

2214 – Endurance Training on the Hydroider

Intermediate / Pool Only

Sanibel, FL / Thursday, June 25, 2020 – 4:30-5:30 pm – 1.0 credit hour

(Pool: 4:30-5:30 pm)

Faculty: Katrien Lemahieu, MSEN, ATRIC

COURSE DESCRIPTION:

Endurance is a good measurement for overall health. To improve fitness levels, a workout in water will go up to 60-70% of the MHR or up to 80% with HIIT. The theoretical background (evidence-based) and the practical application for these type of workouts are addressed. Use the Hydroider for an easy-to-follow training regime, with individual, reachable goals, progressing to a healthy lifestyle. Excellent for non-weight bearing and partial weight bearing, safe movement training for neuro, and a great ROM for ortho.

COURSE OBJECTIVES:

- 1) Explore Hydroider equipment uses.
- 2) Discuss evidence based reviews.
- 3) Experience and discuss goals.
- 4) Review applications.
- 5) Experience techniques for reaching aerobic levels.

FACULTY: Katrien Lemahieu, MSEN, ATRIC, has 20-plus years of experience in aquatics and has been a presenter worldwide since 2005. She studied physical education and holds a degree in Special Movement Education with an emphasis in Motoric Remedial Teaching and a focus on pediatrics. She has developed three e-learning programs on aquatic fitness (AquaMagicMoves) and is CEO of two educational institutes for aquatics: *Kataqua* for aquatic fitness and *ProZO* for swimming. She is the organizer of the annual European Aquatic Fitness Conference (EAFC).