

# Leader TOOLS

Keeping participants focused  
on positive lifestyle choices

MAY/JUNE 2017

## Becoming a Stronger Program Leader

YES, MAY IS ARTHRITIS AWARENESS MONTH AND OUR GOAL IS TO HELP INCREASE AWARENESS AND ENCOURAGE HEALTHY LIFESTYLES THAT INCLUDE EXERCISE.

Typically, Leader Tools shares ideas to enhance your class with new games and activities, provides links for quality Health Education topics, and explains updates to recommended exercises. This time we want to focus on how you become a stronger Program Leader...which will in turn allow you to reach even more people through your community classes!

## CONTINUING EDUCATION

Leader Online Course & Exam, Program Leaders are required to have a minimum of 15 Arthritis Foundation continuing education credits (AFCECs) for every 2-year renewal period. NOTE: You cannot earn continuing education prior to your initial training – the Online Course & Exam is the first step you must take to become a recognized AEA AF Program Leader.

Maintaining your status and recognition as an AEA AFAP and/or AFEP Program Leader requires that you obtain continuing education on a continual basis. If you have been a Program Leader for many years, this is a different process than you experienced in the past – so be sure you are ready to renew your credentials to continue offering these valuable programs!

Your mandatory CPR/AED training counts for 3 credits, thus you have at least 12 more credits you need to earn. Don't wait until your renewal date to try to complete all your courses...that is like cramming for a final – frustrating and not conducive to learning

new information! Make your continuing education a continual learning process to becoming a better Program Leader, for your personal satisfaction and your participants continued success.

You must track your AFCECs online, but we make it easy for you! Simply go to <https://www.aeawave.com/Certification/CECTracking.aspx> and record your courses as you complete them. When you are ready to renew, you will submit the renewal form and pay the required fee – remember, submit on time to save paying late fees!

CLICK HERE  
FOR ONLINE  
TRACKING



Resource provided by the  
Aquatic Exercise Association

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

941.486.8600

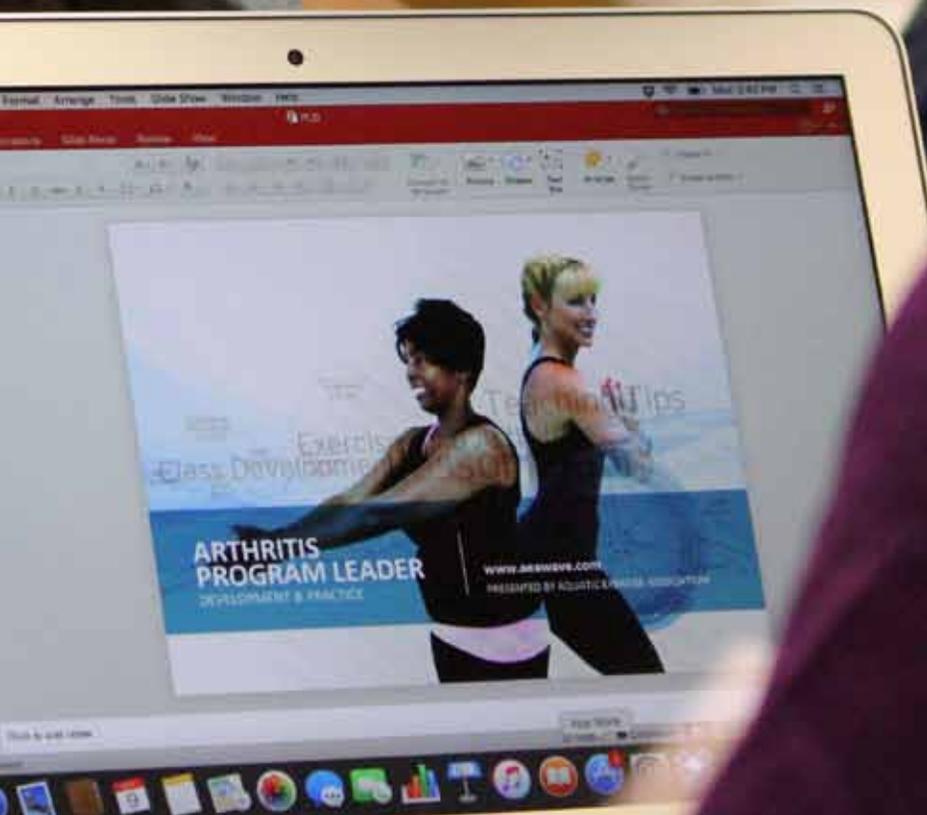
# CONTINUING EDUCATION

Although the initial training and examination process is completely online, AEA offers many ways to obtain continuing education. Let's explore some options:

- **CONFERENCES & WORKSHOPS.** Exercise is about movement. Movement is generally learned best through hands-on application. In-person workshops, which AEA offers as weekend trainings and extended conference events, allow you to learn directly from industry leaders through classroom theory and movement applications. This is an ideal learning experience, where you can gain valuable feedback, ask questions, and network with colleagues. This format makes learning fun and exciting. The downside? Attending events may involve travel and the schedule is set.

- **DISTANCE LEARNING.** Distance learning, or online education, is all about gaining knowledge at your convenience. You don't have to travel, taking the courses in the comfort of your own home or preferred study area. You set the schedule and the pace, so there is no frustration trying to keep up with someone else. Some courses will require you to simply read an article, and complete a quiz. Other courses may offer videos, outside links, power point slides, etc. in addition to the reading. But yes, to earn your credits, there will always be a quiz to test your knowledge. However, AEA Online Education allows you the opportunity to retake a quiz if needed. The downside? You need to have a computer or other device that offers internet access, and be comfortable maneuvering through the required materials.

- **RETAKE THE AEA AF ONLINE PROGRAM LEADER TRAINING COURSE.** Possibly you are a new Program Leader and need to reinforce the basic information. Maybe you rushed through your original training due to a tight deadline, and want to review the content again. It is an option to retake the training course to earn your required CECs (of course you will still need to have a current CPR/AED training). The downside? You are not learning anything new or expanding your horizons as a Program Leader.



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## WHAT COURSES ARE AVAILABLE?

Currently there are over 50 courses approved by AEA for AFCECs. To find a complete listing, go to the AEA website and click on “Arthritis” at the top menu bar. If you scroll down to the bottom of the “Arthritis” page you will find a list of important links, including “AEA Arthritis Foundation Approved Program Leader CECs List.” Click on this link to open up the current list of approved courses. You will find in-person workshops that target land-based and/or aquatic formats, conference events, and online (home study) programs. As new courses are added, this listing is updated.

On the approved list are four courses specifically developed with Program Leaders in mind. These are in-person workshops that are built around the AEA Arthritis program protocols and guidelines.

Can you take courses that are not on the list? AEA is a strong proponent that all education has value. However, not all fitness courses are applicable to the AEA Arthritis protocol. If you complete a course that is not on the approved list, you can petition for AFCECs. At the same area of the website you will see another link, “AF CEC Petition Form” which provides you with all the details on this process.

*NOTE: There are specific criteria that must be met to earn credits, not all petitioned courses will be accepted. Also, keep in mind that AEA Members do not pay the petition fees – yet another benefit of AEA Membership!*

2017 AEA AF CEC List  
Update 4/7/2017

COURSE NAME	TYPE	CECs
AEA ARTHRITIS FOUNDATION PROGRAM LEADER TRAINING (ONLINE)	H	15
AEA ARTHRITIS PROGRAM: MOTIVATING YOUR PARTICIPANTS	L/A	2
AEA ARTHRITIS PROGRAM: TEACHING PLATFORMS	L/A	2
AEA ARTHRITIS: LESSON PLANNING TIPS & TOOLS	L/A	2
AEA ARTHRITIS: PROGRAM LEADER DEVELOPMENT	L	2
AEA ARTHRITIS: PROGRAM LEADER DEVELOPMENT (EXERCISE ONLY)	H	7
AEA ONLINE AGING ALIVE: TRAINING THE BABY BOOMER-NETTO	H	4
AEA ONLINE ANATOMY OF AGING-STOUB	H	5
AEA ONLINE AQUATIC PROGRAMMING FOR THE OBESE CLIENT-HUFF	H	5
AEA ONLINE BALANCING ACT: UNDERSTANDING BALANCE ISSUES FOR SENIORS-HUFF	H	5
AEA ONLINE HELP- HANDLING AQUATIC EMERGENCIES- BRODSKY	H	3
AEA ONLINE IT'S HIP TO KNEED TO KNOW-MITCHELL	H	2
AEA ONLINE LIVING PROOF... WATER WORKS- ESSERT	H	2
AEA ONLINE OSTEOARTHRITIS-YAZIGI	A	2
AGING ACTIVELY WITH AQUATICS	H	1
ALL AEA AF PETITIONS	A	3
BALLOLOGY	A	3
HEALTHY AGING WITH EXERCISE	A	VARIABLES
IAFC- INTERNATIONAL AQUATIC FITNESS CONFERENCE 2017	C	3
PIYOCHI CARDIO INTERVALS	A	7
PRACTICAL & SKILL APPLICATIONS COURSE	A	VARIABLES
RATED M FOR MATURE	A	3
UPPER BODY, CORE & MORE	A	7
WHAT'S NEW IN ARTHRITIS & FALL PREVENTION- HUFF	A	3
AEA ONLINE PRACTICAL & SKILL APPLICATIONS COURSE	H	3
AI CHI BASIC	A	2
AQUATIC PHYSIOLOGY	A	2

## GETTING INVOLVED



Would you like to get more involved with AEA? Becoming an AEA Member is one way to do this, plus it provides you with numerous benefits and access to free resources. Even if you are not currently leading aquatic-based programming, being an AEA member is still a great value. AEA is all about education and networking within the fitness industry – both land and water. For as little as \$4 a month you can gain access to the Members Only area of the AEA website, enjoy Akwa magazine six times a year, receive discounts on all educational programs including conferences, and much more.



# Leader TOOLS

Do you have creative ideas you would like to share with other Program Leaders? Do you have fun games or innovative ways to add neurobics into your class? We are always looking for contributions to future issues of Leader Tools, so why not be a part of this dynamic resource. Email for more details or simply send your ideas to [julie@aeawave.com](mailto:julie@aeawave.com). Working together as a team we make a bigger impact on the world!



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# Can You #SeeArthritis?

## ARTHRITIS FOUNDATION CHALLENGE

Appearances can be deceiving, and many people cannot see the physical and emotional effects of arthritis that impacts an estimated 50 million U.S. adults and 300,000 children. Arthritis is not limited to the joints, but also affects the skin, eyes, heart and lungs. Nor does arthritis have age boundaries.

May is Arthritis Awareness Month, and the Arthritis Foundation challenges you to #SeeArthritis! How can you show your support? One way is to turn your Facebook and/or Twitter profile pictures green.

Also visit the AF website, and check out the photo gallery <http://www.arthritis.org/seearthritis/#> Click on each person's story to learn more, and to be inspired to share your story by using the hashtag #SeeArthritis. Post your picture and tell how arthritis affects you, and then check out the countless other people who are touched by the disease at the Arthritis Foundation's #SeeArthritis social feed.

Encourage your class participants to take the challenge too. This is a great HEALTH EDUCATION topic for the month.



Image: Arthritis Foundation website