



**AQUATIC FITNESS INSTRUCTOR COURSE**

**PROSPECTUS**

**WWW.QUAFIT.IN**

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## ABOUT QUAFIT

QUAFIT® a sister concern of Fitness.Inc® offers you all the benefits of exercise but with less impact on your body. In short, it offers better results for least amount work.

- Water is usually dense than air so naturally you work harder and burn more calories
- The pressure in the water helps your heart to pump more blood around your body
- There's no pressure to 'go fast' with its extra stress on your joints.
- So if you are an regular runner and overcoming yourself from an injury, or if you want a good workout for least effort, then you must try aqua/aquatic fitness.

What can be the outcome in an QUAFIT® class?

QUAFIT® classes roughly last for an hour. Please be prepared to use your arms, hips, and legs continuously as you jog in the deep area of the pool.

In your first class a qualified instructor will introduce you through the basics, such as how to fit your equipment, and how to get the most out of your workout.

Discover the fitness benefits of QUAFIT®  
(Aquatic Fitness)

QUAFIT® classes are an amazing way to mix up a traditional gym workout with the fantastic benefits of water. It barely takes a few aqua Fitness sessions and you'll see a big difference in your overall fitness.

Also much popular as water fitness, typical classes will involve all the exercises you would expect in a 'dry' class. Also there are added bonuses when you exercise in water.

The most top of aqua fitness benefits are:

- Water supports the body, putting less stress on your joints and muscles
- Working out in water helps build strength. Fighting against the push of the water activates your muscles
- Water pressure assists to put less strain on the heart by moving blood around the body
- The impact of gravity is less in the water allowing a greater range of motion
- Working out in water helps prevent overheating, helping you exercise for longer, it is also a great deal of fun. It is not often you can say that about a workout.

What to expect at an QUAFIT® class

The very instant you do it you will feel that it is a great all-over workout. You'll also use get to use new equipment like aqua dumbbells, noodles, Balls and hydro discs. Generally you don't need to buy equipment if you don't want to.

Everything you need will be provided by your pool for use the lesson. Find your nearest pool offering Aquatic Fitness contact the address mentioned below.

## OUR FOUNDER

Having completing his undergraduate on August 2009 from The Tamil Nadu Dr.MGR Medical University, Chennai, India, he did his certification in Sports Physiotherapy from SPARRC Institute, Chennai, India, practiced as a Sports Physio for a while, and joined SNAP Fitness as a Physio Trainer on December 2009. Having sound knowledge on the health and fitness field he decided to move on to the next stage and joined MSc, Advanced Sports Therapy and Rehabilitation Science at Teesside University, Middlesbrough, UK on September 2011. After Graduating on November 2012 he returned back to India in 2013 and Joined Physiocareindia.co.in as a Sports Scientist-Performance Coach (7 August 2013) and Founded Fitness.Inc on December 21, 2013 later joined Sri Ramachandra Medical College (Sri Ramachandra Arthroscopy and Sports Science Center SRASSC) as Sports Scientist (Biomechanics) on 13 Oct 2014 worked until 12 Jan 2016. He is the First Ever Sports Scientist in India (2012).

Later He joined as the Head of Product and Curriculum at Sportism (Children Sports Training Academy) on 21 Feb 2016 where he designed curriculum for training kids aged between 3-14 years. His primary principles were based on LTAD (Long Term Athlete Development) model a well researched principle based out of Canada. Later on February 2017 left Sportism. His passion towards innovation in sports and exercise science grew to a great level.

He founded QUAFIT® the first of its kind in the whole country purely dedicated to aquatic fitness training on 21 Jan 2017. He has been awarded Honorary Doctorate (wellness Studies), h.c, California USA on Oct 2016 (he is the first youngest Indian to get this honour).

### RESEARCHES

He has exclusively worked with national and international athletes during various period of time. He was the first to propose a research on foot biomechanics (for Cricket Players) Podiatry assessment protocol using in-shoe pressure sensors among the cricket players for performance and injury prevention (Podiatric assessment protocol for cricket players) which was presented at the at ICC 5th World Congress of Science and Medicine in Cricket 2015, March 2015, Luna Park, Sydney, Australia. Influence of Fundamental Movement Skills and Long Term Athlete Development (LTAD) Principles on Sporting Performance This Research project is based on the LTAD Principles among the budding athletes.

### MIXED MARTIAL ARTS (UK Research)

A research on Mixed Martial Arts at MAX Martial Arts Academy, Middlesbrough, UK. The background is to find the optimistic effect of upper body plyometric exercises in addition to the Mixed Martial Arts Athlete's regular Training. Visit Research Gate to follow Dr Vasanth Kumar's current researches. <https://www.fitnessinc.in/founder>

**Dr VASANTH KUMAR**  
*Founder*

## ELIGIBILITY CRITERIA

### Eligibility Criteria

Must HOLD Current CPR Certification from a Recognised Institution or Organisation.

*Preferably from American Heart Association*

*If you do not hold one DO NOT WORRY we have the CPR course covered.*

Please note your QUAFIT® Certification stands cancelled without a valid CPR/BLS Certification. However, the CPR Certification is included in the course.

- Fitness professionals
- Personal Trainer
- Strength and Conditioning Specialists
- Physiotherapist
- Student Physiotherapists
- Physical Education Students/Teachers
- Sports Coaches
- Players/Athletes
- Any sports and exercise science student (Full time/part-time).
- Fitness and Sports Enthusiast

## COURSE CONTENT

### Course Outline

Learn Aquatic fitness exercises to help your clients do exercise which is less likely to cause damage to muscles or joints through rapid or sharp movements, or from pounding on hard surfaces.

#### Day 1

- American Heart Association Accredited Heart Saver First Aid, CPR AED course.

#### Day 2

- Introduction to aquatic fitness (30 min)
- Equipment & Facilities check (30 min)
- Exercise Physiology (3 hrs)
- Hydrostatic and Hydrodynamic Principles (1 hr)
- QUAFIT® Principle (1hr)

#### Day 3

- Safety & Health (1 hr)
- Types of Exercises (2 hrs)
- Stretching Theory (1 hr)
- Practical (2 hrs)

#### Day 4

- Program Design (2 hrs)
- Leading a Program (1 hr)
- Exam (1 hr)
- Practical (2 hrs)
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### Course Outcome

- An understanding of how aqua fitness activities differ from other fitness activities.
- Skills and knowledge which will aid in the

selection, use and management of equipment and facilities required for aquafitness activities.

- An understanding of a wide range of different aerobic and anaerobic movements that can be used in aquafitness programs.
- An understanding of the principles underlying the design of an appropriate aquafitness program.
- An understanding of the aquafitness training requirements of special needs groups.
- Skills in the design and delivery of appropriate aqua based programs to improve/maintain aerobic fitness.
- An understanding of skills that will enable better leadership of an aqua fitness session.

### Assessments

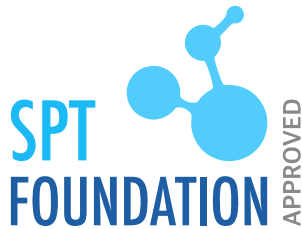
The difference between a good course and a bad course lies in the way you are assessed. Our assessments are designed in such a way that the participant feels confident to move forward in the course as they complete each assessment. Participants do their assignment work at their own pace within the course duration and are not restricted by any deadlines which are the advantage of self-paced learning. The assessments will make the certificate achieved more credible and valuable to the participant.

This course has approximately 1 assignment and 1 exam to complete the course successfully. You can opt out of the exam and receive a Certificate of Participation not the certificate of completion.

## ACCREDITATIONS



AQUATIC FITNESS INDIA  
ASSOCIATION  
CEU 1.8



SPT FOUNDATION  
CEU 1.8

### HEART SAVER COURSE



AMERICAN HEART ASSOCIATION  
CEU 0.6



## CAREER OPTIONS

### Career Options

Successful completion of the course will enable you to complement your fitness training skills to work as

- Aqua Fitness Instructor
- Aquatic Rehabilitation Coach

All community centers, condominiums, private clubs, YMCAs, YWCAs, Spas and Golf clubs may have fitness facilities and pools that offer job opportunities.

Check out your local fitness facilities looking for group instructors.

Check bulletin boards for people looking for a personal trainer.

Large companies with fitness centers, vacation centers, hotels, and cruise ships



## FEE STRUCTURE

### 3 Days QUAFIT® AQUATIC FITNESS INSTRUCTOR COURSE

INR 35,000 + 18% GST = INR 41,300

### 4 DAYS COURSE (Including AMERICAN HEART ASSOCIATION AED, CPR HEART SAVER COURSE)

INR 40,000 + 18 % GST = INR 47,200

#### What you get?

- Buffet Lunch for the opted days (3 or 4 Days).
- Learning Materials (Digital)
- Access to our Download and Channel section in the Official QUAFIT® Website
- Quafit Certified Fitness Instructor ID Card, Certificate and Transcript
- Eligibility to opt for QUAFIT® Franchise
- Early access to our custom equipment
- Your Profile listed in the QUAFIT® Official Website.

Visit <https://www.quafit.in/events>  
to enroll for the course

Ac name:	QUAFIT
Bank:	ICICI
Acc no.	777705734567
IFSC:	ICICI0001393
Account Type:	Current account
Branch:	Tambaram west

or send your Cheques in favour of FITNESS INC  
to our registered office address.

#### QUAFIT

#15/5, Kailasapuram, 2nd Street, Tambaram  
West, Chennai 600045

Alternatively, you can also transfer your Course  
fee using the following Account number and  
send an E-mail to [Quafit@fitnessinc.in](mailto:Quafit@fitnessinc.in) with  
the Reference or Cheque Number

# Certificate of Completion

This Certificate attests that

## DEMO CERTIFICATE

has met all the requirements of the **QUAFIT**® to develop and implement Aquatic Fitness programs for individuals who has no apparent or special medical needs.

## CERTIFIED AQUATIC FITNESS INSTRUCTOR

Certification # QFCAFI - 18 - 001

Dr Vasanth kumar., Head Sports and Exercise Scientist



Certified on  
Valid Through

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