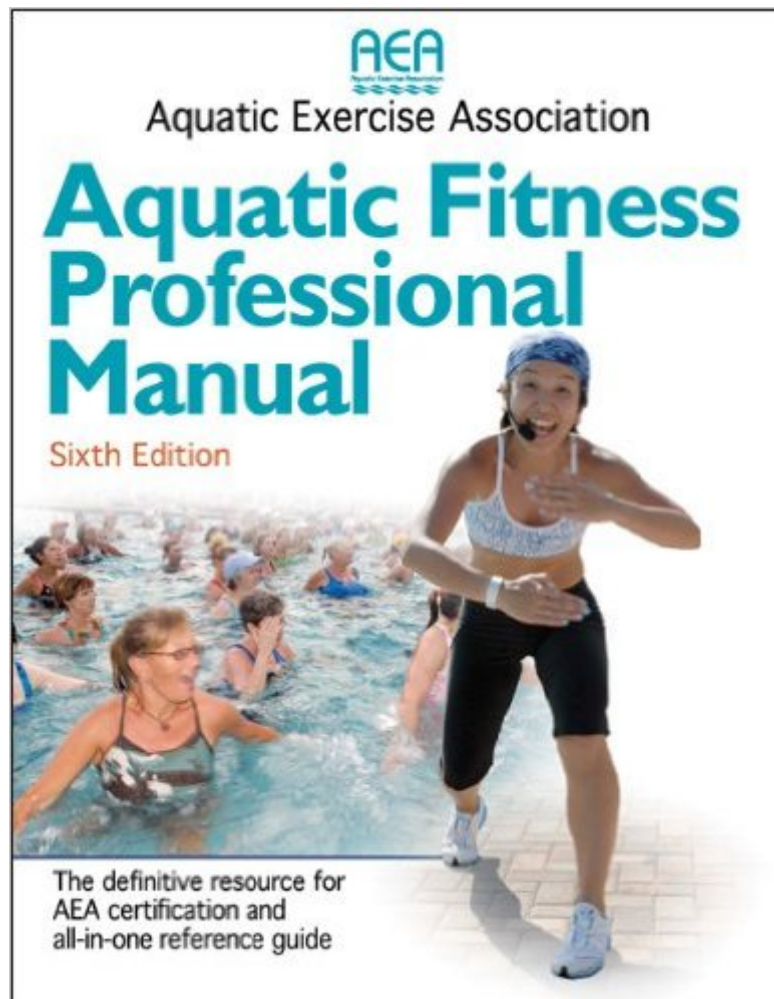


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# Aquatic Fitness Professional Manual - 6th Edition



## Synopsis

Written with the expertise of more than 30 industry experts, *Aquatic Fitness Professional Manual, Sixth Edition*, is the most comprehensive and relied-upon resource for fitness professionals, personal trainers, therapists, and facility or program managers who specialize in water exercise. No longer just for seniors, aquatic fitness has emerged at the forefront of fitness trends as a challenging reduced-impact option for group exercise, small-group fitness, and personal training for all age groups. With new and expanded information, extensive updates, and the most current research and best practices, the sixth edition is sure to make waves by helping you design appropriate and engaging programs to bring the benefits of aquatic fitness to a wide range of individuals. This all-in-one aquatic fitness reference is the definitive resource for those preparing for the AEA Aquatic Fitness Professional certification exam. Reorganized for easier study and exam preparation, the sixth edition contains essential foundational information such as the components of physical fitness, group fitness teaching techniques, and AEA Standards and Guidelines. Special learning features, including key concepts, chapter summaries, and review questions with answers, will help you learn and retain vital safety information, current aquatic-related research on exercise science, program design concepts, and updated nutrition and weight-management guidelines. The *Aquatic Fitness Professional Manual* focuses on vertical exercise in both shallow and deep water. An improved, user-friendly layout includes an expanded glossary and index, added references, and new and revised charts. It also includes a library of cardiorespiratory movements, toning exercises for major muscle groups, and stretching options to augment your current exercise routines. All movements and exercises are clearly described with full-color photos and detailed instructions. Plus, straightforward explanations of current exercise science concepts, applied exercise anatomy and physiology, and updated research on deep-water exercise will assist you in creating and leading safe and enjoyable exercise programs. In the sixth edition you will also find new recommendations on warm-ups and cool-downs, shallow-water exercise, and aquatic fitness alternative training for better health. Expanded information on equipment and effective use of equipment keeps you and your clients focused on safety. Learn new cueing techniques and deck-teaching skills to enhance your group fitness leadership skills, and get the latest information to assist you in presenting a professional appearance and demeanor. Dive into the new sixth edition of *Aquatic Fitness Professional Manual* today, and increase your knowledge, enhance your techniques, and bring the benefits of better fitness to your exercise community! v

## Book Information

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## Customer Reviews

I was happy to find a used but in good condition book. I purchased this because it was the required book when I took the Aquatic Exercise Association Fitness Professional Certification. The book is very informative and easy to understand. I passed the test and already certified but I still refer to the book whenever necessary.

Everything you need to know to become an aquatic fitness instructor can be learned in this book when studied in sync with practice in the pool. Prepared and marketed by the prestigious Aquatic Exercise Association, this book should be available for reference in every instructor's library,

full of good information if you want to test for water fitness I would diffidently get it and study with it

comprehensive book, a MUST for every aquatic fitness instructor! for studying and also just for reviewing and refreshing the material once in a while.

Excellent resource for aquatic fitness professionals and enthusiasts to learn techniques for in pool exercises. Pick up the lesson plan book too.

It looks more an anatomy and fisiology or biomechanic book than a wateraerobics book!

This is a very complete manual. I haven't read all of it, but it seems to explain things really

well...good professional book!

this was more than I expected and very happy for it. wonderful full reference manual.

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