



Simple Concepts. Significant Results.

WAVEMAKERS[®] Starter Kit

An online education course for Wavemakers[®]

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Wavemakers® Starter Kit

Online Learning: Coaching Notes

Welcome to Wavemakers® online learning. In this course, you will learn three things you can do right away to improve exercise results. We can't wait to hear how you apply the concepts into your aquatic workouts!

Before you get started, a few tips to help you along:

- This workbook highlights key concepts covered in the video tutorials.

Print a copy and follow along.

- **Learn at your own pace.** The course is presented in two modules, allowing you to pause as needed. We recommend completing one lesson and corresponding quiz at a time. Use the chart below to help plan your learning.
- **Apply the concepts learned right away!** We can't wait to hear how your clients benefit from your new knowledge.
- **Now, you're ready to jump in.** Welcome to Wavemakers®

Modules		Time
1	Module 1. Wavemakers® Starter Kit: Part One	20 minutes
2	QUIZ #1	7 minutes
3	Module 2. Wavemakers® Starter Kit: Part Two	20 minutes
4	QUIZ #2	7 minutes
5	Welcome to Wavemakers®	2 minutes
6	Course Evaluation	3 minutes
7	Print your Certificate	

MODULE 1: WAVEMAKERS® STARTER KIT: PART ONE

Discover the six qualities shared by top instructors. Explore these traits to identify where you excel and where you need to grow to earn a WOW rating from your participants. Start building a game plan to help your participants achieve better and faster results using a simple movement formula with whole body results.

- 1. Watch** the video 1.1 (15 min) – *How to get a WOW rating from participants.*
- 2. Follow** along with your coaching notes.

Six Qualities You Need to Be a Top Fitness Instructor

1. Compassionate – Participants said their favorite instructors are compassionate and always willing to give up time after class to help. *Wavemakers® challenge you to show up, and mention if you miss a class. Just verifying that yes, I see you are here again two weeks in a row, thank you for coming back, that means a lot.*

2. Creative – The most frequent response of participants is that great instructors teach varied routines targeting all aspects of fitness. *Wavemakers® are movement artists who use exercise know-how to compose workout routines that are always new and fresh!*

3. Motivational – When exercising we can just go through the motions, or we can work at the needed work effort, to facilitate change. *Wavemakers® know how to safely push participants outside their comfort zone, whether mental, physical or both, to get on the fast track to results.*

4. Effective Communicators – The best instructors use effective demonstration, simple instructions, and smooth transitions. *Wavemakers® meet participants where they are, helping them listen to their bodies and adjust according to how they feel that day.*



5. Engaging – The best instructors engage participants in the exercise experience. Research shows giving reasons helps people excel. For example, “doing these tuck jumps will help you climb stairs with ease”. Participants looking to extend independence now have a personal reason to pay attention. *Wavemakers® create an environment that fosters success, one that participants want to return to over and over again.*

6. Prepared – A well-organized workout involves many things. Instructors must first understand basics of movement and how to use water to promote health and fitness. Great instructors consider music selection, water temperature, and personal needs of the group, yet are flexible and willing to change plans on the spot. *Wavemakers® run a tight ship, are always on time, ready to go, and expect the same from you!*

What trait do you excel?

Where can Wavemakers® help you?

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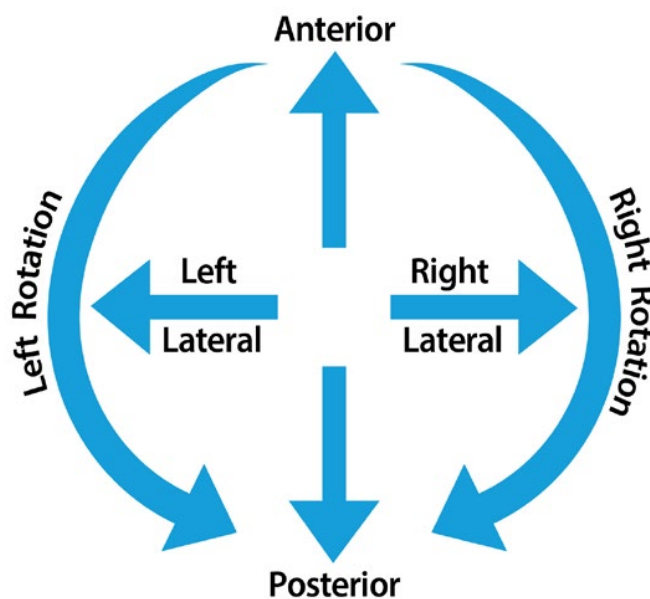
Tip #1 is: \_\_\_\_\_

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LEARN: Exercises should move the body in all \_\_\_\_\_ planes of motion.

GROW: Ask yourself: Are you teaching exercises that move the body in all planes of motion?

SHARE: Apply tip #1. Write down one exercise that you plan to include in your next workout. \_\_\_\_\_  
\_\_\_\_\_



## **MODULE 2: WAVEMAKERS® STARTER KIT: PART TWO**

*Learn how to coach all intensity levels using power words that empower participants to own their exercise experience. Understand the significance of work effort and create a list of your own power words. Use this knowledge to finalize your game plan to put your Wavemakers® Starter Kit into action.*

- 1. Watch** the video 2.1 (15 min) – Wavemakers® put Knowledge into Practice
- 2. Follow** along with your coaching notes.

## THE AQUATIC EXERCISE INTENSITY SCALE

| Rating & %HR           | Description (Standard)                   | Added Description                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|------------------------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>               | Nothing at all (lying down)              | Relaxing on the couch or laying in your bed                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>2</b>               | Extremely little                         | Not breathing hard, HR is low/near resting, you could sing a song                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>3</b>               | Very Easy                                | Not breathing hard but you feel a slight increase in HR, you can talk in complete paragraphs without becoming short of breath                                                                                                                                                                                                                                                                                                                       |
| <b>4</b><br>~ 40% HR   | Easy                                     | This may feel like light house work or an easy walk on flat terrain. You can still talk in full sentences without an issue and you feel like you could do this all day without any problems.                                                                                                                                                                                                                                                        |
| <b>5</b><br>~ 50% HR   | Somewhat Easy                            | You feel like you could exercise for hours. You are breathing a little harder but it is still easy to breathe, speak in full sentences and carry on a conversation.                                                                                                                                                                                                                                                                                 |
| <b>6</b><br>~ 60% HR   | Moderate (could do this for a long time) | HR and breathing rate are starting to increase at a noticeable level. You are sweating. Your body is telling you that you are starting to go beyond your normal activity level – muscles feel like they are working. This is still a level you could maintain for a while before having to stop. You may compare this to a brisk walk or walking up a slight incline. You can say 4-5 words before having to take a breath.                         |
| <b>7</b><br>~ 70% HR   | Somewhat Hard (starting to feel it)      | HR, breathing pattern and your muscles are telling you that you are working hard. You have to breathe through your mouth...nose breathing isn't enough to give you the oxygen you need. You can say only 4-5 words before you need to take a breath. You are past the point of feeling like you could do the exercise all day.                                                                                                                      |
| <b>8</b><br>~ 80% HR   | Hard (making an effort to keep up)       | Your heart is pounding, you are breathing hard and you would rather breathe than talk. You can say a 2-3 words before you have to take a breath. Your muscles start to feel warm from the inside out (that's lactate trying to tell you that you need more oxygen). This intensity is not comfortable and cannot be maintained for a long time.                                                                                                     |
| <b>9</b><br>~ 90% HR   | Very Hard                                | Forget talking...you may be able to belt out one word at a time but you don't want to because breathing is your goal. You shouldn't be able to do this intensity for long and your body is telling you to STOP. Your muscles are screaming for oxygen therefore your breathing pattern is rapid and so is your HR. This intensity is reserved for shorter intervals and you are so glad that there is a time limit...your body is saying "no more." |
| <b>10</b><br>≥ 100% HR | Maximum Effort (can't go any further)    | All you can think about is how hard you are working and how much you would like to stop. Picture a man-eating shark swimming after you and you are trying to get away...that is how hard you are working right now!                                                                                                                                                                                                                                 |

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Tip #2 is: Be an _____ coach. Your participants will thank you!

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LEARN: It's all in the _____!

GROW: Ask yourself: Do your participants know their 5, 6, 7, and 8 on the aquatic exercise intensity scale?

SHARE: Apply tip #2. Write down key words you'll use the next time you teach to describe each level of effort.

| Rating | Description | Laurie's Coaching Tips | My Coaching Tips |
|--------|---------------|--|------------------|
| 5 | Somewhat easy | <ul style="list-style-type: none"> • This feels like an easy stroll • Notice the water cushioning every step • Move through full range with ease | |
| 6 | Moderate | <ul style="list-style-type: none"> • This feels like a brisk walk • Make a fist, or palm and move more water • Notice your heart beating stronger | |
| 7 | Somewhat hard | <ul style="list-style-type: none"> • This is now the intensity of a light run • You are breathing hard • Feel yourself getting stronger | |
| 8 | Hard | <ul style="list-style-type: none"> • Welcome to the un-comfort zone • This is the effort you need to build muscle • Harness your inner athlete. You got this! | |


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Tip #3 is: Plan and state the \_\_\_\_\_ of your workout/exercise.

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Write down which component(s) of fitness you're targeting when you perform a cross-country ski in the pool. \_\_\_\_\_

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LEARN: It's all in the \_\_\_\_\_!

GROW: Ask yourself: Do your participants know their 5, 6, 7, and 8 on the aquatic exercise intensity scale?

SHARE: Apply tip #3. Write down one exercise you'll use next time you teach to help your participants understand their 5, 6, 7, and 8 on the aquatic exercise intensity scale. \_\_\_\_\_

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Wavemakers® is a community that connects instructors and participants to water exercise resources and each other.

A group of industry experts, known as the wellness team, will lead the way with their innovative water exercise know-how. We've partnered with Swim and Sweat, who will guide the initiative with their community building e-commerce solutions. This collaboration will provide unlimited access to current advancements in water exercise.

**Learn the strategies that are getting real results for real people, right now!**

"I was truly blown away by this new type of exercise" – Robin Schaffer, Baltimore MD

"Genius. Innovative. Will take my workouts to a new level." – Linda Stacy, Gainesville GA

"Explains how to use water to benefit on land at any age." – Christy Jansen, Watkinsville GA

**Stay updated on all things Wavemakers® at [WeAreWavemakers.com](http://WeAreWavemakers.com)**

Wavemakers® is an inclusive community focused on learning, growing and sharing our knowledge.

I'm personally inviting you to join a community of like-minded professionals.

Are you in?

Laurie Denomme



**Laurie Denomme**, a Kinesiologist and Fellow of Applied Functional Science through the Gray Institute, is an international fitness educator and founder of Wavemakers. Top consumer magazines including *Self* and *Weight Watchers* have called upon her expertise. Laurie is the recipient of the 2013 AEA Global Aquatic Fitness Professional Award and 2014 ATRI Tsunami Spirit Award.