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AQUA INSTRUCTOR INTERNATIONAL CERTIFICATION COURSE MARCH 2024

Dates: ZOOM Theory Sessions:	Saturday March 2nd	8.30pm - 10.30pm
	Sunday March 3rd	8.30pm - 10.30pm
	Monday March 4th	8.30pm - 10.30pm
	Tuesday March 5th	8.30pm -10.30pm
	Wednesday March 6 th	8.30pm -10.30pm
LIVE Practical Sessions:	Thursday March 7th	8.00am – 4.00pm
	Friday March 8th	8.00am - 2.00pm
	(Practical assessment)	2.00pm - 4.00pm
International Etest (Theory)	Saturday March 9th	8.30pm -10.30pm

Cost: \$1200

Cost includes E- manual and online theory exam and E-Certificate. The theory exam will be based on material covered in class (anatomy/physiology, teaching methodologies, properties of water, safety issues etc)

Venue:

Aranda Country Club, Singapore

Upon successful completion of the Aqua Instructor Course individuals will:

- be eligible for FISAF certification.
- could assess aquatic environments for safety, suitable class style, music selection and equipment.
- could screen participants, and recognize individuals with special needs and be able to teach safe and effective classes to a range of participants in a range of environments.
- could cue and sequence exercises in a variety of situations.
- could act professionally as an Aqua instructor and to promote water exercise to all levels of the community.
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Course Content:

Anatomy and Physiology
Water Safety and Risk Management
Cardiovascular Conditioning
Teaching Skills and Class Management
Aqua Equipment
Issues

The Water Environment
Class Planning
Muscle Conditioning
Integrated Special Populations
Professionalism and Employment

FISAF INTERNATIONAL AQUA CERTIFICATION MARCH 2024

*Please note that the LIVE section of the course is very practical and hands-on and full participation is required.



FISAF AQUA AEROBICS INSTRUCTOR COURSE MARCH 2024

Name: _____

DOB: _____

Address: _____

(Hp) _____

E-mail : _____

Are you a Fitness Instructor? Yes (Full-time / Part-time) State club

No State occupation : _____

INDEMNITY

I will not hold FISAF SINGAPORE, and/or anyone/organization representing FISAF Singapore, responsible for any personal loss, damage or injury as a result of my participation in this course.

Signature of Applicant

Date

Please return your form via email to muscle207@hotmail.com. Payment details through bank transfer will be sent prior to the course. Should you have further inquiries, please do not hesitate to contact Diane (via email or whatsapp or text) or call Ms Vikki @ 9736 2164

Kinetic Chain reserved the right to cancel the course if there are less than 8 participants.

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