

Session Nine: Hip Flexors & Knee Extensors

Independent Learning via recording of zoom session

(through private Facebook page).

with Katherine, McKeown CALA Master Trainer

Earn 3 CALA CECs Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.



Description: As was evidenced in Session 1, 2, 3, 4, 5, 6, 7 & 8, we know what the study of Human Anatomy is complex and deeply interconnected. The muscles featured in session #9 are the main muscles that perform Hip Flexion & Knee Extension. This highly interactive, hands-on approach to applied anatomy is guaranteed to inspire curiosity and confidence about how to condition these muscles most effectively in an aquatic environment.

Learning Objectives:

- 1) Become familiar with the muscles associated with Hip Flexion and Knee Extension: names, location and joint actions in their role as prime movers.
- 2) Learn specific CALA Base Movement sequences that activate the main muscles of Hip Flexion & Knee Extension.
- 3) Practice stretching to elongate the: Rectus Femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius, Iliopsoas and Sartorius muscles in both chest-deep and deep water.
- 4) Adapt exercises and stretches to accommodate participants with common conditions.

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax (ON tax is 13%)

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No refund for withdrawal from workshop. Fees can be applied to future CALA events.

WAIVER AGREEMENT: Please check that you agree to the following WAIVER.

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

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On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding