



# Aqua Instructor

## Course Guide

Thank you for your interest in the Aqua Instructor course with Amac. Within this course guide, you will find information on the different parts of the course.

If you need further information then visit our website or ring 01227 831 840 or via email on [info@amactraining.co.uk](mailto:info@amactraining.co.uk).

### Course Package

- Aqua Instructor

### Pre requisites

Over 16

### Objectives of Course

By the end of the course, you will have the knowledge, understanding and skills to plan and instruct water-based exercise sessions.

### Qualification Units

- Anatomy and Physiology for Exercise (mandatory)
- Health, Safety and Welfare in a Fitness Environment (mandatory)
- Principles of Exercise, Fitness and Health (mandatory)
- Know How to Support Clients Who Take Part in Exercise and Physical Activity (mandatory)
- Planning water-based exercise
- Instructing water-based exercise



Note: There are 4 mandatory units to the Certificate in Fitness Instruction, this is the same for disciplines in gym, ETM, Aqua or Children's instructor certificates. These units are studied online.

### Certification

Upon completing the personal trainer course with Amac, you will receive the following certification:

- Central YMCA Qualification Level 2 Certificate in Fitness Instruction (water-based exercise)

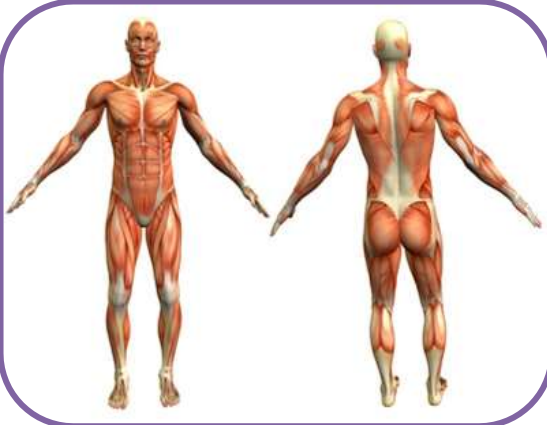
01227 831 840

[www.amactraining.co.uk](http://www.amactraining.co.uk)



# Level 2 Anatomy and Physiology

## Course Information



### Introduction

This unit covers the knowledge an instructor needs about basic anatomy and physiology relating to exercise programming for apparently healthy adults of all ages.

### Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

## Content

### Understand the structure and function of the circulatory system

You will be able to:

- Identify the location of the heart
- Describe the function of the heart
- Describe how blood moves through the four chambers of the heart
- Describe the systemic and pulmonary circulation
- Describe the structure and functions of blood vessels
- Define blood pressure
- Identify blood pressure classifications

### Understand the structure and function of the respiratory system

You will be able to:

- Identify the location of the lungs
- Describe the function of the lungs
- Describe the structure of the lungs
- Identify the main muscles involved in breathing
- Describe the passage of air through the respiratory tract
- Describe the process of gaseous exchange of oxygen and carbon dioxide in the lungs
- Describe the effects of age, pregnancy and disability on the cardiovascular and respiratory systems

### Understand the structure and function of the skeleton

You will be able to:

- Describe the basic functions of the skeleton
- Identify the structures of the axial skeleton
- Identify the structures of the appendicular skeleton
- Describe the structure and function of the spine and the range of possible

# Level 2 Anatomy and Physiology



## Course Information

### Content continued..

- Explain the classification of bones
- Explain the structure of long bone
- Explain the stages of bone growth

#### Understand joints in the skeleton

You will be able to:

- Describe the classification of joints
- Describe the structure of synovial joints
- Describe the types of synovial joints and their range of motion
- Describe joint movement potential and joint actions

#### Understand the muscular system

You will be able to:

- Identify the three types of muscle tissue
- Define the characteristics and functions of the three types of muscle tissue
- Describe the basic structure of skeletal muscle
- Identify how muscles attach to the skeleton
- Name and locate the anterior skeletal muscles
- Name and locate the posterior skeletal muscles
- Describe the structure and function of the pelvic floor muscles
- Describe the different types of muscle action
- Identify skeletal muscle fibre types and their characteristics
- Identify the joint actions brought about by specific muscle group contractions
- Describe factors affecting the muscular system for age, pregnancy and disability

#### Understand the life-course of the musculoskeletal system and its implications for special populations exercise

You will be able to:

- Describe the life-course of the musculoskeletal system, including bone, and its implications for working with different client groups.

#### Understand energy systems and their relation to exercise

- Describe how carbohydrates, fats and proteins are used in the production of energy
- Explain the use of the three energy systems during aerobic and anaerobic respiration
- Describe the effects of age, pregnancy and disability on the energy systems

# Level 2 Anatomy and Physiology

## Course Information

### Content Continued

#### Understand the nervous system and its relation to exercise

You will be able to:

- Describe the role and functions of the nervous system
- Describe the principles of muscle contraction
- Describe the 'all or none law'/motor unit recruitment
- Describe how exercise can enhance neuromuscular connections and improve motor fitness



### Assessments

Externally set and assessed theory test in the form of a multiple choice written theory paper, externally set and marked by CYQ.

The time allocation for the theory paper is 50 minutes. The time allocation for the theory paper is 50 minutes. The theory paper will comprise of 40 questions where learners must achieve a minimum of 28 marks overall to pass.

When you are ready to sit the exam, call or email and you will be advised on what dates and venues are available. There is also a mock paper that can be attempted to help you decide if you are ready for the exam.

### Certification (Mandatory Unit 1)

Anatomy and physiology for exercise (This unit is part of the Certificate in Fitness Instruction)

# Level 2 Working in the Fitness Environment



## Course Information



### Introduction

This aim of this unit is to provide the learner with the knowledge and understanding that instructors need to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults.

### Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

## Content

**Health, Safety and Welfare in a Fitness Environment cover the following:**

- Understand emergency procedures in a fitness environment
- Understand health and safety requirements in a fitness environment
- Understand how to control risks in a fitness environment
- Understand how to safeguard children and vulnerable adults



## Assessments

### Assessment 1 – Worksheet

Learners are required to complete the Health, Safety and Welfare in a Fitness Environment worksheet successfully. This can be completed as part of a course or as part of summative assessment.

Learners are required to achieve a minimum of 70% of total marks in order to pass this worksheet.

## Certification (Mandatory Unit 2)

Health, Safety and Welfare in a Fitness Environment (This unit is part of the Certificate in Fitness Instruction)

# Level 2 Principles of Exercise



## Course Information



### Introduction

This unit covers knowledge an instructor needs to programme safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating.

### Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

## Content

**Principles of Exercise, Fitness and Health cover the following:**

- Understand the effects of exercise on the body
- Understand the components of fitness
- Understand how to apply the principles and variables of fitness to an exercise programme
- Understand the exercise contraindications and key safety guidelines for special populations
- Understand how to safely monitor exercise intensity
- Understand the health benefits of physical activity
- Understand the importance of healthy eating



## Assessments

### Assessment Element 1: Theory Paper

Externally set and assessed theory test in the form of a multiple choice written theory paper, externally set and marked by CYQ. Questions will relate to the underpinning knowledge listed for the Level 2 Principles of Exercise, Fitness and Health.

The time allocation for the theory paper is 50 minutes. The theory paper will comprise of 40 questions where learners must achieve a minimum of 28 marks overall to pass.

## Certification (Mandatory Unit 3)

Principles of Exercise, Fitness and Health (This unit is part of the Certificate in Fitness Instruction)

# Level 2 Supporting Clients



## Course Information



### Introduction

This unit covers the learner's ability to have the necessary knowledge and skills required to communicate with their clients effectively, and motivate their clients to adhere to an exercise programme. Learners will apply the knowledge and skills they have learned to provide a more client focused approach to their training.

### Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

## Content

**Know How to Support Clients Who Take Part in Exercise and Physical Activity cover the following:**

- Understand how to form effective working relationships with clients
- Understand how to address barriers to exercise that clients experience
- Understand how to support clients to adhere to exercise
- Understand how to provide ongoing customer service to clients



## Assessments

### Assessment 1 – Worksheet

Learners are required to successfully complete the Client Communication and Motivation worksheet. This can be completed as part of a course or as part of the summative assessment.

Learners are required to achieve a minimum of 70% of total marks in order to pass this worksheet.

## Certification (Mandatory Unit 4)

Know How to Support Clients Who Take Part in Exercise and Physical Activity (This unit is part of the Certificate in Fitness Instruction)

# Level 2 Planning & Instructing Water-based Exercise



## Course Information



### Introduction

This part covers the skills and knowledge a fitness instructor needs to plan and prepare water-based sessions. This covers the planning and preparation of a water-based session for apparently healthy adults. This may include young people in the 14-16 age range, provided they are part of a larger adult group. You'll also learn about working with individual older adult, ante and postnatal clients and disabled clients provided the relevant contraindications and key safety guidelines are observed. Instructors must also take account of guidelines from relevant national bodies and their own prior experience when planning and preparing sessions.

### Format

This is covered on a 2 day course when you will be given a comprehensive manual. You will receive details of the course dates and times that you booked onto, along with a timetable.

## Content

### Planning water-based exercise

- Understand how to collect participant information to plan water-based exercise
- Be able to collect participant information to plan water-based exercise
- Understand how to plan water-based exercise
- Understand how to use music to enhance water-based exercise
- Understand the particular features of the pool environment that affect session planning
- Be able to plan safe and effective water-based exercise

### Instructing water-based exercise

- Understand the principles of instructing water-based exercise
- Be able to prepare self and equipment for water-based exercise
- Be able to prepare participants for water-based exercise
- Be able to instruct water-based exercise
- Be able to improve participants' performance in water-based exercise
- Be able to bring a water-based exercise session to an end
- Be able to reflect on providing water-based exercise sessions

# Level 2 Planning & Instructing Water-based Exercise



## Course Information

### Assessments

Students will need to video their practical assessments which will be submitted in DVD format.

#### Assessment Element 1 - Session Overview and Class Plan

Session overview

Aims, objectives and health and safety considerations

Class plan

For an aqua session, including:

- A warm up component
- A main component
- A cool down component

#### Assessment Element 2 - Continuous or Summative Assessment

Direct observation of:

- A warm up component
  - Mobility and pulse raising
  - Preparatory stretch (dynamic and/or static)
- A main component
  - Water-based exercise to music including MSE exercises
- A cool down component
  - Flexibility including dynamic stretching

#### Assessment Element 3 – Self evaluation

Reflection on water-based exercise

### Certification (Units)

- Planning water-based exercise (This unit is part of the Certificate in Fitness Instruction (water-based exercise))
- Instructing water-based exercise (This unit is part of the Certificate in Fitness Instruction (water-based exercise))