

### 10 MANIA® Fitness Pro Conventions

DC MANIA® February  
 CALIFORNIA MANIA® March  
 FLORIDA MANIA® May  
 ATLANTA MANIA® July  
 DALLAS MANIA® August  
 MIDWEST MANIA® October  
 BOSTON MANIA® December  
 LIVE STREAM MANIA® April/June/Sept

1

### LIVE STREAM CERTIFICATIONS

35+ NATIONALLY RECOGNIZED CERTIFICATIONS FROM THE COMFORT & CONVENIENCE OF HOME.

[www.scwfit.com/Online](http://www.scwfit.com/Online)

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

2

### 20% OFF!

\$6.58 /Month or \$79/year (Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

## SCW OnDemand

500+ Educational Videos  
 150+ Leading Presenters  
 20+ Fitness & Health Topics Available

[www.scwfit.com/Online](http://www.scwfit.com/Online)

**SCW OnDemand**  
Always On.

SCW OnDemand is an extensive premium video subscription service that puts instant access to over 500 unique workouts right at your fingertips, 24/7. Available on your computer or mobile device, this exciting collection grows every MANIA as our sessions are filmed live with the top Fitness Industry Presenters. [www.scwfit.com/OnDemand](http://www.scwfit.com/OnDemand)

3

### ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

**Online CEC Videos**  
Earn CECs at Home.

140+ More Videos

[scwfit.com/CECS](http://scwfit.com/CECS)

SCW CEC Online Video Courses allows you to gain continuing education credits (CECs) while broadening your fitness skills. Accepted by SCW, ACE, AFAA, NASM, ACSM, AEA, NFPT and other organizations, these courses include 24/7 streaming videos, (filmed live at conventions), power point presentations, exams and downloadable certificates of completion. [www.scwfit.com/CECS](http://www.scwfit.com/CECS)

4

### Virtual Training Certification

Enjoy this one-of-a-kind educational series on how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level.

[www.scwfit.com/virtualtraining](http://www.scwfit.com/virtualtraining)

- Lights
- Camera
- Action

5

### www.TrainWithTheTrainers.com

## TRAIN WITH THE TRAINERS

We're bringing the world's finest trainers directly to you by offering real-time classes at only \$10 each through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home.

[www.TrainWithTheTrainers.com](http://www.TrainWithTheTrainers.com)

jeff howard  
SCW STAR PRESENTER

6

# AQUA sport

FINDMRJEFF@YAHOO.COM

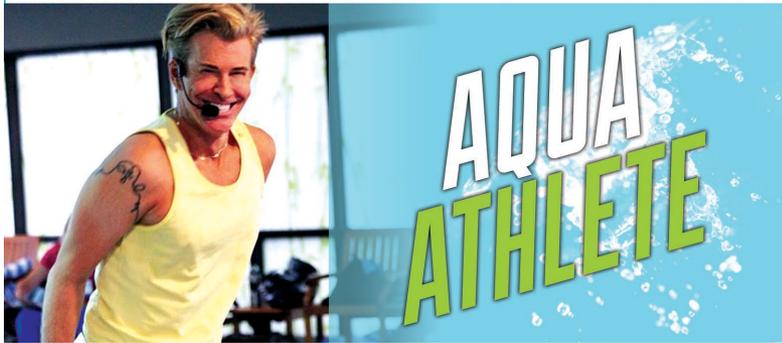


Jeffrey Howard



@jdhfit

Instagram

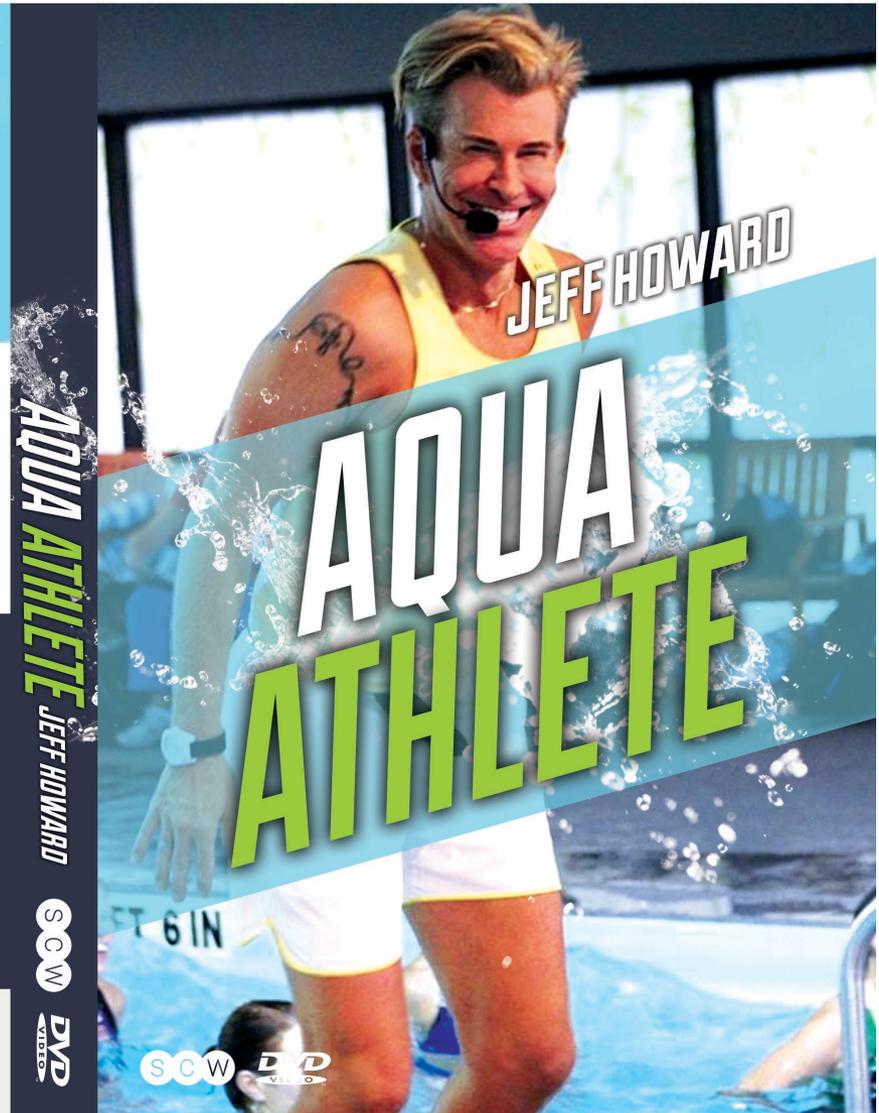


This class simulates different sports ranging from tennis to volleyball in patterns unique to each athletic endeavor. Jeff uses a cognitive teaching method that is easy to simulate and very effective. It involves the ability to process information and learn a different way of cueing that achieves results with less words.



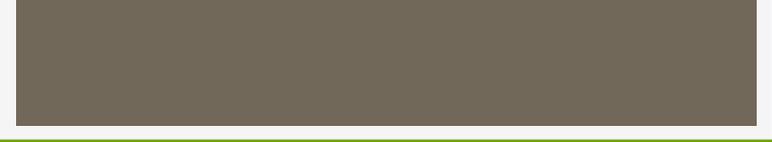
## JEFF HOWARD

Jeff is a world-renowned fitness presenter who has lived in South Africa, Puerto Rico and the United States. As part of the SCW Faculty, he has starred in numerous SCW Fitness videos and has educated fitness professionals at conventions worldwide for over a decade. Jeff trained countless celebrities as the pioneer instructor at the Golden Door Spa and has appeared on several national TV shows. Jeff is currently the Promotional Director of Fitness for Milestone Baptist East.



AQUA ATHLETE JEFF HOWARD





**Cognition** refers to mental activity including thinking, remembering, learning and using language. When we apply a **cognitive** approach to learning and **teaching**, we focus on the understating of information and concepts.

## Background

Dissatisfaction with behaviorism's strict focus on observable behavior led educational psychologists such as Jean Piaget and William Perry to demand an approach to learning theory that paid more attention to what went on "inside the learner's head." They developed a cognitive approach that focused on mental processes rather than observable behavior. Common to most cognitivist approaches is the idea that knowledge comprises symbolic mental representations, such as propositions and images, together with a mechanism that operates on those representations. Knowledge is seen as something that is actively constructed by learners based on their existing cognitive structures. Therefore, learning is relative to their stage of cognitive development; understanding the learner's existing intellectual framework is central to understanding the learning process.

### **A. CLASSFORMAT-interval training Core Specific ;**

**The** technique of interval training is modified for appropriate application to the general population and utilized as the basic training principle in the workout. The intensity-varied workout format is comprised of a series of aerobic work cycles. Each aerobic work cycle combines one high intensity aerobic training period with one period of low intensity aerobic training (ACTIVE RECOVERY). The desired result is that the heart rate will fluctuate between the minimum and maximum levels, but will remain within the target-training zone. Because heart rates elicit faster “RECOVERY” when exercising in the water then when exercising on land, the ratio (high intensity, low intensity).

### **CONSIDERATIONS FOR INTERVAL TRAINING**

Recommendations for intensity;

Train within limits

MAINTAIN 50-60% of age predicted maximal HR DURING ACTIVE recovery periods.

Raise intensity threshold to 85% of age predicted maximal hr during work periods.

### **ADDITIONAL TRAINING PRINCIPLES**

PROGRESSIVE OVERLOAD is applied and intensity varied through:

Force and acceleration

Speed and acceleration are two of the primary intensity regulators,

both on land and in water. Increase muscular effort (FORCE) and motivate students to accelerate each joint action through the water. Maintain full range of motion. Avoid emphasizing “SPEED” as the primary way to increase exercise intensity.

#### Surface area

Increase SURFACE AREA to increase for optimal muscular strength and endurance gains. Maximize training benefits with surface area resistance devices such as webbed gloves, buoyant barbells, and resistance cuffs.

#### Lever Length and direction

Change lever length and vary movement planes to maximize cardio respiratory endurance training and biomechanical balance.

#### Circuit-joint training

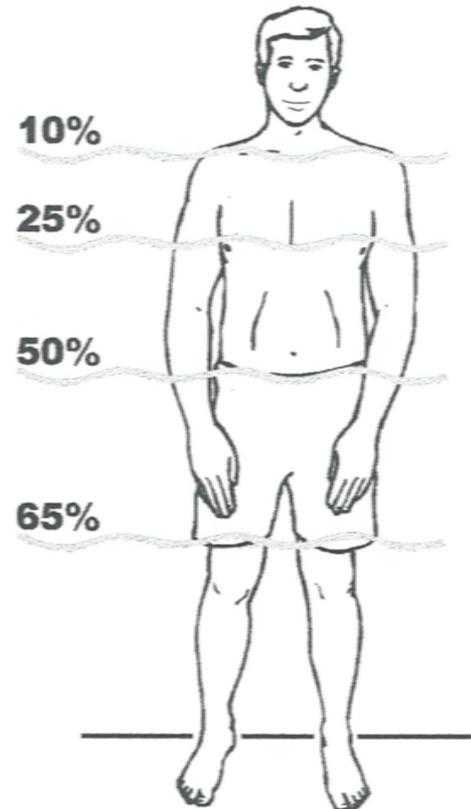
Alternating muscular endurance emphasis sets between upper and lower body and between opposing muscle groups to avoid premature onset of local muscle fatigue.

#### Working positions

Vary vertical positions (alternating between rebound, neutral and suspended) TO OFFER INTENSITY progressions and to provide increased challenge for the core musculature.

## Weight Bearing Effect of Immersion

The amount of your body's weight which you support is reduced in water. When standing your weight bearing drops as water deepens, as shown in diagram below:



## **WORKOUT DYNAMICS**

**AQUA SPORT** utilizes basic conditioning exercises that have proven effective on land applies them, with appropriate changes and modifications, to the aquatic environment. These include:

### ***BOUNCING***

-Quadriceps, hamstrings,  
gastrocnemius, ankle extensors

### ***JUMPS***

-ABDOMINALS, ABDOMINAL OBLIQUES,  
QUADS GLUTEALS, HAMSTRINGS GASTROCS,  
FEET

## ***X-COUNTRY SKI***

-Quads, hamstrings, abdominal, deltoids, gluteus

## **LUNGE KICKS & HITCH KICKS**

-Quads, hamstrings, latissimus Doris, abdominal, deltoids

## **ROCKING HORSE & PENDULUM SWINGS**

-Pectorals, lats, quads, hamstrings, abdominal

## **JACK & STRADDLE JUMP**

-Adductors, abductors, quads

## **FROG JUMPS & TUCK JUMPS**

-Abdominal, quads

## **HAMSTRING CURLS**

-Hamstrings, quads,

## **Warm-up**

- **Basket ball**

- Dribble left, then right
- Shoot a basket left lead
- Repeat
- Shoot right lead
- Alt dribble
- Dunk

- **Soccer**

- Alt kick front
- Block the ball with your head hit with your forehead
- Alt kick sides
- Block ball
- Kick back
- Block ball
- Alt kick front side back
- Block ball

# **Ski**

- **Mogul big**
- **Touch your ski jumps**
- **Mogul big but go low**
- **Touch your skis**
- **Mogul quick**
- **Touch your skis**
- **Push your poles**
- **Touch your skis**
- **Football**
- **In in out out**
- **Run forward 4 block back 4**
- **In in out out quick**
- **Block other arm**
- **In in out out**
- **Run zig zag left**
- **In in out out**
- **Run right**
- **Tether ball**
- **Hit left**
- **Hit right**
- **Back hand left**
- **Back hand right**
- **Repeat**

## **Volley ball**

- **Serve**
- **Spike it over new**
- **Serve**
- **Spike**
- **Serve**
- **Double spike**

## • **Wood chop**

- **Chop left**
- **Quick**
- **Chop right**
- **Quick**
- **Alt**
- **Timber**

## • **Swim**

- **Arms breast stroke**
- **Butterfly**
- **Back stroke**
- **Flutter kick**
- **Push off**

## **Golf**

- Swing left
- Swing right
- Repeat
- **Tennis**
- Serve it left
- Right
- Back hand left
- Back hand left
- Side to side move
- **Clap hands**
- Big
- Fast
- Faster
- Over head
- Lead right top
- Lead left top
- Alt clap

## **Volley ball**

- Serve
- Spike it over new
- Serve
- Spike
- Serve
- Double spike
- **Wood chop**
- Chop left
- Quick
- Chop right
- Quick
- Alt
- Timber
- **Swim**
- Arms breast stroke
- Butterfly
- Back stroke
- Flutter kick
- Push off

## **Basket ball**

- Dribble left, then right
- Shoot a basket left lead
- Repeat
- Shoot right lead
- Alt dribble
- Dunk

## **Soccer**

- Alt kick front
- Block the ball with your head hit with your forehead
- Alt kick sides
- Block ball
- Kick back
- Block ball
- Alt kick front side back
- Block ball