

Aquatic Exercise Association Research Bibliography

Author(s) Title Journal	Year	Month	Published	Type
Volume Pages	Organization	Department		
PNF Aqua-exercise <u>Fitness & Sports Review International</u>	27 (6)	196-7	1992	<input checked="" type="checkbox"/> Article
Abboudi, S. The Aquatic Solution. <u>Rehabilitation Management</u>	77-78		1993	June/July <input checked="" type="checkbox"/> Article
Abel, EL Behavioral and physiological effects of different water depths in the forced swim test. <u>Phsiol Behav</u>	56 (2)	411-414	1994	<input checked="" type="checkbox"/> Study
Aborrrage AM, Freire V, Brasil RM, Miranda H, Novaes, J Comparison of the pysiological alterations of exercise against resistance with elastic band inside and out of the water.			2003	<input type="checkbox"/> Thesis
Aborrrage A, Nogueira de Paulo M, Mendes C, Velosa U Acute effects of resistance training using water resistive equipment, on the strength and performance of swimmers.				<input type="checkbox"/> Abstract
Abraham AI, Szezerba J, Jackson, M The effects of an eleven week aqua aerobic program on relatively inactive college age women. <u>Medicine and Science in Sports and Exercise</u>	26	S103	1994	<input checked="" type="checkbox"/> Study
Adrian, Marlene, et al. Kinematics and heart rate responses of suspended deep water running and non-suspended deep water running. University of Illinois			1987	<input type="checkbox"/> Thesis
AEA Research Committee Water Fitness Research Focus on Children. <u>AKWA Letter</u>	25	Aquatic Exercise Association	1996	Dec/Jan <input type="checkbox"/> Review
Aggazzotti G, Fantuzzi G, Righi E, Predieri G Blood and breath analyses as biological indicators of exposure to trihalomethanes in indoor swimming pools. <u>Science of the Total Environment</u>	217	155-163	1998	<input checked="" type="checkbox"/> Study
Aidar FJ, Silva AJ, Reis VM, Carneiro A, Carneiro-Cotta S A study on the quality of life in ischaemic vascular accidents and its relation to physical activity. <u>Rev Neuro</u>	45(9):	518-22	2007	Nov <input checked="" type="checkbox"/> Article
Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR Jr, Compendium of physical activities: an update of activity codes and MET intensities. <u>Med & Sci in Sports & Exercise</u>	32(9)	S498-502	2000	September <input checked="" type="checkbox"/> Study
AKWA Letter Water Submersion and Pre-Natal Edema <u>the AKWA Letter</u>	Vol. 8, No. 13		1994	October <input checked="" type="checkbox"/> Review

Alberton CL, Coertjens M, de Figueiredo PAP, Kruel LFM					<input type="checkbox"/>	Abstract
Behavior of oxygen uptake in water exercises performed at different cadences in and out of water.						
Brazil						
Alberton CI, Olkoski MM, Pinto S S, Becker ME, Kruel LFM	2007	Nov			<input checked="" type="checkbox"/>	Study
Cardiorespiratory Responses of Postmenopausal Women to Different Water Exercises.						
<u>Int J Aq Res & Ed</u>	1(4)					
Alberton CL, Tartaruga MP, Pinto SS, Cadore EL, Da Silva EM, Kruel LF.	2009	June			<input checked="" type="checkbox"/>	Study
Cardiorespiratory responses to stationary running at different cadences in water and on land.						
<u>J Sports Med Phys Fitness.</u>	49(2)	142-51	Federal University of Rio Grande do Sul			School of Physical Education,
Alberton, CL; Antunes, AH; Pinto, SS; Tartaruga, MP; Silva, EM; Cadore, EL; Kruel, LFM.	2009	May			<input checked="" type="checkbox"/>	Abstract
Correlation between Rating of Perceived Exertion and Physiological Variables during the Execution of Stationary Running in Water at Different Cadences.						
<u>AEA IAFC Poster Proceedings</u>						
Alberton, CL; Silva, EM; Cadore, EL; Coertjens, M; Beyer, PO; Marocco, LF; Kruel, LFM.	2009	May			<input checked="" type="checkbox"/>	Abstract
Electromiographic Responses Induced by Superficial Electrodes Isolation and by Immersion.						
<u>AEA IAFC Poster Proceedings</u>						
Alencar KL, Carvalho LB, Prado LB, Vantini AL, Vieira VC, Cardoso AP, Alencar JP, Paes AT, Pere	2006				<input checked="" type="checkbox"/>	Study
Older people involved in physical activity benefit from water exercise, showing longer total sleep time.						
<u>J Am Geriatr Soc</u>	54(4)	725-7				
Alexander MJL, Butcher JE	2001	May			<input checked="" type="checkbox"/>	Abstract
Effects of an aquatic exercise program on physical performance of older females with arthritis.						
<u>Medicine & Science in Sports & Exercise</u>	35(5)	S38				
Alexander MJL, Butcher JE, MacDonald PB	1999				<input type="checkbox"/>	
The effects of a water exercise program on physical and psycho-social parameters of arthritis patients.						
<u>Me Sci Sport Exer</u>	31(5)	S377				
Almeras N, Lemieux S, Bouchard C, Tremblay A	1997	June			<input checked="" type="checkbox"/>	
Fat gain in female swimmers.						
<u>Physiol Behav</u>	61 (6)	811-817	Physical Activity Sciences Laboratory			
Altan I, Bingol U, Aykac M, Koc Z, Yurtkuran M	2003				<input checked="" type="checkbox"/>	Study
Investigation of pool-based exercise on fibromyalgia syndrome.						
<u>Rheumatol Int</u>	25(5)	272-277				
American Academy of Pediatrics	1982				<input checked="" type="checkbox"/>	Article
Aquatic activity programs for children under age of three.						
<u>Pediatrics</u>	58					
American College of Sports Medicine	2000				<input checked="" type="checkbox"/>	Book
Guidelines for Exercise Testing and Prescription						
Lippincott, Williams and Wilkins						
American College of Sports Medicine	1990				<input checked="" type="checkbox"/>	Other
Position statement on the recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness in healthy adults.						
<u>Medicine and Science in Sports and Exercise</u>	22:2	265-274				

American National Red Cross Swimming and Diving	1992				<input checked="" type="checkbox"/>	Book
MS: Mosby - Year Book, Inc. and The American National Red						
Andersson J P, Liner M H, Fredsted A, Schagatay EK Cardiovascular and respiratory responses to apneas with and without face immersion in exercising humans. <u>J Appl Physiol</u>	2004	96 (3)	1005-1010		<input checked="" type="checkbox"/>	Study
Andrus JM AquaFit and Weight Training <u>AquaFit</u>	1997			February	<input type="checkbox"/>	Pilot Study
Araalson KM Therapeutic pool programs. <u>Clinical Management</u>	1985	5	10-13		<input checked="" type="checkbox"/>	Article
Arborelius M, Baldin UI, Lilja B, Lundgren CE Hemodynamic changes in man during immersion with the head above water. <u>Aerospace Medicine</u>	1972	43(3)	593-599		<input checked="" type="checkbox"/>	Study
Ariyoshi M, Sonoda K, Nagata , Mashima T, Zenmyo M, Paku C, Takamiya Y, Yoshimatsu H, Hirai Y Efficacy of aquatic exercises for patients with low-back pain. <u>Kurume Med J</u>	1999	46 (2)	91-6		<input checked="" type="checkbox"/>	Other
						Department of Surgery
Assis MR, Silva LE, Alves AM, Pessanha AP, Valim V, Feldman D, Barros Neto TL, Natour J A randomized controlled trial of deep water running: clinical effectiveness of aquatic exercise to treat fibromyalgia. <u>Arthritis Rheum</u>	2006	55(1)	57-65		<input checked="" type="checkbox"/>	Study
Avellini, B., Shapiro, Y., & Pandolf, K. Cardio-respiratory physical training in water and on land. <u>European Journal of Applied Physiology and Occupational Physi</u>	1983	50	255-263		<input checked="" type="checkbox"/>	Study
Avellini, B.A., Shapiro, Y., Fortney, S.M., Wenger, C. B., Pandolf, K. B. Effects on heat tolerance of physical training in water and on land. <u>Journal of Applied Physiol</u>	1982	53 (5)	1291-1298	Nov	<input checked="" type="checkbox"/>	
Avery, H., Lowe, N. Effects of Water Temperature on Flexibility	1999				<input type="checkbox"/>	Pilot Study
University of North Carolina						
Ay, A. and Yurtkuran, M Evaluation of hormonal response and ultrasonic changes in the heel bone by aquatic exercise in sedentary postmenopausal women. <u>Am J Phys Med Rehabil</u>	2003	82(12)	942-9	December	<input checked="" type="checkbox"/>	Study
						Uludag University Ataturk Balneotherapy and Rehabilitation C
Ay, A. and Yurtkuran, M Influence of aquatic and weight-bearing exercises on quantitative ultrasound variables in postmenopausal women. <u>Am J Phys Med Rehabil</u>	2005	84(1)	52-61	January	<input checked="" type="checkbox"/>	Study
						Uludag University Ataturk Balneotherapy and Rehabilitation C
Bailey, Carolyn, Finch, Samantha, Hallan, Steven , Stiff, Penelope A study to investigate the effects of a 10 week 'AquaRobic' programme on cardiorespiratory fitness, flexibility and general well being.	1996				<input type="checkbox"/>	Thesis
University of East London						

Bakoulis Bloch, G.	1991	Nov-Dec	<input checked="" type="checkbox"/>	Article
Water running: pool your efforts. (Training Tips)				
<u>Women's Sports and Fitness</u>	13 (8)	59 (2)		
Balogh, Z., J. Ordogh, et al	2005		<input checked="" type="checkbox"/>	Study
Effectiveness of balneotherapy in chronic low back pain -- a randomized single-blind controlled follow-up study.				
<u>Forsch Komplementarmed Klass Naturheilkd</u>	12(4)	196-201		
Barbosa TM, Sousa VF, Silva AJ, Reis VM, Marinho DA, Bragada JA.	2010	Jan	<input checked="" type="checkbox"/>	Study
Effects of musical cadence in the acute physiologic adaptations to head-out aquatic exercises.				
<u>J Strength Cond Res.</u>	24(1)	244-50.		Department of Sports Sciences
Barbosa, T. M. Garrido, M. F. Bragada, J.	2007	Nov	<input checked="" type="checkbox"/>	Article
Physiological adaptations to head-out aquatic exercises with different levels of body immersion				
<u>J Strength Cond Res</u>	21 (4)	1255-1259		
Bar-Or, O.	2000	Nov	<input checked="" type="checkbox"/>	Review
Juvenile obesity, physical activity, and lifestyle changes- cornerstones for prevention and management.				
<u>Physician and Sportsmedicine</u>	28	51		
Barretta, Rosalie G.	1993	Spring	<input type="checkbox"/>	Study
Physiological Training Adaptations to a 14 week deep water exercise program.				
		University of New Mexico		
Barretta, Rosie PhD	1996	August/Septe	<input type="checkbox"/>	Article
Understanding Water Exercise Target Heart Rate.				
<u>the AKWA letter</u>		10-11		
Bartels, E. M. Lund, H. Hagen, K. B. Dagfinrud, H. Christensen, R. Danneskiold-Samsoe, B.	2007	Oct	<input checked="" type="checkbox"/>	Article
Aquatic exercise for the treatment of knee and hip osteoarthritis				
<u>Cochrane Database Syst Rev</u>	(4)	CD005523		
Bartels, EM., Lund, H., Danneskiold-Samsoe, B.	2001	October	<input checked="" type="checkbox"/>	Review
[Pool exercise therapy of rheumatoid arthritis.] [Article in Danish]				
<u>Ugeskr Laeger</u>	163 (40)	5507-13		Danmarks Natur- og Laegevidenskabelige Bibliotek
Bartow, L., Diamond, L.	1989		<input type="checkbox"/>	Thesis
Resistance training in the water: an analysis comparing the hydro-tone system to water resistance without a training tool in resistance of the knee flexors and extensors.				
		Boston University		
Bassett, David R., & Crum, Jason	1997	Feb.	<input checked="" type="checkbox"/>	Thesis
Energy Cost of Using HydroForce Exercise Equipment.				
		University of Tennessee		Exercise Science Unit
Bazett, H. C., Maxfield, M.E., Scott, J.C.	1938		<input checked="" type="checkbox"/>	Study
Effects of baths at different temperatures on oxygen exchange and on the circulation.				
<u>American Journal of Physiology</u>	119	93-110		
Beasley, B.	1985		<input type="checkbox"/>	Thesis
Metabolic and heart rate responses to aquatic exercise.				
		University of Southern Florida		

Beasley, R. L. Aquatic exercise prescription pointers. <u>Sports Medicine Digest</u>	11 (1)	1-3		1989		✓	Article
Beason K, Lee J Aquatic professionals' beliefs and behaviors toward the profession. <u>AEA IAFC Poster Proceedings</u>			The University of Mississippi	2008	May	✓	Abstract
Beason K, Staten RS Can socializing during low to medium impact aquatic exercise act as an antidepressant for older adults? <u>AEA Aquatic Fitness Research Journal</u>	4 (1)	4-10	The University of Mississippi.	2007	March	✓	Article
Becker B E, Hildenbrand K, Whitcomb R K, Sanders J P. Biophysiological Effects of Warm Water Immersion <u>Int J Aq Res & Ed</u>	3(1)			2009	Feb	✓	Study
Becker, DG., Abidin, MR., Lombardi, SA., Phung, D., Shotwell, RE., Edlich, RF. Evaluation of flotation devices for deep-water exercise. <u>J Burn Care Rehabil</u>	9 (4)	407-12	University of Virginia School of Medicine	1988	Jul-Aug	✓	Abstract
Becker, Dr. Biologic Aspects of Aquatic Rehabilitation. <u>Medicine & Physical Fitness</u>	31	192-193				✓	Article
Begin, R., Epstein, M., Sackner, M.A., Levinson, R., Dougherty, R., Duncan, D. Effect of water immersion to the neck on pulmonary circulation and tissue volume in man. <u>Journal of Applied Physiology</u>	40	293-299		1976		✓	Study
Bellevue O, Cisar R, Cisar C, Bowen J, Wilkinson S. Evaluation and Comparison of 300-yd and 500-yd Shallow Water Run Tests as Predictors of Aerobic Power. <u>Int J Aq Res & Ed</u>	3(4)			2009	Nov	✓	Study
Belza, B., Topoliski, T., Kinne, S., Patrick, DL., Ramsey, SD. Does adherence make a difference? Results form a community-based aquatic exercise program. <u>Nursing Research</u>	51	285-291		2002	September-Oct	✓	Study
Benelli P, Ditroilo M., De Vito G. Physiological resoneses to fitenss activities: a comparison between land-based and water aerobics exercise. <u>J Strength Cond Res</u>	18 (4)	719-722		2004	Nov	✓	Study
Benelli, P., Ditroilo, M., Pigiapoco, P. Physiological Responses to Fitness Activities- 2 Experimental Studies. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	32-36	Aquaitc Exercise Association	2004	Spring	✓	Thesis
Berger, L., P. Martinie, et al. Immediate effects of physiotherapy session of lower limb by balneotherapy on postural control. <u>Ann Readapt Med Phys</u>	49(1)	37-43		2006		✓	Study
Berkley Wellness Letter The Polar Bear Effect <u>The AKWA Letter</u>	Vol. 3, No. 7		University of California	1989	May	✓	Review

Bermingham MA, Mahajan D, Neaverson MA	2004	March	<input checked="" type="checkbox"/>	Study
Blood lipids of cardiac patients after acute exercise on land and in water. <u>Arch Phys Med Rehabil</u> 85(3) 509-511 School of Biomedical Science University of Sydney Australia				
Best, SK., Williams, K.	1998		<input type="checkbox"/>	
Comparison of muscle activity, heart rate, blood pressure, and rate of perceived exertion while pedaling on a land stationary cycle, a water stationary cycle, and stationary deep water pedaling. On file at AEA				
Bgeginski R, Finkelstein I, Alberton C L, Tartaruga M P, Krueel L F M	2009	May	<input checked="" type="checkbox"/>	Study
Effects of Water-Gymnastics Training on Hemodynamic Variables in Pregnant Women at Rest. <u>Int J Aq Res & Ed</u> 3(2)				
Bgeginski R, Kanitz AC, Finkelstein I, Krueel LFM	2008	May	<input checked="" type="checkbox"/>	Abstract
Influence of practice time of water aerobics throughout pregnancy on heart rate and blood pressure behavior. <u>AEA IAFC Poster Proceedings</u>				
Bgeginski R, Stein R, de Figueiredo PAP, Alberton CL, Finkelstein I, Krueel LFM	2008	May	<input type="checkbox"/>	Abstract
Comparison of BP and VO2 behavior in pregnant and non-pregnant women, between progressive and continuous exercise in water and on land. <u>AEA IAFC Poster Proceedings</u>				
Binkley, H., Schroyer, T.	2002	January	<input checked="" type="checkbox"/>	Study
Aquatic therapy in the treatment of upper extremity injuries. <u>Athletic Therapy Today</u> 7 49-54				
Bishop, P., Frazier, S., Smith, J., & Jacogs, D.	1989		<input checked="" type="checkbox"/>	Study
Physiologic responses to treadmill and water running. <u>Physician and Sports Medicine</u> 17 (2) 87-94				
Bitts, N., Tucker, M. & Smith, R.	1991		<input checked="" type="checkbox"/>	Study
Maximal responses to treadmill and deep water running in high school female cross country runners. <u>Research Quarterly for Exercise and Sport</u> 62 (2) 236-239				
Blair, S., Kohl, H., & Gordon, N.	1992		<input checked="" type="checkbox"/>	Article
Physical activity and health: A lifestyle approach <u>Medicine, Exercise, Nutrition & Health</u> 1:1 54-56				
Blair, S., Kohl, H., Paffenbarger, R., Clark, D., Cooper, K., & Gibbons, L.	1989		<input checked="" type="checkbox"/>	Study
Physical fitness and all-cause mortality: A prospective study of healthy men and women. <u>Journal of the American Medical Association</u> 262 2395-2401				
Blanche, W., Evans, W., Cureton, K. J., & Purvis, J. W.	1978		<input checked="" type="checkbox"/>	Study
Metabolic and circulatory responses to walking and jogging in water. <u>Research Quarterly</u> 49 442-449				
Bolton, E.	1971		<input checked="" type="checkbox"/>	Article
Technique of resistive exercise adapted for a small pool. <u>Physiotherapy</u> 57 (10) 481-482				
Bonde-Petersen, F., Schultz-Pedersen, L., Dragsted, N.	1992	May	<input checked="" type="checkbox"/>	
Peripheral and central blood flow in man during cold, thermoneutral, and hot water immersion. <u>Aviat Space Environ Med</u> 63(5) 346-350 Danish Aerospace Medical Centre of Research, Rigshospitalet				

Bonnette, A. R.	1978	Nov.		<input checked="" type="checkbox"/>	Article
Use the swimming pool to rehabilitate injuries. <u>Athletic Journal</u>	59	3			
Bookspan, J.	1986			<input type="checkbox"/>	Thesis
The effect of a swimming program and specific water resistance exercises on muscular strength and endurance. Temple University					
Boone, T., Thompson, D.L.	1983	Jan/Feb		<input checked="" type="checkbox"/>	Study
Reproductibility of tethered swimming in exercise rehabilitation research. <u>American Corrective Therapy Journal</u>	37 (1)	23-27			
Booth, CE	2004			<input checked="" type="checkbox"/>	Study
Water exercise and its effects on balance and gait to reduce the risk of falling in older adults. <u>Activities, Adaptation and Aging</u>	28(4)	45-57	Washington University		Department of HHPR-Paramedic Program
Borg, G.V.	1982			<input checked="" type="checkbox"/>	Study
Psychological basis of perceived exertion. <u>Medicine and Science in Sports and Exercise</u>	14-5	377-381			
Brady, B. Redfern, J. Macdougall, G. Williams, J.	2008	June		<input checked="" type="checkbox"/>	
The addition of aquatic therapy to rehabilitation following surgical rotator cuff repair: a feasibility study <u>Physiother Res Int</u>		Epub ahea			
Brasil RM	2008	May		<input checked="" type="checkbox"/>	Abstract
Physiological Responses and the Rate of Perceived Exertion between the Continuous and Intermittent Protocols in Aquatic Cycling. <u>AEA IAFC Poster Proceedings</u>					
Brasil RM, Ferreira AC, Barreto AC	2006			<input type="checkbox"/>	
The behaviors of the hemodynamic answers on the aquatic cyclism. Castelo Branco University					
Brass JE, Federoff L.	2007	Aug		<input checked="" type="checkbox"/>	Study
Psychological Benefits of Water Aerobics for Fibromyalgia Patients <u>Int J Aq Res & Ed</u>	1(3)				
Bravo, G., Gauthier, P., Roy, PM., Payette, H., Gaulin, P.	1997	December		<input checked="" type="checkbox"/>	Study
A weight-bearing, water-based exercise program for osteopenic women: its impact on bone, functional fitness, and well-being. <u>Arch Phys Med Rehabil</u>	78-12	1375-80			
Brennan, D. K., Michaud, T. J., Wilder, R. P., & Sherman, N. W.	1992			<input checked="" type="checkbox"/>	Study
Gains in aquarunning peak oxygen consumption after eight weeks of aquarun training. <u>Medicine and Science in Sports and Exercise</u>	24 (5)	523			
Brittain DR, Gyurcsik NC	2009	January		<input checked="" type="checkbox"/>	Study
Perceptions of Trained Leaders on Improving the Public Health Impact of Three Arthritis Foundation Programs. <u>Health Promot Pract</u>					
Broach, Ellen and Dattilo, John	2003			<input checked="" type="checkbox"/>	Study
The effect of aquatic therapy on strength of adults with multiple sclerosis. <u>Thereapeutic Recreation Journal</u>	37	224-239			

Broman G, Quintana M, Engardt M, Gullstrand < Jansson E, Kaijser L	2006			<input checked="" type="checkbox"/>	Study
Older women's cardiovascular responses to deep water running. <u>J Aging Phys Act</u> 14(1) 29-40					
Broman G, Quintana M, Lindberg T, Jansson E, Kaijser L.	2006	Sep		<input checked="" type="checkbox"/>	Study
High intensity deep water training can improve aerobic power in elderly women. <u>Eur J Appl Physiol</u> 98(2) 117-123					
Brown, R., Henderson, J.	1989			<input type="checkbox"/>	
Training with the aqua jogger. <u>Eugene: Excel Sports Science</u>					
Brown, RL.	1991			<input checked="" type="checkbox"/>	Book
Water Training. International Institute for Sport & Human Performance, Sport S					
Brown, S, et al	1997b			<input checked="" type="checkbox"/>	Study
Predicting oxygen consumption during deep water running: gender differences. <u>Journal of Strength and Conditioning Research</u> 11-3 188-193					
Brown, S. P., Chitwood, L.F., Beason, K.R., & McLemore, D.R.	1997			<input checked="" type="checkbox"/>	Study
Deep water running physiological responses: Gender differences at treadmill matched walking/running cadences. <u>Journal of Strength and Conditioning Research</u> 11 (2) 107-114					
Brown, S. P., Chitwood, L.F., Beason, K.R., McLemore, D.R.	1996	August		<input checked="" type="checkbox"/>	
Perceptual responses to deep water running and treadmill exercise <u>Percept Mot Skills</u> 83 (1) 131-139 University of Mississippi Department of Exercise Science and Leisu					
Brown, S.P., Chitwood, L.F., Beason, K.R., McLemore, D.R.	1996	August		<input checked="" type="checkbox"/>	
Physiological correlates with perceived exertion during deep water running. <u>Percept Mot Skills</u> 83 (1) 155-162 University of Mississippi Department of Exercise Science and Leisu					
Brown, Sp., Alvarez, JG. And Jordan, JC.	1997			<input type="checkbox"/>	Abstract
Perceived exertion during deep water running: A multiple linear regression study. <u>Med & Sci in Sports & Exercise</u> 29(5) 1222					
Brown, SP., O'Donnell, D., Kravitz, L., Beason, K., and Alvarez, J.	1998			<input checked="" type="checkbox"/>	Study
Regression of oxygen consumption on heart rate during supported and unsupported deep water running in healthy mixed gender. <u>Sports Medicine Training and Rehabilitation</u> 8(3) 291-299					
Bullard, R., & Rapp, G.	1970			<input checked="" type="checkbox"/>	Study
Problems of body heat loss in water immersion. <u>Aerospace Medicine</u> 41 1269-1277					
Buono, M. J.	1983			<input checked="" type="checkbox"/>	
Effect of central vascular engorgement and immersion on various lung volumes. <u>Journal of Applied Physiology</u> 54 115-118					
Burke DG, Holt LE, Rasmussen R, MacKinnon NC, Vossen JF, Pelham TW	2001	March		<input checked="" type="checkbox"/>	Study
Effects of hot or cold water immersion and modified proprioceptive neuromuscular facilitation flexibility exercise on hamstring length. <u>J Athl Train</u> 36(1) 16-19 St. Francis Xavier University					

Burke, E. J., Keenan, T. J.	1984			<input checked="" type="checkbox"/>	Study
Energy cost, heart rate, and perceived exertion during the elementary backstroke.					
<u>The Physician and Sports Medicine</u>	12 (12)	75-80			
Burns, AS., Lauder, TD.	2001	March		<input checked="" type="checkbox"/>	Abstract
Deep water running: an effective non-weight bearing exercise for the maintenance of land-based running performance.					
<u>Mil Med</u>	166 (3)	253-8	Thomas Jefferson University		Department of Rehabilitation Medicine
Bushman, B. A., Flynn, M.G., Andres, F. F., Lambert, C.P., Taylor, M.S., & Braun, W. A.	1997			<input checked="" type="checkbox"/>	Study
Effect of 4 week deep water run training on running performance.					
<u>Medicine and Science in Sports and Exercise</u>	29 (5)	694-699			
Butts N., Tucker, M., & Greening, C.	1991			<input checked="" type="checkbox"/>	Study
Physiologic responses to maximal treadmill and deep water running in men and women.					
<u>American Journal of Sports Medicine</u>	19 (6)	612-614			
Butts, N. K., Tucker, M., & Smith, R.	1991			<input checked="" type="checkbox"/>	Study
Maximal responses to treadmill and deep water running in high school female cross country runners.					
<u>Research Quarterly for Exercise and Sport</u>	62	236-239			
Byrne, H., Craig, J. & Wilmore, J.	1996			<input checked="" type="checkbox"/>	
A comparison of the effects of underwater treadmill walking on oxygen consumption, heart rate and cardiac output.					
<u>Journal of Aquatic Physical Therapy</u>	November	4-11			
Cadmus L, Patrick MB, Maciejewski ML, Topolski T, Belza B, Patrick DL.	2010	Jan		<input checked="" type="checkbox"/>	Study
Community-based aquatic exercise and quality of life in persons with osteoarthritis.					
<u>Med Sci Sports Exerc.</u>	42(1)	8-15	University of Washington,		Department of Health Services
Campbell, JA, D'Aquisto, LJ, D'Aquisto, DM, and Cline, MG	2002			<input checked="" type="checkbox"/>	Study
Metabolic and cardiovascular response to shallow water exercise in young and older women.					
<u>Medicine & Science In Sports & Exercise</u>		Alaska, US			
Campbell, K. P.	1954			<input checked="" type="checkbox"/>	Study
Pool Therapy.					
<u>British Journal of Physical Medicine</u>	7	224			
Campbell, K., et al.	1990	March		<input type="checkbox"/>	Thesis
Effect of water exercise on body composition in overweight females.					
AAHPERD National Convention					
Campbell, W. R.				<input type="checkbox"/>	Book
Aqua Percept: A special aquatic program designed for motor training.					
Aqua Percept, Inc.					
Cancela Carral JM, Ayan Perez C	2007			<input checked="" type="checkbox"/>	Study
Effects of high-intensity combined training on women over 65.					
<u>Gerontology</u>	53	340-346			
Cardosa JE, Augusto J, Oliveira G, Tarevnic R	2006	April/May		<input type="checkbox"/>	Article
Water Exercise- Program of specific physical activity for gestation and after-birth periods.					
<u>AKWA</u>	19 (6)		Aquatic Exercise Association		

Carlson, J. S., et al.					<input type="checkbox"/>	Abstract
Examination of cardiovascular and metabolic adjustments to exercise on a treadmill immersed in water.						
				Footscray Institute of Technology		
Cassady, S. L., Nielson, D. H.		1992	July		<input checked="" type="checkbox"/>	Study
Cardiorespiratory responses of healthy subjects to calisthenics performed on land versus in water.						
<u>Physical Therapy</u>	72(7)	532-538		University of Iowa, Iowa City 52242		College of Medicine
Cavalcante SR, Cecatti JG, Pereira RI, Baciuk EP, Bernardo AL, Silveira C.		2009	January		<input checked="" type="checkbox"/>	
Water aerobics II: maternal body composition and perinatal outcomes after a program for low risk pregnant women.						
<u>Reprod Health</u>	6:1					
Cesarin, TM., Mattacola, CG., Sitler, MR		2001	April-June		<input checked="" type="checkbox"/>	Study
Efficacy Of Six Weeks of Water Training On Vertical Jump Height.						
<u>Journal of Athletic Training</u>	36 (2)	S-57				
Chase NL, Sui X, Blair SN.		2008	May		<input checked="" type="checkbox"/>	Study
Comparison of the Health Aspects of Swimming With Other Types of Physical Activity and Sedentary Lifestyle Habits.						
<u>Int J Aq Res & Ed</u>	2(2)					
Chase NL, Sui X, Blair SN.		2008	Aug		<input checked="" type="checkbox"/>	Study
Swimming and All-Cause Mortality Risk Compared With Running, Walking and Sedentary Habits in Men.						
<u>Int J Aq Res & Ed</u>	2(3)					
Chemey, Rise M.		1993	May		<input type="checkbox"/>	Thesis
Comparison of rate of perceived exertion to pulse rates in a water aerobics class.						
				Temple University		College of Health, Physical Education, Re
Choukroun, M., & Varene, P.		1990			<input checked="" type="checkbox"/>	Study
Adjustments in oxygen transport during head-out immersion in water at different temperatures.						
<u>Journal of Applied Physiology</u>	68 (4)	1475-1480				
Christie, J. L., Sheldahl, L. M., Tristani, F. E., Wann, L. S., Sagar, K. B., Lenandoski, S. G., Sobocins		1990			<input checked="" type="checkbox"/>	Study
Cardiovascular regulation during head out water immersion exercise.						
<u>Journal of Applied Physiology</u>	69 (2)	657-663				
Chu, KS., Rhodes, EC.		2001	January		<input checked="" type="checkbox"/>	Abstract
Physiological and cardiovascular changes associated with deep water running in the young. Possible implications for the elderly.						
<u>Sports Med</u>	31 (1)	33-46		University of British Columbia		School of Human Kinetics
Cider A, Sunnerhagen KS, Schaufelberger M, Andersson B		2005	November		<input checked="" type="checkbox"/>	Study
Cardiorespiratory effects of warm water immersion in elderly patients with chronic heart failure.						
<u>Clin Physiol Funct Imaging</u>	25 (6)	313-317				
Cider A, Svealv B C, Tang M S, Schaufelberger M, & Andersson B		2005			<input checked="" type="checkbox"/>	Study
Immersion in warm water induces improvement in cardiac function in patients with chronic heart failure.						
<u>Eur J Heart Fail</u>						
Cisar, R.B., Cisar, C.J.,FACSM, Bowen, J., and Wilkinson, S.					<input type="checkbox"/>	
Evaluation and comparison of 300-YD and 500 YD shallow water run tests as predictors of aerobic power.						
				San Jose State University		Dept. of Human Performance

Ciske, P., Franklin, B., Gorden, S. & Timmis, G. C.	1987				<input checked="" type="checkbox"/>	Study
Hemodynamic responses to water exercise in cardiac patients.						
<u>Medicine and Science in Sport and Exercise</u>	19 (2)	S93				
Claesson IM, Josefsson A, Cedergren M, Brynhildsen J, Jeppsson A, Nyström F, Sydsjö A, Sydsjö G.	2008	June			<input checked="" type="checkbox"/>	Study
Consumer satisfaction with a weight-gain intervention programme for obese pregnant women.						
<u>Midwifery</u>	24(2)	163-167				
Clark, T. D., Seymour, R.S., Christian, K., Wells, R.M., Baldwin, J., & Farrell, A.P.	2007	Nov			<input checked="" type="checkbox"/>	Article
Changes in cardiac output during swimming and aquatic hypoxia in the air-breathing pacific tarpon.						
<u>Comp Biochem Physiol A Mol Integr Physiol</u>	148(3)	562-571				
Claxton, D., & Lacy, A.	1991	August			<input checked="" type="checkbox"/>	Other
Pedagogy: The missing link in aerobic dance.						
<u>JOPHERD</u>		49-52				
Clemens CA, Cisar CJ	2006	O.ly			<input checked="" type="checkbox"/>	Study
The effect of footwear on the reliability of the 500-yard shallow water run as a predictor of maximal aerobic capacity.						
<u>AEA Aquatic Fitness Research Journal</u>	3(1)	34-38				
Clement, M., Jankowski, L.W., Beaudry, P.H.	1979	November			<input checked="" type="checkbox"/>	
Prone immersion physical exercise therapy in three children with cystic fibrosis: a pilot study.						
<u>Nurs Res</u>	28 (6)	325-329				
Cline, JM.	1991				<input type="checkbox"/>	Thesis
Effect of land and water exercise on hip and knee flexibility in female osteoarthritic elderly						
			California State University			International Institute for Sport and Huma
Coad, D., Storie, R., Perez, H. R. & Wygand, J. W.	1987				<input checked="" type="checkbox"/>	Study
The energy cost of treadmill versus hydro-exercise.						
<u>Medicine and Science in Exercise and Sport</u>	19 (2)	S63	Adelphi University			Human Performance Lab
Cochrane T, Davey RC, et al	2005				<input checked="" type="checkbox"/>	Study
Randomised controlled trial of the cost-effectiveness of water-based therapy for lower limb osteoporosis.						
<u>Health Technol Assess</u>	9 (31)	1-114				
Coertjens, M., Dias, A. B. C., Da Silva, R. C., Rangel, A. C. B., Peyre Tartaruga, L. A. & Krueel, L. F.	2005	Spring			<input checked="" type="checkbox"/>	Abstract
Determination of the bradycardia during upright immersion in the water.						
<u>AEA Aquatic Fitness Research Journal</u>	2(1)		School of Physical Education, Universidade Federal do Rio Gra			Research Group on Water Activities, Labo
Colado J.C.1, Saucedo P.2, Tella V.1, Naclerio F.3, Chulvi I.1, Abellan J.2	2007	September			<input type="checkbox"/>	Abstract
Effects of an aquatic strength training program on certain cardiovascular risk factors in early-postmenopausal women.						
<u>AEA Aquatic Fitness Research Journal</u>	4(2)	A405	University of Valencia (Spain),			
Colado JC , Triplett NT, AlakhdarY, Mayo C, Garcia X, Tella V	2008	May			<input checked="" type="checkbox"/>	Abstract
Comparison of the maximum strength and the impact force produced during one leg jump in the aquatic medium and dry land.						
<u>AEA IAFC Poster Proceedings</u>			(1) Department of Physical Education and Sports, University of			
Colado JC, Tella V, Triplett NT, González LM	2009a	March			<input checked="" type="checkbox"/>	Study
Effects of a short-term aquatic resistance program on strength and body composition in fit young men.						
<u>J Strength Cond Res</u>	23(2)	549-559	University of Valencia			Department of Physical Education and Sp

Colado JC, Tella V, Triplett NT. A method for monitoring intensity during aquatic resistance exercises. <u>J Strength Cond Res</u> 22(6): 2045-9	2008	Nov	<input checked="" type="checkbox"/>	Study
Colado JC, Triplett NT, Tella V, Saucedo P, Abellán J Effects of aquatic resistance training on health and fitness in postmenopausal women. <u>Eur J Appl Physiol</u> 106(1): 113-22. University of Valencia	2009b	Feb	<input checked="" type="checkbox"/>	Study Department of Physical Education and Sp
Cole, A. J., R. E. Eagleston, et al Aquatic rehabilitation of the spine. <u>Rehab Manag</u> 9(3): 55-60,62	1996		<input checked="" type="checkbox"/>	Study
Cole, L. K., Andres, F. Physiological and perceptual responses to running in the water. <u>Aquatic Symposium NSPI 3</u>	1987		<input type="checkbox"/>	Thesis Laura K. Cole, University of Toledo Exercise Physiology Lab
Connelly, T. P., Sheldahl, L. M., Tristani, F. E., et al. Effect of increased central blood volume with water immersion on plasma catecholamines during exercise. <u>Journal of Applied Physiology</u> 69 (2): 651-656	1990	August	<input checked="" type="checkbox"/>	Study
Convertino, V.A., Tatro, D.L., Rogan, R.B. Renal and cardiovascular responses to water immersion in trained runners and swimmers. <u>Eur. Journal of Applied Physiology</u> 67(6): 507-512	1993		<input type="checkbox"/>	Biomedical Operations and Research Office
Cooper, D. L., Fair, J. Rehabilitation through underwater exercise. <u>Physician & Sports Medicine</u>	1976	Oct.	<input checked="" type="checkbox"/>	Study
Costill, D. Energy requirements during exercise in the water. <u>Journal of Sports Medicine and Physical Fitness</u> 11: 87-92	1971		<input checked="" type="checkbox"/>	Study
Costill, D., Cahill, P. J., Eddy, D. Metabolic response to submaximal exercise in three water temperatures. <u>Journal of Applied Physiology</u> 22: 628-632	1967		<input checked="" type="checkbox"/>	Study
Craig, A. B., Dvorak, A. M. Thermal regulation during water immersion. <u>Journal of Applied Physiology</u> 21: 1577-1585	1966		<input checked="" type="checkbox"/>	Study
Craig, A. B., Dvorak, A. M. Thermal regulation of man exercising during water immersion. <u>Journal of Applied Physiology</u> 25 (1): 28-35	1968	July	<input checked="" type="checkbox"/>	Study
Craig, A., & Dvorak, M. Comparison of exercise in air and in water of different temperatures. <u>Medicine and Science in Sports and Exercise</u> 1 (3): 124-130	1969		<input checked="" type="checkbox"/>	Study
Crittenden, G., Morlock, J. F., Moore, T. O. Recovery parameters following underwater exercise. <u>Aero Med.</u> 11: 1255-1260	1974		<input checked="" type="checkbox"/>	Study

Crussemeyer, Jill, Ludwick, Gertchen	1996	Summer	<input checked="" type="checkbox"/>	Pilot Study
Special Report: Wave Run Field Test Study <u>Hydro-Fit News</u>	1-2	University of Oregon		
Cuesta-Vargas A, Garcia-Romero JC, Kuisma R.	2009	Nov	<input checked="" type="checkbox"/>	Study
Maximum and Resting Heart Rate in Treadmill and Deep-Water Running in Male International Volleyball Players <u>Int J Aq Res & Ed</u>	3(4)			
Cunha, M. C., A. S. Oliveira, et al.	1996		<input checked="" type="checkbox"/>	Study
Spinal muscular atrophy type II (intermediary) and III (Kugelberg-Welander). Evolution of 50 patients with physiotherapy and hydrotherapy in a swimming pool. <u>Arq Neuropsiquiat</u>	54(3)	402-6		
Cunha, Marcia C. B., Oliveira, Acary S.B., Labronici, Rita Helena D. D., Gabbai, Alberto Alain	1996		<input type="checkbox"/>	
Spinal Muscular Atrophy Type II (Intermediary) and III (Kugelberg-Welander) <u>Separata Arquivos de Neuro Psiquiatria</u>	54	402-406		
Curley, R. L., et al.	1984	January	<input checked="" type="checkbox"/>	Study
Oxygen consumption in a heated pool. <u>Archives of Physical Medicine and Rehabilitation</u>	65	21-23		
da Silva, EM; Pinto, SS; Alberton, CL; Cadore, EL; Kanitz, AC; Kruel, LFM.	2009	May	<input checked="" type="checkbox"/>	Abstract
Electromyographic and Kinematic Characteristics of Elderly Women Walking on Dry Land, in Shallow and Deep Water. <u>AEA IAFC Poster Proceedings</u>				
D'Acquisto, LJ., D'Acquisto, DM., Renne, D.	2001	February	<input checked="" type="checkbox"/>	Study
Metabolic and cardiovascular responses in older women during shallow-water exercise. <u>Journal of Strength and Conditioning Research</u>	15	12-19		
D'Acquisto, LJ., D'Acquisto, DM., Renne, D., Bates, K., Pallotta, G. and Nethery, V.	1998	May	<input checked="" type="checkbox"/>	Abstract
Metabolic and cardiovascular response to shallow water exercise in 60 to 80 year old females. <u>Med & Sci in Sports & Exercise</u>	30(5)	Abstract 1		
Danneskioki-Samoe, B., Lynburg, K., Risun, T. & Telling, M.	1987		<input checked="" type="checkbox"/>	Study
The effect of water exercise therapy given to patients with rheumatoid arthritis. <u>Scandinavian Journal of Rehabilitation Med.</u>	19	31-35		
Dantas E, Soares J, Aboarrage AJ, Brasil R, DiMazi F, Netto E, Freire V	2006		<input type="checkbox"/>	Study
Joint mobility and practice of water exercise.				
Darby, LA., Yackle, BC.	2000	December	<input checked="" type="checkbox"/>	Study
Physiological responses during two types of exercise performed on land and in the water. <u>Journal of Sports Medicine and Physical Fitness</u>	40-4			
Davies, PS., Gregory, J., White, A.	1995	January	<input checked="" type="checkbox"/>	Abstract
Physical activity and body fatness in pre-school children. <u>International Journal of Obesity & Related Metabolic Disorders</u>	19 (1)	6-10		MRC Dunn Nutrition Unit
de Almeida DP, Brasil RM, Ferreira A, Lopes Barreto AC	2008	May	<input checked="" type="checkbox"/>	Abstract
Comparison of the levels of life quality in different modalities of aquatic exercises. <u>AEA IAFC Poster Proceedings</u>		Facility: Aquatic area of Velox Fitness at Rio de Janeiro		

de Andrade, S. C. de Carvalho, R. F. Soares, A. S. de Abreu Freitas, R. P. de Medeiros Guerra, L. M	2008	Jul		<input checked="" type="checkbox"/>	
Thalassotherapy for fibromyalgia: a randomized controlled trial comparing aquatic exercises in sea water and water pool					
<u>Rheumatol Int</u>			Epub ahea		
de Araújo LM, Brasil RM, Ferreira A, Lopes Barreto AC	2008	May		<input checked="" type="checkbox"/>	Abstract
Effect of the interval protocol of aquatic cycling in Heart Rate and Rate of Perceived Exertion (Pilot Study).					
<u>AEA IAFC Poster Proceedings</u>			Aquatic area of Velox Fitness at Rio de Janeiro		
de Figueiredo PAP, Borges Jr NG, Black GL, Brentano M, Krue LFM	2005	Spring		<input checked="" type="checkbox"/>	Abstract
An electromyographic analysis of women abdominal exercises under water.					
<u>AEA Aquatic Fitness Research Journal</u>			2(1)		
de Figueiredo, P A. P., Coerjents, M., Krue L, L. F. M.	2005	Spring		<input checked="" type="checkbox"/>	Other
Behavior of heart rate during vertical immersion in the water and practical application.					
<u>AEA Aquatic Fitness Research Journal</u>			2(1)		
de Sá Junior, AFF; Brasil RM; Barreto ACL	2009	May		<input checked="" type="checkbox"/>	Abstract
Incidence of Lesions among Apprentices of Indoor Cycle and Aquatic Cycle.					
<u>AEA IAFC Poster Proceedings</u>					
de Souza, AS; Kanitz, AC; Rodrigues, BM; Alberton, CL; da Silva, EM; Pinto, SS; Krue L, LFM.	2009	May		<input checked="" type="checkbox"/>	Abstract
Physiological Comparisons between Two Methods of Strength Training in Water Environment with and without Resistive Equipment.					
<u>AEA IAFC Poster Proceedings</u>					
Degani AM, Danna-dos-Santos A.	2007	Aug		<input checked="" type="checkbox"/>	Study
The Effect of Water Walking on the Lower Limb Motion of Older Adults					
<u>Int J Aq Res & Ed</u>			1(3)		
DeMaere J., Ruby B.C., & Swan, J.	1997			<input checked="" type="checkbox"/>	Study
Effects of deep water and treadmill running on oxygen uptake and energy expenditure in seasonally trained cross country runners.					
<u>Medicine and Science in Exercise and Sport</u>			29 S221		
Devereux K, Robertson D, Briffa NK.	2005			<input checked="" type="checkbox"/>	Study
Effects of a water-based program on women 65 years and over: a randomised controlled trial.					
<u>Aust J Physiother</u>			51(2) 102-108		
Diego Porto de Almeida; Roxana Macedo Brasil; Andréa Ferreira; Ana Cristina Lopes Barreto	2008	May		<input checked="" type="checkbox"/>	Abstract
Comparison of the levels of life quality in different modalities of aquatic exercises.					
<u>AEA IAFC Poster Proceedings</u>					
Dioguardi, N., Comazzi, A. M., Nielson, N. P.	1984	December		<input checked="" type="checkbox"/>	Study
Psychological profile of the spa user. Preliminary study of motivations for spa treatment					
<u>Minerva Med.</u>			75 (47-48) 2793-279		
DiPrampo, P. E.	1986	April		<input checked="" type="checkbox"/>	Study
The energy cost of human locomotion on land and in water.					
<u>International Journal of Sports Medicine</u>			7 (2) 55-72		
DiPrampo, P. E., Pendergast, D. R., Wilson, D. W., Rennie, D. W.	1974			<input checked="" type="checkbox"/>	Study
Energetics of swimming in man.					
<u>Journal of Applied Physiology</u>			37 1-5		

DiRocco, P. Tethered swimming and the development of cardiopulmonary fitness for nonambulatory individuals. <u>American Corrective Therapy Journal</u>	1986					<input checked="" type="checkbox"/>	Study
	1986	43-47					
Dixon, R. W., Faulkner, J. A. Cardiac output during maximum effort running and swimming. <u>Journal of Applied Physiology</u>	1971					<input checked="" type="checkbox"/>	Study
	30	653-656					
Donley D; BonnerD; Kampert M; Sherlock L; Hornsby G Deep Water Running: Developing Training Intensities from Land Based Exercise <u>AEA IAFC Poster Proceedings</u>	2009		May			<input checked="" type="checkbox"/>	Abstract
				West Virginia University,			Department of Human Performance and A
Donnelly, J., Brown, TE., Israel, RG., Smith-Sintek, S., O'Brien, KF., Caslavka, B. Hydrostatic weighing without head submersion: description of a method <u>Medicine & Science in Sports & Exercise</u>	1988		February			<input checked="" type="checkbox"/>	Study
	20 (1)	66-9					
Dowzer C N, Reilly T, Cable N T & Nevill A Maximal physiological responses to deep and shallow water running. <u>Ergonomics</u>	1999					<input checked="" type="checkbox"/>	Study
	42 (2)	275-281					
Dowzer C N, Reilly T, & Cable N T Effects of deep and shallow water running on spinal shrinkage. <u>BR J Sports Med</u>	1998					<input checked="" type="checkbox"/>	Study
	32(1)	44-48					
Dressendorfer, R., Morlock, J., Baker, D., & Hong, S. Effects of head out water immersion in cardiorespiratory responses to maximal cycling exercises. <u>Undersea Biomedical Research</u>	1976		Sept.			<input checked="" type="checkbox"/>	Study
	3	177-187					
Driver S, O'Connor J, Lox C, Rees K Evaluation of an aquatics programme on fitness parameters of individuals with brain injury. <u>Brain Inj</u>	2004		September			<input checked="" type="checkbox"/>	Study
	18(9)	847-59		University of Virginia			
Duffield, M. H. Exercise in Water.	1976					<input type="checkbox"/>	Book
				The Williams & Wilkins Co.,			
Dumas, H., Francesconi, S. Aquatic therapy in pediatrics: annotated bibliography. <u>Phys Occup Ther Pediatr</u>	2001		April			<input checked="" type="checkbox"/>	Abstract
	20 (4)	63-78		Franciscan Children's Hospital and Rehabilitation Center			Rehabilitation Services
Dunbar, C., Robertson, R., Baun, R., Blandin, M., Metz, K., Burdett, R., and Goss, F. The validity of regulating exercise intensity by ratings of perceived exertion. <u>Medicine and Science in Sports and Exercise</u>	1992					<input checked="" type="checkbox"/>	Study
	24:1	94-99					
Dundar U, Solak O, Yigit I, Evcik D, Kavuncu V. Clinical effectiveness of aquatic exercise to treat chronic low back pain: a randomized controlled trial. <u>Spine</u>	2009		June			<input checked="" type="checkbox"/>	Study
	34(14)	1436-40		Kocatepe University,			Department of Physical Medicine and Reh
Ebbeling, C. B., Ebbeling, C. J., Ward, A., & Rippe, J. Comparison between palpated heart rates and heart rates observed using the polar favor heart rate monitor during an aerobics exercise class.	1991					<input type="checkbox"/>	Thesis
				University of Massachusetts Medical School			

Eckerson, J. and Anderson, T. Physiological Response to Water Aerobics. <u>The Journal of Sports Medicine and Physical Fitness</u> 32 (3) 255-261	1992	September	<input checked="" type="checkbox"/>	Study
Edlich RF, Towler MA, Goitz RJ, Wilder RP, Buschbacher LP, Morgan rf et al Bioengineering principles of hydrotherapy. <u>J Burn Care Rehabil</u> 8(6) 580-584	1987		<input type="checkbox"/>	
Egan, S.. Reduction of anxiety in aquaphobics. <u>Canadian Journal of Applied Sports Medicine</u> 6 (2) 68-71			<input checked="" type="checkbox"/>	Study
Ekberg, J. Senior fitness: getting into the swim of things. <u>Parks and Recreation</u> 2 46-49	1990		<input checked="" type="checkbox"/>	Article
Elder, T., & Campbell, K. Developing effectiveness in vertical water exercise.	1990	March	<input type="checkbox"/>	Article
AAHPERD National Convention				
Emtner, M., Herala, M., Stalenheim, G. High-intensity physical training in adults with asthma. <u>Clinical Investigations: Chest</u>	1996		<input checked="" type="checkbox"/>	Study
Epstein, M. Cardiovascular and renal effects of head-out water immersion in man <u>Circulation</u>	1976		<input type="checkbox"/>	
Erbaugh, S. J. Effects of aquatic training on swimming skill development of preschool children. <u>Percept Mot Skills</u> 62 (2) 439-446 Division of Health and Physical Education	1986	April	<input checked="" type="checkbox"/>	
Ertl, A., Bermauer, E., & Horn, C. Plasma volume shifts with immersion at rest and two exercise intensities. <u>Medicine and Science in Sports and Exercise</u> 23 (4) 450-456	1991		<input checked="" type="checkbox"/>	Study
Evans, F., & Cureton, K. Metabolic, circulatory and perceptual responses to bench stepping in water. <u>Medicine and Science in Sports and Exercise</u> 28 S210	1996		<input checked="" type="checkbox"/>	Study
Evans, F., Cureton, K., & Purvis, J. Metabolic and circulatory response to walking and jogging in water. <u>Research Quarterly</u> 19 (4) 442-449	1978		<input checked="" type="checkbox"/>	Study
Evcik, D. Yigit, I. Pusak, H. Kavuncu, V. Effectiveness of aquatic therapy in the treatment of fibromyalgia syndrome: a randomized controlled open study <u>Rheumatol Int</u> 28(9): 885-890. E	2008	Jul	<input checked="" type="checkbox"/>	Article
Evenbeck, B. Developing Water Exercise Instructors in University Recreational Sports Programs: Screening, Training and Evaluation <u>National Aquatics Journal</u> Winter Edi	1989		<input checked="" type="checkbox"/>	Article

Eyestone, E., Fellingham, G., George, J., & Fisher, G.	1993		<input checked="" type="checkbox"/>	Study
Effect of water running and cycling on maximum oxygen consumption and 2-mile run performance.				
<u>American Journal of Sports Medicine</u>	21 (1)	41-44		
Fabrcio Madureira; Rodrigo Vilarinho; Jenny Ahlin; Gabriela Ribeiro; Cássia Campi; Nino Aboarra	2008	May	<input checked="" type="checkbox"/>	Abstract
Effect of strength training in water in synchronized swimming athletes.				
<u>AEA IAFC Poster Proceedings</u>				Faculdade de Educação Física de Santos
Fabris L	2004		<input type="checkbox"/>	Abstract
Effects of aquatic physiotherapy on quality of life, balance and motor coordination of the Parkinson's carrier patient.				
Falk, B., Galili, Y., Zigel, L., Constantini, N., & Eliakim, A.	2007		<input checked="" type="checkbox"/>	Article
A cumulative effect of physical training on bone strength in males.				
<u>Int J Sports Med</u>	28(6)	449-455		
Farhi, L.E., Linnarsson D.	1977	June	<input checked="" type="checkbox"/>	
Cardiopulmonary readjustments during graded immersion in water at 35 degrees C.				
<u>Respir Physiol</u>	30(1-2)	35-50		
Farina, Edward J.			<input type="checkbox"/>	
Aquatic Versus Conventional Land Exercises for the Rehabilitation of Total Knee Replacement Patients.				
Fawcett, C. W.,	1992	Summer	<input checked="" type="checkbox"/>	Article
Principles of aquatic rehab: a new look at hydrotherapy.				
<u>Sports Medicine</u>	7 (2)	6-9		
Fernhall, B., Congdon, K., Manfredi, T.	1990		<input checked="" type="checkbox"/>	Study
ECG response to water and land based exercise in patients with cardiovascular disease.				
<u>Journal of Cardiopulmonary Rehabilitation</u>	10	5-11		
Fernhall, B., Manfredi, T., Congdon, K.	1992		<input checked="" type="checkbox"/>	Study
Prescribing water-based exercise from treadmill and arm ergometry in cardiac patients.				
<u>Medicine and Science in Sports and Exercise</u>	24 (1)	139-143		
Filho, Ademir de Souza, Rosas, Roberta	1994		<input type="checkbox"/>	
A comparison of the concentration of lactate in the blood of soccer players after a ninety minute game with active recovery through running, water gymnastics and passive recovery.				
<u>Brazil study on file with AEA</u>				
Finkelstein I, M.Sc., Bgeginski R, Tartaruga MP, Alberton CL, Kruel LFM, Ph.D.	2006	September	<input checked="" type="checkbox"/>	Abstract
Heart rate and blood pressure behavior, through pregnancy in women training in aquatic environment.				
<u>AEA Aquatic Fitness Research Journal</u>	(3)1 A301	30		Rio Grande do Sul Federal University School of Physical Education
Finkelstein,I; Alberton CL;Figueiredo, PAP; Garcia, DR; Tartarug, LAP; Krue, LFMI.	2006	September	<input checked="" type="checkbox"/>	Abstract
Behavior of heart rate, blood pressure, and hydrostatic weight of pregnant women in different immersion depths.				
<u>AEA Aquatic Research Fitness Journal</u>	(3)1 A302	30		Rio Grande do Sul Federal University School of Physical Education
Finley, J., et al.	1979		<input checked="" type="checkbox"/>	Study
Automatic pathways responsible for bradycardia on facial immersion.				
<u>American Physiology Society</u>		1218-1222		

Flynn, M. G., Costill, D. L., Kinwan, J. P., Mitchell, J. B., Hounard, J. A., Fink, W. J., Beltz, J. D. & D	1990			✓	Study
Fat storage in athletes: metabolic and hormonal responses to swimming and running.					
<u>International Journal of Sports Medicine</u>	11 (6)	433-440			
Fonseca RT; Aborrrage A; da Silva SG; Fernandes PR, Filho JF; Dantas EHM	2009	May		✓	Abstract
Effects of the Aquatic and Land Plyometric Methods on Vertical Jump and the Delayed Onset Muscle Soreness Perception in Soccer Players.					
<u>AEA IAFC Poster Proceedings</u>					
Fragala-Pinkham M, Haley SM, O'Neil ME	2008	Nov		✓	Study
Group aquatic aerobic exercise for children with disabilities.					
<u>Dev Med Child Neurol</u>	50(11)	822-7			
Fragala-Pinkham MA, Dumas HM, Barlow CA, Pasternak A.	2009			✓	Study
An aquatic physical therapy program at a pediatric rehabilitation hospital: a case series.					
<u>Pediatr Phys Ther.</u>	21(1)	68-78			
Franca H, Vilarinho R, Aborrrage A, Guedes DP,	2007	October		✓	Thesis
Resisted training response in the water (Water Force) for professional futsal (soccer indoor) players.					
<u>AEA Aquatic Fitness Research Journal</u>	4(2)				
Frangolias D D, Taunton J E, Rhodes E C, McConkey J P, & Moon M	1997			✓	
Maintenance of aerobic capacity during recovery from right foot jones fracture: A case report.					
<u>Clin J Sport Med</u>	7 (1)	54-58			
Frangolias, D. D., & Rhodes, E. C.	1995			✓	Study
Maximal and ventilatory threshold responses to treadmill and water immersion running.					
<u>Medicine and Science in Exercise and Sports</u>	27 (7)	1007-1013			
Frangolias, D. D., Rhodes, E. C., & Taunton, J. E.	1996			✓	Study
The effect of familiarity with deep water running on maximal oxygen consumption.					
<u>Journal of Strength and Conditioning Research</u>	10 (4)	215-219			
Frangolias, D. et al	2000			✓	Study
Metabolic responses to prologed work during treadmill and water immersion running.					
<u>Journal of Sci & Med</u>	3(4)	476-92			
Frangolias, DD.	1994			✓	Thesis
Cardiorespiratory and metabolic responses to treadmill versus water immersion to the neck exercise in elite distance runners.					
University of British Columbia					
Freire V, Brasil RM, Novaes JS, Dantas EHM	2005	Spring		✓	Study
Comparison between heart rate responses for the same exercise					
<u>AEA Aquatic Fitness Research Journal</u>	2(1)		Castelo Branco University (UCB-RJ)		Laboratory of Bioscience of Human Motio
Fujishima K, Shimizu T	2003	March		✓	Study
Body temperature, oxygen uptake, and heart rate during walking in water and on land at an exercise intensity based on RPE in elderly men.					
<u>J Physiol Anthropol Appl Human Sci</u>	22(2)	83-8			
Gabrielsen, A., Johansen, L.B., Norsk, P.	1993	Aug		✓	
Central cardiovascular pressures during graded water immersion in humans.					
<u>Journal of Applied Physiology</u>	75(2)	581-585	Danish Aerospace Medical Centre of Research		

Gaines, M. Fantastic Water Workouts	1993			<input checked="" type="checkbox"/>	Book
			Human Kinetics Publishers		
Galloway, J. Marathon- You Can Do It!				<input checked="" type="checkbox"/>	Book
		29-31			
Gappmaier E, Lake W, Nelson AG, Fisher AG. Aerobic exercise in water versus walking on land: effects on indices of fat reduction and weight loss of obese women. <u>J Sports Med Phys Fitness</u>	2006			<input checked="" type="checkbox"/>	Study
		46(4)	564-9		
Gappmaier, E., Nelson, A. G., Fisher, A. G. Effects of weight-bearing versus non-weight bearing exercise on the body composition of obese women.	1986			<input type="checkbox"/>	Abstract
			Southwest Chapter-American College of Sports Medicine, Ann		
Gaspard, G., Schmal, J., Porcari, J., Butts, N., Simpson, A., & Brice, G. Effects of a seven-week aqua step training program on aerobic capacity and body composition of college-aged women. <u>Medicine and Science in Sports and Exercise</u>	1995	May		<input checked="" type="checkbox"/>	Study
			27 University of Wisconsin-LaCrosse		
Gass, E. M. and G. C. Gass Thermoregulatory responses to repeated warm water immersion in subjects who are paraplegic. <u>Spinal Cord</u>	2001			<input checked="" type="checkbox"/>	Study
		39(3)	149-55		
Gatti, C. Water training as a means of maintaining cardiovascular endurance in college males.	1977			<input type="checkbox"/>	Thesis
			Washington University		
Gavron, S. H2O plus 60 = water exercise for senior adults: a case study. <u>Journal of the International Council for Health Physical Educatio</u>	1993	Summer		<input checked="" type="checkbox"/>	Article
			29 (4) 12-6		
Gehring, M., Keller, B., & Brehm, B. Water running with and without a flotation vest in competitive and recreational runners <u>Medicine & Science in Sports & Exercise</u>	1997	October		<input checked="" type="checkbox"/>	
			29 (10) 1374-1378 Smith College, Northampton, MA 01063 USA		Department of Exercise and Sport Studies
Gehring, M., Keller, B., Brehm, B. Physiological responses to deep water running in competitive and non-competitive runners. <u>Medicine and Science in Sports & Exercise</u>	1992			<input checked="" type="checkbox"/>	Study
		24 (5)	S23		
Genuario, S. E. & Vegso, J. J. The use of a swimming pool in the rehabilitation and reconditioning of athletic injuries. <u>Contemporary Orthopedic</u>	1990			<input checked="" type="checkbox"/>	Study
		20 (4)	381-387		
Gergley, T. J., McArdie, W. D., DeJesus, P., Toner, M.M., Jacobowitz, S., Spina, R. J. Specificity of arm training on aerobic power during swimming and running. <u>Medicine and Science in Sports and Exercise</u>	1964			<input checked="" type="checkbox"/>	Study
		16	349-353		
Getz, M., Hutzler, Y., & Vermeer, A. Effects of aquatic interventions in children with neuromotor impairments: A systemic review of the literature <u>Clin Rehabil</u>	2006			<input checked="" type="checkbox"/>	
		20(11)	927-936		

Gibson, K. Shallow water conditioning/rehabilitation for track. <u>Scholastic Coach</u>	50 (9)		1981	April	<input checked="" type="checkbox"/>	Article
Gill SD, McBurney H, Schulz DL Land-based versus pool-based exercise for people awaiting joint replacement surgery of the hip or knee: results of a randomized controlled trial. <u>Arch Phys Med Rehabil.</u>	90(3)	388-94	2009	Mar	<input type="checkbox"/>	
Gill, N. D., C. M. Beaven, et al. Effectiveness of post-match recovery strategies in rugby players. <u>Br J Sports Med</u>	40(3)	260-3	2006		<input checked="" type="checkbox"/>	Study
Glass, Becky, et al. Comparative physiological responses of suspended deep water running to hard surface running. <u>Research Council Proceedings-Southern District, American Allia</u>			1987		<input type="checkbox"/>	Thesis Louisiana State University, Richard Magill
Gleim, G., & Nicholas, J. Metabolic costs and heart rate responses to treadmill walking in water at different depths and temperatures. <u>American Journal of Sports Medicine</u>	17 (2)	248-252	1989		<input checked="" type="checkbox"/>	Study Nicholas Inst. Of Sports Med. And Athletic Trauma
Glickman-Weiss EL, Goss F L, Robertson R J, Metz K F, & Cassinelli D A Physiological and thermal responses of males with varying body compositions during immersion in moderately cold water. <u>Aviat Space Envir Med</u>	62 (11)	1063-1067	1991		<input checked="" type="checkbox"/>	Study
Goldman, D. Aquatic cross-training gains strength <u>Aquatics International</u>	5 (5)	10-4	1993	Sept/Oct	<input checked="" type="checkbox"/>	Article
Goldstein, Ester; Simkin, Ariel; Epstein, Leon; Peritz, Eric; Harush, Mushi The influence of weight-bearing water exercises on bone density of post-menopausal women. Wingate Institute			1994		<input checked="" type="checkbox"/>	Book Zinman College of Physical Education
Gouveia A., Brasil R.M., Lopes Y. A.C., Barreto G., Ferreira A.C., Barros de Sá G. Behavior of heart rate, at a constant speed, in different positions of aquatic cycling in young overweight adults. <u>AEA Aquatic Fitness Research Journal</u>	4(2)		2007	September	<input type="checkbox"/>	Article
Gowans SE, deHeuck S, Voss S, Dilaj A, Abbey SE Six-month and one-year followup of 23 weeks of aerobic exercise for individuals with fibromyalgia. <u>Arthritis and Rheumatism (Arthritis Care and Research)</u>	51 (6)	890-898	2004	December	<input checked="" type="checkbox"/>	Study American College of Rheumatology
Gowans SE, deHueck A Pool exercise for individuals with fibromyalgia. <u>Curr Opin Rheumatol</u>	19(2)	168-73	2007	Mar	<input checked="" type="checkbox"/>	Study
Gowans SE, deHueck A, Voss S Six-minute walk test: A potential outcome measure for hydrotherapy. <u>Arthritis Care and Research</u>		208-211	1999		<input checked="" type="checkbox"/>	Study American College of Rheumatology
Gowans SE, deHueck A. Effectiveness of exercise in management of fibromyalgia. <u>Curr Opin Rheumatol.</u>	16(2)	138-42	2004	Mar	<input checked="" type="checkbox"/>	Study Joseph Brant Memorial Hospital Department of Rehabilitation Services

Grace, K. J. Hydrodynamics: Rehabilitation of running injuries. <u>Topics in Acute Care and Trauma Rehabilitation</u>	1986	October		<input type="checkbox"/>	Article
Graham, T. Thermal, metabolic, and cardiovascular changes in men and women during cold stress. <u>Medicine and Science in Sports and Exercise</u>	1988		20 (8) S185	<input checked="" type="checkbox"/>	Study
Granath AB, Hellgren MS, Gunnarsson RK Water aerobics reduces sick leave due to low back pain during pregnancy. <u>J Obstet Gynecol Neonatal Nurs</u>	2006	July August	5(4) 465-471	<input checked="" type="checkbox"/>	Study
Green, J., Cable, N., & Elms, N. Heart rate and oxygen consumption during walking on land and in deep water. <u>Journal of Sports Medicine and Physical Fitness</u>	1990	March	30 (1) 49-52	<input checked="" type="checkbox"/>	Study
Griffin, L.A., Dufek, JS., Bates, BT Methods and Instrumentation in Water Research	1992		University of Oregon	<input type="checkbox"/>	Study
Griffin, L.A., Dufek, JS., Bates, BT. Biomechanical Comparison of Running in Land and Water Media	1992		University of Oregon	<input type="checkbox"/>	Study
Gross, TS., Poliachik, SL., Ausk, BJ., Sanford, BA., Becker, BA., and Srinivasas, S. Why rest stimulates bone formation: a hypothesis based on complex adaptive phenomenon. <u>Exercise and Sports Science Reviews</u>	2004		32(1) 9-13	<input checked="" type="checkbox"/>	Thesis
Groves, D. W. Water Jogging spared you impact and injuries. <u>Sports Conditioning. Lifetime Sports</u>	1986	May	17-21	<input checked="" type="checkbox"/>	Article
Gusi N, Thoma-Carus P, Hakkinen A, Hakkinen K, Ortega-Alonso A Exercise in waist-high warm water decreases pain and improves health-related quality of life and strength in the lower extremities in women with fibromyalgia. <u>Arthrities Rheum</u>	2006	February	55(1) 66-73	<input checked="" type="checkbox"/>	Study
Gusi, N. Tomas-Carus, P. Cost-utility of an 8-month aquatic training for women with fibromyalgia: a randomized controlled trial <u>Arthritis Res Ther</u>	2008	10(1):	R24 Epub 200	<input checked="" type="checkbox"/>	
Gwinup, G. Weight loss without dietary restriction: Efficacy of different forms of aerobic exercise. <u>American Journal of Sports Medicine</u>	1987		15 (3) 275-279	<input checked="" type="checkbox"/>	Study
Haffor, A., Mohler, J., & Harrison, A. Effects of water immersion on cardiac output of lean and fat males subjects at rest and during exercise. <u>Aviation Space Environmental Medicine</u>	1991	February	62(2) 123-127	<input checked="" type="checkbox"/>	Study
Hall DM, Elliott T, Nehl E, Glanz K. Effectiveness of a Targeted, Peer-Driven Skin Cancer Prevention Program for Lifeguards <u>Int J Aq Res & Ed</u>	2008	Nov	2(4)	<input checked="" type="checkbox"/>	Study

Hall J, Grant J, Et al	2004			<input checked="" type="checkbox"/>	Study
Cardiorespiratory responses to aquatic treadmill walking in patients with rheumatoid arthritis. <u>Physiother Res Int</u> 9(2) 59-73					
Hall J, Skevington SM, Maddison PJ, Chapman K	1996			<input checked="" type="checkbox"/>	Study
A randomized and controlled trial of hydrotherapy in rheumatoid arthritis. <u>Aarthritis Care Res</u> 9(3) 206-215					
Hall, J. Swinkels, A. Briddon, J. McCabe, C. S.	2008	May		<input checked="" type="checkbox"/>	Article
Does aquatic exercise relieve pain in adults with neurologic or musculoskeletal disease? A systematic review and meta-analysis of randomized controlled trials <u>Arch Phys Med Rehabil</u> 89(5): 873-83					
Hall, J. Macdonald, I.A., Maddison, P.J., O'Hare, J.P.	1998	February		<input checked="" type="checkbox"/>	
Cardiorespiratory responses to underwater treadmill walking in healthy females <u>Eur. Journal Applied Physioloty</u> 77 (3) 278-284 Royal United Hospital, Bath, UK					Physiotherapy Department
Hall, J., Grant, J., Blake, D., Taylor, G., & Garbutt, G.	2004			<input checked="" type="checkbox"/>	Abstract
Cardiorespiratory responses to aquatic treadmill walking in patients with rheumatoid arthritis. <u>Physiother Res Int</u> 9(2) 59-73					
Hamer P & Slocombe B	1997			<input checked="" type="checkbox"/>	Study
The psychophysical and heart rate relationship between treadmill and deep-water running. <u>Aust J Physiother</u> 43(4) 265-271					
Hamer, T., & Morton, A.	1990	May		<input checked="" type="checkbox"/>	Study
Water running: Training effects and specificity of aerobic, anaerobic and muscular parameters following an eight-week interval training program. <u>Australian Journal of Scientific Medicine in Sport</u> 22 13-22					
Hanna, RD, Sheldahl, L.M., Tristani, F.E.	1993	May		<input type="checkbox"/>	
Effect of enhanced preload with head-out water immersion on exercise response in men with healed myocardial infarction. <u>Am. Journal Cardiol</u> 71 (12) 1041-1044 Medical College of Wisconsin, Milwaukee					Department of Medicine and Physiology
Haralambie, G., Senser, L.	1980			<input checked="" type="checkbox"/>	Study
Metabolic changes in man during long distance swimming. <u>Eropean Journal of Applied Physiology</u> 43 115-125					
Harmer AR, Naylor JM, Crosbie J, Russell T	2009	Feb		<input checked="" type="checkbox"/>	Study
Land-based versus water-based rehabilitation following total knee replacement: a randomized, single-blind trial. <u>Arthritis Rheum.</u> 61(2) 184-91					
Harrison, R., Hillman, M., and Bulstorde, S.	1993			<input checked="" type="checkbox"/>	Study
Loading of the lower limb when walking partially immersed. <u>Physiotherapy</u> 78(2) 164-166					
Hartmann S, Huch R	2005	December		<input checked="" type="checkbox"/>	Study
Response of pregnancy leg edema to a single immersion exercise session. <u>Acta Obstet Gynecol Scand</u> 84 (12) 1150-3					
Hartmann, S., Kilbele, N. Rake, A., Bung, P. Huch, A. Huch, R.	2001	December		<input checked="" type="checkbox"/>	Study
"Aqua-Fit" during pregnancy: Maternal and fetal hemodynamic responses during rest, immersion, and exercise. <u>Geburtshilfe Und Frauenheilkunde</u> 61 977-982					

Harush D, Rotstein, A The effect of a water exercise program on bone density among postmenopausal women. <u>AEA Aquatic Fitness Research Journal</u>	2(1)		University of Haifa	2005	Spring	<input checked="" type="checkbox"/>	Study
Harush, Mushi The effect of water exercise on bone density. <u>AKWA</u>	17 (4)	12	AEA	2004	Dec/Jan	<input type="checkbox"/>	Article
Hayashi, N., Ishihara, M., Tanaka, A., Osumi, T., Yoshida, T. Face immersion increases vagal activity as assessed by heart rate variability. <u>Eur Journal of Applied Physiology</u>	76(5)	394-399	Osaka University Toyonaka, Japan	1997		<input checked="" type="checkbox"/>	
Haynsworth, N; Bogle, P; American Red Cross Learn to Swim Program: Outcomes Among African American Children in Charleston, SC. <u>AEA IAFC Poster Proceedings</u>			The Citadel	2009	May	<input checked="" type="checkbox"/>	Abstract
Heberlein, T., Perez, H., Wygand, J., & Connor, K. The metabolic cost of high impact aerobics and hydro-aerobic exercise in middle-aged females. <u>Medicine and Science in Sports and Exercise</u>	19 (2)		Supplemen Adelphi University	1987		<input checked="" type="checkbox"/>	Study
Hecht, Billie J. Wet and Wonderful: Water Exercise. Camelback Records, Inc.				1984		<input type="checkbox"/>	Other
Heigenhauser, G. F., Boulet, D., Miller, B., Faulkner, J. A. Cardiac outputs of postmyocardial infarction patients during swimming and cycling. <u>Medicine in Science and Sports</u>	9	143-147		1977		<input checked="" type="checkbox"/>	Study
Heithold, K., Glass, SC. Variations in heart rate and RPE during land and water aerobics in older adult women. <u>Medicine & Science in Sports & Exercise</u>	34(5)	S74	Wayne State College,	2002	May	<input checked="" type="checkbox"/>	Abstract
Henker, L., Provost-Craig, M., Sestili, P., Hove, A., & Fees, M. Water running and the maintenance of maximum oxygen consumption and leg strength in runners. <u>Medicine and Science in Sports and Exercise</u>	24 (3)		Supplemen University of Delaware	1992		<input checked="" type="checkbox"/>	Study
Henry, Kimberly A., Wilson, Bradley, and Lindle, June M. Metabolic costs of aqua step aerobics. University of Cincinnati				1996		<input type="checkbox"/>	Thesis
Hered, S. L., Darby, L. A., & Yaekle, G. C. Comparison of physiological responses to comparable land and water exercises. <u>Medicine and Science in Exercise and Sport</u>	29 (5)	S162		1997		<input checked="" type="checkbox"/>	Study
Hertler, L., Provost-Craig, M., Sestili, P., Hove, A., & Fees, M. Water running and the maintenance of maximum oxygen consumption and leg strength in women. <u>Medicine and Science in Sports and Exercise</u>	24	S23		1992		<input checked="" type="checkbox"/>	Study
Heyneman, C. A., Premo, D. E. A' water walkers' exercise program for the elderly. <u>Public Health Rep.</u>	107 (2)	213-217	Idaho State University School of Pharmacy	1992	March/April	<input checked="" type="checkbox"/>	Study

Hinman RS, Heywood SE, Day AR	2007	Jan		<input checked="" type="checkbox"/>	Study
Aquatic physical therapy for hip and knee osteoarthritis: results of a single-blind randomized controlled trial.					
<u>Phys Ther</u>	87(1)	32-43			
Hoeger, W. K., Hopkins, D. R., Barber, D. J., Gibson, T.	1992			<input checked="" type="checkbox"/>	Study
Comparison of maximal VO ₂ , HR and RPE between treadmill running and water aerobics.					
<u>Medicine and Science in Sports & Exercise</u>	24 (5)	S96			
Hoeger, W., Gibson, T., Moore, J., and Hopkins, D.	1993	Winter Edition		<input checked="" type="checkbox"/>	Study
A comparison of selected training responses to water aerobics and low impact aerobic dance.					
<u>National Aquatics Journal</u>	Winter Edi	13-16			
Hoeger, W., Hopkins, D., Barber, D.	1995	spring		<input checked="" type="checkbox"/>	Article
Physiologic responses to maximal treadmill running and water aerobic exercise					
<u>National Aquatics Journal</u>	11 (1)	4-7	National Aquatics Journal		
Hoeger, W., Warner, J., & Fahleson, G.	1995			<input checked="" type="checkbox"/>	
Physiologic responses to self-paced water aerobics and treadmill running					
<u>Medicine & Science in Sports & Exercise</u>	27 (5)	Abstract #			
Holmer, I.	1974			<input checked="" type="checkbox"/>	Study
Physiology of swimming.					
<u>Acta Physiol. Scand.</u>	407	1-55			
Holmer, I., Bergh, U.	1974			<input checked="" type="checkbox"/>	Study
Metabolic and thermal response to swimming in water at varying temperatures.					
<u>Journal of Applied Physiology</u>	37	702-705			
Holmer, Inguar, et al.	1974			<input checked="" type="checkbox"/>	Study
Hemodynamic and respiratory responses compared in swimming and running.					
<u>Journal of Applied Physiology</u>	37 (1)	49-54			
Huey, L. & Forster, R.	1993			<input checked="" type="checkbox"/>	Book
The Complete Waterpower Workout Book.					
			Random House		
Hurwitz B E, & Furedy J J	1986			<input checked="" type="checkbox"/>	Study
The human dive reflex: An experimental, topographical and physiological analysis.					
<u>Phsiol Behav</u>	36 (2)	287-294			
Hurwitz, Jacquie	2004	Dec/Jan		<input type="checkbox"/>	Review
Research flows to new depths-Aquatic exercise can enhance brain function.					
<u>AKWA</u>	17(4)	23	AEA		
Hutzler, Y., Chacham, A., Bergman, U., Reches, I.	1998	February		<input checked="" type="checkbox"/>	
Effects of a movement and swimming program on water orientation skills and self-concept of kindergarten children with cerebral palsy.					
<u>Percept Mot Skills</u>	86 (1)	111-118	Zinman College for Physical Education and Sport Science		
Hutzler, Y., Chacham, A., Bergman, U., Szeinberg, A.	1998	March		<input checked="" type="checkbox"/>	
Effects of a movement and swimming program on vital capacity and water orientation skills of children with cerebral palsy.					
<u>Dev Med Child Neurol</u>	40 (3)	176-181	Israeli Sport Center for the Disabled & the Zinman College for		

Ide MR, Belini MA, et al	2005			<input checked="" type="checkbox"/>	Study
Effects of an aquatic versus non-aquatic respiratory exercise program on the respiratory muscle strength in healthy aged persons.					
<u>Clinics</u>	60 (2)	151-158			
Inbar, O., Winstein, Y., Daskalovic, Y., Levi, R., and Nueman, I.	1993			<input checked="" type="checkbox"/>	Study
The effect of prone immersion on bronchial responsiveness in children with asthma.					
<u>Medicine and Science in Sports and Exercise</u>	25 (10)	1098-1102			
Irving, L.	1963			<input checked="" type="checkbox"/>	Study
Bradycardia in human divers.					
<u>Journal of Applied Physiology</u>	18	489-491			
Israel, DJ., Heydon, KM., Edlich, Rf., Pozos, RS., Wittmers, LE Jr.	1989		Jul-Aug	<input checked="" type="checkbox"/>	Study
Core temperture responses to immersed bicycle ergometer exercise at water temperatures of 21 degrees, 25 degrees, and 29 degrees C.					
<u>J Burn Care Rehabil</u>	10-4	336-345			
ISSP	1992			<input checked="" type="checkbox"/>	Other
Physical activity and psychological benefits: A position statement.					
<u>International Journal of Sport Psychology</u>	23	86-91			
Iwamoto, J., et al.	1990		February	<input checked="" type="checkbox"/>	Study
Changes in insulation of body tissue and wet suits during underwater exercise at various atmospheric pressures					
<u>J. Appl. Physiol.</u>	2:68	659-664			
Jacobs, G. D., Heilbronner, R. L., Stanley, J. M.	1984			<input checked="" type="checkbox"/>	Study
The effects of short term flotation REST on relaxation: a controlled study.					
<u>Health Psychology</u>	3 (2)	99-112			
Jang, K., Flynn, M., Costil, D., Kirwan, J., et al	1987			<input checked="" type="checkbox"/>	Study
Energy balance in competitive swimmers and runners.					
<u>Journal of Swimming Research</u>	3	19-23			
Joao Manuel Lages, Roxana Macedo Brasil, Grace Barros, Andrea Ferreira, Madalena Souza, Ana Ch	2009		May	<input checked="" type="checkbox"/>	Abstract
Comparison of the Effect of the Same Cycling Classes Protocol in the Responses of Heart Rate in Relation to Environment and Gender.					
<u>AEA IAFC Poster Proceedings</u>					
Johnson CC	2009		Jan-Feb	<input checked="" type="checkbox"/>	Study
The benefits of physical activity for youth with developmental disabilities: a systematic review.					
<u>Am J Health Promot</u>	23(3)	157-167			
Johnson, B. L., Adameczyk, J., Stromme, S. B., & Tennoe, K. O.	1977		March	<input checked="" type="checkbox"/>	Study
Comparison of oxygen uptake and heart rate during exercise on land and in water.					
<u>Physical Therapy</u>	57 (3)	273-278			
Johnson, Veronica A.	1987		May	<input type="checkbox"/>	
A case study of two aquatic exercise techniques for upper extremity rehabilitation in stroke patients: A motor control and learning perspective					
<u>Thesis</u> University of Memphis					
Jones LM, Meredith-Jones K, Legge M.	2009		Oct	<input checked="" type="checkbox"/>	Study
The effect of water-based exercise on glucose and insulin response in overweight women: a pilot study.					
<u>J Womens Health (Larchmt)</u>	18(10)	1653-9	University of Otago		School of Physical Education,

Jung, K., Stolle, W.	1981				<input checked="" type="checkbox"/>	Study
Behavior of heart rate and incidence of arrhythmia in swimming and diving.						
<u>Biotelem. Patient Monit</u>	8	228-239				
Kame, V.D. Jr., Pendergast, D.R.	1995	Jan.			<input type="checkbox"/>	
Effects of short-term and prolonged immersion on the cardiovascular reponses to exercise.						
<u>Aviat Space Environ Med</u>	66(1)	20-25	State University of New York at Buffalo			Department of Physiology
Kaminsky, L., Wehrli, W., Mahon, A., Robbins, G., Powers, D., and Whaley, M.	1993				<input checked="" type="checkbox"/>	Study
Evaluation of shallow water running test for the estimation of peak aerobic power.						
<u>Medicine and Science in Sports and Exercise</u>	25 (11)	1287-1292				
Kamioka H, Tsutani K, Okuizumi H, Mutoh Y, Ohta M, Handa S, Okada S, Kitayuguchi J, Kamada	2010	Oct			<input checked="" type="checkbox"/>	Study
Effectiveness of aquatic exercise and balneotherapy: a summary of systematic reviews based on randomized controlled trials of water immersion therapies.						
<u>J Epidemiol.</u>	20(1)	2-12	Tokyo University of Agriculture			Faculty of Regional Environment Science
Kaneda K, Sato D, Wakabayashi H, Hanai A, Nomura T	2008	Oct			<input checked="" type="checkbox"/>	Study
A comparison of the effects of different water exercise programs on balance ability in elderly people.						
<u>J Aging Phys Act.</u>	16(4)	381-92				
Kaneda K, Wakabayashi H, Sato D, Nomura T	2007	Mar			<input checked="" type="checkbox"/>	Thesis
Lower extremity muscle activity during different types and speeds of underwater movement.						
<u>J Phsiol Anthropol</u>	26(2)	197-200				
Kaneda K, Wakabayashi H, Sato D, Uekusa T, Nomura T	2008	Dec			<input checked="" type="checkbox"/>	Study
Lower extremity muscle activity during deep-water running on self-determined pace.						
<u>J Electromyogr Kinesiol.</u>	18(6)	965-72				
Kang, H.S., Ferrans, C.E., Kim, M.J., Kim, J.I., & Lee, E.O.	2007	July			<input checked="" type="checkbox"/>	Article
Aquatic exercise in older Korean women with arthritis: identifying barriers to and facillitators of long-term adherence.						
<u>J Gerontol Nurs</u>	33(7)	48-56				
Kang, HS., Kim JI.	2000	September			<input checked="" type="checkbox"/>	Study
A structural model for aquatic exercise adherence of patients with arthritis.						
<u>Arthritis and Rheumatism</u>	43	253				
Kanitz, AC; da Silva, EM; Alberton, CL; Krue, LFM.	2009	May			<input checked="" type="checkbox"/>	Abstract
Cardiorespiratory Responses of Young Women during a Hydrogymnastics Exercise Performed with and without Horizontal Movement on Land and in Aquatic Environment in a Deep and in a Shall						
<u>AEA IAFC Poster Proceedings</u>						
Karlsson MK, Magnusson H, Karlsson C, Seeman E	2001	January			<input checked="" type="checkbox"/>	Study
The duration of exercise as a regulator of bone mass.						
<u>Bone</u>	28(1)	128-32	Malmo University Hospital			Department of Orthopaedics
Karpovich, P. V.	1993				<input checked="" type="checkbox"/>	Study
Water resistance in swimming.						
<u>Research Quarterly</u>	4	21-28				
Kasch, F.	1981				<input checked="" type="checkbox"/>	Study
Physiological changes with swimming and running during two years of training.						
<u>Scandinavian Journal of Sports Sciences</u>	3	23-26				

Katsura Y, Yoshikawa T, Ueda SY, Usui T, Sotobayashi D, Nakao H, Sakamoto H, Okumoto T, Fujimo	2010	Mar			<input checked="" type="checkbox"/>	Study
Effects of aquatic exercise training using water-resistance equipment in elderly.						
<u>Eur J Appl Physiol.</u>	108(5)	957-64	Osaka City University Graduate School of Medicine			Department of Sports Medicine
Katz, J., Cohen, J.				1993	<input type="checkbox"/>	Book
A global approach to aquatics: including water exercise, recreational and synchronized swimming, with new theoretical approaches to mainstreaming abilities in swimming and water exercise.						
International Congress on Sport & Coaching Sciences						
Katz, J., Most, B. W.				1985	<input checked="" type="checkbox"/>	Other
The W.E.T. Workout						
<u>New York, NY: Facts on File Publications</u>						
Katz, V. L., Rozas, L., Ryder, R., Cefalo, R.C.				1992	July	<input checked="" type="checkbox"/>
Effect of daily immersion on the edema of pregnancy.						
<u>Am. Journal of Perinatol</u>	9(4)	225-227	UNC School of Medicine, Chappel Hill 27599-7570			Department of Obstetrics and Gynecolog
Katz, V.L.				1996	August	<input checked="" type="checkbox"/>
Water exercise in pregnancy.						
<u>Semin Perinatol</u>	20 (4)	285-291	Sacred Heart Medical Center			Department of Maternal-Fetal Medicine
Keating, W. R., Evans, M.				1961		<input checked="" type="checkbox"/> Study
The respiratory and cardiovascular response to immersion in cold and warm water.						
<u>Quarterly Journal of Experimental Physiology</u>	46	3-94				
Kelly M, Darrah J				2005		<input checked="" type="checkbox"/> Study
Aquatic exercise for children with cerebral palsey.						
<u>Dev Med Child Neurol</u>	47 (12)	838-842				
Kelly, BT., Roskin, LA., Kirkendall, DT., Speer, KP.				2000	April	<input checked="" type="checkbox"/> Study
Shoulder muscle activation during aquatic and dry land exercises in nonimpaired subjects.						
<u>J Orthop Sports Phys Ther</u>	30 (4)	204-10	Duke University Medical Center			Division of Orthopaedic Surgery
Kelsey, DD., Tyson, E.				1994	April	<input checked="" type="checkbox"/> Other
A new method of training for the lower extremity using unloading.						
<u>Journal of Orthopaedic & Sports Physical Therapy</u>	19 (4)	218-223				
Kennedy C, Evans E				1995	Apr/May	<input checked="" type="checkbox"/> Survey
AKWA research survey.						
<u>AKWA letter</u>		Vol. 8, No. 24				
Kennedy, C., Foster, V., Hamis, M., & Sockler, J.				1989	October	<input type="checkbox"/> Study
The influence of music tempo and water depth on heart rate response to aqua aerobics.						
IDEA Foundation International Symposium on the Medical and						
Kennedy, Gray & Ryder				1995		<input type="checkbox"/> Study
Aqua Exercise for Hispanic Women with Arthritis						
Kenney, GP., Denis, PM., Proulx, CE. And Giesbrecht, GC.				1999	May	<input checked="" type="checkbox"/> Study
The effect of dynamic exercise on resting cold thermoregulatory responses measured during water immersion.						
<u>Eur J Appl Physiol Occup Physiol</u>	79(6)	495-9				

Kenney, W. Larry, et al	1989	January	<input checked="" type="checkbox"/>	Article
Considerations for preventive and rehabilitative exercise programs during periods of high heat and humidity.				
<u>The Exercise Standards and Malpractice Reporter</u>	Volume 3,	1-7	A Publication of Professional Reports Corporation	
Kenny GP, Reardon FD, Giesbrecht GG, Jette M, Thoden JS.	1997		<input checked="" type="checkbox"/>	Study
The effect of ambient temperature and exercise intensity on post-exercise thermal homeostasis.				
<u>Eur J Appl Physiol Occup Physiol.</u>	76(2)	109-115		
Kieres, J., & Plowman, S.	1991	June	<input checked="" type="checkbox"/>	Study
Effects of swimming and land exercise versus swimming and water exercises on body composition of college students.				
<u>Journal of Sports Medicine and Physical Fitness</u>	31 (2)	189-195	Northern Illinois University Department of Physical Education	
Kihlstrand M, Stenman B, Nilsson S, Axelsson O	1999	Mar	<input checked="" type="checkbox"/>	Study
Water-gymnastics reduced the intensity of back/low back pain in pregnant women.				
<u>Acta Obstet Gynecol Scand</u>	78(3)	180-185		
Killgore GL	2006		<input checked="" type="checkbox"/>	Article
Take Advantage of Water Like the Pro's				
<u>Peak Running Performance</u>	16(2)	8-10		
Killgore GL, Wilcox A, Caster B, and Wood T	2006		<input checked="" type="checkbox"/>	Study
A lower extremities kinematic comparison of deep-water running styles and treadmill running.				
<u>Journal of Strength and Conditioning Research</u>	20(4)	919-927		
Killgore, G. L., S. Coste, S. O'Meara, C. Konnecke, and C. Farmer.	2008	May	<input checked="" type="checkbox"/>	Abstract
A comparison of shod and barefoot sub-maximal deep-water running.				
<u>AEA IAFC Poster Proceedings</u>				
Kim, T. F.	1988		<input checked="" type="checkbox"/>	Study
Do low levels of iron affect the body's ability to regulate temperature, experience cold?				
<u>Journal of the American Medical Association</u>	8 (5)	607		
Kirby, R. L., Sacamano, J. T., Balch, D. E., & Kriellaars, D. J.	1984		<input checked="" type="checkbox"/>	Study
Oxygen consumption during exercise in a heated pool.				
<u>Archives of Physical Medicine and Rehabilitation</u>	65	21-23		
Knecht, S.	1989		<input type="checkbox"/>	Thesis
Physical and psychological changes accompanying a 10 week aquatic exercise program.				
Cleveland State University				
Kolb, K. E.	1957		<input checked="" type="checkbox"/>	Study
Principles of underwater exercise.				
<u>Physical Therapy. Review</u>	37	361-365		
Koszutz, L.	1989		<input checked="" type="checkbox"/>	Review
From sweats to swimsuits: Is water exercise the wave of the future?				
<u>Physician and Sports Medicine</u>	17 (4)	203-206		
Koszutz, L.	1986		<input checked="" type="checkbox"/>	Review
Water exercise causes ripples.				
<u>Physician and Sports Medicine</u>	14 (10)	163-167		

Kravitz L, Mayo JJ The physiological effects of aquatic exercise: A brief review. <u>AKWA Letter</u>	1997	August	<input checked="" type="checkbox"/>	Review
Krist, Paula 2003 Aquatics Instructor Survey Summary. <u>AKWA</u>	2004	Dec/Jan	<input type="checkbox"/>	Study
Krist, Paula S. Who are we and what are we doing? Results from a 2003 aquatics instructor survey. <u>AEA Aquatic Fitness Research Journal</u>	2004	Spring	<input checked="" type="checkbox"/>	Other
Kruel LFM, Peyre-Tartaruga LA, Alberton CL, Muller FG, Petowski R. Effects of Hydrostatic Weight on Heart Rate During Water Immersion <u>Int J Aq Res & Ed</u>	2009	May	<input checked="" type="checkbox"/>	Study
Kruel LFM, Posser MS, Alberton CL, Pinto SS, Oliveira A da S. Comparison of Energy Expenditure Between Continuous and Interval Water Aerobic Routines. <u>Int J Aq Res & Ed</u>	2009	May	<input checked="" type="checkbox"/>	Study
Kruel, L. F. M., Peyre-Tartaruga, L. A., Dias, A.B. C., Da Silva, R. C., Picanco, P. S. P. & Rangel, A. B Heart rate during water immersion. <u>AEA Aquatic Fitness Research Journal</u>	2005	Spring	<input checked="" type="checkbox"/>	Abstract
Kruel, LFM., Barella, RE., Muller, FG., Severo, CR., Cardoso, A., Figueiredo, PAP., Brentano, MA., a Muscle resistance training effects applied in women aquatic gymnastics practicing. <u>AEA Aquatic Fitness Research Journal</u>	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Kruel, LFM., Moraes, EZC., Avila, AOV., and Sampedro, RMF. Physiological and biomechanical changes resulting from water exercise. <u>Journal in Brazil</u>	2001?		<input checked="" type="checkbox"/>	Thesis
Kruel, LFM., Peyre-Tartaruga, A. Hydrostatic weight analysis in females of different ages in water immersion. <u>AEA Aquatic Fitness Research Journal</u>	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Kruel, LFM., Sampedro, RMF., Avila, AOV. Physiological and biomechanical alterations in individuals practicing water exercises inside and outside of the water. <u>AEA Aquatic Fitness Research Journal</u>	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Kruel, LFM., Tartatuga, LAP., Alberton, CL., Turra, NA., Muller, FG., and Petkowicz, r. Effects of hydrostatic weight on heart rate during immersion in water. <u>AEA Aquatic Fitness Research Journal</u>	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Kyle, JM., Walker, RB., Hanshaw, SL., Leaman, JR., Frobese, JK. Exercise induced bronchospasm in the young athlete: guidelines for routine screening and initial management <u>Medicine and Science in Sports and Exercise</u>	1992	August	<input checked="" type="checkbox"/>	Article
La Forge, R. What the latest research has to say about step exercise. <u>Idea Today</u>	1991	September	<input checked="" type="checkbox"/>	Review

Labudova J, Cechovska I, Urbanova M	2008	May	<input checked="" type="checkbox"/>	Abstract
Water walk test verification in students of Faculty of Physical Education and Sports in Slovakia.				
<u>AEA IAFC Poster Proceedings</u>				Faculty of Physical Education and Sports Comenius University
Labudova, J	2007	March	<input checked="" type="checkbox"/>	Article
Basic water exercises with a group of 12-13 year old children with mental disabilities.				
<u>AEA Aquatic Fitness Research Journal</u>	4(1)	11-14		Comenius University, Faculty of Physical Education and Sport,
Labudova, Jela			<input type="checkbox"/>	Thesis
Water exercise and swimming for children and youth with health problems.				
				Faculty of Physical Education and Sports
Lambeck, J.	1993		<input checked="" type="checkbox"/>	Other
Exercise in Water for Post-Myocardial Infarction Patients				
				Constellate (distributed by)
Lambeck, J.	1995	January	<input checked="" type="checkbox"/>	Book
Hydrotherapy and Rheumatoid Arthritis: State of the Art.				
<u>[Fysiotherapie bij reumatische aandoeningen] (book)</u>				Sint Maartenskliniek Department of Physiotherapy
Landridge, J., & Phillips, D.	1988		<input checked="" type="checkbox"/>	
Group hydrotherapy exercises for chronic back pain sufferers				
<u>Physiotherapy</u>	74 (6)	269-273		
Lange, R., Echt, M. & Gauer, O.	1974		<input type="checkbox"/>	
Heart volume in relation to body posture and immersion in a thermo-neutral bath.				
<u>Pfluger Archives</u>	352	219-226		
Langendorfer, S.			<input checked="" type="checkbox"/>	Study
Aquatics for the young child.				
<u>J. Physical Educ., Rec. and Dance</u>	57 (7)	61-66		
Langendorfer, S. J.	1987c	Summer	<input checked="" type="checkbox"/>	Study
Children's movement in water - A developmental and environmental perspective.				
<u>The National Aquatics Journal</u>		8-12		
Langendorfer, S. J., Roberts, M., Rorks, R.	1987	Summer	<input checked="" type="checkbox"/>	Study
Aquatic readiness, a developmental test.				
<u>The National Aquatics Journal</u>		8-12		
Lavoie, J. M., Montpetit, R. R.	1986		<input checked="" type="checkbox"/>	Study
Applied physiology of swimming.				
<u>Sports Medicine</u>	3	165-189		
Lawrence C. C. & Hacket, L. C.	1975		<input checked="" type="checkbox"/>	Book
Water Learning: A New Adventure				
<u>Peak Publications</u>				
Leandro Moreira de Araújo; Roxana Macedo Brasil; Andréa Ferreira; Ana Cristina Lopes Barreto	2008	May	<input checked="" type="checkbox"/>	Abstract
Effect of the interval protocol of aquatic cycling in Heart Rate and Rate of Perceived Exertion (Pilot Study).				
<u>AEA IAFC Poster Proceedings</u>				

Leddy JJ, Roberts A, Moalem J, Curry T, Lundgren CE Effects of water immersion on pulmonary function in asthmatics. <u>Undersea Hyperb Med</u>	28 (2)	75-82	2001	Summer	<input checked="" type="checkbox"/>	Study
Lee, H. Y. Comparison of effects among Tai-Chi exercise, aquatic exercise, and a self-help program for patients with knee osteoarthritis <u>Taehan Kanho Hakhoe Ch</u>	36(3)	571-80	2006		<input type="checkbox"/>	Study
Lees TA Heart-Rate Response to Exercise in the Water:Implications for Practitioners <u>Int J Aq Res & Ed</u>	1(3)		2007	Aug	<input checked="" type="checkbox"/>	Study
LeFort, SM., Hannah, TE. Return to work following an aquafitness and muscle strengthening program for the low back injured <u>Archives of Physical Medicine & Rehabilitation</u>	75 (11)	1247-1255	1994	November	<input checked="" type="checkbox"/>	Study
Lehman, J. Water Walking: A Program for Seniors <u>Pennsylvania Journal of Health, Physical Education, Recreation</u>	64 (2)	27	1994	Spring	<input checked="" type="checkbox"/>	Article
LeMura, LM., Klebez, J., Rushton, D., Adreacci, J., Presper, S., and von Duvillard, SP. Submaximal exercise on land and in water with and without hand-held weights: comparative exercise physiology. <u>Medicine & Science in Sports & Exercise</u>	31(5)	S154	1999	May	<input checked="" type="checkbox"/>	Abstract
Levesque, B. et al. Evaluation of dermal and respiratory Chloroform exposure in humans. <u>Journal of the National Institute of Environmental Health Service</u>	102, No. 1		1994	December	<input checked="" type="checkbox"/>	Study
Levin, S. Aquatic therapy - a splashing success for arthritis and injury rehabilitation. <u>Physician and Sports Medicine</u>	19 (10)	119-126	1991		<input checked="" type="checkbox"/>	Review
Lieber, D., Lieber, R., Adams, W. Run training and swim training at the same intensity. <u>Medicine and Science in Sports Exercise</u>		655-661	1989		<input checked="" type="checkbox"/>	Study
Lietava J, Vohnout B, Valent D, Celko J Comparison of hemodynamics during hypothermal immersion and exercise testing in apparently healthy females aged 50-60 years. <u>Ital Heart J</u>	5 (7)	511-516	2004	July	<input checked="" type="checkbox"/>	Study
Lin, Y. C. Applied physiology of diving. <u>Sports Med.</u>	5	41-56	1988		<input checked="" type="checkbox"/>	Study
Lindle, June Obesity: Facts, Ramifications, and Interventions. <u>AKWA</u>	17 (5)	46	2004	Feb/Mar	<input type="checkbox"/>	Review
Lindle, June Training in the aquatic environment to improve vertical jump. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	41	2004	Spring	<input checked="" type="checkbox"/>	Review

Lindstrom, AB., Pleil, JD., and Berkoff, DC.	1997				<input checked="" type="checkbox"/>	Study
Alveolar breath sampling and analysis to assess trihalomethane exposures during competitive swimming training.						
<u>Environmental Health Perspectives</u>	105(6)	636-642				
Lineker SC, Badley EM, Hawker G, Wilkins A.	2000	Feb			<input checked="" type="checkbox"/>	Study
Determining sensitivity to change in outcome measures used to evaluate hydrotherapy exercise programs for people with rheumatic diseases.						
<u>Arthritis Care and Research</u>	13(1)					
Lipow, V.	1998	June-July			<input checked="" type="checkbox"/>	Review
Water-proofing. Measuring aquatic therapy effectiveness.						
<u>Rehab Manag</u>	11 (4)	34-6, 39	Joyner Sportsmedicine Institute			
Littrell TR, Snow, CM	2005	Spring			<input checked="" type="checkbox"/>	Study
Bone density and physical function in postmenopausal women after a 12-month water exercise intervention.						
<u>AEA Aquatic Fitness Research Journal</u>	2(1)		Oregon State University	Bone Research Laboratory		
Lloyd, A., Thiel, J., Holloman, P., Johnston-Fletcher, B., Fletcher, G. F.	1986				<input checked="" type="checkbox"/>	Study
Water exercise versus land exercise in cardiac patients.						
<u>Journal of Cardiopulmonary Rehabilitation</u>	10	434				
Lollgen H., Von Nieding, G., Kopenhagen, K., Kersting, F., Just, H.	1981	June			<input checked="" type="checkbox"/>	
Hemodynamic response to graded water immersion						
<u>Klin Wochenschr</u>	59 (12)	623-628				
Long, K. A., Lee, E. J., & Swank, S. A.	1996				<input checked="" type="checkbox"/>	Study
Effects of deep water exercise on aerobic capacity in older women.						
<u>Medicine and Science in Sports and Exercise</u>	28	S210	Rice University	Performance Dept.		
Long, L.	1993				<input checked="" type="checkbox"/>	Review
Obesity, weight control and swimming. Aquatic Physical Therapy Section of the American Physical Therapy Association.						
<u>Aquatic Physical Therapy Report</u>	1 (1)	10-12				
Love, M.	1994	Sept/Oct			<input checked="" type="checkbox"/>	Article
More than a vacation European style spas offer programs for both Physical and Mental fitness						
<u>Aquatics International</u>	6 (5)	21,23-5				
Lox, CL., Treasure, DC.	2000	March			<input checked="" type="checkbox"/>	Study
Changes in feeling states following aquatic exercise during pregnancy.						
<u>Journal of Applied Social Psychology</u>	30	518-527				
Lund, H. Weile, U. Christensen, R. Rostock, B. Downey, A. Bartels, E. M. Danneskiold-Samsoe,	2008	Feb			<input checked="" type="checkbox"/>	Article
A randomized controlled trial of aquatic and land-based exercise in patients with knee osteoarthritis						
<u>J Rehabil Med</u>	40(2):	137-44.				
MacConnie, S.E., Gilliam, T.B., Geenen, D.L., Pels, A.E. 3d	1982	November			<input checked="" type="checkbox"/>	
Daily physical activity patterns of prepubertal children involved in a vigorous exercise program.						
<u>Int J. Sports Med</u>	3 (4)	202-207				
Madureira F., França H., Vilarinho R., Aboarrage Jr. A.M., Guedes Jr. D.P.	2007	September			<input type="checkbox"/>	Article
Resisted training response in the water (Water Force) for professional futsal (soccer indoors) players						
<u>AEA Aquatic Fitness Research Journal</u>	4(2)	6-11	Faculdade de Educação Física de Santos			

Magder, S., Linnarson, D., Gulfstrand, L.	1981				<input checked="" type="checkbox"/>	Study
The effect of swimming on patients with ischemic heart disease. <u>Circulation</u>	63	979-985				
Magel, J., Faglia, G., McArdle, W., Gutin, B., Pechar, G., & Katch, F.	1974				<input checked="" type="checkbox"/>	Study
Specificity of swim training on maximum oxygen uptake. <u>Journal of Applied Physiology</u>	38	151-155				
Magkos F, Kavouras SA, Yannakoulia M, Karipidou M, Sidossi S, Sidossi LS	2007				<input checked="" type="checkbox"/>	Study
The bone response to nonweight-bearing exercise in sport-, site-, and sex-specific. <u>Clin J Sport Med</u>	17(2)	123-128				
Manjone, J. & Mirandy, P.	1993			January	<input checked="" type="checkbox"/>	Article
Deep Water Workout as a Physical Education Activity <u>JOPERD</u>	64	75	University of Alabama			
Manley, L.	1990			May	<input checked="" type="checkbox"/>	
Apnoeic heart rate responses in humans. A review. <u>Sports Medicine</u>	9 (5)	286-310	Rhodes University			Department of Human Movement Studies
Marino F & Booth J	1998				<input checked="" type="checkbox"/>	Study
Whole body cooling by immersion in water at moderate temperatures. <u>J SCI Med Sport</u>	1 (2)	73-82				
Marra, DJ., Boda, W., Gale, JB., Mc Hugh, E., Burch, D.	2001			March	<input checked="" type="checkbox"/>	Abstract
Effects of vertical water exercise on selected muscle strength measures among women ages 24-55 years. <u>Research Quarterly for Exercise and Sport</u>	72	A22-A23				
Martel GF, Harmer ML, Logan JM, Parker CB.	2005			Oct	<input checked="" type="checkbox"/>	Study
Aquatic plyometric training increases vertical jump in female volleyball players. <u>Med Sci Sports Exerc</u>	37(10)	1814-9	University of Maryland Eastern Shore			Department of Physical Therapy
Masumota, K et al	2003				<input checked="" type="checkbox"/>	Abstract
Electromyographic analysis of walking backward in water. <u>Med & Sci in Sports & Exercise</u>	35(5)	1356 S141				
Masumoto K, Takasugi S, Hotta N, Fujishima K, Iwamoto Y	2004			July	<input checked="" type="checkbox"/>	Study
Electromyographic analysis of walking in water in healthy humans. <u>J Physiol Anthropol Appl Human Sci</u>	23(4)	119-27				
Masumoto K, Takasugi S, Hotta N, Fujishima K, Iwamoto Y	2005			May	<input checked="" type="checkbox"/>	Study
Muscle activity and heart rate response during backward walking in water and on dry land. <u>Eur J Appl Physiol</u>	94 (1-2)	54-61				
Matthews BL, Thom A, Franklin RC	2008			May	<input checked="" type="checkbox"/>	Study
Injuries in Public Swimming Pools in Victoria:A Pilot Study <u>Int J Aq Res & Ed</u>	2(2)					
McArdle, W. D., & Magel, J. R.	1976				<input checked="" type="checkbox"/>	Study
Physical work capacity and maximum oxygen uptake in treadmill and bicycle exercise. <u>Medicine and Science in Sports</u>	2	118-123				

McArdle, W. D., Katch, F. I., Katch, V. L.	1986			<input checked="" type="checkbox"/>	Study
Energy expenditure during walking, jogging, running, and swimming. <u>Exercise Physiology, Energy, Nutrition and Human Performance.</u>	147-165	Lea and Febiger			
McArdle, W., Glasner, R. & Magel, J.	1971			<input checked="" type="checkbox"/>	Study
Metabolic and cardio-respiratory responses during free swimming and treadmill walking. <u>Journal of Applied Physiology</u>	33 (5)	733-738			
McArdle, W., Magel, J., Gergley, R., Spina, R., & Toner, M.	1984			<input checked="" type="checkbox"/>	Study
Thermal adjustments to cold water exposure in resting men and women. <u>Journal of Applied Physiology</u>	56	1565-1571			
McArdle, W., Magel, J., Lesmes, G., & Pechar, G.	1976			<input checked="" type="checkbox"/>	Study
Metabolic and cardiovascular adjustments to work in air and water at 18, 25 and 33 degrees Centigrade. <u>Journal of Applied Physiology</u>	40 (1)	85-90			
McDonald, A, Goode, RC., Livingstone, SD., Duffin, J.	1984	March		<input checked="" type="checkbox"/>	Study
Body cooling in human males by cold water immersion after vigorous exercise. <u>Undersea Biomed Res</u>	11-1	81-90			
McFarlane, B.	1993			<input checked="" type="checkbox"/>	Study
Water Training Benefits Athletes in "Running" Sports. <u>National Strength and Conditioning Association Journal</u>	15:5	49-51			
McManus, B. M. Kotelchuck, M.	2007	Winter		<input checked="" type="checkbox"/>	Article
The effect of aquatic therapy on functional mobility of infants and toddlers in early intervention <u>Pediatr Phys Ther</u>	19(4):	275-82			
McMurray, R. G., Berry, J.J., Katz, V.L., Graetzer, D.G., Cefalo, R.C.	1990			<input checked="" type="checkbox"/>	
The thermoregulation of pregnant women during aerobic exercise in the water: a longitudinal approach. <u>Eur. Journal of Applied Physiology</u>	61 (1-2)	119-123	University of North Carolina		Exercise Physiology Laboratory
McMurray, R. G., Horvath, S. M.	1979			<input checked="" type="checkbox"/>	Study
Thermoregulation in swimmers and runners. <u>J. Appl. Physiol: Respir. Environ. Exerc. Physiol.</u>	46	1086-1092			
McMurray, R. G., Katz, V. L., Berry, J. J., Cefalo, R. C.	1988	December		<input checked="" type="checkbox"/>	Study
Cardiovascular responses of pregnant women during aerobic exercise in water, a longitudinal study. <u>International Journal of Sports Medicine</u>	9 (6)	443-447			
McMurray, R., Fieselma, M., Avery, D., & Sheps, S.	1988			<input checked="" type="checkbox"/>	Study
Exercise hemodynamics in water and on land in patients with coronary artery disease. <u>Journal of Cardiopulmonary Rehabilitation</u>	8	69-75			
McMurray, R., Katz, V., Berry, M., & Cefalo, R.	1988	Mar		<input checked="" type="checkbox"/>	Study
The effect of pregnancy on metabolic responses during rest, immersion, and aerobic exercise in the water. <u>American Journal of Obstetrics and Gynecology</u>	158 (3)	481-486	University of North Carolina		Physical Education Department
McMurray, RG., Kocher, PL., Horvath, SM.	1994	September		<input checked="" type="checkbox"/>	Study
Aerobic power and body size affects the exercise-induced stress hormone responses to varying water temperatures. <u>Aviation Space & Environmental Medicine</u>	65 (9)	809-14	University of North Carolina		Department of Physical Education

McNeal RL. Aquatic therapy for patients with rheumatic disease. <u>Rheum Dis Clin North Am</u>	16 (4)	915-	Aquatic Therapy Services	1990	November	<input checked="" type="checkbox"/>	Abstract
Mehale, GA. Deep water exercise - a new approach to fitness. <u>Journal of Strength and Conditioning Research</u>	16			1994		<input checked="" type="checkbox"/>	Article
Meleski, B., Malina, R. Changes in body composition and physique of elite university-level female swimmers during a competitive season. <u>Journal of Sports Science</u>	3	33-40		1985		<input checked="" type="checkbox"/>	Study
Melton-Rogers, S., Hunter, G., Walter, J., Harrison, P. Cardiorespiratory responses of patients with rheumatoid arthritis during bicycle riding and running in water. <u>Phys Ther</u>	75 (10)	1058-1065	Sheperd Center	1996	October	<input checked="" type="checkbox"/>	
Melzer I, Elbar O, Tsedek I, Oddsson LIe. A water-based training program that include perturbation exercises to improve stepping responses in older adults: study protocol for a randomized controlled cross-over trial. <u>BMC Geriatr.</u>	8	19	Ben-Gurion University	2008	Aug	<input checked="" type="checkbox"/>	Study Physical Therapy Department,
Mercer JA, Groh D, Black D, Gruenefelder A, Hines B Technical Note: Quantifying muscle activity during running in the water. <u>AEA Aquatic Fitness Research Journal</u>	2(1)		University of Nevada	2005	Spring	<input checked="" type="checkbox"/>	Study Department of Kinesiology
Mercer, J.A., & Jensen, R.L. Submaximal heart rates do not differ during deep water and treadmill running at equivalent VO2. University of North Texas, Denton TX						<input checked="" type="checkbox"/>	Dept of KHPR
Meyer K, Bucking J Exercise in heart failure: should aqua therapy and swimming be allowed? <u>Med Sci Sports Exerc</u>	36(12)	2017-23		2004	December	<input checked="" type="checkbox"/>	Study
Meyer K, Leblanc M C Aquatic therapies in patients with compromised left ventricular function and heart failure. <u>Clin Invest Med</u>	31(2)	E90-7		2008		<input type="checkbox"/>	
Meyer, CL., Hawley, DJ. Characteristics of participants in water exercise programs compared to patients seen in a rheumatic disease clinic. <u>Arthritis Care Res</u>	7 (2)	85-9		1994	June	<input checked="" type="checkbox"/>	Abstract
Meyer, K. Leblanc, M. C. Aquatic therapies in patients with compromised left ventricular function and heart failure <u>Clin Invest Med</u>	31(2):	E90-7		2008	31(2):	<input checked="" type="checkbox"/>	Article
Michaud, T. J., Brennan, D. K., Wilder, R. P., & Sherman, N. W. Aqarun training and changes in treadmill running maximal oxygen consumption <u>Med Sci Sport and exercise</u>	24.3	Sup 523		1992		<input checked="" type="checkbox"/>	Abstract
Michaud, T. J., Brennan, D. K., Wilder, R. P., & Sherman, N. W. Aqarunning and gains in cardiorespiratory fitness. <u>Journal of Strength and Conditioning Research</u>	9	78-84	University of Houston	1995	May	<input checked="" type="checkbox"/>	Study International Running Center

Michaud, T. J., Rodriguez-Zayas, J., Andres, F. F., Flynn, M. G., & Lambert, C. P. Comparative exercise responses of deep-water and treadmill running. <u>Journal of Strength and Conditioning Research</u>	9 (2)	104-109		1995	May	<input checked="" type="checkbox"/>	Study
Michaud, T., et al Aquaerunning and gains in cardiorespiratory fitness <u>Medicine & Science in Sports & Exercise</u>	9 (2)	78-84		1995		<input checked="" type="checkbox"/>	
Midtyng, J., Van Cleave Nelson, C. Survey research of water exercise teachers and aquatic program directors.				1989		<input type="checkbox"/>	Survey
			Ball State University				
Midtyng, Joanna, Nelson, C. VanCleave National Survey of Water Exercise Participants <u>AKWA letter</u>	Vol. 2, No. 1,4		Ball State University	1989	January	<input checked="" type="checkbox"/>	Survey
							Dept. of Computer Science
Midtyng, Joanna, Nelson, C. VanCleave National Survey of Water Exercise Participants <u>AKWA letter</u>	Vol. 1, No. 3,6		Ball State University	1989	March	<input checked="" type="checkbox"/>	Survey
							School of Physical Education
Miller MG, Cheatham CC, Porter AR, Ricard MD, Hennigar D, Berry DC. Chest and Waist-Deep Aquatic Plyometric Training and Average Force, Power and Vertical-Jump Performance <u>Int J Aq Res & Ed</u>	1(2)			2007	May	<input checked="" type="checkbox"/>	Study
Mirsec, M Aquatics training for multiple sclerosis. <u>IDEA Health & Fitness Source</u>	36-40		IDEA	2003	September	<input type="checkbox"/>	Article
Miwa, C., Mano, T., Saito, M., Iwase, S., Matsukawa, T., Sugiyama, Y., Koga, K. Aging reduces sympatho-suppressive response to head-out water immersion in humans. <u>Acta Physiol Scand</u>	158 (1)	15-20	Nagoya University, Japan	1996	September	<input checked="" type="checkbox"/>	
							Department of Autonomic and Behavioura
Miwa, C., Sugiyama, Y., Mano, T., Iwase, S., Matsukawa, T. Sympatho-vagal responses in humans to thermoneutral head-out water immersion. <u>Aviat Space Environ Med</u>	68 (12)	1109-1114	Nagoya University, Japan	1997	December	<input checked="" type="checkbox"/>	
							Department of Autonomic Neuroscience
Moening, D., Scheidt, A., shepardson, L., Davies, GJ. Biomechanical comparison of water running and treadmill running. <u>Isokinetics and Exercise Science</u>	3 (4)	207-15		1993		<input checked="" type="checkbox"/>	Study
Moore, T.O., Bernauer, E.M., Seto, G., Park, Y.S., Hong, S.K., Hayashi, E.M. Effect of immersion at different water temperatures on graded exercise performance in man. <u>Aerosp Med.</u>	41 (12)	1404-1408		1970	December	<input checked="" type="checkbox"/>	
Moraes, EZC., and Krueel, LFM. Measure of effort methodology of measuring efforts in water gymnastics exercises in different depths. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A105	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Morrow, M., Jensen, R., & Peach, C. Physiological adaptations to deep water and land based running training programs. <u>Medicine and Science in Exercise and Sport</u>	28 (5)	S210		1996		<input checked="" type="checkbox"/>	Study

Mougios, V., & Deligiannis, A.	1993				☑	Study
Effect of water temperature on performance, lactate production and heart rate at swimming of maximal and submaximal intensity. <u>The Journal of Sports Medicine and Physical Fitness</u>	33	27-33				
Muller, FIG., Lima, WC., Krueel, LFM.	2004	Spring			☑	Abstract
The aquatic gymnastics practitioner's muscle strength trainability in elderly women. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A108	Aquatic Exercise Association			
Munguia-Izquierdo D, Legaz-Arrese A	2008				☑	Study
Assessment of the effects of aquatic therapy on global symptomatology in patients with fibromyalgia syndrome: a randomized controlled trial. <u>Arch Phys Med Rehabil</u>	898(12)	2250-2257				
Munguia-Izquierdo, D. Legaz-Arrese, A.	2007	Nov-Dec			☑	Article
Exercise in warm water decreases pain and improves cognitive function in middle-aged women with fibromyalgia. <u>Clin Exp Rheumatol</u>	25(6)	823-830				
Murcia JAM, Galindo CM, Pardo PM	2008	Aug			☑	Study
Motivations and Reasons for Exercising in Water: Gender and Age Differences in a Sample of Spanish Exercisers <u>Int J Aq Res & Ed</u>	2(3)					
Nadel, E., Holmer, II, Bergh, U., Astrand, P., & Stolwijk, J.	1974				☑	Study
Energy exchanges of swimming man. <u>Journal of Applied Physiology</u>	36	465-471				
Nagle EF, Robertson RJ, Jakicic JJ, Otto AD, Ranalli JR, Chiapetta LB	2007	February			☑	Study
Effects of aquatic exercise and walking in sedentary obese women undergoing behavioral weight-loss intervention. <u>Int J Aquatic Res Ed</u>	1(1)					
Nagle EF, Robertson RJ, Jakicic JJ, Otto AD, Ranalli JR, Chiapetta LB.	2007	Feb			☑	Study
Effects of Aquatic Exercise and Walking in Sedentary Obese Women Undergoing a Behavioral Weight-Loss Intervention. <u>Int J Aq Res & Ed</u>	1(1)					
Nagle, EF., Otto, AD., Jakicic, JM., Robertson, RJ., Goss, FL., and Ranalli, JL.	2003	May			☑	Abstract
Effects of aquatic plus walking exercise on weight loss and function in sedentary obese females. <u>Med & Sci in Sports& Exercise</u>	35(5)	S136				
Nakamura, K., Takahashi, H., Shimai, S., Tanaka, M.	1996	February			☑	Study
Effects of immersion in tepid bath water on recovery from fatigue after submaximal exercise in man. <u>Ergonomics</u>	39-2	257-266				
Nakanishi Y, Kimura T & Yokoo Y	1999				☑	Study
Maximal physiological responses to deep water running at thermoneutral temperature. <u>Appl Human Sci</u>	18(2)	31-35				
Nakanishi, Y., Kimura, T., Yokoo, Y.	1999	May			☑	Study
Physiological responses to maximal treadmill and deep water running in the young and the middle aged males. <u>Appl Human Sci</u>	18 (3)	81-6	Kobe University	Department of Science		
Napolean, J.	1993	June/July			☑	Article
Water on the knee. <u>Rehabilitation Management</u>	June/July 1	80-83				

Napoletan, J., & Hicks, R.	1995				<input checked="" type="checkbox"/>	
The metabolic effects of underwater treadmill exercise at two departments.						
<u>APTR</u>	3 (2)	9-14				
Nassar CC, Bondan EF, Alouche SR.	2009	Sept			<input checked="" type="checkbox"/>	Study
Effects of aquatic exercises in a rat model of brainstem demyelination with ethidium bromide on the beam walking test.						
<u>Arq Neuropsiquiatr.</u>	67(3A)	652-6	Universidade Metodista de São Paulo			Faculdade de Educação Física e Fisioterap
Nilsson Gangneben, J., Kraepelien-Strid, E., Nilsson, J.	1994	October			<input type="checkbox"/>	Pilot Study
Water Gymnastics Heart rate and Perceived exertion in connection with water gymnastics: A Pilot Study Idrottshogskolan						
Nishimura M, & Onodera S	2000				<input checked="" type="checkbox"/>	Study
Effects of supine floating on heart rate, blood pressure, and cardiac autonomic nervous system activity.						
<u>J Gravit Physiol</u>	7 (2)	171-172				
Nishimura M, & Onodera S	2001				<input checked="" type="checkbox"/>	Study
Effects of water temperature on cardiac autonomic nervous system modulation during supine floating.						
<u>J Gravit Physiol</u>	8 (1)	65-66				
Oda, S., Matsumoto, T., Nakagawa, K., Moriya, K.,	1999	September			<input checked="" type="checkbox"/>	Study
Relaxation effects in humans of underwater exercise of moderate intensity.						
<u>Eur J Appl Physiol Occup Physiol</u>	80-4	253-259				
O'Hare, J., Corral, R. J. M., Diepte, P. A., Evans, J. M., Hayes, C. S., Heywood, A., Lunn. G., Walter	1985				<input checked="" type="checkbox"/>	Study
Observations on the effects of immersion therapy in bath spa water.						
<u>British Medical Journal</u>	12	21-28				
O'Hare, J., Corral, R. J. M., Scott, G., Walters, G.	1984				<input checked="" type="checkbox"/>	Study
Hemodilution during water immersion in man.						
<u>Clinical Science</u>	6	47				
Onodera S, Miyachi M, Nishimura M, Yamamoto K, et al	2001				<input checked="" type="checkbox"/>	Study
Effects of water depth on abdominal (correction of abdominals) aorta and inferior vena cava during standing in water.						
<u>J Gravit Physiol</u>	8 (1)	59-60				
Ortega E, García JJ, Bote ME, Martín-Cordero L, Escalante Y, Saavedra JM, Northoff H, Giraldo E.	2009				<input checked="" type="checkbox"/>	Study
Exercise in fibromyalgia and related inflammatory disorders: known effects and unknown chances.						
<u>Exerc Immunol Rev</u>	15	42-65	University of Extremadura			Department of Physiology
Osinski, A.	1990				<input checked="" type="checkbox"/>	Study
Legal responses of lifeguards.						
<u>J. Phys. Educ. Rec. & Dance</u>	59	73-75				
Osinski, A.	1990				<input checked="" type="checkbox"/>	Article
Risk management in water fitness.						
<u>Fitness Management</u>	3	79				
Otto, AD., Nagle, EF., Jakicic, JM., Robertson, RJ., Aaron, DA., Pcsolyar, MJ., and Hindes, KM.	2003	May			<input checked="" type="checkbox"/>	Abstract
Comparison of physical activity enjoyment during aquatic exercise in overweight women.						
<u>Med & Sci in Sports & Exercise</u>	35(5)	S33				

Paffenbarger, R. S., et al.				1986			<input checked="" type="checkbox"/>	Study
Physical activity, all cause mortality, and longevity of college alumni.								
<u>New England Journal of Medicine</u>	314-605							
Pan CY.				2010	Jan		<input checked="" type="checkbox"/>	Study
<u>Autism</u>	14(1)	9-28	National Kaohsiung Normal University					Department of Physical Education
Pantoja PD, Alberton CL, Pilla C, Vendrusculo AP, Kruel LF.				2009	May		<input checked="" type="checkbox"/>	Study
Effect of resistive exercise on muscle damage in water and on land.								
<u>J Strength Cond Res.</u>	23(3)	1051-4	Federal University of Rio Grande do Sul					Faculty of Physical Education
Pariser G, Madras D, Weiss E				2006			<input checked="" type="checkbox"/>	Study
Outcomes of an aquatic exercise program including aerobic capacity, lactate threshold, and fatigue in two individuals with multiple sclerosis.								
<u>J Neurol Phys Ther</u>	30(2)	82-90						
Park KS, Choi JK, Park YS.				1999	November		<input checked="" type="checkbox"/>	Study
Cardiovascular regulation during water immersion.								
<u>Appl Human Sci</u>	18(6)	233-41	Diving Science Institute, Kosin Medical College.					
Parker, K.M., & Smith, S.A.				2003			<input checked="" type="checkbox"/>	Article
Aquatic-aerobic exercise as a means of stress reduction during pregnancy.								
<u>J Perinat Educ</u>	12(1)	6-17						
Parker, S., Hurley, B., Hanlon, D., & Vaccaro, P.				1989			<input checked="" type="checkbox"/>	Study
Failure of target heart rate to accurately monitor intensity during aerobic dance.								
<u>Medicine and Science in Sports and Exercise</u>	21 (2)	230-234						
Pate, R. R., & Kriska, A.				1984			<input checked="" type="checkbox"/>	Study
Physiological basis of the sex difference in cardiorespiratory endurance.								
<u>Sports Medicine</u>	1	87-98						
Pechter, U., Maarroos, J., Mesikepp, S., Veraksits, A., Ots, M.				2003	March		<input checked="" type="checkbox"/>	Study
Regular low-intensity aquatic exercise improves cardiorespiratory functional capacity and reduces proteinuria in chronic renal failure patients.								
<u>Nephrology Dialysis Transplantation</u>	18	624-625						
Pendergast, DR.				1988	October		<input checked="" type="checkbox"/>	Study
The effect of body cooling on oxygen transport during exercise.								
<u>Med Sci Sports Exer</u>	20	S171-176						
Perini R, Veicsteinas A				2003	October		<input checked="" type="checkbox"/>	Study
Heart rate variability and autonomic activity at rest and during exercise in various physiological conditions.								
<u>Eur J Appl Physiol</u>	90 (3-4)	317-25						
Peterson, C.				2001	April		<input checked="" type="checkbox"/>	Abstract
Case Report: Exercise in 94 degrees F water for a patient with multiple sclerosis.								
<u>Physical Therapy</u>	81(4)	1049-1058	Marianjoy RehabLink					
Peyre-Tartaruga L A, Tartaruga M P, Coertjens M, Black G B, Oliveira A R, Kruel L F M				2009	May		<input checked="" type="checkbox"/>	Study
Physiologic and Kinematical Effects of Water Run Training on Running Performance								
<u>Int J Aq Res & Ed</u>	3(2)							

Phillips, V. K. Legge, M. Jones, L. M.	2008	May			<input checked="" type="checkbox"/>	Article
Maximal physiological responses between aquatic and land exercise in overweight women <u>Med Sci Sports Exerc</u> 40(5): 959-64						
Pinto, SS; Alberton, CL; da Silva, EM; Cadore, EL; Kanitz, AC; Krueel, LFM.	2009	May			<input checked="" type="checkbox"/>	Abstract
Cardiorespiratory Responses to a Water Aerobic Exercise Performed at Different Cadences with and without Resistive and Floating Equipment. <u>AEA IAFC Poster Proceedings</u>						
Pinto, SS; Liedtke, GV; Alberton, CL; da Silva, EM; Cadore, EL; Krueel, LFM.	2009	May			<input checked="" type="checkbox"/>	Abstract
Electromyographic Signal and Force Comparisons during Maximal Voluntary Isometric Contraction in Water and on Dry Land. <u>AEA IAFC Poster Proceedings</u>						
Piotrowska-Calka E.1, Wajszczyk B.2, Charzewska J.3	2007	September			<input type="checkbox"/>	Abstract
The effects of a 24-week deep water aerobic training program on bone density. <u>AEA Aquatic Fitness Research Journal</u> 4(2) A404 Academy of Physical Education Dept. of Swimming and Life Saving,						
Platanou T.	2009	Jan			<input checked="" type="checkbox"/>	Study
<u>J Sci Med Sport</u> 12(1) 244-50 University of Athens Department of Aquatic Sports						
Ploeg, A; Dibbet, T; Miller, MG; O'Donoghue, J; Holcomb, W; Berry, D.	2009	May			<input checked="" type="checkbox"/>	Abstract
The Effects of High Volume Aquatic Plyometric Training on Vertical Jump, Muscle Power, and Torque. <u>AEA IAFC Poster Proceedings</u>						
Pollock, C.	1992				<input checked="" type="checkbox"/>	Article
Does Exercise Intensity Matter? <u>Physician and Sports Medicine</u> 20:12 123-126						
Polman R, Kaiseler M, Borkoles E	2007	March			<input checked="" type="checkbox"/>	Study
Effect of a single bout of exercise on the mood of pregnant women. <u>J Sports Med Phys Fitness</u> 47(1) 103-111						
Poyhonen, T., Keskinen, KL., Hautala, A., Malkia, E.	2000	May			<input checked="" type="checkbox"/>	Study
Determination of hydrodynamic drag forces and drag coefficients on human leg/foot model during knee exercise. <u>Clin Biomech (Bristol, Avon)</u> 15 (4) 256-60 University of Jyvaskyla Department of Health Sciences						
Poyhonen, T., Kyrolainen, H., Keskinen, KL., Hautala, A., Savolainen, J., Malkia, E.	2001	July			<input checked="" type="checkbox"/>	Study
Electromyographic and kinematic analysis of therapeutic knee exercises under water. <u>Clin Biomech (Bristol, Avon)</u> 16 (6) 496-504 University of Jyvaskyla Department of Health Sciences						
Poyhonen, T., Sipila, S., Keskinen, KL., Hautala, A., Savolainen, J., Malkia, E.	2002	December			<input checked="" type="checkbox"/>	Study
Effects of an aquatic resistance training on neuromuscular performance in healthy women. <u>Medicine and Science in Sports and Medicine</u> 34 2103-2109						
President's Council of Physical Fitness and Sports	1995	September			<input checked="" type="checkbox"/>	Review
Osteoporosis and Physical Activity. <u>Physical Activity and Fitness Research Digest</u> Series 2, N 1-6						
Prevedel TTS, Calderon IMP, De Conti MH, Consonni EB, Rudge MVC	2003				<input checked="" type="checkbox"/>	Thesis
Maternal and perinatal effects of hydrotherapy in pregnancy. <u>Rev Bras Ginec Obstet</u> 25(1)						

Prins, J., Cutner, D. Aquatic therapy in the rehabilitation of athletic injuries. <u>Clin Sports Med</u> 18 (2) 447-61, ix. University of Hawaii at Manoa	1999	April	<input checked="" type="checkbox"/>	Abstract
Prins, J. H., Hartung, G. H., Merritt, D. J., Blancq, R. J., & Goebert, D. A. Effect of aquatic exercise training in persons with poliomyelitis disability. <u>Sports Medicine Training and Rehabilitation</u> 5 29-39	1994		<input checked="" type="checkbox"/>	
Prins, J., & Havriluk, R. Measurement of changes in muscular strength in aquatic rehabilitation. International Congress on Biomechanics,	1991		<input type="checkbox"/>	Thesis
Prins, J., Merritt, D., Blancq, R., Goebert, D., & Hartung, G. Effects of aquatic exercise training on muscle force in sedentary persons with polio disability. <u>Sports Medicine Training and Rehab</u> 5 29-39 University of Hawaii at Manoa	1994		<input checked="" type="checkbox"/>	Study Department of Health, Physical Education
Prisby R D Glickman-Wiess E L, Caine N Thermal sensation and substrate utilization differs among low- and high- fat women exposed to 17 degrees C water. <u>Wilderness Environ Med</u> 11 (3) 157-162	2000		<input checked="" type="checkbox"/>	Study
Proulx CI, Ducharme MB, Kenny GP Effect of water temperature on cooling efficiency during hyperthermia in humans. <u>J Appl Physiol</u> 94 (4) 1317-23	2003	April	<input checked="" type="checkbox"/>	Study
Quinn, T. J., Sedory, D. R., & Fisher, B. S. Physiological effects of deep water running following a land-based training program. <u>Research Quarterly for Exercise and Sport</u> 65 (4) 386-389	1994	December	<input checked="" type="checkbox"/>	Study
Rahmann AE, Brauer SG, Nitz JC. A specific inpatient aquatic physiotherapy program improves strength after total hip or knee replacement surgery: a randomized controlled trial. <u>Arch Phys Med Rehabil.</u> 90(5) 745-55 University of Queensland,	2009	May	<input checked="" type="checkbox"/>	Study Division of Physiotherapy
Reenie, D., Carretelli, P., Diaprampero, P. Effects of water immersion on cardiac output, heart rate, and stroke volume of man at rest and during exercise. <u>Medicinal Deflo Sport</u> 24 223-228	1971		<input checked="" type="checkbox"/>	Study
Reilly T, Dowzer CN, Cable NT. The physiology of deep-water running. <u>J Sports Sci.</u> 21(12) 959-72 Research Institute for Sport and Exercise Sciences, Liverpool Jo	2003	Dec	<input checked="" type="checkbox"/>	Study
Rennie, D. W. Tissue heat transfer in water: lessons from the Dorean divers. <u>Medicine and Science in Sports and Exercise</u> 20 (5) S177-S183	1988		<input checked="" type="checkbox"/>	Study
Retarekar R, Fragala-Pinkham MA, Townsend EL. Effects of aquatic aerobic exercise for a child with cerebral palsy: single-subject design. <u>Pediatr Phys Ther</u> 21(4) 336-44 Spaulding Rehabilitation Hospital,	2009	Winter	<input checked="" type="checkbox"/>	Study Outpatient Physical Therapy,
Richmond, Lynda The effects of a twelve-week aquastep program on relatively inactive college age women. University of Delaware			<input type="checkbox"/>	

Rippe, J. M., Ward A., Ebbeling, C. B., Ebbeling, C. J.	1991			<input type="checkbox"/>	Study
Comparison between palpated heart rates and heart rates observed using the polar favor heart rate monitor during an aerobic exercise class.					
<u>Paper prepared for Polar CIC, Inc.</u>	University of Massachusetts Medical School			Physiology & Nutrition Laboratory	
Risch, W., Koubenec, H., Beckmann, U., Lange, S., & Gauer, O.	1978	May		<input checked="" type="checkbox"/>	Study
The effect of graded immersion on heart volume, central venous pressure, pulmonary blood distribution, and heart rate in man.					
<u>Pflugers Archives</u>	18;374(2)	115-118			
Ritchie, S., & Hopkins, W.	1991	February		<input checked="" type="checkbox"/>	Study
The intensity of deep-water running.					
<u>International Journal of Sports Medicine</u>	12 (1)	27-29			
Robbins, G., Powers, D.	1993	Summer		<input checked="" type="checkbox"/>	Article
The Ball State 500-yard water run: a new fitness field test for non-swimming water exercisers.					
<u>Journal of the International Council for Health, Physical Educati</u>	29 (4)	9-11			
Robert, Jacalym J., Jones, Laura, & Bobo, Mike	1996	September		<input checked="" type="checkbox"/>	Study
The physiologic response of exercising in the water and on land with and without the X1000 Walk "N Tone exercise belt.					
<u>Research Quarterly for Exercise and Sport</u>	67 (3)	310-315			
Robertson JM, Brewster EA, Factors KI	2001			<input checked="" type="checkbox"/>	Study
Comparison of heart rates during water running in deep and shallow water at the sane rate of perceived exertion.					
<u>The Journal of Aquatic Physical Therapy</u>	9(1)	21-26			
Robertson, R., Goss, F., Auble, T., Cassinelli, D., Spina, R., Glickman, E., Galbreath, R., Silberman, R.	1990			<input checked="" type="checkbox"/>	Study
Cross-modal exercise prescription at absolute and relative oxygen uptake, using perceived exertion.					
<u>Medicine and Science in Sports and Exercise</u>	22 (5)	653-659			
Robinson LE, Devor st, Merrick MA, Buckworth J	2004			<input checked="" type="checkbox"/>	Study
The effects of land vs. aquatic plyometrics on power, torque, velocity, and muscle soreness in women.					
<u>Journal of Strength and Conditioning Research</u>	18(1)	84-91	The Ohio State University		Sport and Exercise
Rogers A, Furler B L, Brinks S, Darrah J	2008			<input checked="" type="checkbox"/>	Study
A systematic review of the effectiveness of aerobic exercise interventions for children with cerebral palsy: an AACPD evidence report.					
<u>Dev Med Child Neurol</u>	50(11)	808-814			
Root, M.	1995	February		<input checked="" type="checkbox"/>	Article
Is It Time To Diversify?					
<u>IDEA Today</u>	13 (3)	42-9			
Rudzki S J, & Cunningham M J	1999			<input checked="" type="checkbox"/>	Study
The effect of a modified physical training program on reducing injury and medical discharge rates in Australian army recruits.					
<u>Mil Med</u>	164 (9)	648-652			
Ruoti R.G., Troup, J.T., Berger, R. A.	1994	March		<input checked="" type="checkbox"/>	Study
The effects of nonswimming water exercise on older adults					
<u>Journal of Orthopaedic & Sports Physical Therapy</u>	19 (N3)	140-145	Temple University Hospital		Department of Physical Medicine
Ruoti, R.	1994	March		<input checked="" type="checkbox"/>	Study
The effects of calisthenics water exercises on selected work, physiologic and blood parameters of older adults.					
<u>JOSP</u>	19 (3)	140-144			

Ruoti, Richard G.					<input type="checkbox"/>	Study
The effects of an aqua dynamic exercise program on selected work, physiologic, and blood parameters of older adults.						
Rutledge E, Silvers WM, Browder K, Dolny D.	2007	May			<input checked="" type="checkbox"/>	Study
Metabolic-Cost Comparison of Submaximal Land and Aquatic Treadmill Exercise						
<u>Int J Aq Res & Ed</u>	1(2)					
Sagawa, S., Shiraki, K., Yousef, M., & Donda, N.	1988				<input checked="" type="checkbox"/>	Study
Water temperature and intensity of exercise in maintenance of thermal equilibrium.						
<u>Journal of Applied Physiology</u>	65	2413-2419				
Sale, J.E., McCarger, L.J., Crawford, S.M., Taunton, J.E.	1995				<input checked="" type="checkbox"/>	
Effects of exercise modality on metabolic rate and body composition.						
<u>Clin J. Sport Med</u>	5 (2)	100-107	Institute of Health Promotion Research, School of Family and N			
Sandblom, E., & Axelsson, M.	2007	Dec			<input checked="" type="checkbox"/>	Article
The venous circulation: A pristine perspective.						
<u>Comp Biochem Physiol A Mol Integr Physiol</u>	148(4)	785-801				
Sanders, C., Griffin, Murray	2004	spring			<input checked="" type="checkbox"/>	Thesis
The effect of a single bout of exercise on mood, self-esteem, and self-efficacy.						
<u>AEA Aquatic Fitness Research Journal</u>	1(1)	10-31	Aquatic Exercise Association			
Sanders, M. E.	1994				<input type="checkbox"/>	Thesis
Selected physiological training adaptations during a water fitness program called Wave Aerobics.						
			University of Nevada			
Sanders, M. E.	1992				<input type="checkbox"/>	Other
The art and science of wave aerobics.						
<u>Video Correspondence course</u>						
Sanders, M., & Rippee, N.	1994				<input checked="" type="checkbox"/>	Review
Probing the depth of water fitness research.						
<u>IDEA Today</u>	12	48-52, 55-				
Sanders, M., Constantino, N. L., Rippee, N. E., Barrett, A. L., Griffin, D., Krumpe, P., & Fredericks, R	1997				<input checked="" type="checkbox"/>	Study
A comparison of results of functional water training on field and laboratory measures in older women.						
<u>Medicine and Science in Sports and Exercise</u>	29 (5_	S110				
Sato D, Kaneda K, Wakabayashi H, Nomura T.	2007	Dec			<input checked="" type="checkbox"/>	Study
The water exercise improves health-related quality of life of frail elderly people at day service facility.						
<u>Qual Life Res.</u>	16(10)	1577-85	University of Tsukuba			Doctoral Program in Health and Sport Scie
Sazaklidou, Vasiliki	1994	August			<input type="checkbox"/>	Thesis
The water-exercise VASA test for the estimation of muscular endurance of the lower body.						
			University of Oregon			Department of Exercise and Movement Sc
Schagatay, E, Holm, B.	1996				<input type="checkbox"/>	
Effects of water and ambient air temperatures on human diving bradycardia						
<u>Eur. Journal Applied Physiology</u>	73 (1-2)	1-6	University of Lund, Sweden			Department of Animal Physiology

Schimmoller, SM.	1991				<input checked="" type="checkbox"/>	Thesis
Physiological effects of a twelve week walking program versus a walking and water exercise program for obese subjects consuming a liquid diet program.						
<u>International Institute for Sport and Human Performance</u> Bowling Green State University						
Schipke J D & Pelzer M	2001				<input checked="" type="checkbox"/>	Study
Effect of immersion, submersion, and scuba diving on heart rate variability.						
<u>BR J Sports Med</u>	35 (3)	174-180				
Schram, D. A., Bennett, R. L.	1951				<input checked="" type="checkbox"/>	Study
Underwater resistance exercise.						
<u>Arch. Phys. Med.</u>	32	222				
Schwanz, Lori A.	1987				<input type="checkbox"/>	Thesis
Water exercise vs. weight training exercise in the development of knee extension and flexion strength.						
California State University						
Schwingel, PA., Turra, NA., and Krueel, LFM.	2004		Spring		<input checked="" type="checkbox"/>	Abstract
Influence of immersion on the arterial pressure in different intensities of exercise.						
<u>AEA Aquatic Fitness Research Journal</u>	1(1)	A101		Aquatic Exercise Association		
Scott CG, Ducharme MB, Haman F, Kenny GP	2004		November		<input checked="" type="checkbox"/>	Study
Warming by Immersion or exercise affects initial cooling rate during subsequent cold water immersion.						
<u>Aviat Space Environ Med</u>	75 (11)	956-63				
Seefeldt, L. R., Abraham, A.					<input type="checkbox"/>	Thesis
The effects of an eleven week aqua step program on relatively inactive college females.						
University of Delaware						
Sendowski, I., Savourey, G., Besnard, Y., Bittel, J.	1997				<input checked="" type="checkbox"/>	
Cold induced vasodilatation and cardiovascular responses in humans during cold water immersion of various upper limb areas.						
<u>European Journal of Applied Physiology</u>	75 (6)	471-477		Centre de Recherches du Service de Sante des Armees (CRSSA) Department des Facteurs Humains		
Shaw, Janet M., Snow-Harter, Christine	1995		September		<input checked="" type="checkbox"/>	Study
Osteoporosis and Physical Activity.						
<u>Physical Activity and Fitness Research Digest</u>		1-5				
Shedahl, L.M., Tristani, F.E., Connelly, T.P., Levandoski, S.G., Skelton, M.M., Cowley, A.W. Jr.	1992		May		<input checked="" type="checkbox"/>	
Fluid-regulating hormones during exercise when central blood volume is increased by water immersion.						
<u>Am. Journal of Physiology</u>	262(5Pt2)	R779-R78		Medical College of Wisconsin, Milwaukee 53226		Department of Medicine
Sheldahl, L.	1986				<input checked="" type="checkbox"/>	Study
Special ergometric techniques and weight reduction.						
<u>Medicine and Science in Sports and Exercise</u>	18(1)	25-30				
Sheldahl, L. M., Clifford, P. S., Hughes, C. V., Kalbfleisch, J. H., Smits, G., Tristani, F. E.	1986		June		<input checked="" type="checkbox"/>	Study
Effect of head-out water immersion on response to exercise training.						
<u>Journal of Applied Physiology</u>	60 (6)	1878-1881				
Sheldahl, L., Bushkirk, E., Loomis, J., Hodgson, J. & Mendez, J.	1982				<input checked="" type="checkbox"/>	Study
Effects of exercise in cool water on body weight loss.						
<u>International Journal of Obesity</u>	6	29-42				

Sheldahl, L.M., Tristani, F.E., Clifford, P.S., Hughes, C.V., Sobocinsky, K.A., Morris, R.D.	1987	Dec.		<input checked="" type="checkbox"/>	
Effect of head-out water immersion on cardiorespiratory response to dynamic exercise.					
<u>Journal of American Coll Cardiol</u>	10 (6)	1254-1258	Cardiopulmonary Rehabilitation Center		
Sherman, N. W., Michaud, T. J., and Ryan, N. D.	1993	March		<input checked="" type="checkbox"/>	Study
Estimating VO2 max from submaximal aqua running.					
<u>Research Quarterly</u>	Supplemen 35		University of Houston		
Shin, Y.	1999	April		<input checked="" type="checkbox"/>	Study
The effects of a walking exercise program on physical function and emotional state of elderly Korean women.					
<u>Public Health Nurs</u>	16-2	146-154			
Shono, T., Fujishima, N., Hotta, T., Ogaki, T., Ueda, T.	2001	March		<input checked="" type="checkbox"/>	Study
Physiological responses to water-walking in middle aged women.					
<u>Journal of Physiological Anthropology and Applied Human Scie</u>	20-2	119-23			
Sieczkowski, AH	1993	Spring		<input checked="" type="checkbox"/>	Article
Safety factors related to water fitness.					
<u>National Aquatics Journal</u>	9 (2)	14-6			
Silva LE, Valim V, Pessanha AP, Oliveira LM, Myamoto S, Jones A, Natour J.	2008	Jan		<input checked="" type="checkbox"/>	Study
Hydrotherapy versus conventional land-based exercise for the management of patients with osteoarthritis of the knee: a randomized clinical trial.					
<u>Phys Ther.</u>	88(1)	12-21			
Silvers W.M., Rutledge E.R., Dolny D.G.	2007	June		<input checked="" type="checkbox"/>	Study
Peak cardiorespiratory responses during aquatic and land treadmill exercise.					
<u>Med Sci Sports Exerc</u>	39(6)	969-75	University of Idaho		Division of Health, Physical Education, R
Silvers WM, Dolny DG.	2008	May		<input checked="" type="checkbox"/>	Study
Reliability of Peak Cardiorespiratory Responses During Aquatic Treadmill Exercise.					
<u>Int J Aq Res & Ed</u>	2(2)				
Silvers, W.M., Rutledge, E.R. & Dolny, D.G.	2007	June		<input checked="" type="checkbox"/>	Article
Aquatic vs Land Treadmill Exercise					
<u>Med & Sci Sport & Exer</u>	39(6)	969-974			
Simmons, V., & Hansen, P.	1996			<input checked="" type="checkbox"/>	
Effectiveness of water exercise on postural mobility in the well elderly: An experimental study on balance enhancement.					
<u>Journal of Gerontology: Medical Sciences</u>	51A (5)	M233-238			
Simpson, A., Miller, M.	1994	Fall		<input checked="" type="checkbox"/>	Article
Aquastep your way to fitness.					
<u>National Aquatics Journal</u>	10 (2)	2-3			
Simpson, Alice J., Lemon, Peter W. R.	1995			<input type="checkbox"/>	Study
Effects of an eight week deep water vertical exercise training program in adult women.			Kent State University		
Smit, T., & Harrison, R.	1991			<input checked="" type="checkbox"/>	
Hydrotherapy and chronic lower back pain: A pilot study.					
<u>Australian Journal of Physiotherapy</u>	37 (4)	229-234			

Smith C. Training effects of water aerobics compared with dance aerobics. University of Wisconsin-Lacrosse	1987		<input type="checkbox"/>	Thesis
Smith PL, Bizot K, Kennedy D Replicated Review: Jumping height increased through specific aquatic exercises. Mississippi College, Clinton Mississippi	2003		<input type="checkbox"/>	Pilot Study
Smith, S. A. and Y. Michel A pilot study on the effects of aquatic exercises on discomforts of pregnancy. <u>J Obstet Gynecol Neonatal Nurs</u> 35(3) 315-23	2006		<input checked="" type="checkbox"/>	Study
Sobolewski, JL. Et al Comparing a 6-minute walk on land vs. a 6-minute walk in water. <u>Med & Sci in Sports & Exercise</u> 35(5) 783 S141	2003		<input checked="" type="checkbox"/>	Study
Soultanakis-Aligianni, Helen N. Thermoregulation during exercise in pregnancy <u>Clin Obst & Gyn</u> 46(2) 442-455	2003	June	<input checked="" type="checkbox"/>	Article
Sova, R. Aquatics: The complete reference guide for aquatic fitness professionals. Jones & Bartlett	1991		<input checked="" type="checkbox"/>	Book
Speer, K., Cavanaugh, J., Warren, R., Day, L., & Wickiewicz, T. A role for hydrotherapy in shoulder rehabilitation. <u>American Journal of Sports Medicine</u> 21:6 850-853	1993		<input checked="" type="checkbox"/>	Study
Sramek P, Simeckova M, Jansky L, Savlikova J, & Vybiral S Human physiological responses to immersion into water of different temperatures. <u>Eur J Appl Physiol</u> 81 (5) 436-442	2000		<input checked="" type="checkbox"/>	Study
Stamford, B. Making a splash: let water workouts soothe your body <u>Physician and Sports Medicine</u> 22 (6) 105-6	1994	June	<input checked="" type="checkbox"/>	Article
Stavish, J. M. Walk-jog versus swim training: effects on body composition and aerobic capacity. San Diego State University	1987		<input type="checkbox"/>	Thesis
Stephanie S. Pinto, Cristine L. Alberton, Márcio E. Becker, Mabel M. Olkoski, and Luiz F. M. Kruel Cardio respiratory response in hydrogymnastics exercise done with and without resistive equipment. <u>AEA Aquatic Fitness Research Journal</u> 4 (1) A403 3 Universidade Federal do Rio Grande do Sul – UFRGS	2007	March	<input checked="" type="checkbox"/>	Abstract
Stevenson, J., Tacia, S., Thompon, J. & Crane, C. A comparison of land and water exercise programs for older individuals. <u>Medicine and Science in Sports and Exercise</u> 20 S90	1988		<input checked="" type="checkbox"/>	Study
Stocks JM, Taylor NA, Tipton MJ, Greenleaf JE Human Physiological responses to cold exposure. <u>Aviat Space Environ Med</u> 75(5) 444-57	2004	May	<input checked="" type="checkbox"/>	Review

Stoub, Sandy	2004	Dec/Jan			<input type="checkbox"/>	Review
Research Summary Update: Older Adults						
<u>AKWA</u>	17 (4)	11	AEA			
Stransky, A., Mickelson, R., VanFleet, C., Davis, R.	1979				<input checked="" type="checkbox"/>	Study
Effects of swimming training regimen on hematological, cardiorespiratory and body composition changes in young females.						
<u>Journal of Sports Medicine</u>	19	347-352				
Suomi, R., & Lindauer, S.	1997				<input checked="" type="checkbox"/>	
Effectiveness of arthritis foundation aquatic program on strength and range of motion in women with arthritis						
<u>Journal of Aging and Physical Activity</u>	5	341-351				
Suomi, R., Koceja, DM.	2000	June			<input checked="" type="checkbox"/>	Study
Postural sway characteristics in women with lower extremity arthritis before and after an aquatic exercise intervention.						
<u>Arch Phys Med Rehabil</u>	81 (6)	780-5	University of Wisconsin-Stevens Point			School of Health, Exercise Science & Athl
Svedenhag, J., & Seger, J.	1992	October			<input checked="" type="checkbox"/>	Study
Running on land and in water: comparative exercise physiology.						
<u>Medicine and Science in Sports and Exercise</u>	24 (10)	1155-1160	Huddinge University Hospital, Sweden			Department of Clinical Physiology
Sykoriva-Pritz, M.	1998				<input type="checkbox"/>	Pilot Study
The effect of water exercise on selected aspects of overall well-being on fibromyalgia patients.						
<u>On file with AEA</u>						
Sykorova-Pritz, M.	2007	September			<input type="checkbox"/>	Article
The effect of water exercise on selected aspects of overall health on a fibromyalgia population.						
<u>AEA Aquatic Fitness Research Journal</u>	4(2)					
Tajima F, Sagawa S, Iwamoto J, Miki K, Freund B J, Claybaugh J R et al.	1990				<input checked="" type="checkbox"/>	Thesis
Cardiovascular, renal, and endocrine responses in male quadriplegics during head out water immersion.						
<u>Am J Physio</u>	258 (6 Pt 2)	R1424-143				
Takahashi J, Ishihara K, Aoki J	2006	August			<input checked="" type="checkbox"/>	Study
Effect of aqua exercise on recovery of lower limb muscles after downhill running.						
<u>J Sports Sci</u>	24(8)	835-842				
Takehima, N., Rogers, ME., Watanabe, E., Brechure, WF., Okada, A., Yam, T., Islam, MM., Hayano,	2002	March			<input checked="" type="checkbox"/>	Study
Water-based exercise improves health-related aspects of fitness in older women.						
<u>Medicine and Science in Sport and Exercise</u>	34-3	544-551				
Takgi, J.	1994				<input checked="" type="checkbox"/>	Abstract
A new "complex exercise test" for children with cardiac diseases.						
<u>Kurume Medical Journal</u>	41 (2)	97-107	University School of Medicine			Department of Pediatrics and Child Health
Tanaka H.	2009				<input checked="" type="checkbox"/>	Study
Swimming exercise: impact of aquatic exercise on cardiovascular health.						
<u>Sports Med.</u>	39(5)	377-87	The University of Texas at Austin			Department of Kinesiology and Health Ed
Tarevnic R, Cardoso JE	2004	Aug/sep			<input checked="" type="checkbox"/>	Review
A proposal to the elaboration of a methodology to pregnant women in hydroaerobic sessions.						
<u>AKWA</u>	18(2)	18	Universidade do Estado do Rio de Janeiro			

Tartaruga LAP, Larronda ACC, Ribas LR, Tartaruga MP, Loss JF, Kruel LFM Kinematic analysis of middle distance runners during treadmill and deep water running. <u>AEA Aquatic Fitness Research Journal</u>	2(1)		Universidade Federal do Rio Grande do Sul	2005	Spring	<input checked="" type="checkbox"/>	Study
Tartaruga, LAP., Coertjens, M., Tartaruga, MP., Black, GL., Oliveira, AR., Ribas, LR, and Kruel, LF Influence of deep water run training supplement on maintenance of aerobic performance and kinematics of middle-distance runners. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A107	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Tartaruga, LAP., Kruel, LFM. Physiologic and biomechanical effects of deep water running training on performance of elite runners. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A103	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Tartaruga, LAP., Larronda, ACC., Tartaruga, MP., and Kruel, LFM. Importance of the lower limbs for the horizontal velocity on treadmill running and on deep water running. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A104	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
Taunton, JE., Rhodes, EC., Wolski, LA., Donnelly, M., Warren, J., Elliot, J., McFarlane, L., Leslie, J., Effect of land-based and water-based fitness programs on the cardiovascular fitness, strength and flexibility of women aged 65 - 75 years. <u>Gerontology</u>	42-4	204-210	University of British Columbia	1996		<input checked="" type="checkbox"/>	Study
Tella V, Colado JC, Madera J, González LM, García X, Benavent J Neuromuscular adaptations in strength produced by young preteens created by swim training. <u>AEA IAFC Poster Proceedings</u>			(1) Department of Physical Education and Sports, University of	2008	May	<input checked="" type="checkbox"/>	Abstract
Templeton, M. S., Booth, D. L., & O'Kelly, W. Effects of aquatic therapy on joint flexibility and function ability in subjects with rheumatic disease. <u>Journal of Orthopaedic and Sports Physical Therapy</u>	23 (6)	376-381		1996		<input checked="" type="checkbox"/>	Study
Terbizan, DJ., Hansen, PJ. No significant changes in oxygen consumption and body composition after training using winged walkers. <u>Medicine & Science in Sports & Exercise</u>	35(5)	S374		2003	May	<input checked="" type="checkbox"/>	Abstract
Thein, JM., Brody, LT. Aquatic-based rehabilitation and training for the elite athlete. <u>Orthop Sports Phys Ther</u>	27 (1)	32-41	University of Wisconsin Clinics Research Park Sports Medicine Center	1998	January	<input checked="" type="checkbox"/>	Abstract
Thickett KM, McCoach JS, Gerber JM, Sadhra S, Burge PS Occupational asthma caused by chloramines in indoor swimming-pool air. <u>European Respiratory Journal</u>	19	827-832		2002		<input checked="" type="checkbox"/>	Study
Thomas, D. Q., Long, K. A., Kindred, D., & Miller, C. Blood pressure and deep water running. <u>Sports Medicine Training and Rehabilitation</u>	6	207-214		1995		<input checked="" type="checkbox"/>	Study
Thomas, T. R., Ziogas, G., Smith, T., Zhang, Q., & Londeree, B. R. Physiological and perceived exertion responses to six modes of submaximal exercise. <u>Research Quarterly for Exercise and Sport</u>	66	239-246		1995		<input checked="" type="checkbox"/>	Study
Thompson, D. L., Boone, W. T., Miller, J. S. Comparison of treadmill exercise and tethered swimming to determine validity of exercise prescription. <u>Journal of Cardiopulmonary Rehabilitation</u>	2	363-372		1982		<input checked="" type="checkbox"/>	Study

Thomson, Ann M., Sinner, Alison T. Duffield's Exercise in Water, Third Edition	1983				✓	Book
	Bailliere Tindall, a division of Casell, Ltd					
Tilden, HM., Worrellia, M. Take the next step in fitness with aquatic bench aerobics. <u>Perspective</u>	1991	May			✓	Article
	17 (3)		31-33			
Tirosh R, Katz-Leurer M, Getz MD. Halliwick-Based Aquatic Assessments :Reliabilty and Validity <u>Int J Aq Res & Ed</u>	2008	Aug			✓	Study
	2(3)					
Tomas-Carus P, Gusi N, Häkkinen A, Häkkinen K, Raimundo A, Ortega-Alonso A. Improvements of muscle strength predicted benefits in HRQOL and postural balance in women with fibromyalgia: an 8-month randomized controlled trial. <u>Rheumatology (Oxford)</u>	2009	Sept			✓	Study
	48(9)		1147-51	University of Evora		Department of Sport and Health
Tomas-Carus, P. Hakkinen, A. Gusi, N. Leal, A. Hakkinen, K. Ortega-Alonso, A Aquatic training and detraining on fitness and quality of life in fibromyalgia <u>Med Sci Sports Exerc</u>	2007	July			✓	Article
	39(7)		1044-1050			
Toner, MM, Swaka, MN, Pandolf, KB Thermal responses during arm and leg and combined arm-leg exercise in water. <u>Journal of Applied Physiol</u>	1984	May			✓	
	56 (5)		1355-1360			
Tovin, Brian, et al. Comparison of the effects of exercise in water and on land on the rehabilitation of patients with intra-articular anterior cruciate ligament reconstruction. <u>Physical Therapy</u>	1994	August			✓	Study
	74 (8)		710-719			
Town, G., & Bradley, S. Maximal metabolic responses of deep and shallow water running in trained runners. <u>Medicine and Science in Sports and Exercise</u>	1991				✓	Study
	23 (2)		238-241			
Triplett NT, Colado JC, Benavent J, Alakhdar Y, Madera J, Gonzalez LM, Tella V. Concentric and impact forces of single-leg jumps in an aquatic environment versus on land. <u>Med Sci Sports Exerc</u>	2009	Sept			✓	Study
	41(9)		1790-6	Appalachian State University		Department of Health, Leisure, and Exerci
Tsourlou T, Benik A, Dipla K, Zafeiridis A, Kellis S. The effects of a twenty-four-week aquatic training program on muscular strength performance in healthy elderly women. <u>J Strength Cond Res</u>	2006	Nov			✓	Study
	20(4)		811-818			
Tsukahara N., Toda A., Goto, J., Ezawa, I. Cross-sectional and longitudinal studies on the effect of water exercise in controlling bone loss in Japanese postmenopausal women. <u>Journal of Nutritional Science and Vitaminology</u>	1994	Feb			✓	
	V0040 N1		37-47	Japan Womens' Univ.		Food & Nutrition
Tuttle, T. & Templin, J. Study of normal cardiac responses to water below body temperature with special reference to submersion syndrome. <u>Journal of Laboratory and Clinical Medicine</u>	1942-43				✓	Study
			271-276			
Tuttle, W. & Corleaus, J. The response of the heart to water of swimming and pool temperature. <u>Research Quarterly</u>	1935				✓	Study
	6 (24)		24-26			

Ueno L M, Miyachi M, Matsui T et al.	2005			<input checked="" type="checkbox"/>	Study
Effect of aging on carotid artery stiffness and baroreflex sensitivity during head out immersion in man. <u>Braz J Med Biol Res</u> 38 (4) 629-637					
Vaccaro, P., Ostrove, S., Vanderveldon, L., Goldforb, A., et al.	1984			<input checked="" type="checkbox"/>	Study
Body composition and physiological responses of masters female swimmers 20-70 years of age. <u>Research Quartely for Exercise and Sport</u> 55 278-284					
Vaile J, Halson S, Gill N, Dawson B	2007	Nov 30		<input checked="" type="checkbox"/>	Study
Effect of hydrotherapy on recovery from fatigue. <u>Int J Sports Med</u> 29(7): 539-44					
Vaile J, Halson S, Gill N, Dawson B	2008	May		<input checked="" type="checkbox"/>	Study
Effect of hydrotherapy on the signs and symptoms of delayed onset muscle soreness. <u>Eur J Appl Physiol</u> 103(1) 121-2					
Vale RG, de Oliveira RD, Pernambuco CS, de Meneses YP, Novaes JD, de Andrade AD	2009	January		<input checked="" type="checkbox"/>	Study
Effects of muscle strength and aerobic training on basal serum levels of IGF-1 and cortisol in elderly women. <u>Arch Gerontol Geriatr.</u>					
van Kessel, G; Cooper, S.	2009	May		<input checked="" type="checkbox"/>	Abstract
Water Exercise Can Manage Low Back Pain in Pregnant Women. <u>AEA IAFC Poster Proceedings</u> University of South Australia					
Vanderveer, BJ., McGrew, SC.	1995	October		<input checked="" type="checkbox"/>	Study
A warm-water exercise program for rural elderly with arthritis. <u>Journal of Aging and Physical Activity</u> 3 434					
Vella, Chantal A and Kravitz, Len	2004	Dec/Jan		<input type="checkbox"/>	Review
Staying cool when your body is hot. <u>AKWA</u> 17 (4) 16 AEA					
Vickery, S., Cureton, K., & Langstaff, J.	1983			<input checked="" type="checkbox"/>	Study
Heart rate and energy expenditure during aqua dynamics. <u>Physician and Sports Medicine</u> 11 62-72					
Vuitasalo, JT., Niemela, K., Kaappola, R., Korjus, T., Levola, M., Monomen, HV., Rusko, HK., Takala,	1995			<input checked="" type="checkbox"/>	Study
Warm underwater-jet massage improves recovery from intense physical exercise. <u>Eur J Appl Physiol Occup Physiol</u> 71-5 431-438					
Volaklis, K. A. Spassis, A. T. Tokmakidis, S. P.	2007	Sept		<input checked="" type="checkbox"/>	Article
Land versus water exercise in patients with coronary artery disease: effects on body composition, blood lipids, and physical fitness <u>Am Heart J</u> 154(3) 560 e561-5					
Vonder Hulls DS, Walker LK, Powell JM	2006			<input checked="" type="checkbox"/>	Study
Clinician's perceptions of the benefits of aquatic therapy for young children with autism: a preliminary study. <u>Phys Occup Ther Pediatr</u> 26(1-2) 13-22					
Wadell K, Sundelin G, Henriksson-Larsén K, Lundgren R	2004			<input checked="" type="checkbox"/>	Study
High intensity physical group training in water--an effective training modality for patients with COPD. <u>Respir Med</u> 98(5) 428-438					

Wakabayashi H, Kaneda K, Okura M, Nomura T.	2007	Mar			✓	Study
Insulation and body temperature of prepubescent children wearing a thermal swimsuit during moderate-intensity water exercise. <u>J Physiol Anthropol</u>	26(2)	179-183				
Waller B, Lambeck J, Daly D	2009	Jan			✓	Study
Therapeutic aquatic exercise in the treatment of low back pain: a systematic review. <u>Clin Rehabil.</u>	23(1)	3-14	University of Jyväskylä, Finland.			
Walter, A.	1983				✓	Book
S.W.I.M. with Integrated Movement Curriculum. Tacoma YMCA						
Wang, T.J., Belza, B., Elaine Thompson, F., Whitney, J.D., & Bennett, K.	2007	Jan			✓	Article
Effects of aquatic exercise on flexibility, strength and aerobic fitness in adults with osteoarthritis of the hip or knee. <u>J Adv Nurs</u>	57(2)	141-152				
Ward E.J, McIntyre A, van Kessek G, Hague WM	2005				✓	Study
Immediate blood pressure changes and aquatic physiotherapy. <u>Hypertens Pregnancy</u>	24(2)	93-102				
Wasserman, J	2007	March			✓	Review
Benefits from aquatic exercise for lower back pain. <u>AEA Aquatic Fitness Research Journal</u>	4(1)	10-11	University of Tennessee			
Wasserman, J	2009	May			✓	Abstract
Shoulder Considerations for Seniors. <u>AEA IAFC Poster Proceedings</u>						
Watanabe, E., Takeshima, N., Okada A., Inomata, K.	2000	August			✓	Study
Comparison of water- and land-based exercise in the reduction of state anxiety among older adults. <u>Percept Mot Skills</u>	91-1	97-104				
Watson P, Shirreffs SM, Maughan RJ	2005	June			✓	Study
Blood-brain barrier integrity may be threatened by exercise in a warm environment. <u>Am J Physiol Regul Integr Comp Physiol</u>	288 (6)	1689-94				
Watterson, V. V.	1984				✓	Study
The effects of aerobic dance on cardiovascular fitness. <u>The Physician and Sportsmedicine</u>	12 (10)	138-145				
Weigenfeld-Lahav I, Hutzler Y, Roth D, Hadar-Frumer M.	2007	Nov			✓	Study
Physical and Psychological Effects of Aquatic Therapy in Participants After Hip-Joint Replacement: A Pilot Study. <u>Int J Aq Res & Ed</u>	1(4)					
Weinsier, RL., Hunter, GR., Desmond, RA., Byrne, NM., Zuckerman, PA., Darnell, BE.,	2002	March			✓	Study
Free-living activity energy expenditure in women successful and unsuccessful at maintaining a normal body weight. <u>American Journal of Clinical Nutrition</u>	75	499-504				
Weinstein, L. D.	1986				✓	Study
The benefits of aquatic activity. <u>Journal of Gerontol. Nursing</u>	12 (2)	6-11				

Weiss, C. R., Jamieson, N. B. Women, subjective depression and water exercise. <u>Health Care Women Int.</u> , 1989	10 (1)	75-88		1989		<input checked="" type="checkbox"/>	Study
Weltman, A. The blood lactate response to exercise. Monograph #4 <u>Human Kinetics Publishers</u>	#4			1995		<input checked="" type="checkbox"/>	
Westcott, Wayne L., Tolken, Joyce, & Wessner, Brian School-based conditioning programs for physically unfit children. <u>Strength and Conditioning</u>		5-8		1995	April	<input checked="" type="checkbox"/>	Study
Weston, C.F., O'Hare, J.P., Evans, J.M., Corral, R.J. Hemodynamic changes in man during immersion in water at different temperatures. <u>Clinical Science</u>	73(6)	613-616	Department of Medicine	1987	Dec.	<input checked="" type="checkbox"/>	
Whann, CM., Chung, JK., Gregory, PC, Lopez, AN., Towler, MA., Becker, D., Edlich, RF. A new, improved flotation device for deep-water exercise. <u>J Burn Care Rehabil</u>	12 (1)	62-6	University of Virginia School of Medicine	1991	Jan-Feb	<input checked="" type="checkbox"/>	Abstract
White AT, Davis SL, Wilson TE Metabolic, thermoregulatory, and perceptual responses during exercise after lower vs. whole body precooling. <u>J Appl Physiol</u>	94 (3)	1039-44		2003	March	<input checked="" type="checkbox"/>	Study
White LJ, Dressendorfer RH, Holland E, McCoy SC, Ferguson MA Increased caloric intake soon after exercise in cold water. <u>International Journal of Sport Nutrition and Exercise Metabolism</u>	14	38-47		2005		<input checked="" type="checkbox"/>	Study
White, JS., Yeater, RA., Liparulo, TL., Lowther, CG., Parker, JE., Hornsby, JA., Ullrich, IH., and Ho Heart Rate and VO2 responses to incremental exercise with land and aquatic cycling. <u>Medicine & Science in Sports & Exercise</u>	35(5)	S183		2003	May	<input checked="" type="checkbox"/>	Abstract
White, MD. Water Exercise: 78 Safe and Effective Exercises for Fitness and Therapy Human Kinetics Publishers				1995		<input checked="" type="checkbox"/>	Book
White, S. W., Landis, L. M. Designing aquatic exercise programs: three guiding principles. <u>J. Phys. Educ. Rec. & Dance</u>	60	40-42		1989		<input checked="" type="checkbox"/>	Article
Whitehill Jr. J; Constantino, NL; Sanders, ME; Cardiorespiratory and Body Composition Responses to a Water Exercise Program for Athletes. <u>AEA IAFC Poster Proceedings</u>			University of Nevada	2009	May	<input checked="" type="checkbox"/>	Abstract
Whitley, J., & Schoene, L. Comparison of heart rate responses: Water walking versus treadmill walking. <u>Physical Therapy</u>	67 (10)	1501-1504	California State College	1987	Ocotber	<input checked="" type="checkbox"/>	Study
Wieczorek, M., et al Comparison of heart rate, blood pressure and rate of perceived exertion on land versus in water with aerobic stepping. <u>Journal of Aquatic Physical Therapy</u>	4 (5)	4-10		1996		<input checked="" type="checkbox"/>	

Wiederhold B K, Davis R & Weiderhold M D	1998				<input checked="" type="checkbox"/>	Study
The effects of immersiveness on physiology. <u>Stud Health Technol Inform</u>	58	52-60				
Wigglesworth, J., Edwards, J., Mikesky, A. and Evenbeck, E.	1990				<input type="checkbox"/>	Thesis
The effect of water exercise on various parameters of physical fitness. Indiana University and the National Institute for Fitness and Sp						
Wilber, R. L., Moffatt, R. J., Scott, B. E., Lee, D. T., & Cucuzzo, N. A.	1996	August			<input checked="" type="checkbox"/>	Study
Influence of water run training on the maintenance of aerobic performance. <u>Medicine and Science in Sports and Exercise</u>	28 (8)	1056-1062	Florida State University			Department of Nutrition, Food, and Move
Wilder, R., Brennan, D., & Schotte, D.	1993				<input checked="" type="checkbox"/>	Study
A standard measure for exercise prescription for aqua running. <u>American Journal of Sports Medicine</u>	21 (1)	45-48				
Wilder, RP., Brennan, DK.	1993	December			<input checked="" type="checkbox"/>	Article
Physiological responses to deep water running in athletes. <u>Sports Medicine (Auckland)</u>	16 (6)	374-80				
Wilson, B. R. A., Hiratsu, D. C. and Lindle, J. M	1992	March			<input checked="" type="checkbox"/>	Thesis
Metabolic responses to three water-aerobic exercises. <u>Research Quarterly</u>	63 (1)	A-30 Abstr	University of Cincinnati			
Witvrouw E, Mahieu N, Danneels L, McNair P	2004				<input checked="" type="checkbox"/>	Study
Stretching and injury prevention: an obscure relationship. <u>Sports Med</u>	34(7)	443-449	Ghent University			Department of Rehabilitation Sciences and
Woods, D.	1989				<input checked="" type="checkbox"/>	Review
Rehabilitation aquatics for low back injury: Functional gains or pain reduction? <u>Clinical Kinesiology</u>	42 (4)	96-103				
Wyatt, FB., Milam, S., Manske, RC., Deere, R.	2001	August			<input checked="" type="checkbox"/>	Study
The effects of aquatic and traditional exercise programs on persons with knee osteoarthritis. <u>Journal of Strength and Conditioning Research</u>	15	337-340				
Yamaguchi, H., Tanaka, H., Obara, S., Tanabe, S., Utsuyama, N., Takahashi, A., Nakahira, J., Yamam	1993				<input type="checkbox"/>	
Changes in cardiac rhythm in man during underwater submersion and swimming studied by ECG telemetry <u>Eur. Journal Applied Physiology</u>	66(1)	43-48	University of Tolushima, Japan			Department of Physiology
Yamaji, K., Greenley, M., Northey, D. & Hughson, R.	1990	June			<input checked="" type="checkbox"/>	Study
Oxygen uptake and heart rate responses to treadmill and water running. <u>Canadian Journal of Sports Science</u>	15 (2)	96-98	University of Waterloo, Ontario			Department of Kinesiology
Yambe T, Yoshizawa M, Tanaka A, Abe K, Tabayashi K & Nitta S	2002				<input checked="" type="checkbox"/>	Study
Non -linear dynamic analysis of hemodynamic behavior during virtual reality immersion. <u>Biomed Pharmacother</u>	56 Suppl 2	367s-369s				
Yarger L	2008	Feb			<input checked="" type="checkbox"/>	Study
Aquatic Management Survey to identify Factors Related to Injuries, Accidents and Deaths at Aquatic Facilities <u>Int J Aq Res & Ed</u>	2(1)					

Yazigi F, Armada-da-Silva P A S, Alves F, Alves F	2010		<input checked="" type="checkbox"/>	Abstract
The Cadence and Water Temperature Effect on Cardiorespiratory Responses During Water Cycling.				
<u>Medicine & Science in Sports & Exercise</u>	42(Supple			
Yáziđi F., Armada-da-Silva P.	2007	September	<input type="checkbox"/>	Abstract
Effect of three months detraining on endurance and maximum isometric force in elderly subjects.				
<u>AEA Aquatic Fitness Research Journal</u>	4(2)	A406		Faculty of Human Kinetics,
Yazigi FG, Armada-da-Silva PAS,	2007?		<input type="checkbox"/>	Abstract
Effect of three months detraining on performance of six minutes walking test and maximum isometric force in elderly subjects.				
Yazigi, F, Armada-da-Silva PAS, Alves F	2008		<input type="checkbox"/>	Study
The effect of swimming pool temperature on cardiovascular responses and tolerance to exercise during in-water cycling.				
Yazigi, FG.	2000		<input type="checkbox"/>	Thesis
Physiological responses to exercise in various water temperatures.				
UNIFMU Centro Universitario				
Yen SH, Choi JK, Park YS	2004	May	<input checked="" type="checkbox"/>	Study
Cardiovascular responses to head-out water immersion in Korean women breath-hold divers.				
<u>Eur J Appl Physiol</u>	91 (5-6)	708-11		
Yilmaz, I., Ergun, N., Konukman, F., Bonello, M., Zorba, E.	2002	March	<input checked="" type="checkbox"/>	Abstract
Effects of a 10-week water exercise and swimming program on the physical fitness of mentally retarded children.				
<u>Research Quarterly for Exercise and Sport</u>	73	A108		
Young	1993	September	<input checked="" type="checkbox"/>	Book
Water aerobics.				
1-6 National Association for Sport & Physical Education				
Young, AJ., Sawka, MN., Levine, L., Burgoon, PW., Latzka, WA., Gonzalez, RR, Pandolf, KB	1995	March	<input checked="" type="checkbox"/>	Study
Metabolic and thermal adaptations from endurance training in hot or cold water.				
<u>J Appl Physiol</u>	78 (3)	793-801		US Army Research Institute of Environmental Medicine
Young, MJ., Brown, BS.	2003	May	<input checked="" type="checkbox"/>	Abstract
Effects of aquatic exercise and education on fitness, pain, and perceived health status in fibromyalgia.				
<u>Med & Sci in Sports & Exercise</u>	35(5)	S234		
Zeni, A. I., Hoffman, M. D., & Clifford, P.S.	1996		<input checked="" type="checkbox"/>	Study
Energy expenditure with indoor exercise machines.				
<u>Journal of the American Medical Association</u>	275	1424-1427		
Zhao S, Xie L, et al.	2005		<input checked="" type="checkbox"/>	Study
A study of neonatal swimming (water therapy) applied in clinical obstetrics.				
<u>J Matern Fetal Neonatal Med</u>	17 (1)	59-62		