



# BCRPA Aquatic Fitness Example Eight Hour Resume and Lesson Plan

# Form B-1

APPLICANT'S NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

E-MAIL \_\_\_\_\_

PHONE NUMBER (Home) \_\_\_\_\_ (Business) \_\_\_\_\_

EVALUATION DATE \_\_\_\_\_ Have you changed your address? Yes ( ) No ( )

## EXAMPLE AQUATIC FITNESS EIGHT HOUR RESUME

Practicum classes must not be taught until after completion of the Specialty Module Course. You can complete your practicum at any site of your choice so long as you obtain the permission of the facility and the instructor(s) whose classes you will be working in. Please note that you need to obtain a total of at least 8 hours of practicum teaching.

Date	Agency	Supervisor	Length of Instruction	Class Type	Component Taught	Class size
May 10/06	Fitness ABC	Susie Fitness	10 minutes	Shallow water, moderate	Warm-up	10
May 17/06	ABC Fitness	Wendy Waves	20 minutes	Shallow water, moderate	Strength and stretching	15
May 19/06	123 Fitness	Jane Exercise	30 minutes	Shallow water, moderate	½ of cardio	22
May 23/06	Fitness ABC	Susie Fitness	30 minutes	Shallow water, moderate	2 <sup>nd</sup> half of class, cardio, strength & flexibility	25
May 28/06	Fitness ABC	Susie Fitness	60 minutes	Shallow water, moderate	Whole class	21
May 30/06	Fitness 123	Sally Splash	60 minutes	Shallow water, moderate	Whole class	25
June 4/06	123 Fitness	Jane Exercise	60 minutes	Shallow water, moderate	Whole class	28
June 8/06	ABC Fitness	Wendy Waves	60 minutes	Deep water, moderate	Whole class	18
June 10/06	Fitness ABC	Susie Fitness	30 minutes	Deep water, moderate	Cardio only	12
June 12/06	123 Fitness	Jane Exercise	60 minutes	Shallow water, moderate	Whole class	14
June 15/06	Fitness ABC	Susie Fitness	60 minutes	Deep water, moderate	Whole class	13

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**EXAMPLE LESSON PLAN**

This form is to help the evaluator while writing up the Instructional Competency Evaluation form. There is no grade attached to the lesson plan. **You are required to hand this completed lesson plan to the evaluator *prior* to the evaluation.** Please copy this form if additional space is required.

Song/CD Used & BPM	Fitness Component	Exercise Selection	Muscle Groups and/or Joints Involved	Special Precautions or Instructions	Time (min)
The Best of Step Vol. 6, BPM: 128 Songs 1 & 2	Warm up	Moderate activity: jogging, hamstring curls, easy x-country ski, pendulums	All major muscle groups	Go your own pace, heels down, listen to your body, stand tall with good alignment	7 – 10
Song 3	Cardio	Combo: jog, hamstring curls w/ jumping jacks	Iliopsoas, hamstrings, adductors/abductors	Bend knees, appropriate water depth, stand tall, shoulders back	14
Song 4	Cardio	x-country ski, jog, jumps	gluts, hip flexors, quads, arm muscles	Neutral pelvis, appropriate water depth, offer different intensity levels	18
Song 5	Cardio	pendulums, jog, hamstring curls	abductors, adductors, all leg muscles, arm muscles	Square shoulders and hips, toes pointed forward, neutral pelvis w/ hamstring curls	22
Song 6	Cardio	Rocking horse, kicks fwd & back, Russian kicks	Gluts, hip flexors, quads, hamstrings, arms, deltoids, pecs	Appropriate water depth, cue for stability, emphasize forward lean w/ kick backs, neutral pelvis	26
Song 7	Cardio	x-country, rocking horse	Gluts, hip flexors, hamstrings	Diagonal arm patter, long lever to back, neutral pelvis	30
Song 8	Transition into strength	JJ's use noodles standing core exercises	Adductors/abductors, transverse abdominis/obliques	Work to stabilize, avoid wobbling, stand tall	34
Song 9	Strength	Legs, use noodle for balance, hip abduction, 1 leg cycle	Targeting all gluteals	Square hips, neutral pelvis, stand tall, appropriate ROM	38
Song 10	Strength	Transition to dumbbells, seated row, triceps press, toe lifts/taps	Rhomboids, mid traps, triceps, tibialis anterior	Good alignment of neck and head, squeeze shoulder blades together	42
Song 11	Cardio & Strength	Jumping jacks & jogging, stability exercises, glides and recover, press downs	Adductors/abductors, transverse abdominis, obliques, rectus abdominis	Cue for stability, breathe rhythmically, appropriate water depth	46
Song 12	Cool Down	Walking, step and slide	All muscle groups	Keep movement relaxed and fluid	50
Song 13 & 14 BPM: varied – slow and rhythmic	Stretching	Static stretches intermixed w/ dynamic ROM	All muscle groups	Appropriate ROM, no quick, jerky movements, relax	54-60