



Course Title: Children's Aquatic Fitness Programming

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

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

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Course Summary:

Overweight and obesity may not be infectious diseases, but they have reached epidemic proportions in the United States. Take a moment to walk in a child's shoes. Imagine having no significant control of your life and facing the profound challenges of being overweight or obese.

As an aquatic fitness instructor, you have the power to introduce all children to the health benefits and joys of physical activity and exercise, and you have the power to improve a child's health and quality of life. Help get our youth in shape through fun aquatic fitness formats! See developmental progression with motor skills as children of different ages hop, skip, and more! Learn new ideas and information on effective aquatic programming for children through creative teaching methods, class formats, leadership styles and more.

Objectives:

Upon completion of this course, you will be able to:

1. review the characteristics of children and statistics regarding children's fitness.
2. gain insight into children's physiology and program considerations vital to a healthy children's program.
3. understand age and developmental considerations and how these impact programming.
4. develop knowledge and understanding of perceptual motor concepts and terminology to increase the effectiveness of your programming.
5. gain insight into class discipline and safety.

6. learn programming concepts and see sample class outlines and activity ideas.

Outline:

Characteristics of Children

Statistics

Physiology

Perceptual Motor Terminology:

Body Image

Self Image

Balance

Visual-Motor Association

Coordination

Gross Motor Coordination

Fine Motor Coordination

Locomotor Movements

Sustained Movements

Spatial Orientation

Laterality

Directionality

Eye-Hand Coordination

Eye-Foot Coordination

Ocular Pursuit

Kinesthesia

Perception

Perceptual-Motor Skills

Movement Exploration

Movement Education

Program Considerations:

Instructor Qualities

Legal Considerations

Aquatic Considerations

Teaching Formats

Discipline and Safety

Components of Children's Fitness:

Health Related

Aerobic Power

Anaerobic Power

Muscular Strength

Muscular Endurance

Flexibility

Body Composition

Skill Related

Speed

Balance

Agility
Coordination
Reaction Time
Kinesthetic Awareness
Locomotor Skills
Nonmanipulative Skills

Age Groups and Programming:

Age Group Categories

Ages 3 years to 5 years

Ages 6 years to 9 years

Ages 9 years to 12 years

Program Format:

Program Format Suggestions

Program Formatting ages 3 to 5 years

Program Formatting ages 6 to 9 years

Program Formatting ages 9 to 12 years

Program Check List and Solutions

Game and Activity Ideas:

Children's Music and Books

Warm-up and Cool Down

Muscular Fitness

Cardiorespiratory and Motor Skills

Games, Relays, and Circuits

Bibliography:

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5. Graham, Holte/Hale, Parker, Children Moving. 5th Edition. Mayfield Publishing Company, Mountain View, CA, 2001.
6. Capon, Perceptual Motor Lesson Plans, Level 1 and 2. Front Row Experience, Byron, CA, 1975.