



BCRPA Aquatic Fitness Eight Hour Resume and Lesson Plan

Form B-2

APPLICANT'S NAME _____

MAILING ADDRESS _____

E-MAIL _____

PHONE NUMBER (Home) _____ (Business) _____

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

AQUATIC FITNESS EIGHT HOUR RESUME

Practicum classes must not be taught until 1) you are registered in Fitness Theory; and 2) you have completed the Aquatic Fitness course. You can complete your practicum at any site of your choice so long as you obtain the permission of the facility supervisor and the instructor(s) whose classes you will be working in and that the facility supervisor and class supervisor both sign where indicated below. Please note that you need to obtain a total of at least 8 hours of practicum teaching. Please Review the entire B2 form for practicum options.

Date	Agency	Class Supervisor (print name and sign)	Length of Instruction	Type (e.g. Aqua Lite) and component (if applicable)	Class size

FACILITY SUPERVISOR ATTESTATION (BCRPA reserves the right to confirm with supervisor as necessary):

Facility/Community Centre Name: _____

Aquatic Fitness Coordinator/Supervisor Name: _____

Aquatic Fitness Coordinator/Supervisor Telephone Number: _____

Aquatic Fitness Coordinator/Supervisor Signature: _____

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 and BPM	Fitness Component	Exercise Selection	Muscle Groups and/or Joints Involved	Special Precautions or Instructions	Time (min)

AQUATIC FITNESS (AQ) PRACTICUM AND ICE GUIDELINE

Form B-2

PRACTICUM REQUIREMENTS

Upon completion of AQ specialty module course, **8 hours of practicum** is required before Instructor Competency Evaluation (ICE). Practicum remains a registration requirement for Aquatic Fitness.

A minimum of **4 hours MUST be completed in water**. This could be in the form of practice-teaching an actual AQ class at a facility, practice-teaching friends and family, or self-practice. The importance of water-awareness and applying biomechanical principles of exercising in water have been identified as the key component and goal of the practicum. As such, minimum required time is recommended in the actual aquatic environment where Aquatic Fitness classes take place.

To facilitate this requirement, please see options below.

OPTIONS FOR COURSE CONDUCTORS

TFLs who deliver the BCRPA Aquatic Fitness module can arrange group practicum for new Fitness Leaders. This component is separate from the course and should include self-practice and peer-to-peer practice-teaching (following COVID protocols).

TFLs are encouraged to network with local pools (public and private facilities) to assist students with practicum placements.

NEW AQ LEADERS IN SEARCH OF FACILITIES

Start networking with pools in your community at the beginning of your AQ module by reaching out to facilities. New Aquatic Fitness Leaders should work with a mentor (a current instructor) in an existing class to obtain practicum hours. The BCRPA does recognize the challenges new AQ Leaders may face when booking practicum placement due to limitations set by Covid-19. The BCRPA continues to encourage new Aquatic Leaders to fulfill practical requirements in an actual class environment.

Alternate Forms

Until further notice, new AQ Leaders can complete the following Practicum Completion forms in place of the AQUATIC FITNESS EIGHT HOUR RESUME on the first page of Form B2.

DOCUMENT: FORM FOR 4 HOURS IN WATER

Date	Facility	Length of practice	Practice type (self-practice, practice teaching)	Verification of facility usage (receipt, initials)

REMINDER OF REQUIRED PRACTICUM HOURS

In addition to the minimum 4 hours required in water, the remaining 4 hours can be completed on land. This can be done at home, virtually or outdoor where new AQ Leaders practice their instructional skills. It is important to develop leadership and communication skills while incorporating class designs, lesson planning, use of music and voice. This is in preparation for the ICE and instruction in the pool. A **minimum of 1 participant is required**. These hours can be documented in the Form below.

DOCUMENT: 4 HOURS ON LAND

Date	Location	Length of practice	Practice components (full class, warm-up only, cueing)

PRACTICE-TEACHING FRIENDS AND FAMILY

Please ensure the safety of friends and family who act as participant(s). Anyone who participates in practice-teaching sessions must be made aware that the instructor is not yet registered in the specialty. Participants must be apparent healthy adults, without injuries.

FITNESS LEADERS NOT ABLE TO COMPLETE ANY PRACTICUM HOURS IN WATER

Those unable to fulfill the minimum 4 hours of practicum in water due to Covid-19 will be required to **re-ICE within a year** with the same evaluator. Please contact the BCRPA in writing at registration@bcrrpa.bc.ca.

ICE

ICE can be done virtually on land or at a pool. Video ICEs are also accepted. Arrangements should be confirmed directly with the ICE evaluator. It is the responsibility of the new AQ Leader to ensure that practicum hours are completed prior to the ICE. New Fitness Leaders should also take into account the First Year BCRPA registration timeframe and requirements.

Respect all COVID protocols at facilities where practicum hours are obtained and ensure the safety of friends and family. Anyone who participates in practice-teaching sessions must be made aware that the instructor is not yet registered in the specialty. Participants must be apparent healthy adults without injuries.