

1207 – Aging

Beginner / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 1:30-5:00 pm – 3.0 credit hours

(Pool: 1:30-3:00 pm / Classroom: 3:30-5:00 pm)

Faculty: Maria Pritz, EdD

Steph Toogood, AS

COURSE DESCRIPTION:

Aging is a complex and multidimensional phenomenon subject to continual redefining of the physical, social, psychological and cultural self. The word “active” refers to continuing participation in social, economic, cultural, spiritual and civic affairs. Active aging aims to extend healthy life expectancy and the quality of life for all people as they age.

Within a large population of seniors who are participating in physical activities, competition is the focal point of their lives. Because they fail to separate the psychological risks and rewards from the physical risk and rewards associated with such behaviors, it is not easy for them to find safe outlets for their intense competitive drive.

All water exercises have to be practiced in slow-medium-fast speed levels. Each speed level can be different for each person and has a different purpose:

Slow speed – it makes it possible to pay attention to the movement process, to concentrate on relaxation while in motion and to understand the kinesthetic aspect of motion.

Medium speed – one can combine an internal awareness of balance, relaxation, and coordination with a sense of flow. Movement requires less thought and begins to become more integrated.

Fast speed – push the limits of neurological and muscular response time to challenge. Any defect in coordination or perception are clearly indicated when one is trying to move as quickly as possible. Moving fast is an excellent teaching tool for body mind integration.

Combining water fitness with mood-lifting activities will increase the body’s supply of endorphins. Exercise increases the body’s supply of endorphins, which are released by the hypothalamus and are the body’s own morphine-like substance, healing and uplifting with a natural pain-relieving and sleep-deepening effect. Exercise also increases the level of serotonin and growth hormone. Serotonin and growth hormone are the exact pain-reducing and muscle repair hormones. Water also provides an environment where one is pointed to aging adults’ abilities, not disabilities. This can restore self-confidence. Optimism can benefit both mind and body by improving mental health, helping to reduce stress, and promoting a winning attitude.

COURSE OBJECTIVES:

- 1) Examine the theory of aging, functional neurology, sensory stimulation, sensory integration and somatic process.
- 2) Explore the methodology and didactics of functional/neuromuscular conditioning for aging adults.
- 3) Develop, design and apply neuromuscular exercises in slow-medium-fast speed and its sequencing with progression into practice.

FACULTY: Maria Pritz, EdD, is an exercise physiologist with 30 years of experience in developing and implementing health, fitness and wellness programs for corporations, health clubs, and schools. She earned her doctorate in education (specialty in Physical Education and Sports) from Comenius University in Bratislava, Slovakia. Her unique training method involves integration of multidisciplinary techniques to achieve overall health and optimized performance. She is a member of Aquatic Exercise Association (AEA) Research Council, author of health fitness articles, and presenter for national and international conferences. She has researched and developed an aquatic fitness exercise program targeting pain management (e.g. fibromyalgia, posttraumatic stress release, neuromuscular conditioning, and reconditioning of athletes).

Steph Toogood, AS, is the UK AEA training specialist, international educator and presenter of water fitness. She was a Fab After 50 Health Achiever nominee for *Fitness Professionals* Fitness Leader of the Year Award,

named as one of the Top 10 Fitness Instructors in the UK by the *Independent on Sunday*, and has received the AEA Global Award for Educational Excellence.