

Resource material: Aauafitness

## AQUA FITNESS

In addition to providing students with experience in another aspect of aquatics, aqua fit activities provide opportunities for teaching concepts related to some components of health related activity. There is scope for sustained aerobic activity in a medium which reduces the impact related stresses on the body. A well structured aqua fit component in a lesson also allows students of all abilities to participate together in an activity.

In planning and implementing aqua fit activities in the aquatics lesson there are some points which should be taken into account:

- *The pulse is approximately 10 beats per minute slower than on land-based activities due to the cooling effect of the water. This must be taken into account when calculating target training zones, e.g.*

Age 14 years	Land-based activity	Water-based activity
Max Heart rate	208 bpm	198 bpm
Target Training Zone [60%-85% Max HR]	124-176 bpm	119-168 bpm
10 second count	21-29	20-28

- *All aqua fit sessions must include warm-up, mobiliser and cool down.*
- *Water should be at chest height.*
- *Encourage students to establish a breathing pattern; exhale on the forceful motion and inhale on the recovery motion.*
- *Music may be used as background.*
- *Exercise in the water should be enjoyable and never hurt.*
- *Students should drink before and during session. No food within a period of 1.5 hr prior to exercise.*
- *Focus on correct posture. Upright throughout, toes turned out, knees over toes, keep knees 'soft'.*
- *Keep lower back flat especially as you walk backwards.*

## AQUAFIT. CARDIOVASCULAR ENDURANCE TASKS

If students are confident in the water these exercises should be done in chest deep water.

- (1) Pool walk (forwards and backwards)
  - Breaststroke arm action going forward.
  - In/out pressing action as you go back.
  - Gradually lengthen strides.
- (2) Cross-country ski action
- (3) Pool jog
- (4) Knee lifts
- (5) Twist
- (6) Tuck jumps
- (7) Cardio bouche
  - Feet apart, knees soft, spring forward as far as you can.
  - Bounce on the spot once.
  - Repeat this sequence as you progress across the pool.
  - Arms and cupped hands scooping forward at your side.

These exercises may be done initially for 1 minute increasing to 2 minutes continuous exercise.

Perform in a circle/across pool/in relay with partner.