



Course Title: **Advanced Aqua Pilates**

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: AEA 6.0, ACSM 6.0, ATRI 0.6, COPS-KT 0.6,
NFPT 1.0, NCSF 3.0, YMCA 6.0, NSPA 6.0, W.I.T.S 6.0

Author:

Anna Shay McEntee

Anna Shay McEntee is a fitness and a holistic healthcare practitioner. She worked as the director of the Health Education and Stress Management in the Santurce Medical Mall in Puerto Rico. She was a regular columnist on fitness and health for the newspaper San Juan Star and other newsletters published by the Santurce Medical Mall and United Health Care in Puerto Rico.

Today, Anna resides in Wellington, Florida, where she teaches and trains the largest polo and equestrian community. She also works as a continuing education specialist and a presenter in mind-body exercise, nutrition, and stress management for the American Council on Exercise, Aerobic and Fitness Association of America, Bio Sensory Systematic T.O.U.C.H. Training™, California Medical Board of Acupuncturists, California Board of Registered Nursing, and the International Macrobiotic Shiatsu Society. She is a member of the teaching staff and faculty for the Health Classic Inc. Conferences, offering accredited workshops on fitness and holistic medicine.

Anna is a certified Stott Pilates instructor™ (full certification), certified group fitness instructor and personal trainer with the American Council on Exercise and Aerobic Training International; certified water aerobic instructor with Aquatic Exercise Association; and a certified yoga Instructor with White Lotus Foundation of California, Iyengar School of the Yoga Institute of Miami, and the International Yoga Teacher Association. Anna is also a certified practitioner with American Oriental Body Therapy Association.

Anna is passionate about her work. Her dream is to create a wellness center that is affordable for everyone. She wishes to guide people to an elevated consciousness and heightened awareness in mind, body, and spirit to create a better world.

Course Summary:

Pilates and **aquatic exercise** are two of the fastest growing exercise programs. These two forms of exercise offer health benefits to people of all ages and all levels of fitness. Pilates performed in the water engages the upper and lower extremities through optimal ranges of motions while minimizing stress on the joints, resulting in an effective combination of exercise and physiotherapy.

In this course, all the exercises are performed in a challenging way to strengthen the core and improve control, stability and flexibility.

Objectives:

After completing this course you will:

- Learn the six principles and mind body concepts of Pilates Exercise.
- Understand the concepts and benefits for Aqua Pilates.
- Learn benefits and safety guidelines for advanced aqua Pilates practice.
- Identify general recommendations for teaching Aqua Pilates.
- Understand recommendations for advanced aqua Pilates class design.
- Learn, view, and practice Advanced Aqua Pilates Warm-up exercises.
- Learn, view, and practice Advanced Aqua Pilates Core Exercises.
- Learn, view, and practice Advanced Aqua Pilates Cool-down exercises.

Outline:

A New Dimension to Pilates

Six Principles of Pilates:

- Mind-Body connection
- Dynamic alignment
- Diaphragmatic and controlled breathing
- Core stability and control
- Oppositional lengthening
- Movement technique: precision and fluidity

Pilates Performed in Water:

- Benefits of Aqua Pilates
- Special Considerations for Aqua Pilates

General Teaching Recommendations

Aqua Pilates Class Design

Advanced Aqua Pilates

Warm-up Exercises:

- Breathing
- Neutral vs. Imprint
- Cervical Spine Placement

Scapular Stabilization - Elevation and Depression
Scapular Protraction and Retraction
Scapular Disassociation and Lubrication
Hip Disassociation and Lubrication
Spinal Rotation
Spinal Articulation from Prone
Spinal Articulation from Supine

Aqua Pilates Exercises:

Exercise guidelines
Abdominal Preparation
Spine Extension Preparation
Shell Stretch
Hundred
Rolling Back
Roll Up
One Leg Circle
Spine Twist
Rolling Like A Ball
Single Leg Stretch
Obliques
Slow Double Leg Stretch
Double Leg Stretch
Scissors
Shoulder Bridge
Single Leg Kick
Breast Stroke
Saw
Open Leg Rocker
Neck Pull
Side Kick
Side-Kick Up
Small Circles
Staggered Legs
Both Legs Together
Lower Leg Lift
Bicycle In Water
Double Leg Kick
Spine Stretch Forward
Teaser I
Teaser II
Teaser III
Swan Dive
Swan Dive Rocking
Swimming
Leg Pull Front
Leg Pull
Hip Twist
Corkscrew
Side Kick Kneeling
Seal

Side Bend
Twist
Rocking
Push-up

Cool-Down Exercises:

Chest Expansion
Back Stretch
Mermaid
Relaxation

Bibliography:

Educational materials recommended for professionals with Aquatic Exercise Association certification:

- Aquatic Exercise Association (AEA). 2007. *AKWA vol 1-21*. Nokomis, FL:AEA
- Farhi, Donna. 1996. *The Breathing Book*. New York, NY:Henry Holt and Company, Inc.
- Iyengar, B.K.S. 1989. *Light on Pranayama*. New York, NY:The Crossroad Publishing Company.
- Kravec, A. Joseph, and Diane C. Grimes. 1985. *Hydrobics®*. Champaign, IL:Leisure Press.

Educational materials recommended for professionals with Stott Pilates full certification:

- Calais-Germain Blandine. 1985. *Anatomy of Movement*. Seattle, WA:Eastland Press.
- Hall, Susan, Ph.D. 1991. *Basic Biomechanics*. St. Louis, MO:Mosby Year Book.
- Kapit, Wynn, and Lawrence M. Elson. 1993. *The Anatomy Coloring Book*. New York, NY:Harper Collins College Publishers.
- Kendall, Florence, Elizabeth K. McReary, and Patricia G. Provance. 1949. *Muscles Testing and Function*. Baltimore, MD:Williams and Wilkins.
- Pilates, H. Joseph, and William J. Miller. 2006. *A Pilates' Primer:The Millennium Edition:Return to Life Through Contrology and Your Health*. NV:Presentation Dynamics Inc.
- Stott Pilates™. 2001. *Comprehensive Matwork Manual*. Canada:Stott Pilates Inc., Merrithew Corporation.
- Stott Pilates™. *Injuries and Special Population Manual*. Canada:Stott Pilates Inc., Merrithew Corporation.

Other references:

- Adamany, Karrie, and Daniel Loigerot. 2004. *Pilates Edge an Athlete Guide to Strength and Performance*. New York, NY:Avery.
- Anderson, Bob. 2000. *Stretching*. California:Shelter Publication.

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