Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
AQUA GYM	
Academic Teacher	Phd Katarzyna Stachowiak
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFWF-AG-26

Course description

Knows the exercises, games, and teaching methods used in the instruction of basic aqua aerobics steps.

Acquires fundamental skills in conducting aqua fitness classes, enabling the correct demonstration of exercises and movement techniques.

Possesses knowledge and practical skills related to teaching aqua fitness exercises, including both technical execution and instructional methodology.

Is able to lead aqua fitness classes for large groups of participants effectively and safely.

Efekty kształcenia - tematyka zajęć / Learning outcomes - course content

- **Introduction to Aqua Fitness Classes.** Basic concepts of aqua fitness. Components of fitness training. Criteria for the classification of movement.
- **Cueing – methods of communication with participants during aqua aerobics classes;** exercise cueing and instruction, verbal and visual communication. The teaching process in aqua fitness classes. Methodology for conducting strengthening and stretching exercises in water.
- **Aqua Body Pump, Aqua Zumba, Noodle-Based Classes, Kickboard Exercises, Ball Exercises, and Aqua Disc Workouts** – demonstration, description, and characteristics of each type of class.

Opis pracy własnej studenta / Student workload (self-study description)

Reading assigned literature
Practical assessment of the basic aqua aerobics exercises covered during the course. Successful achievement of the intended learning outcomes, active participation in classes, and satisfactory knowledge and skills related to fundamental aqua aerobics exercises.

Demonstration of competencies in promoting health-enhancing physical activity through the preparation and presentation of a topic related to physical activity and health promotion.
Literature
1. Aquatic exercise Association (2025): Aquatic Fitness Professional Manual, Human Kinetics. 2. Mellisa Layne (2015): Water Exercise, Human Kinetics. 3. Pietrusik, K. (2005). *Swimming: Teaching and Skill Improvement, Including Selected Elements of Aqua Fitness*. Warsaw: TKKF. 4. 2. Zysiak-Christ, B., Figurska, A., & Stasikowska, I. (2010). *Methodological Foundations of Aqua Fitness*. Wrocław. 5. 3. Olex-Mierzejewska, D. (2002). *Fitness: Theoretical and Methodological Foundations of Conducting Fitness Classes*. Katowice. 6. 4. Pietrusik, K., Apolinarska, J., & Sobczak, K. (2019). *Water Fitness: Physical Activity in Water, Recreation, Teaching, Training, and Relaxation*.