

ABOUT THE ISSA

In 1988, the most powerful team of fitness experts ever assembled joined together under the leadership of Sal A. Arria, D.C., MSS, and Frederick C. Hatfield, Ph.D., MSS, to stem the tide of physical decline in our civilization. Culled from the elite ranks of research, coaching, sports medicine, and sport and fitness science, these individuals decided to draw a line in the sand, and turn the tide toward a more fit and healthy planet. They formed The **International Sports Sciences Association** with the mission of transforming the fitness of the world.

Since that initial gathering in 1988, The **International Sports Sciences Association** has catapulted to the forefront of the fitness community. ISSA is now recognized as the **World Leader In Fitness Certification**, having provided certification and continuing education for more than 80,000 health and fitness professionals to date. ISSA acts as a teaching institution and certification agency for personal trainers, athletic trainers, coaches, physicians, chiropractors, physical therapists, and professionals in every field of health care. We have set new standards in exercise assessment, nutritional planning, fitness instruction, sports medicine practice, and post-rehabilitation training. Our courses are also taught in numerous colleges and universities. ISSA certifications are recognized universally, and our professional credibility is impeccable.

EDUCATIONAL OPTIONS

Independent Study

Independent study is available for students who wish to complete their studies at their own pace. ISSA also provides all students access to our toll free 800 Help line. This invaluable student support and assistance is available both during the certification process, and after the course has been completed, free! In addition, students who enroll in the independent study course are invited to attend any seminar as a refresher or to fulfill CEU requirements.

Interactive Learning - Study Online

ISSA now offers interactive certification and continuing education courses online to make learning more immediate, convenient and enjoyable.

TUITION INFORMATION

The tuition for each of our courses includes the cost of all required textbooks, study guides and testing. There is no extra charge for retaking an examination, if necessary. After passing your examination, you will be issued your professional certification and wallet identification card. ISSA certification is valid for two years and is renewable by completing 20 approved Continuing Education Units (CEUs) and paying a \$75 renewal fee.

ISSA provides many specialized education programs that meet the continuing education requirements for recertification. Additionally, ISSA courses are recognized and approved for CEUs by many professional organizations for physicians, chiropractors, physical therapists, and most fitness certifying agencies. Current CPR certification is required before ISSA certification can be issued

Need help before, during, and after certification? All ISSA students have unlimited access to our Toll Free Help line at **1.800.892.4772**

With ISSA behind you, success is just one step away. We'll teach you how to build a successful, rewarding, and profitable business, get in better shape, and help others improve the quality of their lives. Join the many thousands of successful ISSA fitness professionals worldwide and have the most respected authorities in the fitness industry on your team!

- The IRS permits an income tax deduction for educational expenses, including registration fees, travel costs and lodging incurred to maintain or improve skills required in one's employment or to meet the express requirements of an employer.
- All prices are subject to change without notice. All seminar dates subject to change without notice. Please call within 10 days of the seminar to confirm.

The water medium lends itself perfectly to mindful exercise. Mindful exercise can be described as simply paying attention to the moment; concentrating on exactly what you are doing as opposed to letting your mind wander off in other directions while exercising. The benefits of mindful exercise are the reduction of injuries, use as a biofeedback method, and movement of the body in different and enhanced ranges of motion.

The Water Fitness Trainer Program Was Specifically Designed For:

- Personal Trainers
- Physical Therapists
- Aerobic Trainers
- Healthcare Providers

ISSA CERTIFICATION PROGRAMS

- ✓ **CERTIFIED FITNESS TRAINER** (Personal Trainer)
- ✓ **FITNESS THERAPY**
- ✓ **SPECIALIST IN PERFORMANCE NUTRITION**
- ✓ **SPECIALIST IN FITNESS FOR OLDER ADULTS**
- ✓ **SPECIALIST IN SPORTS CONDITIONING**
- ✓ **ENDURANCE FITNESS TRAINER**
- ✓ **SPECIALIST IN MARTIAL ARTS CONDITIONING**
- ✓ **YOUTH FITNESS TRAINER**
- ✓ **WATER FITNESS TRAINER**

ENROLLMENT APPLICATION

Name _____

Address _____

City _____

State _____ Zip _____

Country _____

Organization _____

Phone (Day) _____

Phone (Eve) _____

How did you hear about ISSA? _____

WATER FITNESS TRAINER

Text & Tuition \$495

Shipping & Handling \$20*

Group Discounts Available
Please Call For Current Discounts

Payment Information:(please check one)

Check # _____ Money Order

Visa / MC AmEx

Discover

Card Number: _____

Expiration Date: _____/_____

Total To Be Applied To Card: _____

Name of Cardholder: _____

Signature: _____

Please complete and return to:

International Sports Sciences Association

1015 Mark Avenue

Carpinteria, CA 93013

Fax: (805) 745-8119

or enroll online at:

www.FitnessEducation.com

* All prices are in US dollars and are subject to change without notice. The \$20 shipping and handling fee applies to the continental US only. For all other areas, please call for exact shipping cost. Refunds granted within 30 days of date of purchase by written request, provided that all course materials are still in new condition. A \$50.00 administrative fee plus shipping costs will be deducted from all refunds. The cost of materials will also be deducted if materials are damaged or written in.

WATER FITNESS TRAINER

ISSA Certification Program



ISSA
International Sports Sciences Association
The World Leader In Fitness Certification – Since 1988
1-800-892-4772

INTERNATIONAL SPORTS SCIENCES ASSOCIATION

ABOUT WATER FITNESS

Aquatic exercise is the fastest growing segment of the fitness industry. Interest in vertical aquatic exercises has grown from obscurity to millions of participants in just the past few years. Water fitness has grown largely as a result of one fundamental demographic trend - the aging of our population. Water is seen as a more gentle exercise medium. Therefore, water programs were initially developed for special populations, such as seniors, who were considered too out of shape to participate in the more strenuous land-based exercise programs.

As time went on and usage increased, water fitness has been found to have a great deal more than gentleness to offer. It was discovered that world class runners while training in water after injury, came back much faster than expected and their performances were at or near their personal best. In some cases, their performances actually exceeded any previous mark. This phenomenon led many trainers and sports scientists to explore the possibilities of water as a serious training modality for elite athletes.

Over the years, fitness and sports professionals have experimented with a diverse array of water training programs. Some use specialized equipment, some do not.

One thing is clear: When designing effective aquatic exercise programs, a thorough knowledge of the medium and the way the human body interacts with it is crucial.

The ISSA Water Fitness Program serves as an abundant instructional resource for classical water exercise, water rehab, water aerobics, and strength training programming. This course allows instructors to expand their horizons in the area of continuing education and to apply fitness principles to water training. This new horizon extends the role of the fitness trainer to that of post-rehab therapy group aquatic instructor and enables him or her to deal with a more diverse population who can benefit from exercise in the water environment. As the scope of practice of the fitness trainer diversifies, the International Sports Sciences Association is available to help open the doors to the growing trend toward more water fitness training. Water has many advantages over most forms of training and rehabilitation and it applies to many types of sports and medical situations.

Most coaches and health professionals have historically not used water as a conditioning modality for one simple reason – they are unfamiliar with most of its uses. By not understanding how water training may be used by their clients, patients, and athletes, they have missed one of the most effective healing and training modalities available.

The ISSA Water Fitness Program offers information on the application of water to increase strength, improve posture, and change aspects of physiology through proper training. It also gives instruction on the use of water to heal injured sites, and act as a powerful active rehabilitation device. It helps the fitness professional understand that water exercise is more than swimming laps or just having fun. It has the potential to become one of the most widely used forms of exercise available.

As a nurse with 23 years of healthcare experience, I wanted to express my appreciation for the best, most well thought out program available.

Jim Easley, CFT

ADVANTAGES OF WATER FITNESS TRAINING

- Reduces joint and bone impact forces experienced during traditional land-based exercise
- “Unweights” the body by providing a buoyant medium
- Provides three dimensional resistance
- Provides mainly concentric muscular contractions
- Allows the joints to move along a natural path
- Helps control core body temperature
- Provides accommodating resistance
- Human cardiovascular system works more efficiently in water
- Allows for a full range of motion
- Provides a positive psychological environment
- Time efficient

Water Fitness Trainer Curriculum Includes:

- Unit One:** Basic Anatomy & Physiology and The Training Effect
- Unit Two:** Muscle Anatomy & Physiology
- Unit Three:** Basic Kinesiology & Biomechanics
- Unit Four:** Strength Theory
- Unit Five:** Fitness Theory
- Unit Six:** Basic Fitness Nutrition Theory
- Unit Seven:** Benefits of Aqua Training
- Unit Eight:** Sports & Fitness Exercises
- Unit Nine:** Flexibility Development
- Unit Ten:** Aqua Training Technology
- Unit Eleven:** Your First Meeting With A New Client
- Unit Twelve:** Exercise Programming For Special Populations
- Unit Thirteen:** Special Topics in Aqua Fitness Training
- Unit Fourteen:** Sports Medicine
- Unit Fifteen:** Clinical & Sports Medicine Applications of Water Training

Water is considered to be the best psychological environment for exercise as it has a profound relaxing effect on our mind and bodies. Our bodies are more than 70% water and while in the womb we are immersed in fluid. Water unweights us through its buoyancy and massages us as we move through it. Water refreshes our spirit with its fluidity and calming effect.

ISSA FOUNDERS

SAL A. ARRIA, DC, MSS, is the Co-founder and Executive Director of the ISSA. For 10 years, Dr. Arria was an active member of the Sports Medicine committee for the US Powerlifting Federation and served as a team doctor for numerous national powerlifting championships and three USPF World Championships. He also served as a team doctor for the US Track and Field team at the 1984 Olympic Games and continues to advise many Olympic and professional athletes. Arria founded one of the first sports medicine clinics to incorporate a fitness training center within the clinic and has served as a Special Advisor to the Governor's Council on Physical Fitness. Arria is a three-time California State Powerlifting champion and ranked in the top three in the USA in the 220-pound and 242-pound divisions. He has appeared on numerous national radio and television shows including CBS, CNBC, ESPN and the Family Channel. He directed the American Institute of Health Education's 1996 TELLY AWARD winning show The Five-Step Back Solution. Dr. Arria was also the Fitness Program Designer for Kathy Ireland's platinum award winning abdominal training video, ABSolutely Fit. In 2004, Dr. Arria was elected by the National Board of Fitness Examiners Board of Trustees to serve as the foundation's president.

FREDERICK C. HATFIELD, PH.D., MSS, ISSA Co-founder and President, Dr. Hatfield, (a.k.a., "Dr. Squat"), won the World Championships three times in the sport of powerlifting, and performed a competitive squat with 1014 pounds at a body weight of 255 pounds (more weight than anyone in history had ever lifted in competition). Former positions include an assistant professorship at the University of Wisconsin (Madison) and Senior Vice President and Director of Research & Development for Weider Health & Fitness, Inc. Dr. Hatfield was honored by Southern Connecticut State University when they presented him with the 1991 Alumni Citation Award. He has written more than 50 books and hundreds of articles in the general areas of sports training, nutrition, fitness, and bodybuilding. He has been a coach and training consultant for several world-ranked and professional athletes, sports governing bodies, and professional teams, worldwide. Recently, Dr. Hatfield competed in the 1998 World Championships in Olympic Lifting, Masters Division.

ISSA PROGRAM DIRECTOR

DAN SOLLOWAY was the inventor of Hydro-Tone water fitness equipment, and serves as Sports Training Director for Hydro-Tone International, Inc. He tours nationally and internationally conducting fitness training seminars for doctors, physical therapists, and exercise physiologists. Active in sports since childhood, Solloway has a special interest in the areas of bodybuilding, powerlifting, fitness, and competitive karate.

Other ISSA Program Directors Contributing To The Water Fitness Trainer Program:
Eric Durak, Msc, MFS
Charles Staley, BS, MFS
Sal Arria, DC, MSS

After two years in the health & fitness field, I was amazed at the quality of the Water Fitness Trainer program. It was the most scientific, practical and applicable display of knowledge relevant to this profession that I have ever witnessed.

Dave Franze, President
West Harrison Fitness Center, Inc.

1.800.892.4772 • www.FitnessEducation.com