



**IslandFitnessCouncil**  
DEVELOPING ACTIVE LIVING LEADERS

## **Aquafitness Leadership Course Content**

### ***IFC Certification Requirements (1 hour)***

- Course Length
- Exam Requirements
- Evaluation Form and Performance Standards
- IFC Membership
- Re-certification Requirements
- Continuing Education Credits

### ***Types of Aquafit Classes (1 hour)***

- Shallow Water
- Deep Water
- Arthritic Aquafit
- Aquatic Running
- Aquatic Circuits

### ***Properties of Water (2 hours)***

- Buoyancy
- Resistance
- Temperature
- Water Pressure

### ***Components of a Class (7 hours)***

- Movements - Deep and Shallow Water
- Pre-class Preparation
- Warm-up
- Cardiovascular Conditioning
- Muscular Strength and Endurance Exercises and Equipment
- Final Cool Down

### ***Music (2 hours)***

- Musical Definitions
- Identifying the 32 Count
- Music Selection
- Music Resources

### ***Cueing and Choreography (4 hours)***

- Verbal and Visual Cueing
- Routines and Transitions
- Formations and Use of Space

### ***Safety (2 hours)***

- Safety Do's and Don'ts
- Exercise Analysis

### ***Leadership (1.5 hours)***

- Communication
- Feedback
- Flow and Atmosphere
- Appropriate Dress for the Pool

### ***Individual Differences (3.5 hours)***

- Levels of Participants
- Older Adult
- Arthritics
- Pre/Post Natal

### ***Total Hours: 24***

**Please note: A minimum of 4 hrs pool time is recommended within the 24 hrs.**