

fitness new brunswick

# Aquafitness Leadership



Become a

# Certified Fitness Professional

The Leader in Fitness Education  
in New Brunswick!

NATIONALLY RECOGNIZED  
through the National Fitness  
Leadership Alliance



## Course Content



Many people are turning to the pool environment to enjoy the unique benefits of the water. This **24 hour course** will provide participants with the knowledge and practical skills required to lead safe, effective and motivating classes in the pool in a variety of formats. **Please note:** A minimum of 4 hours of course time will be spent in the pool.

**Pre-requisite: Successful completion of Basic Fitness Theory (BFT).**

### Content Includes:

- Types of Aquafitness Classes
- Shallow Water
- Deep Water
- Arthritic Aquafitness
- Aquatic Running
- Aquatic Circuits
- Properties of Water
- Buoyancy
- Resistance
- Temperature
- Water Pressure
- Components of a Class
- Movements - Deep and Shallow Water
- Pre-class Preparation
- Warm-up
- Cardiovascular Conditioning
- Muscular Strength and Endurance
- Exercises and Equipment
- Final Cool Down
- Music Musical Definitions
- Cueing and Choreography
- Identifying the 32 Count
- Music Selection
- Music Resources
- Verbal and Visual Cueing
- Routines and Transitions
- Formations and Use of Space
- Safety Do's and Don't's
- Exercise Analysis
- Communication Feedback Flow and Atmosphere
- Appropriate Dress for the Pool
- Individual Differences
- Levels of Participants
- Older Adult
- Arthritics
- Pre/Post Natal

### Benefits of hiring a certified fitness leader (for facilities):

- Reassures consumers that Fitness NB leaders have met national (NFLA) standards.
- Increases credibility and marketability of the fitness industry.
- Promotes professionalism of the facility.
- Reduces liability risk for the facility.

### Benefits of requesting a certified fitness leader (for the public):

- Reassurance that leaders have met national (NFLA) standards.
- All Fitness NB certified leaders are trained to conduct safe and effective practices.
- All Fitness NB certified leaders are standardized and are consistent with their practices.
- Reassurance that Fitness NB certified leaders are professionals that are kept up to date with the latest fitness practices.

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## Contact Us

For more information on upcoming courses, workshops, or membership please contact:

### Fitness New Brunswick

1216 Sand Cove Road, Unit 2

Saint John, NB

E2M 5V8

Tel: (506) 672-1993

Toll Free: 1-888-790-1411

Fax: (506) 672-8762

E-mail: [executivedirector@fitnessnb.ca](mailto:executivedirector@fitnessnb.ca)

Web Site: [www.fitnessnb.ca](http://www.fitnessnb.ca)



Fitness New Brunswick is a member of the National Fitness Leadership Alliance (NFLA).

### Mission Statement

Fitness New Brunswick is a not-for-profit organization that develops and promotes certification in fitness while being an advocate for active living and physical activity.



## Certification Process

### Stage One: Basic Fitness Theory

- Full attendance at the Basic Fitness Theory (BFT) Course.
- Successful completion of the BFT Exam (80% or higher).

### Stage Two: Specialty Course

- Full attendance at a Specialty Course. (Group Fitness Leadership, Resistance Training Leadership, Aquafitness Leadership, Older Adult Fitness Leadership, Personal Fitness Trainer.)
- Successful completion of the Specialty Exam (80% or higher.)

### Stage Three: Apprenticeship

- Recommended 8 hours of practical experience in a formal setting.

### Stage Four: Evaluation

- Current Adult 1 person CPR. (Please note: Personal Fitness Trainers must also hold a current First Aid Certificate.)
- Practical Evaluation.

### Stage Five: Certification

- Successful completion of stages 1-4.
- Payment of annual Fitness NB Professional Association Fee.
- Certification requirements must be completed within 6 months.

**Call Fitness NB to find out more about Examination Challenges!**



## About Fitness NB

**Top professionals are certified with Fitness New Brunswick for the following reasons:**

- Fitness NB is a not-for-profit organization recognized as **THE** provincial certifying agency for fitness professionals in New Brunswick.
- As a not-for-profit organization, Fitness NB is an unbiased source of fitness education and certification.
- A Fitness NB certification is recognized Nationally and transferable to any province/territory in Canada.
- A Fitness NB certification elevates the credibility and marketability of the fitness professional since the consumer is reassured that minimal national standards (NFLA) have been met.
- Fitness NB promotes professionalism in the fitness industry.
- Fitness NB certifications reduce liability risk for the leader and facility.
- Fitness NB training provides standardization and consistency of leadership.
- Fitness NB creates public awareness and recognition of safe and effective practices for fitness professionals.

**Fitness NB offers certifications in:** Group Fitness, Resistance Training, Older Adult, Aquafitness, Personal Fitness Training and more!