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Aquatic Fitness Professional Manual - 6th Edition

Aquatic Exercise Association

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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. Italso 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'll 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!

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