



Inspiration from the 3rd national aqua-aerobics competition

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List of aqua-exercises (Japan)

aqua-exercises

1. Water exercises

- walking
- jogging
- stretching
- exercise
- disco dance
- aerobics
- weight-bearing exercise

2. Healing

- massage
 - with sea water,
 - weed or mud
- spa (minerals, heat)
- water (composition of water)
- Repeated exercise (water exercises, swimming)

3. Swimming

- butterfly, backstroke, front crawl
- arm-pull training
- back float, sidestroke, water-treading
- competitions
 - swimming, diving,
 - waterpolo,
 - synchronized swimming
 - waterpolo with flippers
- leisure
 - scuba-diving, diving,
 - waterskiing, sailing

游泳运动分类表 (中国)

Swimming

competitions

practicals

leisure

pool

open water

skills

life-saving

costume

Keep fit

front crawl

long distance

water treading

entertainment

backstroke

cross harbour

sidestroke

rehabilitation

breaststroke

cross river

frog kicking
on the back

games

butterfly

diving

winter swimming

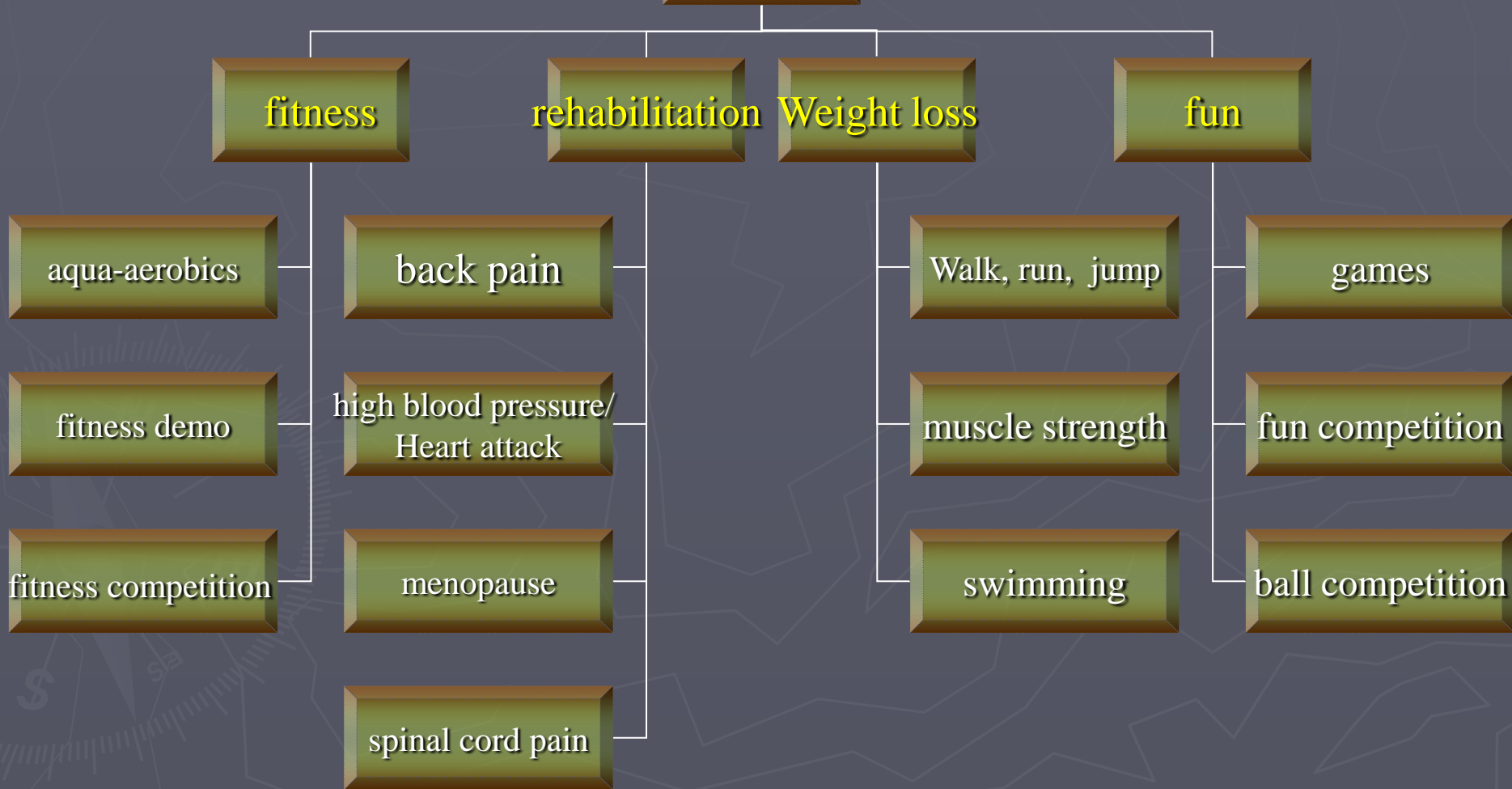
medley

relay

水中健身体系



water fitness



Training for water fitness trainers

- ▶ From 2001-2008, 10 classes have been organised, more than 700 water fitness trainers/ teachers were trained.
- ▶ Messages for registration of classes for water fitness trainers
- ▶ During the national water fitness competitions in 2009, 2011 and 2012, organised trainings for water fitness and synchronised swimming trainers/ teachers had created a lot of qualified trainers for the above activities.

List of water fitness competitions

1 st national water fitness competition (demonstration)	2007.10.13	NAEA swimming pool	
2 nd national water fitness competition (demonstration)	2009.4.25-26	Chengdu Sportd Institute swimming pool	11 th class for national water fitness trainers
3 rd (Nanfeng Cup) national water fitness competition	2011.12.16-19	Shanghai Pudong swimming pool	training for water fitness and synchronised swimming trainers 2011
4 th national water fitness competition <u>花絮</u>	2012.12.8-9	Shanghai Pudong swimming pool	training for water fitness and synchronised swimming trainers 2012
5 th national water fitness competition	2013.12.7-8	Shanghai Pudong swimming pool	Forum and thesis on national water fitness 2013

▶ 1st national water fitness competition (demonstration)

▶ (Total: 90, M: 42, F: 48)

- ▶ Wuxi swimming and diving team
- ▶ Chongqing Kang Qi fitness Ltd team
- ▶ Suzhou New World Swimming Club team
- ▶ Beijing Hosa fitness team
- ▶ Shaoguan iron and steel team
- ▶ Beijing Kyoei sports culture consultation Ltd team
- ▶ Hubei Yingdong team
- ▶ China (Macau) Swimming Association team
- ▶ Wenzhou team
- ▶ Hubei Province Swimming Association
- ▶ Nanjing joy fitness team
- ▶ Tianjin Institute of physical education team
- ▶ Chengdu Institute of physical education team
- ▶ High school (affiliated to Renmin University) team

▶ 2nd national water fitness competition (demonstration)

▶ ((Total: 116, M: 56, F: 60)

- ▶ Dalian Challenger swimming club
- ▶ Beijing Kyoei sports culture consultation Ltd team
- ▶ Shaoguan iron and steel team
- ▶ China (Macau) Swimming Association team
- ▶ Nanjing joy fitness team
- ▶ Zigong city swimming team
- ▶ Tianjin Institute of physical education team
- ▶ Chengdu Institute of physical education team
- ▶ Capital Institute of physical education team
- ▶ Sun Yat-sen University team
- ▶ Hebei University of technology team
- ▶ Chengdu University of TCM team
- ▶ Xihua University team
- ▶ Tianjin University School of charity team
- ▶ Beijing sports University team
- ▶ Team of ABA teachers' college

Rules

- ▶ Rules of 1st national water fitness competition 2007(Trial)
- ▶ Rules of 1st national water fitness competition 2009
- ▶ Rules of 1st national water fitness competition 2011
- ▶ 《 Rules of national water fitness competition 》 , swimming (2012) 199: effective in 2012.12, 4th national water fitness competition ;
- ▶ Rules of national water fitness competition (amended 2013), swimming[2013]233; effective in 2013.12, 5th national water fitness competition ;

Compulsory moves

Horizontal move:	Side step, cross step
Vertical move:	Star jump, rhythmic high forward kick, Cross hop Tuck jump and twist around (swivel)
Sentinel:	Ski step, kick and lean forward
Torso exercise:	Water splash, body flexion

Shanghai Pudong Natatorium

The third national water aerobics competition in Saikuang (Dec.,2011)



六
国体育彩票
INA SPORTS LOTTERY



FOUNDED IN 1957

“南凤杯”第三届全国水中健身操比赛

“南凤杯”
第三届全国水中健身操比赛
上海浦东源泰酒店
2017年12月14日至19日

主办单位：
1. 天津体育学院
2. 中国俱乐部联合会
3. 北京体育大学
4. 南京奥体健身服务中心
5. 广州体育学院

第二项 展示

“南凤杯”第三届全国水中健身操比赛

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SHANGHAI PUDONG NATATORIUM

上海浦东游泳馆
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北京体育大学

南京欢腾
健身服务中心

广州体育学院



▶ Demonstration:

- ▶ Tianjin Institute of Physical Education , (mixed) , (Lotus Pond) ;
- ▶ Macao Swimming Association , assisted floating, arm movement
- ▶ Assisted floating
- ▶ Guangzhou Institute of Physical Education, dumbbells Kickboxing , power;

▶ Common movement:

- ▶ Tianjin Institute of Physical Education: six men and six women, various pattern change;
- ▶ Beijing University of Physical Education: 6 men and 6 women;
- ▶ Macao Swimming Association: 14 women and 3 men

▶ Free movement:

▶ assisted:

▶ Tianjin Institute of Physical Education, water board assisted (Beat it)

▶ Beijing University of Physical Education, rod
(Super Mario)

▶ Macao Swimming Association, rod (Magelinuo)

▶ Not assisted:

▶ Macao Swimming Association, 6 men and 6 women, action

▶ Beijing University of Physical Education, 4 men and 2 women, Kickboxing

▶ Guangzhou Institute of Physical Education, six men and six women, Latin style

▶ Tianjin Institute of Physical Education, six men and six women, pattern change, fast-paced

2013.10.27, 1st Water fitness competition in Hong Kong, Kwun Tong Swimming Pool

▶ Special:

▶ Rod 1, rod 2, rod 3

▶ Not assisted 1 (rehearsed), Not assisted 2,
Not assisted 3, Not assisted 4, Not
assisted 5

Re-thinking for water fitness program

- ▶ 1. compared with Swimming
- ▶ Swimming: body posture level, aim to reduce water resistance;
- ▶ Water Fitness: vertical body posture, aim to increase water resistance, make use of water resistance;
- ▶ Water flow:
- ▶ Movement is too slow, go with water flow;
- ▶ Movement is too fast, lose body balance, arm moves easily out of the water into the air, cannot take full advantage of the water resistance, eg. walking

- ▶ 2. compared with land-based aerobics
- ▶ Terrestrial: gravity (down), equipment, strong load-bearing joints
- ▶ Water: buoyancy (upward), water resistance (water density is 844 times that of air, it is difficult compression), difficulty in maintaining balance, joint bearing is light, water is 20 times faster in thermal conductivity
- ▶ Immersion depth and weight
- ▶ 10% of the depth to the clavicle
- ▶ Depth to the sternum parts 30%
- ▶ Depth to the umbilicus 50% -60%
- ▶ Depth to the pubic area of 80%

▶ 3. Requirements for teacher

Rhythm for demonstration :

- ▶ The same action, slower demonstration on land due to gravity, the high intensity is high;

Design of movements:

- ▶ Comply with water fitness features:
take advantage of the water resistance for strength training;
- ▶ Body balance: arm or leg action alone is not easy to maintain balance;
- ▶ Reasonable design of movements: some actions look good and are easy to do on land, but it is not the same in the water. For example: vines step and so on.

- ▶ 4. Unity of aesthetics and practicality
- ▶ Movements in the water may look good but with poor results as an exercise;
- ▶ Underwater movements are practical, but may not look good for the audience.
- ▶ New rules: one item on scoring table for the referee— do not meet the features of water fitness, too few water surface and underwater movements assisted with gymnasium equipment.













**“Practice is basic, water sense is crucial,
movement is key point, strength
should be flexible.”**





- ▶ Thank you!
- ▶ Happy learning!