



Water Aerobics for Fitness and Wellness (Cengage Learning Activity)

By Terry-Ann Spitzer Gibson, Wener W.K. Hoeger

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Editorial Review

Review

1. Why Water Aerobics? 2. Fitness Assessment. 3. Water Aerobics Fitness Programming. 4. Shallow Water Exercise. 5. Deep Water Exercise. 6. Nutrition for Wellness. 7. Weight Management for Wellness. Appendix A: Health History Questionnaire. Appendix B: Personal Fitness Profile: Pre-test. Appendix C: Personal Fitness Profile: Post-test.

About the Author

Terry-Ann Spitzer Gibson has completed a great deal of research in the area of water fitness and has used that expertise to complete several, reputable publications. These include publications for MEDICINE AND SCIENCE IN SPORTS AND EXERCISE, RESEARCH QUARTERLY FOR EXERCISE AND SPORT, JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, and NATIONAL AQUATIC JOURNAL. She also has a strong background in intramural programs, having been the Director of Intramural Recreation at Boise State University for 11 years. She is currently an Assistant Professor in the Department of Kinesiology at Boise State University and has been with the department for the past 21 years. All of this experience contributes to her ability to effectively discuss and present the topics of water aerobics and personal wellness.

Dr. Werner W.K. Hoeger Professor Emeritus in the Department of Kinesiology at Boise State University, and Fellow of the American College of Sports Medicine and the Research Consortium of SHAPE America (Society of Health and Physical Educators). The 2004 recipient of the Presidential Award for Research and Scholarship in the College of Education at Boise State University, keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences and the 2010 Western Society for Kinesiology and Wellness, Dr. Hoeger continues to research and lecture on exercise physiology, physical fitness, and wellness. In addition to PRINCIPLES AND LABS FOR PHYSICAL FITNESS, Dr. Hoeger has published several Cengage Learning texts including Fitness and Wellness, Principles and Labs for Physical Fitness, Lifetime Physical Fitness and Wellness, Wellness: Guidelines for a Healthy Lifestyle, and Water Aerobics for Fitness and Wellness. Dr. Hoeger is a former luge athlete (2002 and 2006 Winter Olympian); All-American by USA Track & Field in 2012, 2014, 2015, and 2016; and renowned fitness and wellness innovator. He developed many popular fitness assessment tools in use today, such as the modified sit and reach, total body rotation, shoulder rotation, muscular endurance, muscular strength and endurance, and soda pop coordination tests.

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As people who live in often the modest era should be change about what going on or details even knowledge to make all of them keep up with the era and that is always change and move ahead. Some of you maybe will probably update themselves by reading through books. It is a good choice to suit your needs but the problems coming to you actually is you don't know what kind you should start with. This Water Aerobics for Fitness and Wellness (Cengage Learning Activity) is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

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Precisely why? Because this Water Aerobics for Fitness and Wellness (Cengage Learning Activity) is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who have write the book in such remarkable way makes the content interior easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your talent and your critical thinking method. So , still want to hold up having that book? If I were being you I will go to the reserve store hurriedly.

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