



Aquatic Fitness Professional Manual - 5th Edition

Aquatic Exercise Association

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Extensive updates and additions, including a full chapter on deep water training guidelines, assure that this fifth edition of the *AEA Aquatic Fitness Professional Manual* is **more valuable than ever before**.

With input from over 40 industry professionals, this manual is recommended for instructors, personal trainers, therapists, and facility or program managers who specialize in water exercise.

This comprehensive manual is an indispensable resource for all aquatic fitness professionals and those considering a career in the field of aquatics.

Manual topics include:

- Exercise Anatomy
- Exercise Physiology
- Applied Anatomy
- Physical Fitness
- The Aquatic Environment
- The Physical Laws
- Aquatic Fitness Equipment
- Aquatic Fitness Class Choreography
- Aquatic Exercise Programming and Leadership
- Health Risk Appraisal and Physical Screening
- Emergencies, Injuries, and Instructor Wellness
- Special Populations
- Basic Nutrition and Weight Management
- Exercise Behavior
- Business Responsibilities and Legal Concerns
- Deep Water Exercise

To further enhance learning and understanding, each chapter includes Unit Objectives, Key Questions, a Summary and Review Questions with answers.

A library of cardiorespiratory movements, toning exercises for major muscles groups and stretching options are clearly demonstrated, for both shallow and deep water programming, with over 100 full color photos.

Detailed concepts and practical applications on topics to assist the fitness professional to designing and leading safe, effective and enjoyable aquatic exercise programs.

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Anthony Valdez:

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Michael Mitchell:

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