

# Become an AEA Arthritis Foundation Program Leader



**AEA** Arthritis Foundation  
Program Leader

*“Participants tell me that our AFAP and AFEP classes help to make their activities of daily living easier and more pain free. I’m always reminding them that these programs focus on the function of life.”*

*Pamela DeCourcy*

*“The AFEP and AFAP have a catalogue of exercises giving our participants proven results. Active seniors bring life to the community and these workouts motivate a person to continue to move.”*

*Cynthia Osborne*

*“Two sisters started coming to my AFAP class and were thrilled to have less joint pain. They brought their best friend, who brought her brother, who brought his 17-year-old son when he was on a school break. It’s truly been wonderful to see how families and friends can extend the benefits of the AFAP into the community!”*

*Joyanna Wyne*

## Help others enjoy a more active lifestyle!

An AEA Arthritis Foundation Program Leader is an individual trained to lead community-based group exercise classes designed specifically for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions. A program leader is also responsible for gathering and reporting specific data on all classes offered.

The Arthritis Foundation Aquatic Program (AFAP) and the Arthritis Foundation Exercise Program (AFEP) are structured group exercise classes following the specified guidelines set forth in the AEA Arthritis Foundation Program Leader: A Training Guide for Exercise & Aquatic Programming manual.

### AEA Membership Benefits for Program Leaders

- Akwa magazine
- Discounts on AEA education & products
- MEMBERS ONLY access at the website

### Assistance and information

email: [AFadmin@aeawave.com](mailto:AFadmin@aeawave.com)

phone: 912-289-3559

website: [aeawave.com](http://aeawave.com)

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## Register and complete the AEA Arthritis Foundation Program Leader Training Course

This is a **REQUIRED COURSE** to become an AEA Arthritis Foundation Program Leader. Candidates must complete this Online Course before taking the AEA Arthritis Foundation Exercise Program (AFEP) or AEA Arthritis Foundation Aquatic Program (AFAP) examination.

### What is included with the Online Course?

- Self-paced educational lessons corresponding to each chapter of the AEA Arthritis Foundation Program Leader: A Training Guide for Exercise & Aquatic Programming (Manual).
- Access to the complete digital version of the Manual (e-Manual). Access continues after the course has been completed.
- Access to the full Video Movement Library (total of 3+ hours of video between both the Exercise and Aquatic programs.) Access continues after the course has been completed.
- Direct link to the Online Examination once all lessons are completed.

**The course is self-paced, allowing you to start and stop as necessary. Allow approximately 10-15 hours to read the Manual, view the Video Movement Library and complete the Online Course.**

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## Successfully complete the AEA Arthritis Foundation Program Leader Examination

This is a **REQUIRED EXAMINATION** to become an AEA Arthritis Foundation Program Leader. This Online Exam is a 50-question, timed exam that includes multiple choice and true/false questions.

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## Maintain your Program Leader Certificate

The Program Leader Certificate is valid for a period of 2 years and must be renewed through a minimum of 15 hours of continuing education credits. CPR/AED must be kept current at all times. A variety of educational courses are available to program leaders to earn approved continuing education credits.

Providing verification of current CPR/AED Water safety skills is also highly recommended for all program leaders offering AFAP classes.



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## Program Leader Continuing Education Workshops

### AEA Arthritis: Program Leader Development & Practice

This optional interactive educational workshop is a recommended course offered by AEA that provides both theoretical knowledge and movement practice pertinent to class design, exercise performance and leadership skills that will benefit all program leaders.

### AEA Arthritis: Lesson Planning Tips & Tools

Learn how to ensure great outcomes and program adherence with well-planned professional classes. You'll come away with methods and strategies to help you design classes to keep your participants coming back for more week after week. In this interactive workshop you'll learn being a great leader is not just about the exercises.

### AEA Arthritis: Motivational Methods

Everyone wants to have full classes! Plus, regular participation is key to maximizing exercise results. How can you welcome, encourage, and motivate participants – especially those with chronic conditions? This interactive workshop discusses class dynamics and motivational methods to keep your programs filled.

### AEA Arthritis: Enhancing Your Leadership Skills

Learn ideas to enhance your balance, coordination and movement execution for safe and effective class leadership. Self-awareness, personal evaluation, limitations, flexibility and transition training are discussed and practiced. Strengthen your teaching platform to better lead your students.