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Aea Aquatic Fitness Professional Manual

The AEA Standards and Guidelines provide general recommendations for aquatic fitness professionals and aquatic centers or fitness facilities offering vertical aquatic fitness classes or programs. These guidelines may help to minimize risk of injury and provide optimal benefit and enjoyment of fitness activities conducted in the aquatic environment.

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The Aquatic Fitness Professional Manual is a comprehensive resource with essential information on fitness components, aquatic exercise programming, and teaching tools. Prepare for the AEA Aquatic Fitness Professional Certification and expand your career opportunities by developing skills to lead safe, enjoyable and effective aquatic exercise programs.

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Written with the expertise of more than 30 industry experts, Aquatic Fitness Professional Manual, Sixth Edition, is the most comprehensive and relied-upon resource for fitness professionals, personal trainers, therapists, and facility or program managers who specialize in water exercise. No longer just for seniors, aquatic fitness has emerged at the forefront of fitness trends as a challenging ...

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This AEA Online Ed continuing education program is a refresher course highlighting many of the changes featured in the 2018 AEA Aquatic Fitness Professional Manual, Seventh Edition.. A highly recommended course for veteran AEA Certified Aquatic Fitness Professionals.

Refresh 7 .0 - Aquatic Exercise Association

AEA Seventh Edition Aquatic Fitness Professional Manual The Only Complete Resource for Certification. AEA Member: \$55.00 plus shipping Non-Member: \$68.00 plus shipping . The Seventh Edition AEA Aquatic Fitness Professional Manual is a comprehensive resource with essential

information on fitness components, aquatic exercise programming, and ...

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Extensive updates and additions, including a full chapter on deep water training guidelines, assure that this fifth edition of the AEA Aquatic Fitness Professional Manual is more valuable than ever before. With input from over 40 industry professionals, this manual is recommended for instructors, personal trainers, therapists, and facility or program managers who specialize in water exercise.

Aquatic Fitness Professional Manual - Aquatic Exercise ...

AEA Aquatic Fitness Professional Online Prep Course By beginning this course, you understand that your purchase is non-refundable. It is highly recommended to use your Home Address if you are purchasing the hard copy Seventh Edition Manual.

AEA Aquatic Fitness Professional Online Prep Course

As the primary preparation resource for the certification exam of the Aquatic Exercise Association (AEA), Aquatic Fitness Professional Manual, Seventh Edition, is the most comprehensive resource to help you design and lead effective exercise sessions in the pool.

Aquatic Fitness Professional Manual-7th Edition - Human ...

Buy Aquatic Fitness Professional Manual 7th Edition at Angus & Robertson with Delivery - Aquatic fitness is not just for older adults or those with physical limitations. Water exercise is a proven fitness activity that is challenging and fun for all age groups and abilities. It offers reduced-impact options for group exercise, small-group fitness, and personal training. As the primary ...

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Active Aging With Aquatics - Aquatic Exercise Association

Based on NEW information in the 7th Edition of the AEA Aquatic Fitness Professional Manual, including the AEA Aquatic Exercise Intensity Scale. Exercise intensity is one of the most important variables that can maximize health benefits, improve fitness gains, and allow your participants and clients to get the most out of each exercise session.

Exercise Intensity - Aquatic Exercise Association

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Aquatic Fitness Professional Certification Examination Study Objectives AEA's Mission The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health and wellness worldwide. • ALL Study Objectives are covered in the Aquatic Fitness Professional Manual,

Aquatic Fitness Professional Certification Examination ...

She was an Associate Editor of the AEA Arthritis Foundation Program Leader Manual, an Editor of the AEA Aquatic Fitness Professional Manual, Seventh Edition, and is a contributing author for Akwa magazine. Kimberly was the recipient of the 2015 AEA Contribution to the Aquatic Industry global award.

Balancing Act-Understanding Balance Issues for Seniors

Written with the expertise of more than 30 industry experts, Aquatic Fitness Professional Manual, Sixth Edition, is the most comprehensive and relied-upon resource for fitness professionals, personal trainers, therapists, and facility or program managers who specialize in water exercise. No longer just for seniors, aquatic fitness has emerged at the forefront of fitness trends as a challenging ...

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AEA Chapter 11, Aquatic Fitness Professional Manual. Champaign, IL: Human Kinetics, 2010. Print. study guide by dEb_jung includes 25 questions covering vocabulary, terms and more. Quizlet flashcards, activities and games help you improve your grades.

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