Course Information Sheet

Course Title: Fantastic Water Workouts, 2nd ed.

Course Description:

This comprehensive guide to aquatic fitness is the best resource in the field! Using the natural resistance of the water, it showcases 130 different exercises and 14 complete lesson plans to help you give your clients the best workout of their lives. Specialty workouts include aquatic versions of Pilates, yoga, kickboxing... even country line dancing! Course includes soft-cover textbook, separate testing booklet and free, instant grading. 254 pages, softcover.

Learning Objectives:

1. Explain why water workouts are so effective in improving fitness level.
2. Explain why water workouts reduce the risk of back injury.
3. Explain why people who have medical conditions that prevent them from participating in land based activities can comfortably exercise in water.
4. Explain which property of water reduces perceived body weight and why this is important.
5. Explain why water workouts provide faster toning and conditioning results than land based exercise.
6. Identify how to determine a personal optimal level of intensity to improve cardiorespiratory fitness.
7. Explain how to measure workout intensity using heart rate and RPE.
8. Understand why target heart rate when exercising in water should be less than it is when exercising on land.
9. Understand the viscosity principle.
10. Explain the effect hydrostatic pressure has on the body when performing exercises in the water.
11. Explain what eddy drag is.
12. Understand how to prevent injury when performing water exercises.
13. Understand the difference between Thermal Warm-up stretching and Cool-down stretching.
15. Understand how to safely incorporate water exercise equipment into a water workout.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study
Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

Instructor/Author Credentials:

For more than 20 years, MaryBeth Pappas Baun, MEd, has been empowering people to make healthy lifestyle changes. A master teacher who has mentored many other instructors and is seen as a fitness guru, she continues to apply those skills in her own practice as a trainer and wellness coach. Her work as a consultant with a mission of developing wellness with others has done just that for the thousands of people who have attended her seminars and workshops and read her books and articles. Pappas Baun has operated her own wellness and fitness training company since 1982, serving large and small corporations, educational institutions, health care groups, and community organizations. She has also led trainings and wellness programming as a staff employee for Kaiser Permanente, Goodrich Aerospace, and the department of behavioral science at the University of Texas M.D. Anderson Cancer Center.

Pappas Baun is currently a member of the National Wellness Association, the Corporate Health Awareness Team, and the Houston Wellness Association. She has also been a member of the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM), the Aquatic Exercise Association, and the Aerobics and Fitness Association of America (AFAA). She received certifications as a personal fitness trainer in 1995 from the National Academy of Sports Medicine, as an aquatic exercise instructor in 1990 from the Aquatic Exercise Association, as a health and fitness instructor in 1988 from ACSM, and as a group exercise instructor in 1988 from ACE and in 1986 from AFAA. In her leisure time, Pappas Baun enjoys being active through swimming, hiking, biking, and kayaking. She also enjoys dancing, yoga, tai chi, attending live music events, and reading.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A