

CALA Group Aquafitness Course (GAF): Aquafitness Leadership Training and Certification Course Details



Description

This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic aquafitness classes and programs. The course content meets the needs of experienced aquafitness leaders as well as lifeguards, aerobic instructors, personal trainers, coaches, participants and aspiring leaders; and exceeds the Provincial and Federal Guidelines and Standards. This course is a BCRPA approved course, and is recognized by selected YMCA and YWCA facilities and Canadian Universities and Colleges. The course is accredited by many other international, national and provincial fitness organizations.

On the international scene, the course is available in Germany through "LEAD" and in South Africa through the South African Division of CALA which is housed at the University of Stellenbosch, Sports Science Department.

The course manual is currently available in both French and English. You are welcome to purchase the manual prior to registering for the course. If you do so, the cost of the manual will be deducted from the course fees upon registration.

Foundation Course: Group Aqua Fitness

(an additional 20 hours)

Group Aqua Fitness is taken after completing the compulsory Vertical Water Training. The complete "Foundation course: Adding Group Aqua Fitness to the learning experience provides the opportunity for aspiring aquafitness leaders and participants to expand their knowledge about fitness theory related to water. Anatomy and physiology is presented in an applied manner with respect to exercising in water. Group Aqua Fitness provides increased opportunity to practice and fine tune leadership skills to gain confidence in preparation for the certification process.

Group Aqua Fitness Course usually extends over one full weekend or may be organized in a variety of ways (one evening per week over a period of several weeks) according to the availability of the facility.

To fully benefit from this learning experience, arrive with lots of enthusiasm, a desire to learn and an open mind.

It is highly recommended that course participants complete both Vertical Water Training and Group Aqua Fitness course. This includes 40+ hours of applied theoretical and practical training. In special cases, when a candidate is at a very high level of competency with respect to fitness leadership experience and has a strong knowledge base (understands applied anatomy and physiology) there is the option of attending Vertical Water Training of the course only.

Content: Group Aqua Fitness

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(Note: The content listed below is a continuation of the content listed for Vertical Water Training)

Putting The Class Together

- 📄 Factors contributing to health and wellness
- 📄 Promoting the concepts of Active Living
- 📄 The components of fitness - principles of training: applied to water
- 📄 More practice creating and leading aquatic exercises
- 📄 More practice designing and leading movements specific to each class segment
- 📄 More coaching and refinement of leadership skills from a qualified CALA trainer and/or mentor

Moving To Music

- 📄 Elements of music: rhythm, including tempo, meter, phrasing, melody and mood
- 📄 Practice using beat and phrase while designing and leading aquafitness routines to music

An Anatomical Approach To Safe Aquatic Exercise Design

- 📄 Anatomical terminology
- 📄 Joint and muscle actions: applied to water
- 📄 More aquatic exercise analysis: prime movers and stabilizers for CALA moves
- 📄 Review of safety issues
- 📄 Practice designing and leading aquafitness exercises with specific muscle focus, joint action focus: teaching how to put the 'mind into the muscle'

The Aquatic Physiological Perspective

- 📄 Cardiovascular, respiratory and metabolic systems applied to water
- 📄 Effects of immersion on the cardiovascular system with respect to training heart rate
- 📄 Effects of immersion on the respiratory system with respect to lung capacity
- 📄 Basic nutrition

Target Audience

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- 📌 Fitness participant with a desire to learn more to enhance personal exercise results
- 📌 Lifeguard and/or swimming instructor
- 📌 Rehabilitation and post-rehabilitation specialist
- 📌 Group fitness instructor
- 📌 Personal trainer
- 📌 Water-lover; enjoys working with people
- 📌 Job seeker; part time job or career change
- 📌 Retirees who have the time and commitment to get fit and possibly lead others

Duration

- 📌 Group Aqua Fitness is a total of 20 hours
- 📌 A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions
- 📌 Group Aqua Fitness of this course is usually offered on one full weekend
- 📌 Some facilities choose to schedule the course differently depending on availability of the pool and classroom

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Pre-requisites

You must be a current member of CALA to participate in this educational opportunity.

Recommendations

Note: The following are highly recommended, but not compulsory:

- 📌 Keen interest in aquafitness
- 📌 Willingness to learn through practice and study before, during and after the course
- 📌 Eagerness to achieve a high standard of leadership in aquafitness
- 📌 Openness to learning and embracing new information
- 📌 CPR and First Aid are highly recommended

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Certification Process

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Certification usually occurs several weeks after the course although course participants have the option of completing certification immediately following the course. Certification must be completed within one year of taking the course. Certification includes two components:

Theory Component

- 📄 Two and half hours are allotted to write the theory exam
- 📄 This is an 'open book' theory exam. Any written resources that will assist the examinee may be utilized
- 📄 Pass mark is 75%

Practical Component

- 📄 30 minute practical assessment
or
A 30 minute video may be submitted for the practical assessment, in lieu of having an assessor in person. If a video is submitted, the feedback is delivered by the mail in writing, verbal feedback is not generally given with a video assessment
- 📄 Each participant is allotted 30 minutes to complete practical assessment and
15-20 minutes to receive "one-on-one" feedback. The candidate is sent a copy of the completed practical assessment form from the CALA office
- 📄 Pass mark is 75%

Re-write or Re-assessment

- 📄 Full fee must be paid for Practical re-assessment or Theory exam re-write

Deadline For Completion Of Certification

- 📄 The candidate has one year from the last date of their course to complete the theoretical and practical aspects of certification.

CALA Apprentice Mentor Program

- 📄 CALA offers an Apprentice Mentor Program (CAMP) to assist new leaders in achieving certification upon completion of the course.
- 📄 The 'CAMP' program is not mandatory in order to achieve certification, however, CALA encourages leaders to take advantage of this excellent




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opportunity to further develop leadership skills and knowledge prior to engaging in the certification process.

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Continuing Education Credits CECs




-  No CECs are awarded for taking the course the first time
-  If you need a review of the material, you can repeat the course and earn 12 CECs for Vertical Water Training and for Group Aqua Fitness for a total of 24 credits
-  You can also earn CECs with other fitness organizations by completing the CALA course

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Re-certification

Attending CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Foundation Course, will entitle you to earn Continuing Education Credits (CECs). One hour of education (theory and/or practical) earns one CALA CEC. For example: Attend a three hour Aqua Choreography workshop, earn three CALA CECs.

To maintain certification status as an aquafitness leader you must meet the following criteria:

-  Current CALA member, in good standing
-  Gather a minimum of eight CALA CEC's before re-certification date
-  Pay an annual re-certification fee.

Maintaining Certification Status: Made Easy!

Note: At CALA, we make it easy to maintain certification status as an aquafitness leader. Leaders can "bank" or accumulate CALA CECs before attending the Foundation Course, or completing certification. If more than eight credits are collected, CALA will bump the extra credits into the next re-certification period.

Petitioning for Credits

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Note: In the event that the necessary number of credits are not collected before the certification expiry date, the candidate can petition for credits. This means, CALA will review documentation submitted by the candidate that proves attendance at educational events that enhance fitness knowledge and leadership skills. There is a petition fee applicable.

Fees

- Contact CALA for fees

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What To Bring

Attendees taking the course with the goal to lead classes will need the following:

- Proper Aquafitness shoes (The "RYKA 2 Aqua shoe" is available through CALA) or good quality running shoes suitable for the pool deck and dry land movement
- Shorts to wear over a swimsuit (not short shorts), an aquafitness or an aerobic outfit (one that can get wet) for 'on deck' leadership practice
- Attendees taking the course for general (personal) interest:
- Slip-on water shoes or clean running shoes that can be used in the water

All attendees taking the course will need the following:

- A couple of swimsuits and towels
- A water bottle
- Shoes and comfortable clothing (tracksuit or athletic clothing) suitable for dry land movement
- Writing materials to take notes
- A lock to secure valuables
- Details about any medical information that may be required in case of a medical emergency
- Food for break times

Bring lots of energy and enthusiasm. Get ready to have fun and learn a lot. Remember - just like a parachute, your mind works better when it is open.

Manual

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- The comprehensive CALA Manual used in the "Group Aqua Fitness" is available for purchase without attending the course.
- If you purchase the manual prior to registering for the course, CALA will deduct the cost of the manual from the course fee.