

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 Fitness Theory (FT).

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 (FNB) 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 (FNB) 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.

Aquafitness



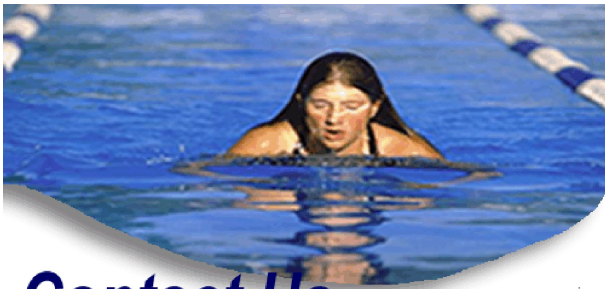
Become a

Certified Fitness Professional

The Leader in Fitness Education
in New Brunswick!

NATIONALLY RECOGNIZED
through the National Fitness
Leadership Alliance





Contact Us

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

Fitness New Brunswick

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Mission Statement

Fitness New Brunswick is a not-for-profit organization dedicated to educating the community and certifying leaders by upholding excellence in training and professional standards.



Certification Process

Stage One: Basic Fitness Theory

- Full attendance at the Fitness Theory Course.
- Successful completion of the FT 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 the Fitness New Brunswick for the following reasons:

- Fitness New Brunswick 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 (FNB) 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 New Brunswick creates public awareness and recognition of safe and effective practices for fitness professionals.

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