

Course Information Sheet

Course Title: Water Fitness Lesson Plans and Choreography

Course Description:

Over 2 million Americans participate in aquatic fitness and this comprehensive course helps both new and veteran instructors design safe, fun and effective aquatics classes. This reference contains 72 lesson plans, more than 500 exercises and over 200 photographs for shallow and deep water programs. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

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.

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:

Christine Alexander is a water fitness instructor for the City of Plano Parks and Recreation Department at Oak Point Recreation Center. She teaches additional classes for the City of Addison, the City of McKinney, and the YMCA. She is a nationally certified water fitness instructor and an instructor-trainer through the United States Water Fitness Association. She is also a certified water fitness instructor through the YMCA of the USA and an Arthritis Foundation Aquatic Program instructor. She has served as a board member for the Metroplex Association of Aquatic Professionals, including a three-year term as president of that organization. As an advocate for water fitness, Alexander regularly presents master workouts and has conducted her own introductory course for water fitness instructors. She also enjoys mentoring beginning water fitness instructors.

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

Sponsors: N/A