

# South African Water Fitness Association Instructors Course 2021



## Lecture Topics

- Physical Fitness (Chapter 1)
- Exercise Anatomy (Chapter 2)
- Exercise Physiology (Chapter 3)
- Movement Analysis (Chapter 4)
- Exercise Motivation and Behaviour (Chapter 5)
- Physical Laws as applied to the Aquatic Environment (Chapter 6)
- Pool Environment and Design and Pool Hygiene (Chapter 7 and Extra Notes)
- Shallow Water Exercise (Chapter 8)
- Deep-Water Exercise (Chapter 9)
- Aquatic Exercise Programming Leadership (Chapters 10 & 11)
- Special Populations and Health Conditions (Chapter 12)
- Safety, Emergencies, Injuries and Instructor Health (Chapter 13)

## Water Workouts

- 11 Pool sessions to accompany lectures.
- 10 Mentorials with different qualified Instructors. Full 45 minutes aqua fitness classes to be attended, apart from course.

## Exams

- Candidate will have to write a 2,5hour closed book exam.
- Candidate will have to do a 30minute practical exam.
- Candidate will have to complete a written lesson plan to accompany the practical exam.



### **Course Requirements**

- Attendance of all lectures and pool sessions.
- Valid CPR.
- 16 years +.

### **Course Fees**

- R5 950 (R400 non-refundable deposit)

### **Regions**

- Central (Gauteng, Limpopo, Mpumalanga, Orange Free State)
- KwaZulu Natal
- Western Cape
- Southern Cape
- Eastern Cape

### **Contact Us**

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