

7-16-12 Elist Discussion on Aquatic Sports Conditioning Certification Programs

On Jul 16, 2012 Rebecca wrote:

I am looking for a recommendation for an Aquatic Sports Conditioning Specialist Certification program. I am familiar with WaterArt, but am looking for other suggestions.

Can anyone provide a recommendation?

Ruth replied:

We have the ATRI Athletic Rehab Specialty Certificate coming up in Chicago in November. Go to www.atri.org and click on Chicago for more info.

Mary replied:

Anyone interested in Athletic Conditioning and Sport Rehab should consider the Chicago course. Instructors are Dr. Helen Binkley (Expertise and licensed - PT, ATC, CSCS), Marty Biondi (PT, CSCS), Dr. Mary Wykle, (wounded warrior rehab & trauma, ATRIC, AEA, ACE). This is just a highlight of their experience.

Julia commented:

The list of acronyms behind a name is great - except to a person that doesn't know what they mean. Please explain ATC, CSCS, ATRIC, AEA, ACE...

Nicole replied:

Julia,

I might not be 100% correct, but here it goes:

ATC=Athletic Trainer Certified

CSCS=Conditioning Specialist Certified Specialist

ATRIC=Aquatic Therapy & Rehabilitation Industry Certified

AEA=Aquatic Exercise Association

ACE=American Council of Exercise

(and FYI, if you see my footer below...this is a common one people may not know,

CTRS=Certified Therapeutic Recreation Specialist)

Rebecca, in regards to a certification recommendation, it depends on what you would like to do and who you would like to serve, i.e.: clinical or wellness or both.

In a separate posting, Nicole continued:

For aquatics, I would recommend looking into AEA. When I did group land classes I got my certification through AFAA: a primary group fitness certification, but that was a decade ago. If you have a facility in mind to host your classes, I would contact the director and ask them what certification standards they have. As a client myself who would like to take a conditioning class, I would look for someone who is WSI (Water Safety Instructor) certified or has masters swim experience for the water. I would want them to be, at the very least, a personal trainer for land conditioning. I hope this helps.

On July 17, William writes:

Just a minor correction/FYI: CSCS is CERTIFIED STRENGTH and CONDITIONING SPECIALIST if I'm not mistaken