

# CALA Super Anatomy Workshop Series:

## Aqua Anatomy: Session Two Muscles of the Shoulder Joint

Recording of ZOOM session - Independent Study through a Private [facebook](#) Facebook Group 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 focusing on the Shoulder Girdle (this workshop is now available for independent learning via private Facebook Links), we continue our investigation of the shoulder complex by exploring the Shoulder Joint. We know that the study of Human Anatomy is complex and deeply interconnected. The muscles featured in session #2 are the main muscles of the Shoulder Joint. This highly interactive, hands-on approach to applied anatomy is guaranteed to inspire curiosity and confidence about how to condition muscles most effectively in an aquatic environment.

### Learning Objectives:

- 1) Become familiar with the muscles associated with the Shoulder Joint: names, location and joint actions in their role as prime movers and/or stabilizers.
- 2) Practice specific CALA Base Moves that activate the main muscles of the Shoulder Joint.
- 3) Practice stretching to elongate these muscles in both chest-deep and deep water.
- 4) Adapt exercises and stretches to accommodate participants with shoulder arthritis.

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

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**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*