



Aquafusion
AQUA EXERCISE

2015-6 Prospectus

FOR MIDWIVES, HEALTH
AND FITNESS PROFESSIONALS



www.aquafusion.co.uk



Welcome to Aquafusion

Aquafusion has been instrumental in the development of water exercise for health professionals in the UK since the mid 1980's and continues to be **at the forefront of research and education** in this highly specialised area. Aquafusion continues to develop its unique training programmes for midwives by drawing on comprehensive scientific and medical research. **In recent years aquafusion has expanded its training programme to include land based exercise programmes.** These offer midwives the opportunity to teach exercise in the community, during parent craft and offer advice on back care during pregnancy & abdominal care post-natally.

Our tutors are specialists in their field and are all highly qualified and proactive within the aquatic and health industry. Aquafusion is nationally recognised as one of the leading providers of ante/post-natal training for midwives in the United Kingdom and Europe.

In 2001 Aquafusion merged with Northern Fitness and Education to further expand and develop the courses offered to midwives.

The merging of these two organisations has enabled further development and enhancement of the training courses to offer **unrivalled expertise** within the field of aqua-natal and ante/post-natal exercise.

Aquafusion has been instrumental in developing exercise programmes specifically for midwives. These programmes were originally given ENB approval in 1996, and more recently awarded The Royal College of Midwives approval.

Aquafusion offers **intensive, high quality training courses, leading to valuable and recognised qualifications.** We give you the knowledge, ability and motivation to enable you to deliver safe, effective community based exercise sessions during and after pregnancy.

Why choose Aquafusion training?

- Recognised by the Royal College of Midwives for continuing professional development.
- We offer a unique programme of courses specifically devised for midwives and health and fitness professionals.
- A unique programme of courses specifically devised for pregnancy and the post natal period.
- Our team of qualified tutors include midwives and health & fitness professionals who are further qualified in the area of teaching exercise during and after pregnancy.
- We support you once you have qualified, by offering professional development days.



In-house training

Aquafusion can provide in-house training programmes that have a flexible approach. These courses can be tailor-made to suit individual NHS Trusts to enable midwives to continue their professional development. These in-house training programmes have been developed to meet the needs of both employers and employees within the NHS.



Aqua-Natal 1 - Introduction to teaching in pregnancy

This intensive practical and theoretical foundation course provides the knowledge and coaching skills to lead a community based aqua-natal exercise class safely and effectively. The training enables you to carry out our simple yet effective prescribed exercise programme for healthy pre-natal women. You will be provided with a full set of session plans to enable you to start teaching. Applicants must be registered qualified midwives, health or fitness professionals (Rep's level 2).

- ✓ 2 day course
- ✓ Time: 9am - 5pm
- ✓ Theory and practical sessions
- ✓ Tutor support and feedback
- ✓ Course Manual
- ✓ Sessions Plans
- ✓ Certificate of Attendance

Course content:

- Properties of water
- Class structure and content
- Session planning
- Anatomy and physiology related to pregnancy
- Aqua-natal safety guidelines
- Exercise prescription
- Teaching workshops
- Guidelines to teaching
- Research
- Health and safety
- Reflective practice and evaluation



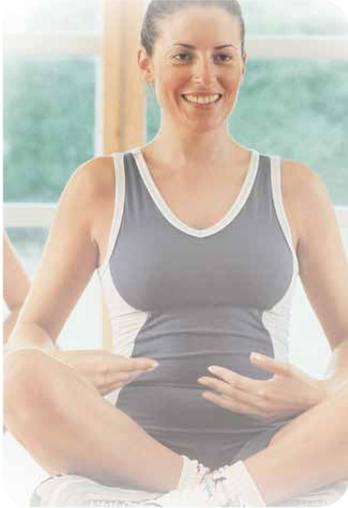
Aqua-Natal 2 - Advanced teaching skills

This course is designed for midwives who are currently teaching or returning to aqua-natal community classes. This course will further your knowledge in both ante and post-natal exercise prescription & looks at a wide variety of class formats including circuits. It will look at introduction of small equipment into an aqua-natal session including water noodles, floats, water buoys and will also introduce the concept of introducing circuit style formats into your session plans. The course is designed to give you an up-date on teaching skills and communication and introduce you to new ideas to refresh your teaching.

- ✓ 1 day course
- ✓ Time: 10am - 5pm
- ✓ Theory and practical sessions
- ✓ Tutor support and feedback
- ✓ Course Manual
- ✓ Certificate of attendance

Course content:

- Revision of class structure
- Aqua choreography
- Aqua circuit planning
- Post-natal considerations
- Aqua specific teaching skills
- Health and safety in pregnancy
- Exercise prescription & adaptations
- Introduction to a wide range of Aqua equipment
- Reflective practice



Back & Abdominal Care in Pregnancy & Beyond

This course is a basic introduction in to how to teach safe and effective abdominal exercises using the principles of Pilates. It introduces Midwives, health and fitness professionals to the principles of core stability and back care that are essential during and after pregnancy. It will introduce you to 10 exercises that focus on improving posture, maintaining abdominal tone, aiding back care and maintaining pelvic stability. The course will enable you to introduce exercises that are core based and aimed at strengthening the back and abdominals and improve posture during pregnancy and beyond.

- ✓ 1 day course
- ✓ Times: 10am-5pm
- ✓ Theory and practical
- ✓ Tutor support and feedback
- ✓ Course manual
- ✓ Certificate of Attendance

Course content:

- Anatomy of the trunk
- Introduction to the principles of Pilates
- Ante-natal exercise prescription
- Backcare prescription
- Exercise for the 3 trimesters
- Exercise for the initial post natal period
- Guidelines to teaching
- Reflective practice



In-house training

Aquafusion can provide in-house training programmes that have a **flexible approach**. Our courses can be tailor-made to suit individual NHS Trusts to enable midwives, health professionals to continue their professional development.

Courses for leisure centres and private health clubs can also provide further training for fitness instructors, aqua instructors and personal trainers. These in-house training programmes have been developed to meet the needs of both employers and employees within the public and private sector. You will be provided with comprehensive course notes and a certificate of attendance.

**Please call our customer service team
on 01943 879816**

to discuss in-house training further.

Our areas of expertise include:

- Pregnancy and back care
- Abdominals and pelvic floor repair
- Ante-natal exercise prescription
- Post-natal exercise prescription





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Professional
Fitness & Education

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