



Course Title:     **Aqua Magic Moves 1**

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

Credit hours:    AEA 4.0, ACSM 4.0, COPS-KT 0.4, NFPT 1.0, NCSF 2.0,  
YMCA 4.0, NSPA 4.0

Author:

**Katrien Lemahieu MSEN.**

Katrien was born in Belgium, but currently lives in the Netherlands. Her studies include Physical Education and she is specialized in Special Movement Education for the younger child. Currently, she works for the Dutch Swimming Foundation NPZ|NRZ as an AquaFitness Specialist and Consultant for the North Region. She has taught aerobics since 1996 and has taught aqua fitness since 2000. Katrien is an international presenter for AquaFitness since 2005 and is known for her enthusiasm and energy. She is the creator of the H3O ATP (Aquatic Three Programming) in water, featuring 'new moves' on 3/4 music. In 2010, she will train to become an Aquatic Exercise Association Trainer Specialist.

Course Summary:

Aqua Magic Moves is aquatic choreography on steroids! You will never run out of aquatic moves and variations for personal training, therapy, or all levels of group fitness with this exceptional choreography course. You are provided with dozens of variations for three base moves: a Jumping T-Jack, a Soccer Jog, and a Tango Twist. Special attention is placed on basic knowledge and careful consideration for safe and effective transitions in the aquatic environment. This course is packed with videos to help you with pool and deck instruction, and to help you see and practice these innovative moves. You will never approach your aquatic exercise choreography the same!

Objectives:

After completing this course you will:

1. Understand the concepts for base movements and combinations for Aqua Magic moves.

2. Learn about transitions in the aquatic environment and view recommended transitions for several Aqua Magic moves.
3. Discuss and analyze basic changes in aquatic choreography with ways to increase and decrease intensity through the use of several principles and methods.
4. Learn the advantages for teaching aquatic fitness from deck as well as safety and effectiveness for instructors teaching from deck.
5. View and practice base moves, combinations, and transitions for a Jumping T-Jack.
6. View and practice base moves, combinations, and transitions for a Soccer Jog.
7. View and practice base moves, combinations, and transitions for a Tango Twist.
8. Understand how to create countless options for base moves and combinations using the Aqua Magic Moves method.

### Outline:

Basic Movements

Combinations

Intensity Changes:

- Repetitions
- Enlarge
- Speed / Tempo
- Equipment
- Impact
- Coordination
- Travel
- Changing Directions

Transitions:

- Basic Transition
- Intermediate Transition
- Advanced Transition

Sample Combinations and Transitions

Deck Instruction

Aqua Magic Moves:

- Jumping T-Jack
- Soccer Jog
- Tango Twist

Bibliography:

1. Aquatic Exercise Association. (2010) Aquatic Fitness Professional Manual. Human Kinetics.
2. Ostdiek V and Bord D. (1994) Inquiry Into Physics. West Publishing Company, St. Paul, MN.
3. Burdenko I. (2010) Fitness Intelligence for the Fitness Professional: Land. Fitness Learning Systems. [www.FitnessLearningSystems.com](http://www.FitnessLearningSystems.com).
4. André van der Sluis & Bart Dikkeboer. AquaSportief. Nationale Raad Zwemdiploma's