

Water Fitness Lesson Plans & Choreography

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Water Fitness Lesson Plans and Choreography
Course Objectives

After completing the Water Fitness Lesson Plans and Choreography course, the participant will:

1. Understand the importance of proper order of exercises
2. Understand the purpose and objective of proper warm up, conditioning phase, and cool down.
3. Learn strategies for organizing the conditioning phase of the class
4. Gain knowledge in the four choreography styles covered in the book
5. Clarify the difference between shallow and deep water exercises
6. Know the common names for various exercises as well as the anatomical terms and muscles involved
7. Understand how to develop a muscular balanced workout
8. Utilize the book to design your own lesson plans
9. Determine your class objectives and explain the purpose of each of the three parts of every water fitness class.
10. Understand modifications for various populations including music choices, class preparations, and dealing with possible class issues.
11. Learn how to meet the challenges of teaching a deep water class.



Water Fitness Lesson Plans and Choreography Course Examination

For each of the following questions, circle the letter of the answer that best answers the question.

1. What is the first step in planning a water fitness class?
 - A. Decide who your target population is
 - B. Decide what equipment you need
 - C. Decide what the objective is
 - D. Decide what your exercises will be

2. Which statement is false?
 - A. A common objective of class is muscular strength
 - B. A common objective of class is cardiorespiratory endurance
 - C. The second step is to write a lesson plan
 - D. The objective of the class is up to the participants

3. What is the average temperature of the water for an indoor pool?
 - A. 84-86 degrees F
 - B. 78-82 degrees F
 - C. 88-92 degrees F
 - D. 37 degrees C

4. Which of the following movements would NOT be best for a warm-up exercise?
 - A. Slow pool walking
 - B. Rocking horse
 - C. Jumping jacks
 - D. Tuck ski

5. Which measurement of intensity is not subjective?
 - A. Borg scale
 - B. Target heart rate
 - C. Talk Test
 - D. Ask client how they feel

6. What is the difference in heart rate in the water vs. on land?
 - A. The heart rate is higher during the conditioning phase in the water than on land, but is lower in the water when strength training.
 - B. The heart rate is not different between the water and land
 - C. The heart rate is 7 bpm higher in the water than on the land
 - D. The heart rate is 7 bpm lower in the water than on land

7. When using table 1.1, where should participants heart rates be when utilizing interval training?
 - A. Keep them at higher levels throughout the interval training
 - B. Keep them at mid-level range throughout the interval training
 - C. Start at low to mid-level ranges, then bring them to higher levels during the peak performance.
 - D. Maintain low intensity if they are over the age of 50.
8. All of the following are factors to consider when increasing intensity EXCEPT:
 - A. Range of motion
 - B. Water depth
 - C. Travel
 - D. Rebound
9. How does one increase power in the water?
 - A. Push harder against the water
 - B. Travel more in the water
 - C. Pick up the feet to stay suspended
 - D. Move the arms faster in the water
10. When working on the timing of intervals what is a simple ratio of work to rest?
 - A. 5 minutes:3 minutes
 - B. 8-9 minutes:1-2 minutes
 - C. 1-2 minutes: 8-9 minutes
 - D. 3 minutes:5 minutes
11. Why should the instructor alternate strength exercises with moving or traveling in the pool?
 - A. To increase the intensity of the class
 - B. To add variety to the class
 - C. To prevent the heart rate from dropping out of the target zone
 - D. To prevent the participants from getting cold
12. What is considered to be the most popular way to teach muscular strength and endurance programs in the water?
 - A. Plyometrics
 - B. Add-on
 - C. Linear
 - D. Circuit
13. Which choreography involves beginning a pattern in a set that is repeated with variations for each succeeding set?
 - A. Add-on
 - B. Linear
 - C. Block
 - D. Circuit
14. How long should static stretches be held during the cool-down?
 - A. 10-30 seconds
 - B. 1 minute
 - C. 30-60 seconds
 - D. 5-10 seconds

15. Which of the following is not a consideration when working with different populations?
 - A. Use calisthenics with men
 - B. Incorporate modifications for those with severe arthritis into your regular class
 - C. Allow for longer warm up for your older adults
 - D. Get a medical clearance for your cardiac patients

16. What is the appropriate speed for music when teaching shallow water classes?
 - A. 130-145 bpm
 - B. 136-150 bpm
 - C. 120-130 bpm
 - D. 110-120 bpm

17. Which statement is false concerning teaching a water class?
 - A. Locate the equipment you need before class
 - B. Mats are not needed for instructors who teach from the pool deck
 - C. Instructors can teach in the water or from the pool deck
 - D. Wear good supportive water shoes

18. Which statement is false concerning troubleshooting?
 - A. If a client is afraid of the water, let them stay close to the wall in the shallowest part of the pool.
 - B. Let participants socialize if that is their primary objective
 - C. Cue reminders if a participant is performing an exercise incorrectly
 - D. If you run out of exercises before class is over, go ahead and end class early

19. Which is not an appropriate options if the pool is too full of participants preventing travelling exercises?
 - A. Divide the participants into two groups at either end of the pool
 - B. Have participants move forward and backward to work on core
 - C. Have participants perform more movements clockwise and counterclockwise for a large portion of the class.
 - D. Have participants perform quarter turns after performing an exercise 4 times

20. Which statement is incorrect when walking in the pool:
 - A. When walking backward, muscles used are gluteus max and hamstrings
 - B. Swing the arms naturally
 - C. Walking on the toes works the gastrocnemius
 - D. Lunges in the water work the quads and hamstring muscles

21. Which statement is false concerning the knee-high jog?
 - A. Use longer strides and pump the arms from the shoulders
 - B. Different muscles are used when jogging vs. sprinting in the water
 - C. The knee high jog in the neutral position uses hip flexors, hamstrings, quadriceps
 - D. When performing the leap frog, land toe-ball-heel

22. All of the following are appropriate cuing tips for the jog EXCEPT:
 - A. Elbows are straight but not locked
 - B. Hope on one foot while lifting the other knee up and down
 - C. Hips and trunk twist
 - D. Use power when swinging the arms while straight

23. What muscles are used when performing the straddle jog?
- Gluteus maximus and hamstrings
 - Gluteus medius and hip adductors
 - Gluteus maximus and quadriceps
 - Hip abductors and quadriceps
24. When performing “run tires” the participant should:
- Jog with the hips abducted
 - Keep the feet close together
 - Jog with the hips adducted
 - Never travel sideways since this might hurt the knee
25. Cueing tips when performing ankle touches include all of the following EXCEPT:
- Keep the knees under the hips
 - Touch ankle with the opposite hand
 - Avoid bringing the feet close together
 - Land toe-ball-heel
26. Which exercise should the participant lean side to side while performing?
- Heel jog
 - Hopscotch
 - Hitchhike
 - Ankle touch double arm
27. When performing the kick exercises, the participant should:
- Land heel-toe
 - Swing the arms as much as possible
 - Use the hamstrings when performing the high kick
 - Keep knees soft
28. When performing side-to-side kicks, the participant should:
- Use power
 - Avoid bouncing
 - Focus on gluteus maximus
 - Lift the knee and kick with toes pointed
29. When cueing the kick backwards, what muscle should be tightened?
- Iliopsoas
 - Hamstrings
 - Gluteals
 - Abductors
30. When performing the rocking horse, what movement should not occur?
- Hip flexion
 - Trunk flexion
 - Knee flexion
 - Elbow flexion
31. When performing the cross country ski corner to corner, what muscle is used that is not used while performing the other cross country techniques?
- Hip flexors
 - Gluteus maximus
 - Obliques
 - Iliopsoas

32. When performing the jumping jacks, which movement is incorrect?
- A. Bouncing is optional
 - B. Squat as the legs abduct
 - C. Use a high jump
 - D. Bring the arms out of the water
33. Which muscle is not used while performing high jumping jacks?
- A. Quadriceps
 - B. Hip adductors
 - C. Gluteus medius
 - D. Gluteus maximus
34. Which cue is incorrect when performing jumps?
- A. Land toe-ball-heel
 - B. Hop with the heels up
 - C. Add arm/shoulder flexion and extension
 - D. Land soft on the knees
35. Muscles used the most during a backward jump include:
- A. Core, soleus, gluteus medius
 - B. Core, gluteus maximus, hamstrings
 - C. Hamstrings, core, gastrocnemius
 - D. Core, gastrocnemius, quadriceps
36. When performing the crawl stroke, the primary muscles used are:
- A. Scapular protractors
 - B. Trapezius and rhomboids
 - C. Biceps and triceps
 - D. Pectoralis major and minor
37. Which exercise focuses on using the latissimus dorsi?
- A. Palm touch in back
 - B. Palm touch in front
 - C. Windshield wiper
 - D. Bowstring pull
38. All of the following exercises use latissimus dorsi EXCEPT:
- A. Double-arm lift
 - B. Double-arm press-downs
 - C. Side-to-side reaches
 - D. Arm swings
39. Which muscle is not actively used during the hitchhike arm exercise?
- A. Medial deltoid
 - B. Subscapularus
 - C. Infraspinatus
 - D. Teres minor
40. Which of the following is not a position to use for the noodle when performing the bicycle?
- A. Behind the shoulders
 - B. Straddle the noodle
 - C. Sit on the noodle
 - D. In front of the shoulders

41. Which exercise would those with knee problems perform instead of the seated kick?
- Jumping jacks
 - Backward kicks
 - A seated press
 - Mermaid
42. When performing balance exercises, the primary muscle to focus when walking or jogging initially is the:
- Abductors
 - Core
 - Quadriceps
 - Erector spinae
43. All of the following are correct cueing for the heels out, then chair position EXCEPT:
- Hips and knees begin in flexed position
 - Straighten legs in a pike position
 - First position is neutral
 - Shoulders and arms can be above water surface to add more resistance
44. When standing on the noodle with one leg lifted forward, which muscle is being worked?
- Hamstrings
 - Quadriceps
 - Core
 - Gluteus maximus
45. When teaching linear movements for arms moves and change legs, what should be done with the arms in between sets while still working the legs?
- Bicep curls
 - Shake the arms out
 - Arm circles
 - Stretches
46. Exercises used to decrease the heart rate after a high intensity phase is called:
- Interval passive recovery phase
 - Interval active recovery phase
 - Cool down
 - Floating
47. When performing the Circuit Workout 3, what is the ratio of travel to strength training?
- 1:2
 - 2:3
 - 1:4
 - 4:1
48. All of the following are recommended cool-down exercises for travel upright and seated noodle exercises EXCEPT:
- Bicycle, side-lying, noodle behind shoulders, travel
 - Hop with one leg extended backward
 - Kick forward with standing row with noodle while traveling forward and backward
 - Balance with one leg extended backward

49. "Variations on a theme" is what type of choreography?
- Best for special populations
 - Power
 - Blocked
 - Linear
50. When deciding what belt is best for deep-water exercises, which statement is true?
- A person whose shoulders are above the water need less buoyancy
 - A person whose chin is touching the water is in a good position
 - If a person is pitching backward, needs to work more on core stabilization
 - A person pitching backward needs more buoyancy in front
51. Where is the center of buoyancy located?
- The pelvic area
 - The chest area
 - The waist area
 - The hip area
52. How long should arms be raised out of the water?
- Never during deep water exercises
 - 10-20 seconds if they have high blood pressure
 - As long as the particular exercise takes
 - 15-30 seconds if no high blood pressure
53. Which statement is true concerning heart rates?
- Heart rates are 17 beats higher in deep water than on land
 - Heart rates are 17 beats lower in deep water than in shallow water
 - Heart rates are lower in deep water exercise than in shallow classes
 - Exercise intensity and heart rates are lower in deep water than on land
54. What happens in deep water when participants go faster?
- Their levers become longer and intensity increases
 - Intensity may be increased
 - Movements become smaller
 - Pushing against the water becomes easier and power is increased
55. Appropriate recommendations for muscular strength and endurance during deep water classes include all of the following EXCEPT:
- It is not possible to stand in a lunge position while focusing on upper body work
 - Push hard against the water with the hands facing away
 - Avoid using the foam dumbbells for the entire class
 - Circuit classes are a great to incorporate into a deep water class
56. Which statement is correct when discussing choreography options during the deep water conditioning phase?
- Working positions are different for deep water than they are for shallow water
 - Working positions are the same for deep water than they are for shallow water
 - To add speed in deep water, add leg movements
 - While four choreography strategies exist for shallow water, only 3 exist for deep water.
57. What is the proper speed for music during a deep water class?
- 115-126 bpm
 - 135-140 bpm
 - Faster than shallow
 - 125-130 bpm

58. What should you do if someone wants to take a deep water class without a floatation device?
- Allow them so they will increase their intensity
 - Do not let them
 - Ask them to at least use the foam dumbbells
 - It is ok as long as they do not have high blood pressure
59. When performing the knee-high jog in deep water, all of the following are appropriate variations EXCEPT:
- Knee high jog diagonal
 - Scull to lift shoulders out of the water
 - Press heels back and reach out with arms when leaning forward
 - Lean forward 60 degrees
60. When performing knee-high jogs with sculling to lift the shoulders above the water, what muscle are you adding to the workout that you do not work with regular deep water jogging?
- None, they are both the same, you are just changing intensity
 - Hip flexors
 - ITB
 - Core
61. What is the proper position for performing the straddle jog?
- Hips open, feet open, and under the body
 - Hips closed, feet close together and under the body
 - Hips open, feet close together and under the body
 - Hips closed, feet apart and under the body
62. "Run tires" primarily focuses on all of the following muscles EXCEPT:
- Hamstrings
 - Quadriceps
 - Hip adductors
 - Gluteus maximus
63. All of the following are correct cueing tips for Run tires with ankle touches EXCEPT:
- If you cannot reach the ankle, touch the shin or knee instead
 - Emphasize the upward movement with the arms and legs
 - Any travel assisting upper body move can be used
 - Double ankle touches also works core stabilizers
64. All of the following are correct cueing tips for the heel jog EXCEPT:
- Keep the knees under the hips
 - Lean forward 45 degrees
 - Avoid lifting the shoulders out of the water
 - Avoid lifting the arms overhead if you have high blood pressure
65. Which muscles are used more in the diagonal bicycle that are not used in the regular bicycle?
- Hip flexors
 - Core stabilizers
 - Hamstrings
 - Quadriceps

66. When performing the flutter kick, all of the following are considered proper form EXCEPT:
- Flex and extend the arms while performing the side-lying flutter kick
 - Scull to lift the shoulders out of the water
 - Flutter kick from the hips not the knees
 - Lean 45 degrees when performing side lying flutter kicks
67. Which of the following describes the Cossack kick?
- Legs are brought into a diamond position with knees kicked out to the side
 - Hips are flexed with one leg kicked forward
 - Downward movement of the legs is emphasized
 - High kicks can be added
68. What is the result if the knees are kept bent during the cross country ski?
- It increases the intensity
 - It lengthens the lever of the limb
 - It reduces pressure on the knee joint
 - It decreases the intensity
69. When the participant performs the “tuck ski together” exercise, what is a proper cue?
- Pull the legs together forcefully to lower the body in the water for more resistance
 - Tuck the legs forcefully to lift the shoulders out of the water
 - Ski forcefully to scull the water
 - Pull the legs together forcefully to lift shoulders out of the water
70. What is the proper starting position for jumping jacks?
- Arms above the water
 - Arms by the side
 - Legs abducted
 - Shoulders abducted
71. What is the proper hand position for sculling?
- Palms pronated while pushing forward and backward
 - Sweep out with thumbs up, sweep in with thumbs down
 - Sweep out with thumbs down, sweep in with thumbs up
 - Keep the fingers down
72. When performing a pelvic tilt in deep water, the primary muscle used is the:
- Obliques
 - Rectus abdominus
 - Erector spinae
 - Rectus femoris
73. In order to increase the intensity during oblique exercises, the participant can:
- Flex the hips
 - Flex the knees
 - Extend the knees
 - Go slower
74. How far should the legs extend when performing core challenge log jump, side-to-side?
- 30 degrees
 - 45 degrees
 - 60 degrees
 - 90 degrees

75. What is the proper position when performing “the surf”?
- A. One foot on noodle with other leg lifted forward
 - B. Feet hip width apart, hips and knees flexed
 - C. Extend and flex the hips and knees in one fluid motion
 - D. Ankles crossed spine in neutral posture