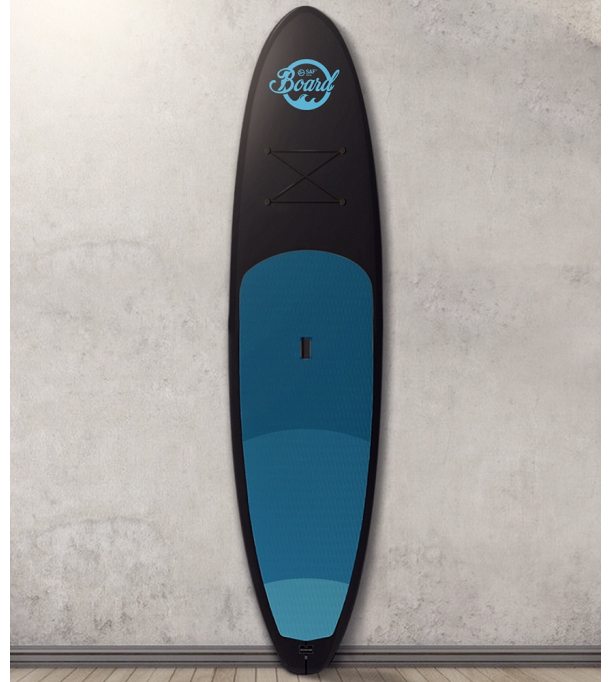


SAF AQUA® Board

Program assumptions



- SAF AQUA® Board program - features, tasks, assumptions in individual and group training,
- Physical properties of the aquatic environment,
- Biological determinants of physical activity in water,
- Theoretical foundations of proprioception training,
- Shaping proprioception and neuromuscular communication on land and in water.
- Music in SAF AQUA® Board classes.
- Choreographic methods used in SAF AQUA® Board classes.
- Types of SAF AQUA® Board training.
- SAF AQUA® Board Cardio.
- SAF AQUA® Board Functional.
- SAF AQUA® Board Balance.
- Exercise technique.
- Paddling technique.
- Creating a SAF AQUA® Board lesson plan.
- Stretching and relaxation techniques in water.