



Course Title: **Older Adults and Aquatic Applications**

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

Credit hours: IACET (International Association for Continuing Education and Training) 0.5 (5 Hours) Approved and Accepted by several additional organizations.

Author:

Aquatic Exercise Association

This eLearning course is developed from the material from a live workshop conducted by the Aquatic Exercise Association. Several aquatic fitness industry professionals contributed to the information contained in this course. The Aquatic Exercise Association is a not-for-profit educational organization committed to the advancement of aquatic fitness worldwide. AEA has certified over 45,000 professionals worldwide and maintains a strong membership base with representation in over 50 countries. AEA currently offers a certification program in the United States and internationally, as well as in-depth educational programs offered live and as home study designed to enhance leadership skills and knowledge in the aquatic fitness industry.

Contributions to this course were made by:

- **Angie Proctor** - Executive Director Aquatic Exercise Association. International Presenter and Educator.
- **Monique Acton** - Monique Acton is the president of The Personal Health Trac in Venice, Florida. She provides in home personal training, creating both land-based and aquatic exercise programs for her clientele. She travels internationally presenting aquatic exercise programs. Monique is recognized for her innovative ideas for exercise options that appeal to all ages and ability levels. Aquatic Exercise Association Training Specialist.
- **Marti Peters** - Marti Peters presents educational programs worldwide and is an author for several publications. She works as program director at a member owned fitness facility, and is the owner of Heart Dancing Fitness. Aquatic Exercise Association Training Specialist.
- **Sandy Stoub** - As a recognized industry leader, Sandy blends a Bachelor's degree in Exercise Science and a Master's degree in Gerontology with over 25 years of fitness experience. Beginning as an instructor, her journey has included corporate fitness, consulting, hospital wellness, and management. Former Aquatic Exercise Association Training Specialist.

Course Summary:

Older Adults comprise the fastest growing segment of the American population and aquatic exercise can help them maintain functional fitness and independent living skills. A thorough review of the physiological aspects of aging in this course will introduce aquatic fitness professionals to important considerations for providing safe and effective programming for the older adult population. This course includes programming and exercise descriptions with videos for three levels of senior aquatic programming to help you reach the needs of ALL older adults!

Objectives:

After completing this course you will:

1. Discuss variables and statistics related to aging.
2. Define functional age and chronological age and discuss parameters for categorizing older adults.
3. Identify 5 benefits of the aquatic environment for older adult exercise.
4. Identify and discuss 5 major categories of physiological changes related to aging.
5. Discuss marketing strategies for older adult aquatic exercise.
6. Explain how aquatic fitness programs improve psychological and social quality for older adults.
7. Identify the 4 components of an aquatic class for older adults.
8. Describe special considerations for programming and limitations for older adults participating in aquatic exercise.
9. Discuss skills desirable for an older adult aquatic exercise instructor including 3 ways to develop rapport and 4 skills to use during and after class.
10. Review 3 sample aquatic workouts for older adults and explain safe and effective exercises for warm up, cardiorespiratory endurance and flexibility.

Outline:

Fast Track Menu

Overview of Aging

Age Definitions and Parameters

Benefits of the Aquatic Environment

Marketing to Older Adults

Physiological Changes Relative to Aging

Sensory Changes

Changes in Body Appearance

Balance, Posture, Stability and Mobility

Significance of Falls

Balance

Posture

Stability

Mobility

Programming for Balance and fall Prevention

Cardiorespiratory Changes

Musculoskeletal Changes

Psychological and Social Changes

Class Format

Warm Up

Main Segment

Resistance Training

Cool Down

Special Considerations

Programming

Limitations

Instructor Skills

Sample Workouts

Sample Workout 1

Warm Up

Rhythmic Stretches

CR Pattern A

CR Pattern B

CR Pattern C
Balance and Core Conditioning
Final Stretch
Sample Workout 2
Warm Up
CR Circuit 1
CR Circuit 2
CR Circuit 3
CR Circuit 4
CR Circuit 5
CR Wrap Up
Final Stretch
Sample Workout 3
Extended Warm UP
Combination One
Combination Two
Combination Three
Combination Four
Interval Cycle One
Interval Cycle Two
Interval Cycle Three
Abdominal Techniques
Final Stretch

Summary

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