

## Course Information Sheet

**Course Title:** Water Exercise

**Course Description:** Looking for exercises to improve your fitness, maximize your cross-training, or recover from an injury or conditions all with little or no impact? Water Exercise is your complete resource for fitness and rehabilitation exercises. Water workouts are a fabulous way to exercise, no matter your current fitness level. Water exercise allows personalization of each workout plan: You can change the speed, intensity, or amount of rest based on your needs. Water Exercise is ideal for cross-training workouts and beginning to advanced fitness workouts. It will also help you recover from injury or manage a chronic condition. With underwater photos and simple instructions for each exercise, you will learn fun exercises in Water Exercise you can do in shallow or deep water. You'll also learn how to use optional equipment such as foam noodles and water buoys to strengthen muscles and improve flexibility.

### Learning Objectives:

1. Understand the concepts of buoyancy, hydrostatic pressure, viscosity and other properties of water and how they relate to the workout
2. Know the benefits of working with clients in the water
3. Correctly implement the concepts of progressive overload
4. Address the issues of helping clients find the right pool for them and know what equipment is needed for those clients vs what is available at the pool.
5. Design and safely modify appropriate exercises using buoyancy and/or appropriate equipment
6. Select proper exercises for the warm up and cool down
7. Understand the appropriateness and know when to implement advanced exercises for clients
8. List components of proper exercises for deep water
9. Select appropriate exercises for various injuries such as ankle, knee, hip, spine, shoulder, elbow, and wrist
10. Select and provide appropriate exercises for fitness and advance cross-training
11. Understand the concepts of incorporating water exercise and fitness with various special populations.

**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.exercisetc.com](http://www.exercisetc.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:**

**Melissa Layne** holds a master's degree in exercise physiology from Auburn University, a bachelor's degree in physical education from Athens State University, a Georgia state teaching certificate, and fitness certifications through the Aquatic Exercise Association, the Aerobics and Fitness Association of America, and the American Council on Exercise. She has been a fitness director for several health clubs, head cheerleading coach, and an Americans with Disabilities Act specialist working with businesses to verify disability programs.

Layne is on the faculty at the University of North Georgia in the physical education department. She presents at multiple industry conferences each year, where many of her sessions feature aquatic workouts. She teaches a dozen group exercise classes per week, including aqua classes. She has starred in two SCW Fitness Education DVDs and 12 *Water in Motion* instructional exercise DVDs.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards:  
[www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A