



HUMAN KINETICS 2011

AQUATICS

Swim Lessons for toddlers?

Create effective programs for your youngest customers

LIFEGUARDING

What do the new CPR guidelines mean to you?

AQUATIC FITNESS:

Cranking up the intensity

EVERYONE CAN!

Adapted aquatics IS for you

"The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move."

--Aleksandr Popov

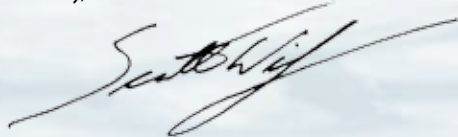
At Human Kinetics our passion and our profession is to publish the very best information available on physical activity and health. It's what we believe in. And aquatics offer outstanding opportunities for activity and health, from swimming to kayaking to water aerobics to wave running, and so much more. So we have teamed up with individuals and organizations to produce the very best aquatic resources available to help you achieve your individual and professional goals.

In this year's catalog, you'll see that we're taking our commitment to disseminating information a step further. In addition to our products, you'll find articles on topics of interest to the aquatics community. We've recruited our authors and partners to write these articles for you to enjoy while also making you aware of our line of products and programs.

Visit the Aquatics Store at www.HumanKinetics.com/Aquatics to find more information and more ways of receiving that information, such as eBooks, author interviews, excerpts, and more. In the coming year, we're looking forward to moving our online courses from the Aquatic Education Center (www.AquaticEducationCenter.com) and into the Aquatics Store to create a one-stop shop for our products in all formats.

We hope the resources in this catalog share the same spirit as the water you love and will help you move faster, farther, and with more joy.

Sincerely,



Scott Wikgren
Health, Physical Education, Recreation, and Dance Division Director

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"Becoming AquaTech certified is a great way for any aquatics, park, or recreation professional to expand career horizons. Pool management and operations are an integral part of many positions, and this certification will assist you in obtaining the necessary knowledge to operate a facility efficiently."

Juliene Hefter, Deputy Director
Wisconsin Parks & Recreation Association

Why choose the AquaTech program?

AquaTech will prepare you to operate a pool, aquatic facility, or waterpark according to U.S. and international training requirements. Using a combination of online study and on-site competency testing, the AquaTech certification offers a flexible alternative to classroom-only training methods with the following benefits:

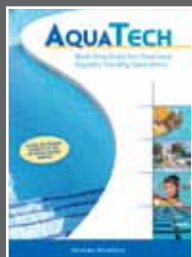
- It features user-friendly, nonintimidating training.
- It's developed by industry leaders who operate and manage facilities.
- Meaningful, interactive online instruction is much more than just book content put online.
- Outstanding study and reference materials enhance the learning process.

Get Started!

Contact Sara Poe at Sara@sai-intl.org or 877-465-4545. Those outside of the U.S. should call the appropriate number listed throughout the catalog.

Learn more at www.StarfishAquatics.org/Aquatech

Related Resources



AquaTech: Best Practices for Pool and Aquatic Facility Operators

Human Kinetics
©2008 • Hardcover • 224 pp
ISBN 978-0-7360-6560-3
\$46.00 (\$51.95 CDN)
E-book ISBN 978-0-7360-8588-5
\$40.00 (\$44.95 CDN)

eBook
format
also available

Includes Pool Tool!



AquaTech online course

Human Kinetics
©2008 • Online course: A0202A
ISBN 978-0-7360-6813-0
\$169.00 (\$190.95 CDN)



Includes book and Pool Tool!



AquaTech Pool Tool

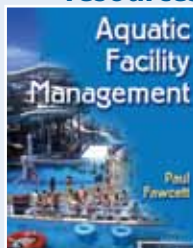
Human Kinetics
©2008 • Laminated card
ISBN 978-0-7360-7591-6
\$6.95 (\$7.95 CDN)

Additional management resources

Aquatic Facility Management

Paul A. Fawcett
©2005 • Hardback • 296 pp
ISBN 978-0-7360-4500-1
\$54.00 (\$60.95 CDN)
E-book ISBN 978-0-7360-8584-7
\$45.00 (\$50.95 CDN)

eBook
format
also available



About Starfish Aquatics Institute

Over the past ten years, SAI has grown into a nationally recognized training agency with one service—aquatics—and

only one mission—to reduce drowning and save lives by providing reputable and responsive aquatic safety training programs and services delivered to the public through a network of friendly, knowledgeable aquatic professionals who serve as independent training providers. Through their experience and the pioneering work they have done integrating experiential learning theory with aquatics, creating competency-based training programs, and providing exemplary service and cost effective support SAI is an emerging leader in the industry. Human Kinetics is proud to be Starfish's publishing partner, creating the books and online courses seen on these pages.



STARGUARD®

Lifeguard Certification Program

"The best part of the StarGuard program is that it is site specific. The professionals at SAI help us to maximize safety in a way that works for us."

Ray Niecestro, Sarasota YMCA
SAI client since 2009

Why choose the StarGuard program?

StarGuard provides pool, waterpark, and restricted waterfront lifeguards skills exceeding nationally recognized standards. The course is available in a blended format consisting of an online self-study course followed by an instructor-led water session and competency test; however, instructors may choose to teach the entire course without use of the online option. The benefits of the StarGuard program are numerous:

- Experiential approach to learning
- Focus on professionalism and accountability
- CPR/AED and first aid certifications are included in the course
- Dedicated customer support staff
- Control cost, time, and administration by becoming a training provider
- Complete and comprehensive risk management system available for elite level training providers

Get Started!

Contact Sara Poe at Sara@sai-intl.org or 877-465-4545. Those outside of the U.S. should call the appropriate number listed throughout the catalog.

Learn more at www.StarfishAquatics.org/StarGuard

Related Resources



Best Practices for Lifeguards

Jill E. White
©2007 • Online Course: AS202A
ISBN 978-0-7360-6977-9
\$98.00 (\$110.95 CDN)

Includes two texts and manikin!



StarGuard, Third Edition

Jill E. White
©2006 • Paperback • 176 pp
ISBN 978-0-7360-6075-2
\$19.00 (\$20.95 CDN)
E-book ISBN 978-0-7360-8587-1
\$15.00 (\$16.95 CDN)

eBook
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Complete Emergency Care

American Safety & Health Institute
©2007 • Paperback • 176 pp
ISBN 978-0-7360-6717-1
\$19.00 (\$20.95 CDN)
E-book ISBN 978-0-7360-8589-2
\$18.00 (\$19.95 CDN)

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Family & Friends CPR Anytime

American Heart Association
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ISBN 978-0-87493-487-8
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How new CPR guidelines will impact aquatic emergency care

The revision process for CPR and first aid guidelines occurs every five years, with the intent to use the latest scientific evidence to modify and improve procedures that are performed by those who provide emergency care until advanced medical help arrives.

In October, 2010, the International Liaison Committee on Resuscitation (ILCOR) released the new Science and Treatment Recommendations for CPR, emergency cardiac care, and first aid. ILCOR is comprised of seven organizations, one from each geographical region of the world. The American Heart Association (AHA) is the ILCOR representative for the United States, and publishes the 2010 AHA Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care, based on ILCOR recommendations.

The year 2011 will be one of transition. We'll see CPR and first aid certifying organizations creating new materials based on their interpretation of AHA guidelines. The five national lifeguard training agencies (American Red Cross, YMCA, Ellis & Associates, NASCO, SAI/StarGuard) will evaluate the guidelines, and create their own nuances of teaching methods. Adopting the 2010 AHA Guidelines is voluntary, and each organization may have variances in how the recommendations are put into practice.

The good news is that the 2010 guidelines recognize the need for different response based on the cause of the cardiac event, which in drowning is hypoxia. Research has shown that in many instances, victims with only respiratory arrest will respond after a few rescue breaths are given, and CPR for lifeguards or those who respond to a submersion incident is not anticipated to change much. We'll likely see training protocols that emphasize a brief response check – no more “look, listen, feel” – and renewed emphasis on effective compressions and quality CPR. Response will continue to integrate the A-B-C (Airway, Breathing, Chest compressions) steps for prompt initiation of rescue breathing.

When a seemingly healthy individual suddenly collapses, the cause is most likely Sudden Cardiac Arrest (SCA), and the 2010 guidelines offer new and different treatment recommendations in this situation. Response will vary depending upon whether the individual providing emergency care is “untrained” or “trained”.

Research has shown that untrained responders who have not taken a CPR course can perform effective compressions when talked through the process by someone who knows how to perform them. Compression-only CPR has been found to be effective for SCA survival outcome. Therefore, the untrained responder will now play an important role in providing emergency care. For aquatic response, more emphasis on training lifeguards or others on how to integrate bystanders into the Emergency Action Plan (EAP) may be appropriate – particularly at single-lifeguard facilities.

Individuals who become trained by taking a CPR course will continue to be taught rescue breathing skills. However, the priorities of the steps of CPR for Sudden Cardiac Arrest has changed from A-B-C (Airway, Breathing, Chest compressions) to C-A-B (Chest compressions, Airway, Breathing) so that compressions are started immediately after a quick response check.

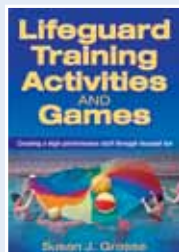
One related benefit of the evidence-based guidelines process is that we can identify how much is not known, and has not been researched, about emergency care for a drowning victim. It is up to us as aquatic professionals to stay engaged in the process so we can identify the questions that need to be asked before 2015. The aquatic training organizations need to develop “above and beyond” knowledge appropriate for submersion incidents in order to see quality improvement in our response systems, and ultimately save more lives.



Jill White is the founder of Starfish Aquatics Institute. She has been named to Aquatics International's list of the Top 25 Most Influential People in Aquatics and has frequently appeared on the US Water Fitness Association's Who's Who in Aquatics list. She has firsthand experience in training, supervising, and managing lifeguards and has taught thousands of lifeguards and hundreds of lifeguarding instructors.



Additional lifeguarding resources



Lifeguard Training Activities and Games

Susan J. Grosse
©2009 • Paperback • 256 pp
ISBN 978-0-7360-7929-7
\$31.00 (\$34.95 CDN)
E-book ISBN 978-0-7360-8671-4
\$27.00 (\$30.95 CDN)



Lifeguard Vigilance Training DVD

Tom Griffiths
©2007 • DVD • Approx. 20 minutes
ISBN 978-0-7360-6870-3
\$81.95 (\$92.95 CDN)



Safe Chemical Handling for Lifeguards and Pool Operators: A Complete Training Program and Compliance Kit

Human Kinetics
©2008 • DVD with booklet
12 minute DVD/ 48 pp booklet
ISBN 978-0-7360-7715-6
\$64.95 (\$72.95 CDN)



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STARFISH SWIMMING®

Instructor Certification Program

"Starfish Swimming provides us with a complete learn-to-swim program, from infant through swim team. We are developing correct stroke technique from the very beginning, our instructors enjoy teaching this program, and our swimmers are progressing faster than we could have imagined. We think it's creative and simple, and it's changed the way we teach swim lessons."

Kay Horner, Swim Lesson Coordinator
City of Tempe

Why choose the Starfish Swimming program?

The Starfish Swimming program allows you to teach people of all ages to swim for pleasure, fitness, or competition—and teach them correctly. It offers these benefits:

- The swimming instruction system is ideal for all ages and abilities, including students with special needs.
- It's based on core competencies that are ideal for any teaching situation.
- It produces results and satisfies patrons.
- It's easy to implement into any existing program, or you can start fresh with our step-by-step plan.

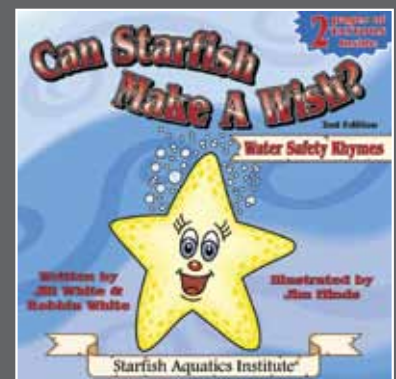
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Contact Sara Poe at Sara@sai-intl.org or 877-465-4545. Those outside of the U.S. should call the appropriate number listed throughout the catalog.

Learn more at www.StarfishAquatics.org/StarfishSwimming

Related Resources

These products are only available directly from SAI. Call 877-465-4545 to order.



Creating **EFFECTIVE** preschool swim programs

In May 2010, the American Academy of Pediatrics (AAP) began recommending swim lessons for children under the age of four years. This about-face resulted from new evidence demonstrating that children under the age of four who have participated in formal swimming lessons are less likely to drown. Pediatricians may now encourage parents to enroll children ages 1 year and above in formal swimming lessons. While drowning statistics have improved over the years, drowning remains the leading cause of injury death for children ages 1 to 4. We can hope that with the new AAP recommendations, swim lesson programs across the country will see an increase in their toddler and pre-school programs.

While children between the ages of one and four are full of curiosity and enjoy singing songs and exploring the water through experiential learning games, this age group also challenges swim instructors. Many issues stem from parent separation anxiety, such as crying, not wanting to participate, and wandering away. Beyond parent separation, this age group is also quickly growing both physically and emotionally, starting potty training, and asserting their independence in accomplishing small tasks. Swim lesson programs must address the specific needs of this age group and build trust between the children and the instructors so that parents fall in love with the program and continue coming back for more.

First impressions play a huge role in how your swim lesson program fares! Your facility should engage a young child's eye. Operate a clean and colorful facility. Consider playing soft music, water safety cartoons, or reading water safety books in the waiting area. All staff should be happy and smiling, welcoming children and caregivers alike, and calming all fears.

Recognize that student performance is greatly affected by the relationship a student has with an instructor. While swim lessons are not play time, children should have fun exploring the water and advancing in their skills. Swim instructors must be passionate about their curriculum and demonstrate their enthusiasm in each activity. Throughout a lesson session, communication is the key to success. Provide parents with regular reports of their child's progress. Reward students daily for their achievements. Set goals and reward students for achievement of benchmarks. Don't wait until the last day to convince parents that you have a wonderful program. Finally, encourage feedback and welcome changes that will improve your program. If one parent is not happy when they leave your program, you can guarantee that five more will hear about it by the end of the day. Always stay open to learning new techniques, introducing new equipment, and improving your methods of communication.

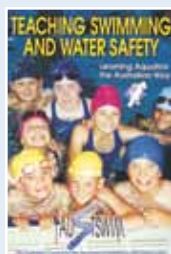
Teach swimming and save lives!



Jennifer C. White is the Director of Operations and Swim School Specialist for Starfish Aquatics Institute. In addition to program and curriculum development, she has trained swim instructor trainers and swim instructors nationwide. In 2008, she was chosen by USA Swimming to train swim instructors in St. Lucia on behalf of FINA, the international governing body of swimming.



Additional learn to swim resource



Teaching Swimming and Water Safety

Austswim
©2001 • Paperback • 184 pp
ISBN 978-0-7360-3251-3
\$20.95 (\$23.95 CDN)



Emergency Care

CPR/AED and first aid certification program

"This course is exactly what our trainers needed. It is just the right blend of practical information for those who are not lifeguards but supervise others and might need to respond. What a great community water safety program for parents and coaches, too!"

Angie Proctor, Executive Director
Aquatic Exercise Association

Why choose the Emergency Care for Aquatic Personnel program?

The Emergency Care for Aquatic Personnel online course (the first component in the blended learning experience) teaches the key competencies all in one highly interactive program. During the course, students will role-play situations they'll likely face on the job. Because they learn the skills within their work context, they'll make the connection to real-world experience and be able to act quickly and confidently if the need arises. Once participants have passed the online component, they take part in an instructor-led session followed by written and practical exams to receive certification from the American Safety & Health Institute. The benefits of the Emergency Care for Aquatic Personnel course are numerous:

- Flexible training options
- Consistent delivery of high quality instruction
- Self-paced learning
- Save staff time
- Dedicated support staff

Get Started!

Contact Sara Poe at Sara@sai-intl.org or 877-465-4545. Those outside of the U.S. should call the appropriate number listed throughout the catalog.

Related Resources



Emergency Care for Aquatic Personnel

Human Kinetics
©2007 • Online course: AS204A
ISBN 978-0-7360-6978-6
\$67.00 (\$75.95 CDN)



Family & Friends CPR Anytime

American Heart Association
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ISBN 978-0-87493-487-8
\$31.00 (\$34.95 CDN)

Complete Emergency Care

American Safety & Health Institute
©2007 • Paperback • 176 pp
ISBN 978-0-7360-6717-1
\$19.00 (\$20.95 CDN)



Additional safety resources



Essentials of Sea Survival

Frank Golden, MD, PhD,
and Michael Tipton, PhD
©2002 • Paperback • 320 pp
ISBN 978-0-7360-0215-8
\$27.95 (\$31.95 CDN)

Aquatic Rescue and Safety

Dennis K. Graver
©2004 • Paperback • 256 pp
ISBN 978-0-7360-4122-5
\$25.95 (\$27.95 CDN)





International Journal of Aquatic Research and Education

Editor: Stephen J. Langendorfer, PhD,
Bowling Green State University

Frequency: Quarterly (February, May, August,
November)

Current Volume: 5 (2011)

Print and Online Format

ISBN: 978-0-7360-6514-6

The only scholarly, peer-reviewed journal dedicated to non-competitive aquatics

The *International Journal of Aquatic Research and Education (IJARE)* provides a unique forum to advance the knowledge and practices of aquatic researchers and practitioners worldwide. This peer-reviewed quarterly journal publishes significant research findings, articulates innovative ideas, challenges current practices and proposed changes, and disseminates information about the latest and best use of equipment and facilities. Because *IJARE* welcomes both research-oriented and educational articles, it appeals to a wide range of aquatics professionals, both as readers of the journal and as article authors. This diversity of thought has made *IJARE* a discussion forum for important ideas in many areas of the emerging field of aquatic research and practice.

Articles appearing in *IJARE* include basic and applied research in broad areas of noncompetitive aquatics along with practitioner-oriented information to foster best practices among aquatic professionals. *IJARE* welcomes original research in aquatics, experiential reports, clinical and observational studies, literature reviews, and any other article deemed to be of benefit to aquatic professionals worldwide.

IJARE is the official journal of the National Swimming Pool Foundation.

Sample Articles

Aquatics for Individuals With Disabilities: Research Implications
Susan J. Grosse

The Mythology of Swimming: Are Myths Impacting Minority Youth Participation?
Carol C. Irwin, Richard L. Irwin, Timothy D. Ryan, Joris Drayer

How Lifeguards Overlook Victims: Vision and Signal Detection
John Hunsucker and Scott Davison

The Effect of Water Depth on Energy Expenditure and Perception of Effort in Female Subjects While Walking
Wafa Alkurdi, David R. Paul, Kelsey Sadowski, Dennis G. Dolny

Subscription rates for the print and online version (including shipping):

	Individuals	Institutions	Students
US	\$69.00	\$350.00	\$52.00
International	\$79.00	\$360.00	\$62.00
Canada	\$78.00 CDN	\$395.00 CDN	\$59.00 CDN

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Prepare for AEA certification with book and online course

The Aquatic Exercise Association is an internationally recognized organization of fitness education for professionals conducting aquatic exercise programs. AEA has certified and educated over 45,000 professionals worldwide and maintains a strong membership base with representation in over 50 countries.

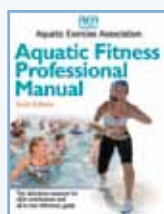
Human Kinetics works with AEA to publish a book, *Aquatic Fitness Professional Manual, Sixth Edition*, and online course, *AEA Certification Prep*, to help members prepare for Aquatic Fitness Professional Certification. This certification tells your employer and your class participants that you are well equipped to provide a safe, effective, and enjoyable water workout. After completing the online course and reading the book, you will be better prepared to attend AEA's practical and skill applications review. For a full calendar of these hands-on sessions and a schedule of exam dates, visit www.AEAWave.com and click on the "calendars" link.

As you study for your certification using the book and online course, you will learn about a wide variety of topics including:

- Exercise anatomy
- Exercise physiology
- Physical fitness
- Laws of physics
- Aquatic fitness equipment
- Aquatic choreography
- Business issues and legal concerns

The online course is a highly interactive learning tool that will guide you through every topic on the exam. Julie See, AEA director of education, acts as the virtual mentor and leads students through the course. The text was recently reorganized for easier study and exam preparation, and contains straightforward explanations of essential information. Written by 30 industry experts, this text is the most comprehensive and relied-upon resource for fitness professionals, personal trainers, therapists, and facility or program managers who specialize in water exercise.

Prepare for certification today!



Aquatic Fitness Professional Manual, Sixth Edition

©2010 • 408 pp
ISBN 978-0-7360-6767-6
\$60.00 (\$67.95 CDN)
E-book ISBN 978-0-7360-8983-8
\$60.00 (\$67.95 CDN)

eBook
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AEA Certification Prep Course, Version 1.1

©2010 • Online Course

With text: ISBN 978-0-7360-9215-9
\$190.00 (\$214.95 CDN)

Without text: 978-0-7360-9216-6
\$140.00 (\$157.95 CDN)



Visit www.AquaticEducationCenter.com to order online course or book/course package.

Trends in aquatic fitness: *cranking up the intensity*

Aquatic fitness is no longer considered an easy-does-it exercise option that focuses more on socialization than physical training. Today's aquatic programs assure that you will work up a sweat in the pool if you put your mind – and your muscle – into the process. Popular trends in the aquatic arena include personal training, sports performance, equipment-oriented resistance programs and interval training. From college athletes and professional sports teams to baby boomers not ready to give up high-intensity training, this fitness format is attracting a wide range of new participants to the pool!

Interval Training is an aerobic conditioning format that incorporates alternating segments of work and rest. Intensity is varied throughout the exercise session - high intensity alternating with moderate intensity; or moderate intensity alternating with low intensity, depending upon participant ability levels. Recent research by Krueger et al., 2009, studying the cardiovascular responses in two water programs, continuous versus interval training formats found interval training to be the preferred format for people looking to lose weight. Results showed that interval training provided greater intensity and resulted in a higher caloric expenditure. (Information retrieved from Ilana Finkelstein, M.Sc., IAF 2010 Workshop "Water Training for the Obese Clientele").

Interval training is designed around work cycles, sometimes referred to as repetitions. A work cycle is the combination of one work interval and one recovery interval; the ratio of time spent at each level varies based upon the clients' needs and abilities. The low-to-moderate intensity portion is usually within 50 to 70% of the heart rate reserve or "Very Light" to "Somewhat Hard" on the perceived exertion scale (RPE). The high intensity part of the cycle is usually at or above 80% of the heart rate reserve or "Very Hard" to "Very, Very Hard" RPE and is designed to move to, and possibly beyond, the anaerobic threshold for a short period of time. However, these levels can be adjusted for individuals requiring less intense training options, assuring that interval training is popular, and effective, for a wide range of participants.

Studies have indicated that high intensity interval training can produce numerous fitness benefits, including:

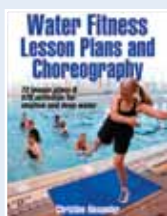
- Reduced time needed for the exercise session
- Elevated metabolism for up to 24 hours post exercise
- Improved muscle development
- Joint protection
- Improvement in submaximal work capacity
- Increased lactic acid threshold
- Improved pulmonary function
- Greater reductions in subcutaneous fat
- Enhanced coronary function
- Overall performance gains

What more could you want from an exercise program? Aquatic interval training is hot and continues to draw people to the pool for a challenging workout that proves to be both fun and functional!



Julie See is AEA's Director of Education and co-founder of Innovative Aquatics. She has been active in the fitness industry for 25+ years and specializes in innovative programming for both land and water. She has produced numerous videos/DVDs and instructional CDs and travels worldwide blending education, motivation and leadership skills to assist exercise professionals and enthusiasts alike.

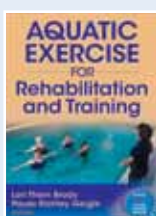
Additional aquatic fitness resources



Water Fitness Lesson Plans and Choreography

Christine Alexander
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\$30.00 (\$33.95 CDN)
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Aquatic Exercise for Rehabilitation and Training

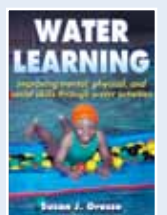
Lori Thein Brody and Paula Richley Geigle
©2009 • Paperback with DVD • 368 pp
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\$76.00 (\$85.95 CDN)



Fantastic Water Workouts, Second Edition

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Water Learning

Susan J. Grosse
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Water Fun Book/DVD Package

Terri Lees
©2007 • Paperback with DVD • 192 pp
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\$50.95 (\$57.95 CDN)
Book and DVD are also available separately, visit our Web site for details.



Aquatic Exercise Toolbox

Harriet P. Adams, Charlotte O. Norton, and Helen M. Tilden
©2006 • Package with cards and CD-ROM
ISBN 978-0-7360-6515-3
\$145.00 (\$163.95 CDN)





AMERICAN ASSOCIATION
FOR PHYSICAL ACTIVITY
AND RECREATION

Practical strategies for adapted aquatic instruction

Human Kinetics is proud to work with the American Association for Physical Activity and Recreation (AAPAR). AAPAR offers valuable resources for teaching physical activity, physical education, exercise, outdoor recreation and adventure, and more. Human Kinetics shares AAPAR's belief that fitness and fun are for everyone: for all ages and abilities!

Introduction to Adapted Aquatics Instruction acquaints you with the field of adapted aquatics by providing background knowledge and practical strategies for working with people who have disabilities. This course will motivate you to learn more about the challenging and rewarding field of adapted aquatics.

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Why all aquatics professionals should be interested in adapted aquatics

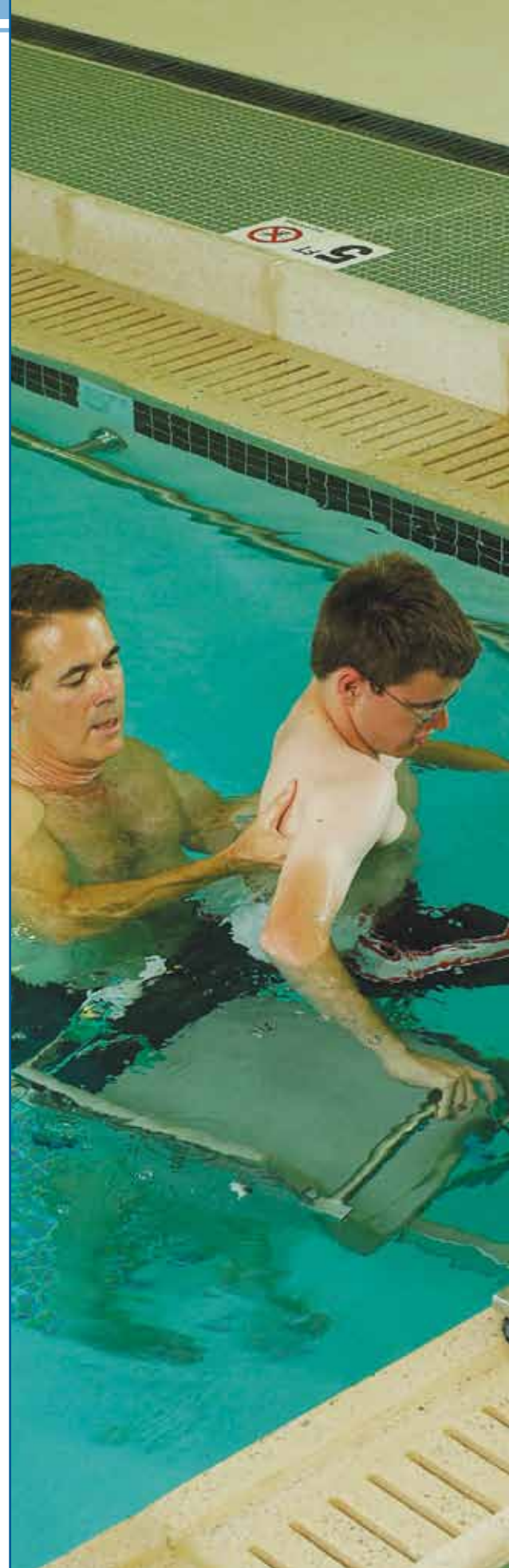
As an aquatic professional, I am part of a growing group of highly qualified individuals who are hungry for knowledge, and are constantly taking online, blended, and on-site courses and certifications on topics regarding water safety, lifeguarding, aquatic instruction, water park elements, and water quality. As a passionate and dedicated Master teacher of Adapted Aquatics through the American Association for Physical Activity and Recreation (AAPAR) I often wonder why aquatic professionals are not clamoring to take a credential program which increases their knowledge of swimming and aquatic instruction for individuals with disabilities, so I decided to ask a few of my colleagues to figure out why this is the case.

Many of my colleagues suggest to me that they are not “interested” in teaching people with disabilities, do not have “what it takes” to teach people with disabilities, or they do not “need” to be credentialed in this area. Some suggest that they are “unaware” of the topical matter and unaware of the importance of the information or what the credential might be “used” for. Although some suggest time, money and inconvenience of traveling to a course as factors, many suggest that they are not “interested” in working with this population or that they feel inadequate. Some say they “don’t have the patience” or “what it takes” to succeed in this area. Many aquatic professionals don’t realize that the information in an Adapted Aquatics course can enhance their overall teaching, coaching, and aquatic supervision skills by having more overall background in this exciting topic, as well as increase their confidence and motivation in working with individuals with disabilities. Swimming is something that everyone with a disability can do, and it may be the only activity that they can do!

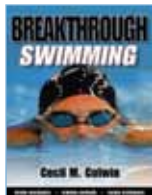
The purpose of this article is to help you to realize the importance of being able to serve ALL individuals that come to your pool. The background knowledge acquired in the NEW Human Kinetics Online Adapted Aquatic Instructor Credentialing Prep course combined with the full day on-site AAPAR practical, hands-on course allows you to acquire basic knowledge for you to understand the implications of aquatic programming for individuals with disabilities. As an aquatic manager, instructor, lifeguard, or pool operator, this knowledge will help your aquatic facility to be a safer, more welcoming place for all individuals.



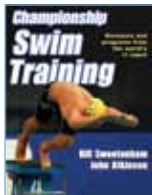
Monica Lepore, EdD, is a professor at West Chester University of Pennsylvania. A master teacher of adapted aquatics, Dr. Lepore has been an American Red Cross water safety instructor for more than 25 years. She has a degree in leadership in adapted physical education and was a recipient of the International Swimming Hall of Fame Adapted Aquatics Award in 2001. In 2006 she was named AAHPERD/AAPAR Adapted Physical Education Professional of the Year, and she has been on the Top 100 Aquatics Professionals list twice. She acted as chair for AAHPERD/AAPAR adapted aquatics from 2000 to 2005 and received a Meritorious Award from the Aquatic Council of AAHPERD/AAPAR in 2005.



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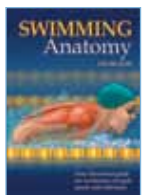


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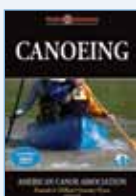


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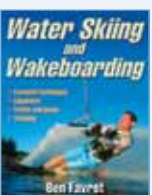
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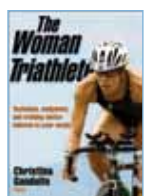


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