

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT  
ASSOCIATE DEGREE IN SPORTS MASSAGE AND FITNESS  
JANUARY 2021 EXAMINATION**

**HYDRO-FITNESS  
[SF134ASC]**

**YEAR 2**

**DURATION: 2 ½ HOURS**

**INSTRUCTIONS:** There are two (2) sections in this paper. Section A is a case study and Section B are short answer questions. Answer ALL questions in both Section A and B.

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## Section A – 20 marks

### Case Study

You are being questioned by a prospective clientele. “Sell” the course Hydro-Fitness to this person – you may choose any age group or condition to discuss.

## Section B – 80 marks

1. List four (4) safety pool rules. (4 marks)
2. List four (4) hygiene rules. (4 marks)
3. Name three (3) pool categories. (3 marks)
4. Give two (2) examples of fitness defined by Dr. Dean Ornish. (2 marks)
5. Define three (3) physiological factors that are needed for fitness. (3 marks)
6. List five (5) questions you would ask on a questionnaire given to your clients. (5 marks)
7. List five (5) reasons for record keeping. (5 marks)
8. List five (5) things your records should tell you. (5 marks)
9. List ten (10) benefits of water exercise. (10 marks)
10. List ten (10) principles an instructor needs to know to teach an effective class. (10 marks)
11. List ten (10) types of aquatic fitness programs. (10 marks)
12. Name two (2) recent health statistics. (2 marks)
13. What classes are most appropriate for ageing population, medical conditions, and sports enthusiasts. (4 marks)
14. Give two (2) results of inactivity. (2 marks)
15. Name a musculoskeletal problem.
  - a. Choose the equipment and state how you would use this equipment to assist you client’s recovery. (7 marks)
16. Name four (4) visual cues you can teach your participants to recognize in a hydro-fitness class. (4 marks)

**END OF EXAMINATION**