

This optional pre-course assignment prepares you for the AQX course. You are encouraged to complete this assignment before your course begins. It will guide your thinking and help you get the most from your AQX course experience. Your trainer may request that you complete this assignment for discussion during your course. It is unlikely that you will be asked to hand it in.

- ✦ **Before attending your AQX course, attend as many classes as you can (≥3).** *If possible: participate in a variety of types of class (ie: chest deep or deep water general aqua fitness, deep water running, gentle aqua (AquaBility) etc. If possible, attend classes taught by a variety of instructors.*
- ✦ **Be a good listener & observer. You are NOT evaluating the instructor.** *Rather, you are observing what YOU see and feel before, during, and after the class. Think about what you like and what doesn't work for you. Think about how you will be able to instruct a good class, and what skills you need to develop.*
- ✦ **Complete the check-list below, and write your observations on a different piece of paper or on the back of this one. Make a fresh copy for each class you do attend.**

**Item:**

1. Think about how the instructor arrives & begins the class: Is the instructor on-time, welcoming and friendly?
2. Does the instructor look prepared to teach? Is (s)he organized?
3. Is there a teaching mat, water, chair and music ready?
4. Notice the introduction to the class. Does the description match the class?
5. "Feel" the movements in the water. Do they work for you?
6. How is the speed of the movement? Is it appropriate for you? Can you move with good technique?
7. Is the instructor giving movement modifications, ie: how to make exercises easier or harder; how to increase or reduce 'bouncing' in the water?
8. If any movements feel incorrect for you, what would YOU modify?
9. Did you notice a class structure: warm-up, work out (cardiovascular and muscle focus exercises) and stretch?
10. Did the instructor thank the group for coming? Was there a closing thought or fit tip?

Yes	No	Comments:

**Visit the following site: [www.FortheLoveofFit.Thinkific.com](http://www.FortheLoveofFit.Thinkific.com). You will find 2 free courses: The Back Whisperer, and Success Tips for Aquatic Clients. There are other courses there available for purchase in future, for continuing education.**

### More to Explore:

Use the suggestions below to guide your exploration of vertical aquatic exercise instruction. The spaces between ideas can be used for recording your thoughts, or use the back of the page or another page.

- ☺ After the aqua fitness class, or on your own time, play in the water and explore exercises you know or have tried in one of your classes.
  
- ☺ Try a number of the movements you have done in class (march, ski, jacks, bicycle, hamstring curls...). Be sure to spend some time at each depth: chest deep, deep water or suspended off the floor (use a floatation belt or ride a noodle like a horse if you are not touching the floor).
  
- ☺ Try a variety of arm actions with each leg pattern you try. How do they feel?
  
- ☺ Experiment with ways to make the movements feel **harder** or **easier** – but be sure to maintain good vertical alignment throughout all exercises you try.
  
- ☺ Go on-line or visit your library and look at human skeletons and muscles. There are many inexpensive apps to learn basic musculo-skeletal anatomy. What questions do you have?
  
- ☺ Compare exercise in the pool to other forms of exercise you have tried. What is the same? What is different?
  
- ☺ Consider yourself as the instructor for an aqua fitness class. What do you think you would be good at? What would be challenging for you?
  
- ☺ Put on some music you think is appropriate and try teaching some aqua fitness movements in front of a mirror. Use ideas you liked from the instructors you saw teaching. Reflect on what was easy and what was challenging about doing this.