

SAF AQUA[®] CYCLING

PROGRAM ASSUMPTIONS

The program assumes that students will acquire basic theoretical knowledge and practical skills related to conducting selected hydrocycling modules.

THEORETICAL PART:

1. Theoretical foundations of hydrocycling - basic concepts and terms.
2. Holds and positions in hydrocycling classes.
3. Preparation for conducting bicycle classes in the water.
4. Forms and training methods used during hydrocycling classes.
5. Intensity zones used during water cycling classes.
6. Music used in hydrocycling classes.
7. Music profiles.
8. Exercises in isolated positions.
9. Types of hydrocycling training depending on the direction of impact.
10. Safety rules during classes using bicycles in the water.

PRACTICAL PART:

1. Riding technique, basic positions during training on bicycles in water.
2. Systematics of basic exercises targeted at individual muscle groups.
3. Symbols used in preparing bicycle training, creating outlines of hydrocycling classes.
4. Creating a music profile for hydrocycling classes.
5. Hydrocycling – various forms of conducting classes.
6. Exercises in isolated positions.
7. Conducting selected parts of hydrocycling classes.