

Arthritis & Exercise – Programming Options from AEA

By Ashley Bishop



You can take the **Arthritis & Aquatic Exercise: The Next Level Practical Applications** (a 3-hour workshop) at IAFTC 2023 in Orlando, Florida on Monday, May 1, 2023. The course will be presented by the program authors – Lori Sherlock, Kimberly Huff, and Julie See.

Whether you wish to teach AEA Arthritis Foundation classes, gain more knowledge on best practices for teaching those in your community who live with arthritis, or you wish to level up your current arthritis population knowledge – AEA has an option for you.

- **Become an Arthritis Foundation Program Leader** - The AEA Arthritis Foundation Aquatic Program (AFAP) and the AEA Arthritis Foundation Exercise Program (AFEP) are evidence-based, structured group exercise classes. The programs represent successful collaboration through the years between the Arthritis Foundation, specific YMCAs, and AEA. To begin leading these specific programs, one must complete the required online AEA Arthritis Foundation Program Leader Online Training Course that includes an exam. To read more about becoming an

AEA Arthritis Foundation Program Leader, click here. <<https://aeawave.org/Arthritis/Arthritis-Foundation-Programs>>

- **Dive Deeper into Your Training** - The AEA AF Program Leader Development Course is a one day in-person workshop or offered virtually over two days. It is designed to enhance preparation and understanding of the AEA Arthritis Foundation Programs. Gain knowledge and practical applications pertinent to class design, exercise performance, and leadership skills for working with individuals living with arthritis. Exercises for the AFAP and AFEP are covered in addition to lesson plan development, programming & presentation tips, and a quick review of the aquatic environment. Keep an eye on our event calendars for upcoming workshops. <https://aeawave.org/Calendar>
- **Continue Your Education** – AEA's Online Education platform has a wide variety of course including a few in the realm of arthritis. Currently you will find short courses entitled Osteoarthritis, Arthritis Foundation Cardio Circuit, and AEA Arthritis Programming for Body & Brain. Each course can be done on your own time and is worth one continuing education credit. <<https://aea.thinkific.com/collections?q=arthritis>>

- **Level Up Your Knowledge** – Meet the newest edition to the AEA Education family, the Arthritis & Exercise: The Next Level Specialty Certificate. AEA now offers an online ed course that takes the AEA Arthritis Foundation Aquatic Program (AFAP) to the next level with advanced training based on current research and trends in exercise for people with arthritis. The goal is to recognize when it is prudent to provide higher-intensity exercise. This online course is one of two components that make up the Arthritis & Aquatic Exercise: The Next Level Specialty Certificate. Look for part two, an in-person practical applications workshop, at IAFTC 2023!

Who's the Next Level Course for? While anyone can purchase and participate in the online course, it would be most beneficial to those who have completed the AEA AFAP/AFEP program leader training.

What to Expect from the Next Level Course? This interactive course comprises five modules with eight quick quizzes to assist with content comprehension. A PDF of course materials is available to download to reference while moving through the course or to have on hand for future referral. A new addition to the AEA Online Ed course format featured in this course



is the inclusion of assignments. These assignments are designed to reinforce the course materials and assist instructors in applying the education to their programming. A member of the AEA Education Department reviews each assignment before approving it; review turnaround time is usually no more than 1-2 business days. Before moving on to the next module, all quizzes and assignments must be completed.

The course is amazing, and I would love to take the next part. I am very happy to be part of this amazing aqua family!

What is Included in the Next Level Course?

- Module One - Arthritis Overview – Review common types of arthritis and identify unique key points specific to osteoarthritis, rheumatoid arthritis, fibromyalgia, osteoporosis, and more.
- Module Two - Aquatic Programming – Learn more about arthritis programming for the aquatic environment and how to safely progress the designated exercises, equipment recommendations, and protocols of the AEA AFAP and AFEP
- Module Three - AFAP Exercise Update – Understand how to incorporate exercise modifications for various arthritis symptoms and learn additional exercises to bring into your programming.
- Module Four - Lesson Plan Update – Learn how to update lesson plans that encourage a higher level of training with some general considerations.
- Module Five - Professional Considerations – Review professional considerations to ensure instructors can keep up with this dynamic and ever-changing industry.

As with all AEA Online Ed programs a certificate of completion with CEC/CEU details is provided after successfully completing the course. A helpful video for tracking your CEC/CEUs online is even included! Truly a one-stop educational option that can be completed on your time schedule from wherever you prefer to learn.

Still not sure if this course is for you? Here is some feedback from previous registrants.

I have both a nursing background and a current PhD in Integrative Nutrition. As I have been asked to join the aquatics team as support staff at my current place of employment, I was required to take this course. I found the course well-constructed. Each segment builds on the former. I found the content enjoyable to learn, both in its factual content and ease of learning presentation. Even though I had prior knowledge of the physiology of arthritis I still learned a lot! The quality and inclusiveness of your observations is just as important as your knowledge. I feel I have a better grasp on how to improve my teaching skills and the importance of my role as adjunct support of the medical team. I learned to support class participants in a way that not only helps them make progress towards their goals of better living, but also keeps them engaged as interested participants. I highly recommend this course.

– Very sincerely,
Constance H, PhD

The Arthritis & Aquatic Exercise course is very beautiful, rich, and exhaustive of what are the basic principles for teaching people with arthritis. I found it interesting that to continue with the course it is necessary to complete Assignments. In this way the student realizes if he is in the right direction and serves you to understand if the explanation of the concepts arrives clearly.

– Dario M, Aquatic Fitness
Professional, Italy

We are so excited to continue bringing next level training programs to you and wish you all the best in your AEA Arthritis Foundation classes. Don't forget, you are making a positive difference in your community!

AUTHOR

Ashley Bishop started out as a professional dancer and choreographer in Canada, Mexico and with Carnival Cruise Lines. Now in Las Vegas, NV Ashley is an Aquatic Training Specialist & Education Manager for AEA, a Registered Ballet Teacher with the Royal Academy of Dance, and a continuing education provider for ACE, AFAA & AEA.

Dual in the Pool

By Kimberly Huff, MS

Aquatic fitness professionals have been adding fun, creative challenges like counting in different languages or saying the alphabet backwards to classes for years. Combining exercises, like marching or jogging, while catching a ball has also been used to add an element of fun to class. Instructors recognized these activities could encourage participants to be more engaged in the class and make the exercises enjoyable.

Recent research has shown that these additional challenges not only add fun to the exercises, but also provide further physiological benefit. Performing two tasks simultaneously, such as adding the numbers in a phone number while walking or standing in a tandem stance and turning the head side to side, challenges both physical ability (motor function) and cognitive ability. This type of training is called “dual task training.”

Dual task training has been shown to result in greater improvements in both cognitive ability and motor function than other interventions performed individually. Performing appropriately designed cardiovascular, muscular conditioning, flexibility, and balance exercises will improve functional ability. Cardiovascular and resistance exercises have also been shown to improve cognitive function. Engaging in a variety of activities that challenge executive function and memory will improve cognitive ability. Research on dual task training shows that when a cognitive challenge is combined with a motor challenge (cognitive-motor) or two motor challenges are combined (motor-motor) there are greater improvements in both motor and cognitive function, which results in greater improvements in measures of functional ability.

This is significant considering that everyday life often involves performing two or more tasks at the same time.