



## **ABS™ Water Fitness Board Exam:**

Please email completed exam to [gia@aquabodystrong.com](mailto:gia@aquabodystrong.com)

**Date:**

### **Student Information:**

First and Last Name:

Email:

Telephone:

Address:

Company:

Instagram Handle:

Facebook Profile:

### **Multiple Choice - Chose The Most Correct Answer**

1. Aqua Body Strong™ is a water fitness class that
  - a. Can be given in a pool, lake, calm ocean, bay or marina.
  - b. Is a stability based workout.
  - c. Is performed on an Aqua Body Strong™ board.
  - d. Increases balance, strength, endurance, flexibility, and focus.
  - e. All of the above
  
2. The textured deck of the board is called the
  - a. Yoga mat
  - b. deck

- c. EVA.
- d. board.

3. How many points of tethering are on the board?

- a. 2
- b. 4
- c. 8
- d. 9

4. What material is the board made of?

- a. Double Layer of Military Grade PVC
- b. Rubber
- c. Fiberglass
- d. Styrofoam

5. Why is it important to have 4 points of tethering?

- a. It increases the stability of the board, giving the participant "controlled" stability.
- b. It is safer.
- c. It doesn't really matter.
- d. A and B only.

6. Why is it important that the boards are made of a double layer of military grade PVC?

- a. It increases the surface area of the board making it float higher on the water.
- b. It increases its longevity
- c. It increases the weight capacity.
- d. If someone falls on the board, it won't hurt.
- e. None of the above.

7. What can the handles be used for?

- a. To easily move the board without scratching the bottom surface.
- b. For fitness exercises.

- c. To hold your camera for selfies.
- d. They are just for looks.

8. When setting up a class in the pool, how far should the end boards be from the wall?

- a. Body distance.
- b. 3 feet.
- c. 5 feet.
- d. A and B are correct.

9. When inflating the board, what is the ideal PSI?

- a. 15 PSI
- b. 7 PSI
- c. 8 PSI
- d. None of the above.

10. What is the minimum depth to safely give a class?

- a. 5 feet.
- b. 8 feet.
- c. 3.5 feet.
- d. 10 feet.

11. If a class participant is consistently falling off the board there may be problems with the following.

- a. The board's PSI is too low.
- b. The board has become untethered.
- c. There may be sunscreen or lotion on the deck or participant's hands.
- d. The participant is locking their legs.
- e. All of the above.

12. When inflating the board what position should the valve be in?

- a. The up position.
- b. The down position.
- c. It doesn't matter.

13. When setting up the boards in a pool, what is the minimum distance between the boards?

- a. 5 feet.
- b. 3 feet.
- c. There is no minimum distance.
- d. 3.5 feet.

14. If the pool doesn't have floating lane lines, what can you do?

- a. Create custom lane lines using nylon rope, water weight bags and ball bungees.
- b. Use an anchor.
- c. Purchase custom lane lines from Aqua Body Strong™.
- d. All of the above.

15. What type of ABS™ Fitness formats can you give on the board after receiving your ABS™ Aqua Board certification?

- a. Flow
- b. Strength
- c. Kids
- d. Active Agers
- e. All of the Above.

16. Who can participate in Aqua Board classes?

- a. Strong & fit individuals.
- b. Yoga lovers.
- c. Kids
- d. Athletes.
- e. All of the above.

17. Aqua Board classes can be offered as

- a. Small group training classes of 3 - 5 participants.
- b. One-on-one personal training.
- c. Group fitness classes of 10 - 20 participants.
- d. All of the above.

18. During class, participants are actively

- a. engaging their core muscles.
- b. not falling.
- c. focusing.
- d. All of the above.
- e. Only B and C are correct.

19. What four elements should be in every class?

- a. Fun, camaraderie, jumping and warm water.
- b. Core stabilization, flexibility, strength, and endurance exercises.
- c. Rock the board, squats, lunges and burpees.
- d. Modified exercises, progressed exercises, core stabilization and fun.

20. What is Core Stability?

- a. Consciously tightening your abdominals.
- b. The natural mechanism our body has to keep us from falling when we encounter a slippery surface.
- c. The coordinated effort of the deep muscles of the trunk, pelvis, hips, abdominal muscles and small muscles along the spinal column to contract together to create the force used to hold the spinal column in alignment.
- d. Having a strong core.
- e. A and D are correct.
- f. B and C are correct.

21. Why is it important to have a strong core?

- a. Six-packs are attractive.
- b. It helps with digestion.
- c. It increases postural control.
- d. It makes you swim faster.
- e. B, C and D are correct.

22. How does the Aqua Board class work to increase core stabilizer muscles?

- a. Through Kinetic Friction.
- b. By consciously working your core.
- c. Doing a variety of core exercises like sit-ups on the board.
- d. None of the above

23. How does this class work to increase core stabilizer muscles?

- a. Through Kinetic Friction.
- b. By consciously working your core.
- c. Doing a variety of core exercises like sit-ups on the board.
- e. None of the above

24. Complete the following sentence, as we grow older it is important to have good posture because

- a. It makes us look taller because we shrink as we grow older.
- b. It improves our balance.
- c. Decreases the risk of degenerative arthritis and joint pain.
- d. Helps prevent falls.
- e. B, C and D are correct.

25. What elements aid in providing an excellent Aqua Board class experience?

- a. Music.
- b. Cueing.
- d. Demonstration.
- e. A large number of participants.
- f. Practice.
- g. Answers A, B, C and E are correct.

26. Marketing your ABS™ Aqua Board classes is an important part of being a good instructor and having a successful class experience. Choose the ways below that you can market your Aqua Board classes.

- a. Posting class times and dates or even photos on Social Media.
- b. Using the Aqua Body Strong™ Instructor Network to create Flyers and business cards to pass out to friends or clients at the gym.
- c. Acknowledging participants' growth and good work
- d. Creating community through team-building activities on the board.
- e. Wearing your Aqua Body Strong™ Rashguard or shirt.
- f. All of the above.

**Yes or No Questions.**

27. If a participant is unable to stand up on the board, they can't participant in an Aqua Board class?

Yes/No Answer

28. If a participant does not have the muscular strength to push themselves up on the board, they can't participant in the class? REQUIRED

Yes/No Answer

29. Only athletes and serious fitness enthusiasts should take Aqua Board classes.

Yes/No Answer

30. Only fit and strong individuals should participate in an Aqua Board class.

Yes/No Answer

31. If a participant cannot physically get themselves onto the board, they cannot take an Aqua Board class.

Yes/No Answer

32. BDNF is only important when teaching to kids.

Yes/No Answer

33. Is it possible for someone to change their posture from poor to excellent through Aqua Board classes?

Yes/No Answer

34. Almost any land exercise can be modified/regressed for participants who do not want to stand on the board?

Yes/No Answer

35. It is important for the instructor to practice their new routines/workouts on the ABS™ Aqua Board board prior to teaching it to a class.

Yes/No Answer

### **Short Answer**

35. List four objectives of an ABS™ Aqua Board class.

36. What does BDNF stand for?

37. List four benefits of ABS™ Aqua Board™ classes.

38. What is the definition of proprioception?

39. Why is it important to know the benefits of an ABS™ Aqua Board class?

40. List four examples of HIIT exercises that can be performed on the board.

41. List three examples of partner exercises that can be performed on the board.

42. List four exercises you that can be performed on the board for a warm up.

43. List 3 benefits that come from strengthening your core muscles?

44. Describe the proper stance on the board below.

45. Provide a regression and progression for a lunge exercise.

46. Provide a regression and progression for a jumping jack.

47. Provide a regression and progression for a burpee.

Thank you for taking your Aqua Board Online Certification Exam. Please email completed exam to:

[gia@aquafitnesssolutions.com](mailto:gia@aquafitnesssolutions.com)

Our master trainers are eager to review your test. Please allow 48 hours from time of submission to receive a reply.