



Aquatic Fitness Professional Manual 7th Edition (Paperback)

By Aquatic Exercise Association

Human Kinetics Publishers, United States, 2017. Paperback. Condition: New. 7th edition. Language: English . Brand New Book. Aquatic fitness is not just for older adults or those with physical limitations. Water exercise is a proven fitness activity that is challenging and fun for all age groups and abilities. It offers reduced-impact options for group exercise, small-group fitness, and personal training. As the primary preparation resource for the certification exam of the Aquatic Exercise Association (AEA), Aquatic Fitness Professional Manual, Seventh Edition, is the most comprehensive resource to help you design and lead effective exercise sessions in the pool. With contributions from 17 industry experts, you will learn how to energize your teaching with techniques and programs based on many popular fitness formats, such as kickboxing, yoga, body sculpting, Pilates, walking and jogging, circuits, intervals, and sport-specific training. You ll also find updated research on shallow- and deep-water exercise, as well as new and revised content on the following: - Specialty equipment such as bikes, treadmills, and gym stations intended for the aquatic environment - The latest interval training techniques, including HIIT and Tabata - Water safety guidelines - Aquatics recommendations from organizations such as the Arthritis Foundation and the National...



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