

# NAFTA AQUA AEROBIC STUDY GUIDE

1. Name six benefits that can be obtained by taking an aqua fitness class:

- a.
- b.
- c.
- d.
- e.
- f.

2. Define the following properties of water:

Buoyancy

Hydrostatic pressure

Drag

Gravity

Acceleration

Impact

Inertia

Action/Reaction

Eddies

Conductor

Thermodynamics Properties

3. List the predominant of water:

4. List and define the components of Drag:

- a.
- b.
- c.
- d.

5. List the three drag factors and give an example of each:

- a.
- b.
- c.

6. How can one determine if an object is a floater or a sinker?

7. At what temperature of water does muscle flexibility decrease?

8. At what depth should the water be for a shallow water workout?

9. List the workout format:

10. List the choreography components:

11. List and explain the choreography methods that one can follow to format an aqua fitness class:

12. Is it better to teach on deck or in the water?

13. How should an instructor cue an aqua fitness class?

14. What should the Beats Per Minute of music be for an aqua fitness class?
15. Describe the difference between land and water tempo of music.
16. List additional tips that will improve one's instructing skills.
17. What is the FITT Principle?
18. What is the *F* of the FITT Principle as it applies to an aqua fitness class?
19. What should the *I* be for aerobic training?
20. What should the *I* be for anaerobic conditioning?
21. How can one increase the *I* in an aqua fitness class?
22. What are the different methods of monitoring the intensity of an aqua fitness class?
23. What is the *T* of the FITT Principle as it applies to an aqua fitness class?
24. List and define the five components of fitness:
  - a.
  - b.
  - c.
  - d.
  - e.

25. What are the cardio training guidelines?

26. How can one measure muscular endurance?

27. How can one measure muscular strength?

28. What are the muscular strength guidelines?

29. How can one measure flexibility?

30. What are the guidelines for flexibility?

31. How can one measure body composition?

32. What are the male/female standards for body composition?

33. List and define the four components of fitness

performance: a.

b.

c.

d.

34. Define the following training concepts:

- a. Overload Principle
- b. Specificity Concept
- c. Cross Training
- d. Rest
- e. Reversibility Overstraining
- f. Periodization of Training

35. Define each of the following joint actions and positions:

- a. Flexion
- b. Extension
- c. Abduction
- d. Adduction
- e. Prone
- f. Supine
- g. Circumduction
- h. Rotation
- i. Dorsi Flexion
- j. Plantar Flexion
- k. Protraction

l. Retraction

36. List the joint action beside the muscle:

a. Trapezius

b. Deltoid

c. Rotator Cuff

d. Biceps Brachii

e. Triceps Brachii

f. Latissimus Dorsi

g. Pectorals

h. Rhomboids

i. Abdominals

j. Erector Spinae

k. Gluteal

l. Iliopsoas

m. Quadriceps

n. Hamstrings

o. Gastrocnemius

p. Tibialis Anterior

37. What are the three types of muscle contractions?
  - a.
  - b.
  - c.
38. List and define the three planes of movement:
  - a.
  - b.
  - c.
39. Explain the guidelines discussing eating and participating in an aqua fitness class:
40. When should one avoid water exercise?
41. What are some warning signs that should alert an individual to stop exercising?
42. What is R.I.C.E.?
43. When should an instructor refer an individual to a physician?
44. What are the primary risk factors?
45. What are the secondary risk factors?
46. What are the risk factors that can be altered for better health?
47. List some contraindicated movements as it applies to aqua fitness:
48. List some major considerations for individuals with the following conditions:
  - a. Hypertension/Cardiac/Stroke Rehab
  - b. Pregnancy
  - c. Diabetes Mellitus

- d. Arthritis
- e. Asthma
- f. Obesity
- g. Osteoporosis
- h. Knee/ Hip Conditions
- i. Low Back Problems

49. Explain special class adaptations for the following populations:

- a. Seniors
- b. Children
- c. Athletes

50. Review and understand how to perform exercises for the following components of an aqua fitness class:

- a. Warm-Up/Warm-Down
- b. Cardio Exercises
- c. Shallow Water Muscle Conditioning
- d. Deep Water Muscle Conditioning
- e. Stretches