Tools of the Pool
Mastering A Balanced Workout

SIX ELEMENTS OF CHANGE

1) **Weight Shift** – how does the body shift weight during movement?
   - Landing on both feet — X-COUNTRY SKI and JACKS
   - Landing on one foot — JOG, ROCKING HORSE, PENDULUM
   - No weight shift, anchored on both feet — LUNGE STANCE, STRADDLE STANCE, PULSE in Place
   - No weight shift, anchored on one foot — single leg exercises like KNEE LIFTS, LEG LIFTS and SINGLE LEG BICYCLE

2) **Bi-lateral vs. Unilateral** – upper body and lower body patterns can alternate between engaging both sides equally or only one side at a time
   - ROCKING HORSE / Sweep — Series
   - Anchored KNEE LIFTS, LEG LIFTS and SINGLE LEG BICYCLE
   - THIGH SWEEP / Hammer in

3) **Vertical Working Positions** – the degree of impact or propulsive force exerted on the pool bottom can be changed and modified
   - LEVEL I — Rebound
   - LEVEL II — Neutral or Intermediate
   - LEVEL III — Buoyant or Suspended
   - LEVEL IV — “Anchored”

4) **Tempo & Speed** – movement speed and cadence should be altered to accommodate:
   - LEVER LENGTH
   - SURFACE AREA RESISTANCE
   - CADENCE OF MUSIC
   - DEGREE OF BIOMECHANIC INTENSITY
5) **Directional Changes** – altering the direction of movement for choreographic variety and biomechanical balance
   • ¼ TURNS
   • ½ TURNS
   • DIAGONAL

6) **Stationary vs. Travel** – change the position and directional propulsion of the exercise
   • FORWARD
   • BACKWARD
   • SIDE
   • DIAGONAL

### INTENSITY PROGRESSION
— Mastering The Physical Properties of Water

**360° Resistance – Surface Area**
- Hand & Wrist Positions (see Terminology – page 3)
- Streamline vs. broad body planes
- Short vs. long levers
- Adding equipment

**360° Resistance – Force & Power**
The use of acceleration and degree of muscular effort exerted against the resistance of water is a powerful intensity variable

**360° Resistance – Direction of Force**
Cue the direction of force applied in an exercise helps to target specific muscle groups for more targeted strength training benefits

**Propulsion, Elevation and Sculling**
The use of sculling as an essential skill to stay suspended in the water increases exercise intensity for most individuals

**Equipment for Increased Overload**
- WEBBED GLOVES
- NOODLES
- HAND BUOYS
THE 4 P’s OF TEACHING EXERCISE

PURPOSE

Means it is essential you know the intent and purpose of every exercise you teach. If you don’t know the purpose, why teach it? What is the primary purpose of the exercise? For aerobic endurance, muscle strengthening, flexibility, or balance & coordination? Only through a clear understanding of the specific intent and purpose of each exercise you teach can you achieve a balanced, safe, and effective exercise session.

POSTURE

Refers to teaching correct exercise technique. To teach correct technique, you must first know the proper posture to maintain while performing the exercise. Is the body correctly aligned to maximize the use of resistance and/or overload being applied? What is the correct beginning and ending position? What muscles are being recruited as the primary movers and what muscles are acting as stabilizers?

PROGRESSION

Refers to exercise intensity. Intensity, defined as the amount of energy expended or force applied during exercise, must be appropriately increased and decreased throughout an exercise program. Not only is it important for proper warming up and cooling down, but also the use of progression is the key element that determines the total volume of work that can be accomplished in an exercise session.

POPULATION

Means that for every population there is a safe and appropriate exercise prescription. A common example is the older adult population. Older adults are often joint compromised and suffer from one or more musculoskeletal conditions that limit exercise selection and performance. So, even though you may know the purpose of an exercise, be aware of the correct posture and how to teach it, and understand how to vary the intensity (i.e. progression), the exercise may still not be appropriate for all individuals in every population.