
Description

This specialty course is designed for all levels of fitness and involves powerful boxing and kicking movements in water. Review skills required to do Aqua Kick Box moves effectively. Experience strong purposeful movements which build confidence and exude positive energy. The course will feature the aqua kick box stance and theme actions with variations for the upper and lower body movements. Practice how to demonstrate and design drills to reinforce technique and enhance skill level for the aqua jab, upper cut, hook, front kick, side kick and back kick while maintaining physical and mental focus. Experience smooth class flow with interesting transition moves specific to the actions of boxing and kicking such as skipping and the "flurry". The end result: an exhilarating movement experience.

Content

- 📄 Benefits of boxing and kicking in water
- 📄 Drills to reinforce technique and enhance skill level for the stance, jab, upper cut, hook, front, side and back kick, speed ball, shuffle, flurry, skip and their variations
- 📄 Linked movement patterns - basic and advanced
- 📄 Specific techniques for effective cueing
- 📄 Effects of aqua physics on boxing and kicking movements in water
- 📄 Techniques to modify the intensity of movement by manipulating water properties
- 📄 Group class and individual workout formats
- 📄 Instructor safety

Target Audience

- 📄 Martial Arts instructor/enthusiast
- 📄 Boxer and kick-boxer
- 📄 Aquafitness instructor
- 📄 Fitness enthusiast
- 📄 Rehabilitation and post-rehabilitation specialist
- 📄 Group fitness trainer/Aerobic 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

- 📌 Fitness participant with a desire to learn more to enhance personal exercise results
- 📌 Lifeguard and/or swimming instructor
- 📌 Want to train in a non-impact environment with the opportunity to have beginner to advanced intensity

Duration

- 📌 Total of eight hours of training
- 📌 One full day of eight hours or two four hour sessions
- 📌 A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions
- 📌 Some facilities choose to schedule the course differently depending on availability of the pool and classroom

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:

- 📌 Basic fitness theory knowledge and leadership experience
- 📌 General knowledge about anatomy and physiology
- 📌 CALA certification status is not mandatory in order to participate in this specialty course
- 📌 CALA certification in aquafitness leadership is highly recommended
- 📌 CPR and First Aid are highly recommended
- 📌 Willingness to learn through practice and study
- 📌 Eagerness to achieve a high standard of leadership

Certification Process

Theory Component

- 📌 **Assignment (take home):** Design a sample 30 minute aqua kick box class, including arm and leg moves, counts, cues, tempo utilized (2xt, t, 1/2t or 1/4t) and technique tips, plus music used.
- 📌 The assignment must be typewritten

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- Pass mark is 75%

Practical Component

- All Practical Assessments must be booked with an approved CALA Aqua Kick Box Assessor
- Practical Assessment is required for each participant
- 30 minute mini-class assessment taught with an approved assessor observing plus 15 – 20 minutes of "one-on-one" feedback,
OR
- Video submission (to CALA office) of a 30 minute mini-class. Once the video is observed, written feedback will be provided
- Pass mark is 75%

Re-write or Re-assessment

- Full fee must be paid for Practical re-assessment or Theory assignment 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.

Continuing Education Credits: CECs

- Earn eight CALA CECs and credits with other fitness organizations
- Credits from this course can be applied towards re-certification in Aquafitness only if the CALA Foundation Course has been completed and CALA Certification status as an Aquafitness Leader has been achieved

Re-certification

Attending other CALA Specialty Courses, workshops and conferences and/or re-taking the CALA Foundation Course and/or the Aqua Kick Box Specialty 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.

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To maintain certification status as a Specialty leader in Aqua Kick Box, 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 a Specialty leader in Aqua Kick Box. Leaders can "bank" or accumulate CALA CECs before attending the 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

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 the fees

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:

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- 📌 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

- 📌 The CALA Manual used in this specialty course 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.