

National Certification Course for Aquatic Fitness Personal Trainers

8th Edition

Table of Contents

Part 1 – General Information

- Chapter 1 – General Information regarding the Course
- Chapter 2 – The Course Explained
- Chapter 3 – Coach, Instructor, or Teacher?
- Chapter 4 – Keep Searching
- Chapter 5 – Understanding the USWFA
- Chapter 6 – Health, Safety, and Security
- Chapter 7 – Watermanship, as Related to Aquatic Fitness Personal Training
- Chapter 8 – Liability, Risk Management, and Insurance
- Chapter 9 – Mindset
- Chapter 10 – The Importance of Brain Power
- Chapter 11 – Mental Health and Exercise
- Chapter 12 – Learning Styles
- Chapter 13 – Goals and Objectives
- Chapter 14 – Change, Habits, and Procrastination
- Chapter 15 – Overcoming Obstacles, Barriers, and Distractions
- Chapter 16 – Values and Benefits

Part 2 – Exercise and Related Subjects

- Chapter 17 – Five Categories of Aquatic Exercise
- Chapter 18 – The Physical Body
- Chapter 19 – Important Aquatic Fitness Knowledge (including Weight Control)
- Chapter 20 – Stretching
- Chapter 21 – Longevity and Combating the Aging Process
- Chapter 22 – Exercise is Medicine
- Chapter 23 – Cautions with Exercise (Contraindications)
- Chapter 24 – Use of Various Parts of the Body
- Chapter 25 – Breathing
- Chapter 26 – Balance, Posture, and Body Alignment
- Chapter 27 – Water Exercise Equipment
- Chapter 28 – Views of National and World Fitness and Health Efforts

Part 3 – Nutrition and Health

- Chapter 29 – Nutrition
- Chapter 30 – Health
- Chapter 31 – Hydration

Part 4 – Personal Training Programs

- Chapter 32 – Why Aquatic Exercise Personal Training Programs?
- Chapter 33 – Organization of Aquatic Exercise Personal Training Programs
- Chapter 34 – Types of Personal Training Programs
- Chapter 35 – Job Descriptions
- Chapter 36 – Performance Benchmarking
- Chapter 37 – Finding Pool Space
- Chapter 38 – Finances – Making Money
- Chapter 39 – Coast to Coast Fitness Marathon

Part 5 – The Aquatic Exercise Personal Trainer

- Chapter 40 – Overview of a Good Personal Trainer
- Chapter 41 – Attitude
- Chapter 42 – Communication Skills
- Chapter 43 – Networking

- Chapter 44 – Leadership
- Chapter 45 – Motivation
- Chapter 46 – Energy, Vibration Levels, Charisma, and Passion
- Chapter 47 – Gassing Up Your Brain – Creation of Fun and Play
- Chapter 48 – Stress and How to De-Stress Yourself
- Chapter 49 – Who We Are and Who We Are Not
- Chapter 50 – Career Paths

Part 6 – Developing and Designing Sessions

- Chapter 51 – Personal Trainers Qualities
- Chapter 52 – Developing a Sound System
- Chapter 53 – Developing Lesson Plans
- Chapter 54 – Audits, Assessments, and Evaluations
- Chapter 55 – The Individual Prescription for Each Client
- Chapter 56 – Philosophies to Be a Part of Each Session

Part 7 – Concentrating on You

- Chapter 57 – Self-Care
- Chapter 58 – Mind, Body, and Soul
- Chapter 59 – The Wellness Game
- Chapter 60 – Lifestyle Management (Healthy Lifestyles)
- Chapter 61 – Mindfulness/Mindset
- Chapter 62 – The Holistic Approach
- Chapter 63 – Affirmations
- Chapter 64 – Spirituality
- Chapter 65 – Meditation
- Chapter 66 – Self-Help Ideas

Part 8 – Sales and Marketing

- Chapter 67 – Sales and Marketing
- Chapter 68 – Success Stories and Testimonials
- Chapter 69 – How Do We Woo and Wow Clients?
- Chapter 70 – Retention of Clients and Reengagement Campaign
- Chapter 71 – Is the Client Our Boss?
- Chapter 72 – Created Addiction
- Chapter 73 – Customer Service
- Chapter 74 – Social Media
- Chapter 75 – Your Competition

Part 9 – Exercises

- Chapter 76 – Exercises

Part 10 – Populations Served

- Chapter 77 – Populations Served (65+ Target Markets)

Part 11 – Other People's Ideas (OPIs)

- Chapter 78 – Other People's Ideas (OPIs)

Part 12 – Glossary of Terms

- Chapter 79 – List of Terms and Definitions
 - Anatomy and Physiology
 - Sales and Marketing
 - Creating Innovative Programs
 - Trends
 - Gratitude

Part 13 – Securing and Renewing Your Certification

- Chapter 80 – Securing and Renewing Your Certification

National Certification Course for Aquatic Wellness Coaches

Table of Contents

- Chapter 1 – Components of Wellness
- Chapter 2 – Benefits of Physical Activity
- Chapter 3 – Nutrition
- Chapter 4 – 10 Steps to Build and Maintain Digestion
- Chapter 5 – Organic Nutrition and More
- Chapter 6 – Incorporating Holistic Health
- Chapter 7 – Lifestyle Management

- Chapter 8 – Stress
- Chapter 9 – The Importance of Sleep
- Chapter 10 – Laugh, Laugh, Laugh
- Chapter 11 – Fun, Happiness, Joy, and Play
- Chapter 12 – Aging Well
- Chapter 13 – The Power of Positive Thinking
- Chapter 14 – Wellness Wearables

At the end of the manual – Appendix – Healthy Recipes – References – Index

The Course Materials also include the Anatomy Manual