurance
- ▶ Warm-Up & Stretching
- ▶ Motor Fitness
- ▶ Safety 112
- ▶ Communication
- ▶ Customer Service
- ▶ Introduction To Nutrition
- ▶ Role Players In The Fitness Industry

Water Aerobics Instructor MODULE

- ▶ The Aquatic Environment
- ▶ Aquatic Equipment
- ▶ Benefits of Aquatic Exercise
- ▶ Aquatic Exercise Program Design
- ▶ Instructing an Aqua Class
- ▶ Special Populations



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)



Other courses you might be interested in

- ▶ Developing Endurance
- ▶ Development of Speed
- ▶ HIIT fundamentals and Programming