

# Aquatic Exercise Association Research Bibliography

Author(s) Title Journal	Year	Month	Published	Type
Volume	Pages	Organization	Department	
PNF Aqua-exercise <u>Fitness &amp; Sports Review International</u>	27 (6)	196-7	1992	<input checked="" type="checkbox"/> Article
Water aerobics	1-6	National Association for Sport & Physical Education	1993	September <input checked="" type="checkbox"/> Book
<b>Abboudi, S.</b> The Aquatic Solution. <u>Rehabilitation Management</u>	77-78		1993	June/July <input checked="" type="checkbox"/> Article
<b>Abel, EL</b> 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
<b>Aboarrage, AM., Freire, V., Brasil, RM., Miranda, H., Novaes, J.</b> Comparison of the pysiological alterations of exercise against resistance with elastic band inside and out of the water.			2003	<input type="checkbox"/> Thesis
<b>Abraham, Al, Szezerba, J., &amp; Jackson, M.</b> 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
<b>Adrian, Marlene, et al.</b> Kinematics and heart rate responses of suspended deep water running and non-suspended deep water running. University of Illinois			1987	<input type="checkbox"/> Thesis
<b>AEA Research Committee</b> Water Fitness Research Focus on Children. <u>AKWA Letter</u>	25	Aquatic Exercise Association	1996	Dec/Jan <input type="checkbox"/> Review
<b>Aggazzotti, G., Fantuzzi, G., Righi, E., and Predieri, g.</b> 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
<b>Ainsworth, BE, et al</b> Compendium of physical activities: an update of activity codes and MET intensities. <u>Med &amp; Sci in Sports &amp; Exercise</u>	32(9)	S498-502	2000	September <input checked="" type="checkbox"/> Study
<b>AKWA Letter</b> Water Submersion and Pre-Natal Edema <u>the AKWA Letter</u>	Vol. 8, No. 13		1994	October <input checked="" type="checkbox"/> Review
<b>Alexander, MJL., Butcher, JE.</b> Effects of an aquatic exercise program on physical performance of older females with arthritis. <u>Medicine &amp; Science in Sports &amp; Exercise</u>	35(5)	S38	2001	May <input checked="" type="checkbox"/> Abstract

<b>Almeras, N., Lemieux, S., Bouchard, C., Tremblay, A.</b> Fat gain in female swimmers. <u>Physiol Behav</u>	61 (6)	811-817	Physical Activity Sciences Laboratory	1997	June	<input checked="" type="checkbox"/>	
<b>American Academy of Pediatrics</b> Aquatic activity programs for children under age of three. <u>Pediatrics</u>		58		1982		<input checked="" type="checkbox"/>	Article
<b>American College of Sports Medicine</b> Guidelines for Exercise Testing and Prescription			Lippincott, Williams and Wilkins	2000		<input checked="" type="checkbox"/>	Book
<b>American College of Sports Medicine</b> 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		1990		<input checked="" type="checkbox"/>	Other
<b>American National Red Cross</b> Swimming and Diving			MS: Mosby - Year Book, Inc. and The American National Red	1992		<input checked="" type="checkbox"/>	Book
<b>Andersson J P, Liner M H, Fredsted A &amp; Schagatay</b> Cardiovascular and respiratory responses to apneas with and without face immersion in exercising humans. <u>J Appl Physiol</u>	96 (3)	1005-1010		2004		<input checked="" type="checkbox"/>	Study
<b>Andrus, June M.</b> Aquafit and Weight Training <u>Aquafit</u>		2		1997	February	<input type="checkbox"/>	Pilot Study
<b>Araalson, K. M.</b> Therapeutic pool programs. <u>Clinical Management</u>	5	10-13		1985		<input checked="" type="checkbox"/>	Article
<b>Arborelius, M., Balldin, U. I., Lilja, B., &amp; Lundgren, C. E.</b> Hemodynamic changes in man during immersion with the head above water. <u>Aerospace Medicine</u>	43(3)	593-599		1972		<input checked="" type="checkbox"/>	Study
<b>Ariyoshi M, Sonoda K, Nagata , Mashima T, Zenmyo M, Paku C, Takamiya Y, Yoshimatsu H, Hirai Y,</b> Efficacy of aquatic exercises for patients with low-back pain. <u>Kurume Med J</u>	46 (2)	91-6	Kyoritsu Hospital	1999	Feb	<input checked="" type="checkbox"/>	Other
<b>Assis MR, Silva LE Alves AM, Pessanha AP, Valim V, Feldman D, Barros Neto TL, Natour J</b> A randomized controlled trial of deep water running: Clinical effectiveness of aquatic exercise to treat fibromyalgia. <u>Arthritis Rheum</u>	55 (1)	57-65		2006	February	<input checked="" type="checkbox"/>	Study
<b>Avellini, B., Shapiro, Y., &amp; Pandolf, K.</b> Cardio-respiratory physical training in water and on land. <u>European Journal of Applied Physiology and Occupational Physi</u>	50	255-263		1983		<input checked="" type="checkbox"/>	Study
<b>Avellini, B.A., Shapiro, Y., Fortney, S.M., Wenger, C. B., Pandolf, K. B.</b> Effects on heat tolerance of physical training in water and on land. <u>Journal of Applied Physiol</u>	53 (5)	1291-1298		1982	Nov	<input checked="" type="checkbox"/>	
<b>Avery, H., Lowe, N.</b> Effects of Water Temperature on Flexibility			University of North Carolina	1999		<input type="checkbox"/>	Pilot Study

<b>Ay, A. and Yurtkuran, M</b>	2003	December				<input checked="" type="checkbox"/>	Study
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>	82(12)	942-9	Uludag University	Ataturk Balneotherapy and Rehabilitation Ce			
<b>Ay, A. and Yurtkuran, M</b>	2005	January				<input checked="" type="checkbox"/>	Study
Influence of aquatic and weight-bearing exercises on quantitative ultrasound variables in postmenopausal women.							
<u>Am J Phys Med Rehabil</u>	84(1)	52-61	Uludag University	Ataturk Balneotherapy and Rehabilitation Ce			
<b>Bailey,Carolym, Finch,Samantha, Hallan,Steven , Stiff, Penelope</b>	1996					<input type="checkbox"/>	Thesis
A study to investigate the effects of a 10 week 'Aqarobic' programme on cardiorespiratory fitness, flexibility and general well being.							
University of East London							
<b>Bakoulis Bloch, G.</b>	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)					
<b>Baretta, Rosalie G.</b>	1993	Spring				<input type="checkbox"/>	Study
Physiological Training Adaptations to a 14 week deep water exercise program.							
University of New Mexico							
<b>Bar-Or, O.</b>	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					
<b>Barretta, Rosie PhD</b>	1996	August/Septe				<input type="checkbox"/>	Article
Understanding Water Exercise Target Heart Rate.							
<u>the AKWA letter</u>		10-11					
<b>Bartels, EM., Lund, H., Danneskiold-Samsøe, B.</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				
<b>Bartow, L., Diamond, L.</b>	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							
<b>Bassett, David R., &amp; Crum, Jason</b>	1997	Feb.				<input checked="" type="checkbox"/>	Thesis
Energy Cost of Using HydroForce Exercise Equipment.							
University of Tennessee							
Exercise Science Unit							
<b>Bazett, H. C., Maxfield, M.E., Scott, J.C.</b>	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					
<b>Beasley, B.</b>	1985					<input type="checkbox"/>	Thesis
Metabolic and heart rate responses to aquatic exercise.							
University of Southern Florida							
<b>Beasley, R. L.</b>	1989					<input checked="" type="checkbox"/>	Article
Aquatic exercise prescription pointers.							
<u>Sports Medicine Digest</u>	11 (1)	1-3					
<b>Becker, DG., Abidin, MR., Lombardi, SA., Phung, D., Shotwell, RE., Edlich, RF.</b>	1988	Jul-Aug				<input checked="" type="checkbox"/>	Abstract
Evaluation of flotation devices for deep-water exercise.							
<u>J Burn Care Rehabil</u>	9 (4)	407-12	University of Virginia School of Medicine				

<b>Becker, Dr.</b> Biologic Aspects of Aquatic Rehabilitation. <u>Medicine &amp; Physical Fitness</u> 31 192-193				<input checked="" type="checkbox"/>	Article
<b>Begin, R., Epstein, M., Sackner, M.A., Levinson, R., Dougherty, R., Duncan, D.</b> 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			<input checked="" type="checkbox"/>	Study
<b>Belza, B., Topoliski, T., Kinne, S., Patrick, DL., Ramsey, SD.</b> Does adherence make a difference? Results form a community-based aquatic exercise program. <u>Nursing Research</u> 51 285-291	2002	September-Oct		<input checked="" type="checkbox"/>	Study
<b>Benelli P, Ditroilo M et al</b> Physiological resones to fitness activities: a comparison between land-based and water aerobics exercise. <u>J Strength Cond Res</u> 18 (4) 719-722	2004			<input checked="" type="checkbox"/>	Study
<b>Benelli, P., Ditroilo, M., Pigliapoco, P.</b> Physiological Responses to Fitness Activities- 2 Experimental Studies. <u>AEA Aquatic Fitness Research Journal</u> 1(1) 32-36 Aquaitc Exercise Association	2004	Spring		<input checked="" type="checkbox"/>	Thesis
<b>Berger L, Martinie P, et al</b> Immediate effects of physiotherapy session of lower limb by balneotherapy on postural control. <u>Ann Readapt Med Phys</u>	2005			<input checked="" type="checkbox"/>	Study
<b>Berkley Wellness Letter</b> The Polar Bear Effect <u>The AKWA Letter</u> Vol. 3, No. 7 University of California	1989	May		<input checked="" type="checkbox"/>	Review
<b>Bermingham MA, Mahajan D, Neaverson MA,</b> Blood lipids of cardiac patients after acute exercise on land and in water. <u>Arch Phys Med Rehabil</u> 85(3) 509-11	2004	March		<input checked="" type="checkbox"/>	Study
<b>Best, SK., Williams, K.</b> 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. <u>On file at AEA</u>	1998			<input type="checkbox"/>	
<b>Binkley, H., Schroyer, T.</b> Aquatic therapy in the treatment of upper extremity injuries. <u>Athletic Therapy Today</u> 7 49-54	2002	January		<input checked="" type="checkbox"/>	Study
<b>Bishop, P., Frazier, S., Smith, J., &amp; Jacogs, D.</b> Physiologic responses to treadmill and water running. <u>Physician and Sports Medicine</u> 17 (2) 87-94	1989			<input checked="" type="checkbox"/>	Study
<b>Bits, N., Tucker, M. &amp; Smith, R.</b> 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	1991			<input checked="" type="checkbox"/>	Study
<b>Blair, S., Kohl, H., &amp; Gordon, N.</b> Physical activity and health: A lifestyle approach <u>Medicine, Exercise, Nutrition &amp; Health</u> 1:1 54-56	1992			<input checked="" type="checkbox"/>	Article
<b>Blair, S., Kohl, H., Paffenbarger, R., Clark, D., Cooper, K., &amp; Gibbons, L.</b> 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	1989			<input checked="" type="checkbox"/>	Study

<b>Blanche, W., Evans, W., Cureton, K. J., &amp; Purvis, J. W.</b>	1978				<input checked="" type="checkbox"/>	Study
Metabolic and circulatory responses to walking and jogging in water.						
<u>Research Quarterly</u>	49	442-449				
<b>Bolton, E.</b>	1971				<input checked="" type="checkbox"/>	Article
Technique of resistive exercise adapted for a small pool.						
<u>Physiotherapy</u>	57 (10)	481-482				
<b>Bonde-Petersen, F., Schultz-Pedersen, L., Dragsted, N.</b>	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		
<b>Bonnette, A. R.</b>	1978		Nov.		<input checked="" type="checkbox"/>	Article
Use the swimming pool to rehabilitate injuries.						
<u>Athletic Journal</u>	59	3				
<b>Bookspan, J.</b>	1986				<input type="checkbox"/>	Thesis
The effect of a swimming program and specific water resistance exercises on muscular strength and endurance.				Temple University		
<b>Boone, T., Thompson, D.L.</b>	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				
<b>Booth, CE</b>	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
<b>Borg, G.V.</b>	1982				<input checked="" type="checkbox"/>	Study
Psychological basis of perceived exertion.						
<u>Medicine and Science in Sports and Exercise</u>	14-5	377-381				
<b>Bravo, G., Gauthier, P., Roy, PM., Payette, H., Gaulin, P.</b>	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				
<b>Brennan, D. K., Michaud, T. J., Wilder, R. P., &amp; Sherman, N. W.</b>	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				
<b>Broach, Ellen and Dattilo, John</b>	2003				<input checked="" type="checkbox"/>	Study
The effect of aquatic therapy on strength of adults with multiple sclerosis.						
<u>Therapeutic Recreation Journal</u>	37	224-239				
<b>Brown, R., Henderson, J.</b>	1989				<input type="checkbox"/>	
Training with the aqua jogger.						
<u>Eugene: Excel Sports Science</u>						
<b>Brown, RL.</b>	1991				<input checked="" type="checkbox"/>	Book
Water Training.				International Institute for Sport & Human Performance, Sport S		
<b>Brown, S, et al</b>	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				

<b>Brown, S. P., Chitwood, L.F., Beason, K.R., &amp; McLemore, D.R.</b>	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				
<b>Brown, S. P., Chitwood, L.F., Beason, K.R., McLemore, D.R.</b>	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
<b>Brown, S.P., Chitwood, L.F., Beason, K.R., McLemore, D.R.</b>	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
<b>Brown, Sp., Alvarez, JG. And Jordan, JC.</b>	1997				<input type="checkbox"/>	Abstract
Perceived exertion during deep water running: A multiple linear regression study.						
<u>Med &amp; Sci in Sports &amp; Exercise</u>	29(5)	1222				
<b>Brown, SP., O'Donnell, D., Kravitz, L., Beason, K., and Alvarez, J.</b>	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				
<b>Bullard, R., &amp; Rapp, G.</b>	1970				<input checked="" type="checkbox"/>	Study
Problems of body heat loss in water immersion.						
<u>Aerospace Medicine</u>	41	1269-1277				
<b>Buono, M. J.</b>	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				
<b>Burke DG, Holt LE, Rasmussen R, MacKinnon NC, Vossen JF, Pelham TW</b>	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			
<b>Burke, E. J., Keenan, T. J.</b>	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				
<b>Burns, AS., Lauder, TD.</b>	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
<b>Bushman, B. A., Flynn, M.G., Andres, F. F., Lambert, C.P., Taylor, M.S., &amp; Braun, W. A.</b>	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				
<b>Butts N., Tucker, M., &amp; Greening, C.</b>	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				
<b>Butts, N. K., Tucker, M., &amp; Smith, R.</b>	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				
<b>Byrne, H., Craig, J. &amp; Wilmore, J.</b>	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				

<b>Campbell, JA, D'Aquisto, LJ, D'Aquisto, DM, and Cline, MG</b> Metabolic and cardiovascular response to shallow water exercise in young and older women. <u>Medicine &amp; Science In Sports &amp; Exercise</u> Alaska, US	2002			<input checked="" type="checkbox"/>	Study
<b>Campbell, K. P.</b> Pool Therapy. <u>British Journal of Physical Medicine</u> 7 224	1954			<input checked="" type="checkbox"/>	Study
<b>Campbell, K., et al.</b> Effect of water exercise on body composition in overweight females. AAHPERD National Convention	1990	March		<input type="checkbox"/>	Thesis
<b>Campbell, W. R.</b> Aqua Percept: A special aquatic program designed for motor training. Aqua Percept, Inc.				<input type="checkbox"/>	Book
<b>Cardosa JE, Augusto J, Oliveira G, Tarevnic R</b> Water Exercise- Program of specific physical activity for gestation and after-birth periods. <u>AKWA</u> 19 (6) Aquatic Exercise Association	2006	April/May		<input type="checkbox"/>	Article
<b>Carlson, J. S., et al.</b> Examination of cardiovascular and metabolic adjustments to exercise on a treadmill immersed in water. Footscray Institute of Technology				<input type="checkbox"/>	Abstract
<b>Cassady, S. L., Nielson, D. H.</b> 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	1992	July		<input checked="" type="checkbox"/>	Study
<b>Cesarin, TM., Mattacola, CG., Sitler, MR</b> Efficacy Of Six Weeks of Water Training On Vertical Jump Height. <u>Journal of Athletic Training</u> 36 (2) S-57	2001	April-June		<input checked="" type="checkbox"/>	Study
<b>Chemey, Rise M.</b> Comparison of rate of perceived exertion to pulse rates in a water aerobics class. Temple University College of Health, Physical Education, Re	1993	May		<input type="checkbox"/>	Thesis
<b>Choukroun, M., &amp; Varene, P.</b> Adjustments in oxygen transport during head-out immersion in water at different temperatures. <u>Journal of Applied Physiology</u> 68 (4) 1475-1480	1990			<input checked="" type="checkbox"/>	Study
<b>Christie, J. L., Sheldahl, L. M., Tristani, F. E., Wann, L. S., Sagar, K. B., Lenandoski, S. G., Sobocinsk</b> Cardiovascular regulation during head out water immersion exercise. <u>Journal of Applied Physiology</u> 69 (2) 657-663	1990			<input checked="" type="checkbox"/>	Study
<b>Chu, KS., Rhodes, EC.</b> 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	2001	January		<input checked="" type="checkbox"/>	Abstract
<b>Cider A, Sunnerhagen KS, Schaufelberger M, Andersson B</b> Cardiorespiratory effects of warm water immersion in elderly patients with chronic heart failure. <u>Clin Physiol Funct Imaging</u> 25 (6) 313-317	2005	November		<input checked="" type="checkbox"/>	Study
<b>Cider A, Svealy B C, Tang M S, Schaufelberger M, &amp; Andersson B</b> Immersion in warm water induces improvement in cardiac function in patients with chronic heart failure. <u>Eur J Heart Fail</u>	2005			<input checked="" type="checkbox"/>	Study

<b>Cisar, R.B., Cisar, C.J., FACSM, Bowen, J., and Wilkinson, S.</b>						<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
<b>Ciske, P., Franklin, B., Gorden, S. &amp; Timmis, G. C.</b>				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					
<b>Claxton, D., &amp; Lacy, A.</b>				1991	August	<input checked="" type="checkbox"/>	Other
Pedagogy: The missing link in aerobic dance.							
<u>JOPHERD</u>		49-52					
<b>Clement, M., Jankowski, L.W., Beaudry, P.H.</b>				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					
<b>Cline, JM.</b>				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
<b>Coad, D., Storie, R., Perez, H. R. &amp; Wygand, J. W.</b>				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
<b>Cochrane T, Davey RC, et al</b>				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					
<b>Coertjens, M., Dias, A. B. C., Da Silva, R. C., Rangel, A. C. B., Peyre Tartaruga, L. A. &amp; Kruel, L. F.</b>				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
<b>Cole, L. K., Andres, F.</b>				1987		<input type="checkbox"/>	Thesis
Physiological and perceptual responses to running in the water.							
<u>Aquatic Symposium NSPI 3</u>			Laura K. Cole, University of Toledo				Exercise Physiology Lab
<b>Connelly, T. P., Sheldahl, L. M., Tristani, F. E., et al.</b>				1990	August	<input checked="" type="checkbox"/>	Study
Effect of increased central blood volume with water immersion on plasma catecholamines during exercise.							
<u>Journal of Applied Physiology</u>	69 (2)	651-656					
<b>Convertino, V.A., Tatro, D.L., Rogan, R.B.</b>				1993		<input type="checkbox"/>	
Renal and cardiovascular responses to water immersion in trained runners and swimmers.							
<u>Eur. Journal of Applied Physiology</u>	67(6)	507-512	Biomedical Operations and Research Office				
<b>Cooper, D. L., Fair, J.</b>				1976	Oct.	<input checked="" type="checkbox"/>	Study
Rehabilitation through underwater exercise.							
<u>Physician &amp; Sports Medicine</u>							
<b>Costill, D.</b>				1971		<input checked="" type="checkbox"/>	Study
Energy requirements during exercise in the water.							
<u>Journal of Sports Medicine and Physical Fitness</u>	11	87-92					
<b>Costill, D., Cahill, P. J., Eddy, D.</b>				1967		<input checked="" type="checkbox"/>	Study
Metabolic response to submaximal exercise in three water temperatures.							
<u>Journal of Applied Physiology</u>	22	628-632					

<b>Craig, A. B., Dvorak, A. M.</b> Thermal regulation during water immersion. <u>Journal of Applied Physiology</u>	21	1577-1585	1966		<input checked="" type="checkbox"/>	Study
<b>Craig, A. B., Dvorak, A. M.</b> 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
<b>Craig, A., &amp; Dvorak, M.</b> 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
<b>Crittenden, G., Morlock, J. F., Moore, T. O.</b> Recovery parameters following underwater exercise. <u>Aero Med.</u>	11	1255-1260	1974		<input checked="" type="checkbox"/>	Study
<b>Crussemeyer, Jill, Ludwick, Gertchen</b> Special Report: Wave Run Field Test Study <u>Hydro-Fit News</u>		1-2	1996	Summer	<input checked="" type="checkbox"/>	Pilot Study
<b>Cunha, Marcia C. B., Oliveira, Acary S.B., Labronici, Rita Helena D. D., Gabbai, Alberto Alain</b> Spinal Muscular Atrophy Type II (Intermediary) and III (Kugelberg-Welander) <u>Separata Arquivos de Neuro Psiquiatria</u>	54	402-406	1996		<input type="checkbox"/>	
<b>Curley, R. L., et al.</b> Oxygen consumption in a heated pool. <u>Archives of Physical Medicine and Rehabilitation</u>	65	21-23	1984	January	<input checked="" type="checkbox"/>	Study
<b>D'Acquisto, L.J., D'Acquisto, DM., Renne, D.</b> Metabolic and cardiovascular responses in older women during shallow-water exercise. <u>Journal of Strength and Conditioning Research</u>	15	12-19	2001	February	<input checked="" type="checkbox"/>	Study
<b>D'Acquisto, L.J., D'Acquisto, DM., Renne, D., Bates, K., Pallotta, G. and Nethery, V.</b> Metabolic and cardiovascular response to shallow water exercise in 60 to 80 year old females. <u>Med &amp; Sci in Sports &amp; Exercise</u>	30(5)	Abstract 1	1998	May	<input checked="" type="checkbox"/>	Abstract
<b>Danneskioki-Samoe, B., Lynburg, K., Risun, T. &amp; Telling, M.</b> The effect of water exercise therapy given to patients with rheumatoid arthritis. <u>Scandinavian Journal of Rehabilitation Med.</u>	19	31-35	1987		<input checked="" type="checkbox"/>	Study
<b>Darby, LA., Yaeke, BC.</b> 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	2000	December	<input checked="" type="checkbox"/>	Study
<b>Davies, PS., Gregory, J., White, A.</b> Physical activity and body fatness in pre-school children. <u>International Journal of Obesity &amp; Related Metabolic Disorders</u>	19 (1)	6-10	1995	January	<input checked="" type="checkbox"/>	Abstract
<b>DeMaere J., Ruby B.C., &amp; Swan, J.</b> 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	1997		<input checked="" type="checkbox"/>	Study
<b>Dioguardi, N., Comazzi, A. M., Nielson, N. P.</b> Psychological profile of the spa user. Preliminary study of motivations for spa treatment <u>Minerva Med.</u>		75 (47-48) 2793-2798	1984	December	<input checked="" type="checkbox"/>	Study

<b>DiPrampero, P. E.</b> The energy cost of human locomotion on land and in water. <u>International Journal of Sports Medicine</u> 7 (2) 55-72	1986	April	<input checked="" type="checkbox"/>	Study
<b>DiPrampero, P. E., Pendergast, D. R., Wilson, D. W., Rennie, D. W.</b> Energetics of swimming in man. <u>Journal of Applied Physiology</u> 37 1-5	1974		<input checked="" type="checkbox"/>	Study
<b>DiRocco, P.</b> Tethered swimming and the development of cardiopulmonary fitness for nonambulatory individuals. <u>American Corrective Therapy Journal</u> 1986 43-47	1986		<input checked="" type="checkbox"/>	Study
<b>Dixon, R. W., Faulkner, J. A.</b> Cardiac output during maximum effort running and swimming. <u>Journal of Applied Physiology</u> 30 653-656	1971		<input checked="" type="checkbox"/>	Study
<b>Donnelly, J., Brown, TE., Israel, RG., Smith-Sintek, S., O'Brien, KF., Caslavka, B.</b> Hydrostatic weighing without head submersion: description of a method <u>Medicine &amp; Science in Sports &amp; Exercise</u> 20 (1) 66-9	1988	February	<input checked="" type="checkbox"/>	Study
<b>Dowzer C N, Reilly T, Cable N T &amp; Nevill A</b> Maximal physiological responses to deep and shallow water running. <u>Ergonomics</u> 42 (2) 275-281	1999		<input checked="" type="checkbox"/>	Study
<b>Dowzer C N, Reilly T, &amp; Cable N T</b> Effects of deep and shallow water running on spinal shrinkage. <u>BR J Sports Med</u> 32(1) 44-48	1998		<input checked="" type="checkbox"/>	Study
<b>Dressendorfer, R., Morlock, J., Baker, D., &amp; Hong, S.</b> Effects of head out water immersion in cardiorespiratory responses to maximal cycling exercises. <u>Undersea Biomedical Research</u> 3 177-187	1976	Sept.	<input checked="" type="checkbox"/>	Study
<b>Driver S, O'Connor J, Lox C, Rees K</b> Evaluation of an aquatics programme on fitness parameters of individuals with brain injury. <u>Brain Inj</u> 18(9) 847-59 University of Virginia	2004	September	<input checked="" type="checkbox"/>	Study
<b>Duffield, M. H.</b> Exercise in Water. The Williams & Wilkins Co.,	1976		<input type="checkbox"/>	Book
<b>Dumas, H., Francesconi, S.</b> Aquatic therapy in pediatrics: annotated bibliography. <u>Phys Occup Ther Pediatr</u> 20 (4) 63-78 Franciscan Children's Hospital and Rehabilitation Center Rehabilitation Services	2001	April	<input checked="" type="checkbox"/>	Abstract
<b>Dunbar, C., Robertson, R., Baun, R., Blandin, M., Metz, K., Burdett, R., and Goss, F.</b> The validity of regulating exercise intensity by ratings of perceived exertion. <u>Medicine and Science in Sports and Exercise</u> 24:1 94-99	1992		<input checked="" type="checkbox"/>	Study
<b>Ebbeling, C. B., Ebbeling, C. J., Ward, A., &amp; Rippe, J.</b> Comparison between palpated heart rates and heart rates observed using the polar favor heart rate monitor during an aerobics exercise class. University of Massachusetts Medical School	1991		<input type="checkbox"/>	Thesis
<b>Eckerson, J. and Anderson, T.</b> 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

<b>Egan, S.</b> Reduction of anxiety in aquaphobics. <u>Canadian Journal of Applied Sports Medicine</u>	6 (2)	68-71			<input checked="" type="checkbox"/>	Study
<b>Ekberg, J.</b> Senior fitness: getting into the swim of things. <u>Parks and Recreation</u>	2	46-49		1990	<input checked="" type="checkbox"/>	Article
<b>Elder, T., &amp; Campbell, K.</b> Developing effectiveness in vertical water exercise.				1990	<input type="checkbox"/>	Article
				AAHPERD National Convention		
<b>Emtner, M., Herala, M., Stalenheim, G.</b> High-intensity physical training in adults with asthma. <u>Clinical Investigations: Chest</u>				1996	<input checked="" type="checkbox"/>	Study
<b>Epstein, M.</b> Cardiovascular and renal effects of head-out water immersion in man <u>Circulation</u>				1976	<input type="checkbox"/>	
<b>Erbaugh, S. J.</b> 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	<input checked="" type="checkbox"/>	April
<b>Ertl, A., Bermauer, E., &amp; Horn, C.</b> 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
<b>Evans, F., &amp; Cureton, K.</b> 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
<b>Evans, F., Cureton, K., &amp; Purvis, J.</b> Metabolic and circulatory response to walking and jogging in water. <u>Research Quarterly</u>	19 (4)	442-449		1978	<input checked="" type="checkbox"/>	Study
<b>Evenbeck, B.</b> Developing Water Exercise Instructors in University Recreational Sports Programs: Screening, Training and Evaluation <u>National Aquatics Journal</u>				1989	<input checked="" type="checkbox"/>	Article
				Winter Edi		
<b>Eyestone, E., Fellingham, G., George, J., &amp; Fisher, G.</b> 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		1993	<input checked="" type="checkbox"/>	Study
<b>Eyestone, E., Fellingham, G., Geroge, J., and Fisher, G.</b> 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		1993	<input type="checkbox"/>	
<b>Farhi, L.E., Linnarsson D.</b> Cardiopulmonary readjustments during graded immersion in water at 35 degrees C. <u>Respir Physiol</u>	30(1-2)	35-50		1977	<input checked="" type="checkbox"/>	June
<b>Farina, Edward J.</b> Aquatic Versus Conventional Land Exercises for the Rehabilitation of Total Knee Replacement Patients.					<input type="checkbox"/>	

<b>Fawcett, C. W.,</b> Principles of aquatic rehab: a new look at hydrotherapy. <u>Sports Medicine</u> 7 (2) 6-9	1992	Summer	<input checked="" type="checkbox"/>	Article
<b>Fernhall, B., Congdon, K., Manfredi, T.</b> ECG response to water and land based exercise in patients with cardiovascular disease. <u>Journal of Cardiopulmonary Rehabilitation</u> 10 5-11	1990		<input checked="" type="checkbox"/>	Study
<b>Fernhall, B., Manfredi, T., Congdon, K.</b> 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	1992		<input checked="" type="checkbox"/>	Study
<b>Figueiredo, P A. P., Coerjents, M., Krueel, L. F. M.</b> Behavior of heart rate during vertical immersion in the water and practical application. <u>AEA Aquatic Fitness Research Journal</u> 2(1)	2005	Spring	<input checked="" type="checkbox"/>	Other
<b>Filho, Ademir de Souza, Rosas, Roberta</b> 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>	1994		<input type="checkbox"/>	
<b>Finley, J., et al.</b> Automatic pathways responsible for bradycardia on facial immersion. <u>American Physiology Society</u> 1218-1222	1979		<input checked="" type="checkbox"/>	Study
<b>Flynn, M. G., Costill, D. L., Kinwan, J. P., Mitchell, J. B., Hounard, J. A., Fink, W. J., Beltz, J. D. &amp; D</b> Fat storage in athletes: metabolic and hormonal responses to swimming and running. <u>International Journal of Sports Medicine</u> 11 (6) 433-440	1990		<input checked="" type="checkbox"/>	Study
<b>Frangolias D D, Taunton J E, Rhodes E C, McConkey J P, &amp; Moon M</b> Maintenance of aerobic capacity during recovery from right foot jones fracture: A case report. <u>Clin J Sport Med</u> 7 (1) 54-58	1997		<input checked="" type="checkbox"/>	
<b>Frangolias, D. D., &amp; Rhodes, E. C.</b> Maximal and ventilatory threshold responses to treadmill and water immersion running. <u>Medicine and Science in Exercise and Sports</u> 27 (7) 1007-1013	1995		<input checked="" type="checkbox"/>	Study
<b>Frangolias, D. D., Rhodes, E. C., &amp; Taunton, J. E.</b> The effect of familiarity with deep water running on maximal oxygen consumption. <u>Journal of Strength and Conditioning Research</u> 10 (4) 215-219	1996		<input checked="" type="checkbox"/>	Study
<b>Frangolias, D. et al</b> Metabolic responses to prologed work during treadmill and water immersion running. <u>Journal of Sci &amp; Med</u> 3(4) 476-92	2000		<input checked="" type="checkbox"/>	Study
<b>Frangolias, DD.</b> Cardiorespiratory and metabolic responses to treadmill versus water immersion to the neck exercise in elite distance runners. University of British Columbia	1994		<input checked="" type="checkbox"/>	Thesis
<b>Fujishima K, Shimizu T</b> 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	2003	March	<input checked="" type="checkbox"/>	Study
<b>Gabrielsen, A., Johansen, L.B., Norsk, P.</b> 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	1993	Aug	<input checked="" type="checkbox"/>	

<b>Gaines, M.</b> Fantastic Water Workouts				1993			<input checked="" type="checkbox"/>	Book
						Human Kinetics Publishers		
<b>Galloway, J.</b> Marathon- You Can Do It!							<input checked="" type="checkbox"/>	Book
					29-31			
<b>Gappmaier, E., Nelson, A. G., Fisher, A. G.</b> 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, Annu		
<b>Gaspard, C. G.</b> The effects of a seven-week aqua step aerobic training program on aerobic capacity of college-aged females.				1995	May		<input checked="" type="checkbox"/>	Thesis
						University of Wisconsin-La Crosse		
<b>Gaspard, G., Schmal, J., Porcari, J., Butts, N., Simpson, A., &amp; Brice, G.</b> Effects of a seven-week aqua step training program on aerobic capacity and body composition of college-aged women.				1995	May		<input checked="" type="checkbox"/>	Study
						University of Wisconsin-LaCrosse		
<b>Gatti, C.</b> Water training as a means of maintaining cardiovascular endurance in college males.				1977			<input type="checkbox"/>	Thesis
						Washington University		
<b>Gavron, S.</b> H2O plus 60 = water exercise for senior adults: a case study.				1993	Summer		<input checked="" type="checkbox"/>	Article
						<u>Journal of the International Council for Health Physical Educatio</u>	29 (4)	12-6
<b>Gehring, M., Keller, B., &amp; Brehm, B.</b> Water running with and without a flotation vest in competitive and recreational runners				1997	October		<input checked="" type="checkbox"/>	
						<u>Medicine &amp; Science in Sports &amp; Exercise</u>	29 (10)	1374-1378
								Smith College, Northampton, MA 01063 USA
								Department of Exercise and Sport Studies
<b>Gehring, M., Keller, B., Brehm, B.</b> Physiological responses to deep water running in competitive and non-competitive runners.				1992			<input checked="" type="checkbox"/>	Study
						<u>Medicine and Science in Sports &amp; Exercise</u>	24 (5)	S23
<b>Genuario, S. E. &amp; Vegso, J. J.</b> The use of a swimming pool in the rehabilitation and reconditioning of athletic injuries.				1990			<input checked="" type="checkbox"/>	Study
						<u>Contemporary Orthopedic</u>	20 (4)	381-387
<b>Gergley, T. J., McArdie, W. D., DeJesus, P., Toner, M.M., Jacobowitz, S., Spina, R. J.</b> Specificity of arm training on aerobic power during swimming and running.				1964			<input checked="" type="checkbox"/>	Study
						<u>Medicine and Science in Sports and Exercise</u>	16	349-353
<b>Gibson, K.</b> Shallow water conditioning/rehabilitation for track.				1981	April		<input checked="" type="checkbox"/>	Article
						<u>Scholastic Coach</u>	50 (9)	
<b>Glass, Becky, et al.</b> Comparative physiological responses of suspended deep water running to hard surface running.				1987			<input type="checkbox"/>	Thesis
						<u>Research Council Proceedings-Southern District, American Allia</u>		
								Louisiana State University, Richard Magill
<b>Gleim, G., &amp; Nicholas, J.</b> Metabolic costs and heart rate responses to treadmill walking in water at different depths and temperatures.				1989			<input checked="" type="checkbox"/>	Study
						<u>American Journal of Sports Medicine</u>	17 (2)	248-252
								Nicholas Inst. Of Sports Med. And Athletic Trauma

<b>Glickman-Weiss EL, Goss F L, Robertson R J, Metz K F, &amp; Cassinelli D A</b>	1991				<input checked="" type="checkbox"/>	Study
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				
<b>Goldman, D.</b>	1993	Sept/Oct			<input checked="" type="checkbox"/>	Article
Aquatic cross-training gains strength						
<u>Aquatics International</u>	5 (5)	10-4				
<b>Goldstein, Ester; Simkin, Ariel; Epstein, Leon; Peritz, Eric; Harush, Mushi</b>	1994				<input checked="" type="checkbox"/>	Book
The influence of weight-bearing water exercises on bone density of post-menopausal women.						
			Wingate Institute			Zinman College of Physical Education
<b>Gowans SE, deHeuck S, Voss S, Dilaj A, Abbey SE</b>	2004	December			<input checked="" type="checkbox"/>	Study
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	American College of Rheumatology			
<b>Gowans SE, deHueck A, Voss S</b>	1999				<input checked="" type="checkbox"/>	Study
Six-minute walk test: A potential outcome measure for hydrotherapy.						
<u>Arthritis Care and Research</u>	208-211		American College of Rheumatology			
<b>Grace, K. J.</b>	1986	October			<input type="checkbox"/>	Article
Hydrodynamics: Rehabilitation of running injuries.						
<u>Topics in Acute Care and Trauma Rehabilitation</u>						
<b>Graham, T.</b>	1988				<input checked="" type="checkbox"/>	Study
Thermal, metabolic, and cardiovascular changes in men and women during cold stress.						
<u>Medicine and Science in Sports and Exercise</u>	20 (8)	S185				
<b>Green, J., Cable, N., &amp; Elms, N.</b>	1990	March			<input checked="" type="checkbox"/>	Study
Heart rate and oxygen consumption during walking on land and in deep water.						
<u>Journal of Sports Medicine and Physical Fitness</u>	30 (1)	49-52	University of Western Australia			Department of Human Movement and Rec
<b>Griffin, LA., Dufek, JS., Bates, BT</b>	1992				<input type="checkbox"/>	Study
Methods and Instrumentation in Water Research						
			University of Oregon			Department of Exercise and Movement Sci
<b>Griffin, LA., Dufek, JS., Bates, BT.</b>	1992				<input type="checkbox"/>	Study
Biomechanical Comparison of Running in Land and Water Media						
			University of Oregon			Department of Exercise and Movement Sci
<b>Gross, TS., Poliachik, SL., Ausk, BJ., Sanford, BA., Becker, BA., and Srinivasas, S.</b>	2004				<input checked="" type="checkbox"/>	Thesis
Why rest stimulates bone formation: a hypothesis based on complex adaptive phenomenon.						
<u>Exercise and Sports Science Reviews</u>	32(1)	9-13	American College of Sports Medicine			
<b>Groves, D. W.</b>	1986	May			<input checked="" type="checkbox"/>	Article
Water Jogging spared you impact and injuries.						
<u>Sports Conditioning. Lifetime Sports</u>	17-21					
<b>Gusi N, Thoma-Carus P, Hakkinen A, Hakkinen K, Ortega-Alonso A</b>	2006	February			<input checked="" type="checkbox"/>	Study
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>	55(1)	66-73				
<b>Gwinup, G.</b>	1987				<input checked="" type="checkbox"/>	Study
Weight loss without dietary restriction: Efficacy of different forms of aerobic exercise.						
<u>American Journal of Sports Medicine</u>	15 (3)	275-279				

<b>Haffor, A., Mohler, J., &amp; Harrison, A.</b>	1991	February			<input checked="" type="checkbox"/>	Study
Effects of water immersion on cardiac output of lean and fat males subjects at rest and during exercise.						
<u>Aviation Space Environmental Medicine</u>	62(2)	123-127	Los Angeles County and University of Southern California Med			Pulmonary Physiology Department
<b>Hall J, Grant J, Et al</b>	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				
<b>Hall, J. Macdonald, I.A., Maddison, P.J., O'Hare, J.P.</b>	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
<b>Hamer P &amp; Slocombe B</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				
<b>Hamer, T., &amp; Morton, A.</b>	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				
<b>Hanna, RD, Sheldahl, L.M., Tristani, F.E.</b>	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
<b>Haralambie, G., Senser, L.</b>	1980				<input checked="" type="checkbox"/>	Study
Metabolic changes in man during long distance swimming.						
<u>Eropean Journal of Applied Physiology</u>	43	115-125				
<b>Harrison, R., Hillman, M., and Bulstorde, S.</b>	1993				<input checked="" type="checkbox"/>	Study
Loading of the lower limb when walking partially immersed.						
<u>Physiotherapy</u>	78(2)	164-166				
<b>Hartmann S, Huch R</b>	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				
<b>Hartmann, S., Kilbele, N. Rake, A., Bung, P. Huch, A. Huch, R.</b>	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				
<b>Harush D, Rotstein, A</b>	2005	Spring			<input checked="" type="checkbox"/>	Study
The effect of a water exercise program on bone density among postmenopausal women.						
<u>AEA Aqautic Fitness Research Journal</u>	2(1)		University of Haifa			Department of Education
<b>Harush, Mushi</b>	2004	Dec/Jan			<input type="checkbox"/>	Article
The effect of water exercise on bone density.						
<u>AKWA</u>	17 (4)	12	AEA			
<b>Hayashi, N., Ishihara, M., Tanaka, A., Osumi, T., Yoshida, T.</b>	1997				<input checked="" type="checkbox"/>	
Face immersion increases vagal activity as assessed by heart rate variability.						
<u>Eur Journal of Applied Physioloty</u>	76(5)	394-399	Osaka University Toyonaka, Japan			Faculty of Health and Sports Sciences
<b>Heberlein, T., Perez, H., Wygand, J., &amp; Connor, K.</b>	1987				<input checked="" type="checkbox"/>	Study
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			Human Performance Lab

<b>Hecht, Billie J.</b> Wet and Wonderful: Water Exercise. Camelback Records, Inc.	1984				<input type="checkbox"/>	Other
<b>Heigenhauser, G. F., Boulet, D., Miller, B., Faulkner, J. A.</b> Cardiac outputs of postmyocardial infarction patients during swimming and cycling. <u>Medicine in Science and Sports</u>	1977	9	143-147		<input checked="" type="checkbox"/>	Study
<b>Heithold, K., Glass, SC.</b> Variations in heart rate and RPE during land and water aerobics in older adult women. <u>Medicine &amp; Science in Sports &amp; Exercise</u>	2002	May	34(5)	S74	Wayne State College,	<input checked="" type="checkbox"/> Abstract
<b>Henker, L., Provost-Craig, M., Sestili, P., Hove, A., &amp; Fees, M.</b> Water running and the maintenance of maximum oxygen consumption and leg strength in runners. <u>Medicine and Science in Sports and Exercise</u>	1992	24 (3)	Supplemen	University of Delaware		<input checked="" type="checkbox"/> Study Diagnosis Laboratory at the Medical Center
<b>Henry, Kimberly A., Wilson, Bradley, and Lindle, June M.</b> Metabolic costs of aqua step aerobics. University of Cincinnati	1996				<input type="checkbox"/>	Thesis Division of Graduate Studies and Research
<b>Hered, S. L., Darby, L. A., &amp; Yackle, G. C.</b> Comparison of physiological responses to comparable land and water exercises. <u>Medicine and Science in Exercise and Sport</u>	1997	29 (5)	S162		<input checked="" type="checkbox"/>	Study
<b>Hertler, L., Provost-Craig, M., Sestili, P., Hove, A., &amp; Fees, M.</b> Water running and the maintenance of maximum oxygen consumption and leg strength in women. <u>Medicine and Science in Sports and Exercise</u>	1992	24	S23		<input checked="" type="checkbox"/>	Study
<b>Heyneman, C. A., Premo, D. E.</b> A' water walkers' exercise program for the elderly. <u>Public Health Rep.</u>	1992	March/April	107 (2)	213-217	Idaho State University School of Pharmacy	<input checked="" type="checkbox"/> Study School of Pharmacy
<b>Hoeger, W. K., Hopkins, D. R., Barber, D. J., Gibson, T.</b> Comparison of maximal VO <sub>2</sub> , HR and RPE between treadmill running and water aerobics. <u>Medicine and Science in Sports &amp; Exercise</u>	1992	24 (5)	S96		<input checked="" type="checkbox"/>	Study
<b>Hoeger, W., Gibson, T., Moore, J., and Hopkins, D.</b> A comparison of selected training responses to water aerobics and low impact aerobic dance. <u>National Aquatics Journal</u>	1993	Winter Edition	Winter Edi	13-16		<input checked="" type="checkbox"/> Study
<b>Hoeger, W., Hopkins, D., Barber, D.</b> Physiologic responses to maximal treadmill running and water aerobic exercise <u>National Aquatics Journal</u>	1995	spring	11 (1)	4-7	National Aquatics Journal	<input checked="" type="checkbox"/> Article
<b>Hoeger, W., Warner, J., &amp; Fahleson, G.</b> Physiologic responses to self-paced water aerobics and treadmill running <u>Medicine &amp; Science in Sports &amp; Exercise</u>	1995		27 (5)	Abstract #		<input checked="" type="checkbox"/>
<b>Holmer, I.</b> Physiology of swimming. <u>Acta Physiol. Scand.</u>	1974		407	1-55		<input checked="" type="checkbox"/> Study
<b>Holmer, I., Bergh, U.</b> Metabolic and thermal response to swimming in water at varying temperatures. <u>Journal of Applied Physiology</u>	1974		37	702-705		<input checked="" type="checkbox"/> Study

<b>Holmer, Inguar, et al.</b> Hemodynamic and respiratory responses compared in swimming and running. <u>Journal of Applied Physiology</u>	37 (1)	49-54		1974		<input checked="" type="checkbox"/>	Study
<b>Huey, L. &amp; Forster, R.</b> The Complete Waterpower Workout Book. Random House				1993		<input checked="" type="checkbox"/>	Book
<b>Hurwitz B E, &amp; Furedy J J</b> The human dive reflex: An experimental, topographical and physiological analysis. <u>Phsiol Behav</u>	36 (2)	287-294		1986		<input checked="" type="checkbox"/>	Study
<b>Hurwitz, Jacquie</b> Research flows to new depths-Aquatic exercise can enhance brain function. <u>AKWA</u>	17(4)	23	AEA	2004	Dec/Jan	<input type="checkbox"/>	Review
<b>Hutzler, Y., Chacham, A., Bergman, U., Reches, I.</b> 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	1998	February	<input checked="" type="checkbox"/>	
<b>Hutzler, Y., Chacham, A., Bergman, U., Szeinberg, A.</b> 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 P	1998	March	<input checked="" type="checkbox"/>	
<b>Ide MR, Belini MA, et al</b> 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		2005		<input checked="" type="checkbox"/>	Study
<b>Inbar, O., Winstein, Y., Daskalovic, Y., Levi, R., and Nueman, I.</b> 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		1993		<input checked="" type="checkbox"/>	Study
<b>Irving, L.</b> Bradycardia in human divers. <u>Journal of Applied Physiology</u>	18	489-491		1963		<input checked="" type="checkbox"/>	Study
<b>Israel, DJ., Heydon, KM., Edlich, Rf., Pozos, RS., Wittmers, LE Jr.</b> Core temperature 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		1989	Jul-Aug	<input checked="" type="checkbox"/>	Study
<b>ISSP</b> Physical activity and psychological benefits: A position statement. <u>International Journal of Sport Psychology</u>	23	86-91		1992		<input checked="" type="checkbox"/>	Other
<b>Iwamoto, J., et al.</b> 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		1990	February	<input checked="" type="checkbox"/>	Study
<b>Jacobs, G. D., Heilbronner, R. L., Stanley, J. M.</b> The effects of short term flotation REST on relaxation: a controlled study. <u>Health Psychology</u>	3 (2)	99-112		1984		<input checked="" type="checkbox"/>	Study
<b>Jang, K., Flynn, M., Costil, D., Kirwan, J., et al</b> Energy balance in competitive swimmers and runners. <u>Journal of Swimming Research</u>	3	19-23		1987		<input checked="" type="checkbox"/>	Study

<b>Johnson, B. L., Adamczyk, J., Stromme, S. B., &amp; Tennoe, K. O.</b>	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					
<b>Johnson, Veronica A.</b>	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 Thesis University of Memphis					
<b>Jung, K., Stolle, W.</b>	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					
<b>Kame, V.D. Jr., Pendergast, D.R.</b>	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					
<b>Kaminsky, L., Wehrli, W., Mahon, A., Robbins, G., Powers, D., and Whaley, M.</b>	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					
<b>Kang, HS., Kim JI.</b>	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					
<b>Karlsson MK, Magnusson H, Karlsson C, Seeman E</b>	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					
<b>Karpovich, P. V.</b>	1993			<input checked="" type="checkbox"/>	Study
Water resistance in swimming. <u>Research Quarterly</u> 4 21-28					
<b>Kasch, F.</b>	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					
<b>Katz, J., Cohen, J.</b>	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					
<b>Katz, J., Most, B. W.</b>	1985			<input checked="" type="checkbox"/>	Other
The W.E.T. Workout New York, NY: Facts on File Publications					
<b>Katz, V. L., Rozas, L., Ryder, R., Cefalo, R.C.</b>	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					
<b>Katz, V.L.</b>	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					
<b>Keating, W. R., Evans, M.</b>	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					

<b>Kelly M, Darrah J</b> Aquatic exercise for children with cerebral palsy. <u>Dev Med Child Neurol</u> 47 (12) 838-842	2005			<input checked="" type="checkbox"/>	Study
<b>Kelly, BT., Roskin, LA., Kirkendall, DT., Speer, KP.</b> 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	2000	April		<input checked="" type="checkbox"/>	Study
<b>Kelsey, DD., Tyson, E.</b> A new method of training for the lower extremity using unloading. <u>Journal of Orthopaedic &amp; Sports Physical Therapy</u> 19 (4) 218-223	1994	April		<input checked="" type="checkbox"/>	Other
<b>Kennedy, Gray &amp; Ryder</b> Aqua Exercise for Hispanic Women with Arthritis	1995			<input type="checkbox"/>	Study
<b>Kennedy, C., Foster, V., Hamis, M., &amp; Sockler, J.</b> The influence of music tempo and water depth on heart rate response to aqua aerobics. IDEA Foundation International Symposium on the Medical and	1989	October		<input type="checkbox"/>	Study
<b>Kennedy, Carol, Evans, Ellen</b> AKWA research survey. <u>AKWA letter</u> Vol. 8, No. 24	1995	Apr/May		<input checked="" type="checkbox"/>	Survey
<b>Kenney, GP., Denis, PM., Proulx, CE. And Giesbrecht, GC.</b> 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	1999	May		<input checked="" type="checkbox"/>	Study
<b>Kenney, W. Larry, et al</b> 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	1989	January		<input checked="" type="checkbox"/>	Article
<b>Kenny GP, Reardon FD, Giesbrecht GG, Jette M, Thoden JS.</b> 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	1997			<input checked="" type="checkbox"/>	Study
<b>Kieres, J., &amp; Plowman, S.</b> 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	1991	June		<input checked="" type="checkbox"/>	Study
<b>Kim, T. F.</b> 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	1988			<input checked="" type="checkbox"/>	Study
<b>Kirby, R. L., Sacamano, J. T., Balch, D. E., &amp; Kriellaars, D. J.</b> Oxygen consumption during exercise in a heated pool. <u>Archives of Physical Medicine and Rehabilitation</u> 65 21-23	1984			<input checked="" type="checkbox"/>	Study
<b>Knecht, S.</b> Physical and psychological changes accompanying a 10 week aquatic exercise program. Cleveland State University	1989			<input type="checkbox"/>	Thesis
<b>Kolb, K. E.</b> Principles of underwater exercise. <u>Physical Therapy. Review</u> 37 361-365	1957			<input checked="" type="checkbox"/>	Study

<b>Koszutz, L.</b> From sweats to swimsuits: Is water exercise the wave of the future? <u>Physician and Sports Medicine</u>	17 (4)	203-206		1989		<input checked="" type="checkbox"/>	Review
<b>Koszutz, L.</b> Water exercise causes ripples. <u>Physician and Sports Medicine</u>	14 (10)	163-167		1986		<input checked="" type="checkbox"/>	Review
<b>Kravitz, Len and Mayo, Jerry J.</b> The physiological effects of aquatic exercise: A brief review. <u>AKWA Letter</u>				1997	August	<input checked="" type="checkbox"/>	Review
<b>Krist, Paula</b> 2003 Aquatics Instructor Survey Summary. <u>AKWA</u>	17(4)	17	AEA	2004	Dec/Jan	<input type="checkbox"/>	Study
<b>Krist, Paula S.</b> Who are we and what are we doing? Results from a 2003 aquatics instructor survey. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	37-40	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Other
<b>Kruel, L. F. M., Peyre-Tartaruga, L. A., Dias, A.B. C., Da Silva, R. C., Picanco, P. S. P. &amp; Rangel, A. B</b> Heart rate during water immersion. <u>AEA Aquatic Fitness Research Journal</u>	2(1)		School of Physical Education, Federal University of Rio Grande	2005	Spring	<input checked="" type="checkbox"/>	Abstract
<b>Kruel, LFM., Barella, RE., Muller, FG., Severo, CR., Cardoso, A., Figueiredo, PAP., Brentano, MA., a</b> Muscle resistance training effects applied in women aquatic gymnastics practicing. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A102	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
<b>Kruel, LFM., Moraes, EZC., Avila, AOV., and Sampedro, RMF.</b> Physiological and biomechanical changes resulting from water exercise. <u>Journal in Brazil</u>			Federal University of Rio Grande do Sul	2001?		<input checked="" type="checkbox"/>	Thesis
<b>Kruel, LFM., Peyre-Tartaruga, A.</b> Hydrostatic weight analysis in females of different ages in water immersion. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A106	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
<b>Kruel, LFM., Sampedro, RMF., Avila, AOV.</b> Physiological and biomechanical alterations in individuals practicing water exercises inside and outside of the water. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A109	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
<b>Kruel, LFM., Tartatuga, LAP., Alberton, CL., Turra, NA., Muller, FG., and Petkowicz, r.</b> Effects of hydrostatic weight on heart rate during immersion in water. <u>AEA Aquatic Fitness Research Journal</u>	1(1)	A100	Aquatic Exercise Association	2004	Spring	<input checked="" type="checkbox"/>	Abstract
<b>Kyle, JM., Walker, RB., Hanshaw, SL., Leaman, JR., Frobese, JK.</b> Exercise induced bronchospasm in the young athlete: guidelines for routine screening and initial management <u>Medicine and Science in Sports and Exercise</u>	24 (8)	856-9		1992	August	<input checked="" type="checkbox"/>	Article
<b>La Forge, R.</b> What the latest research has to say about step exercise. <u>Idea Today</u>		31-33		1991	September	<input checked="" type="checkbox"/>	Review
<b>Labudova, Jela</b> Water exercise and swimming for children and youth with health problems.						<input type="checkbox"/>	Thesis

Faculty of Physical Education and Sports

<b>Lambeck, J.</b> Exercise in Water for Post-Myocardial Infarction Patients			1993		<input checked="" type="checkbox"/>	Other
				Constellate (distributed by)		
<b>Lambeck, J.</b> Hydrotherapy and Rheumatoid Arthritis: State of the Art. <u>[Fysiotherapie bij reumatische aandoeningen] (book)</u>			1995	January	<input checked="" type="checkbox"/>	Book
				Sint Maartenskliniek		Department of Physiotherapy
<b>Landgridge, J., &amp; Phillips, D.</b> Group hydrotherapy exercises for chronic back pain sufferers			1988		<input checked="" type="checkbox"/>	
<u>Physiotherapy</u>	74 (6)	269-273				
<b>Lange, R., Echt, M. &amp; Gauer, O.</b> Heart volume in relation to body posture and immersion in a thermo-neutral bath.			1974		<input type="checkbox"/>	
<u>Pfluger Archives</u>	352	219-226				
<b>Langendorfer, S.</b> Aquatics for the young child.					<input checked="" type="checkbox"/>	Study
<u>J. Physical Educ., Rec. and Dance</u>	57 (7)	61-66				
<b>Langendorfer, S. J.</b> Children's movement in water - A developmental and environmental perspective.			1987c	Summer	<input checked="" type="checkbox"/>	Study
<u>The National Aquatics Journal</u>		8-12				
<b>Langendorfer, S. J., Roberts, M., Rorks, R.</b> Aquatic readiness, a developmental test.			1987	Summer	<input checked="" type="checkbox"/>	Study
<u>The National Aquatics Journal</u>		8-12				
<b>Lavoie, J. M., Montpetit, R. R.</b> Applied physiology of swimming.			1986		<input checked="" type="checkbox"/>	Study
<u>Sports Medicine</u>	3	165-189				
<b>Lawrence C. C. &amp; Hacket, L. C.</b> Water Learning: A New Adventure			1975		<input checked="" type="checkbox"/>	Book
<u>Peak Publications</u>						
<b>Leddy JJ, Roberts A, Moalem J, Curry T, Lundgren CE</b> Effects of water immersion on pulmonary function in asthmatics.			2001	Summer	<input checked="" type="checkbox"/>	Study
<u>Undersea Hyperb Med</u>	28 (2)	75-82				
<b>LeFort, SM., Hannah, TE.</b> Return to work following an aquafitness and muscle strengthening program for the low back injured			1994	November	<input checked="" type="checkbox"/>	Study
<u>Archives of Physical Medicine &amp; Rehabilitation</u>	75 (11)	1247-1255				
<b>Lehman, J.</b> Water Walking: A Program for Seniors			1994	Spring	<input checked="" type="checkbox"/>	Article
<u>Pennsylvania Journal of Health, Physical Education, Recreation</u>	64 (2)	27				
<b>LeMura, LM., Klebez, J., Rushton, D., Adreacci, J., Presper, S., and von Duvillard, SP.</b> Submaximal exercise on land and in water with and without hand-held weights: comparative exercise physiology.			1999	May	<input checked="" type="checkbox"/>	Abstract
<u>Medicine &amp; Science in Sports &amp; Exercise</u>	31(5)	S154				Bloomsburg University, PA, University North Dakota
<b>Leonardo A. Peyré Tartaruga, Ana Carolina C. Larronda, Leonardo R. Ribas, Marcus Peikrizwili Ta</b> Kinematic analysis of middle distance runners during treadmill and deep water running			2005	Spring	<input checked="" type="checkbox"/>	Study
<u>AEA Aquatic Fitness Research Journal</u>	2(1)					Universidade Federal do Rio Grande do Sul

<b>Levesque, B. et al.</b> 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
<b>Levin, S.</b> 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
<b>Lieber, D., Lieber, R., Adams, W.</b> 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
<b>Lietava J, Vohnout B, Valent D, Celko J</b> 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
<b>Lin, Y. C.</b> Applied physiology of diving. <u>Sports Med.</u> 5 41-56	1988				<input checked="" type="checkbox"/>	Study
<b>Lindle, June</b> Obesity: Facts, Ramifications, and Interventions. <u>AKWA</u> 17 (5) 46 AEA	2004	Feb/Mar			<input type="checkbox"/>	Review
<b>Lindle, June</b> Training in the aquatic environment to improve vertical jump. <u>AEA Aquatic Fitness Research Journal</u> 1(1) 41 Aquatic Exercise Association	2004	Spring			<input checked="" type="checkbox"/>	Review
<b>Lindstrom, AB., Pleil, JD., and Berkoff, DC.</b> Alveolar breath sampling and analysis to assess trihalomethane exposures during competitive swimming training. <u>Environmental Health Perspectives</u> 105(6) 636-642	1997				<input checked="" type="checkbox"/>	Study
<b>Lipow, V.</b> Water-proofing. Measuring aquatic therapy effectiveness. <u>Rehab Manag</u> 11 (4) 34-6, 39 Joyner Sportsmedicine Institute	1998	June-July			<input checked="" type="checkbox"/>	Review
<b>Littrell TR, Snow, CM</b> 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	2005	Spring			<input checked="" type="checkbox"/>	Study
<b>Lloyd, A., Thiel, J., Holloman, P., Johnston-Fletcher, B., Fletcher, G. F.</b> Water exercise versus land exercise in cardiac patients. <u>Journal of Cardiopulmonary Rehabilitation</u> 10 434	1986				<input checked="" type="checkbox"/>	Study
<b>Lollgen H., Von Nieding, G., Koppenhagen, K., Kersting, F., Just, H.</b> Hemodynamic response to graded water immersion <u>Klin Wochenschr</u> 59 (12) 623-628	1981	June			<input checked="" type="checkbox"/>	
<b>Long, K. A., Lee, E. J., &amp; Swank, S. A.</b> 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.	1996				<input checked="" type="checkbox"/>	Study
<b>Long, L.</b> 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	1993				<input checked="" type="checkbox"/>	Review

<b>Love, M.</b> More than a vacation European style spas offer programs for both Physical and Mental fitness <u>Aquatics International</u>	6 (5)	21,23-5		1994	Sept/Oct	✓	Article
<b>Lox, CL., Treasure, DC.</b> Changes in feeling states following aquatic exercise during pregnancy. <u>Journal of Applied Social Psychology</u>	30	518-527		2000	March	✓	Study
<b>MacConnie, S.E., Gilliam, T.B., Geenen, D.L., Pels, A.E. 3d</b> Daily physical activity patterns of prepubertal children involved in a vigorous exercise program. <u>Int J. Sports Med</u>	3 (4)	202-207		1982	November	✓	
<b>Magder, S., Linnarson, D., Gulfstrand, L.</b> The effect of swimming on patients with ischemic heart disease. <u>Circulation</u>	63	979-985		1981		✓	Study
<b>Magel, J., Faglia, G., McArdle, W., Gutin, B., Pechar, G., &amp; Katch, F.</b> Specificity of swim training on maximum oxygen uptake. <u>Journal of Applied Physiology</u>	38	151-155		1974		✓	Study
<b>Manjone, J. &amp; Mirandy, P.</b> Deep Water Workout as a Physical Education Activity <u>JOPERD</u>	64	75	University of Alabama	1993	January	✓	Article
<b>Manley, L.</b> Apnoeic heart rate responses in humans. A review. <u>Sports Medicine</u>	9 (5)	286-310	Rhodes University	1990	May	✓	
<b>Marino F &amp; Booth J</b> Whole body cooling by immersion in water at moderate temperatures. <u>J SCI Med Sport</u>	1 (2)	73-82		1998		✓	Study
<b>Marra, DJ., Boda, W., Gale, JB., Mc Hugh, E., Burch, D.</b> 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		2001	March	✓	Abstract
<b>Masumota, K et al</b> Electromyographic analysis of walking backward in water. <u>Med &amp; Sci in Sports &amp; Exercise</u>	35(5)	1356 S141		2003		✓	Abstract
<b>Masumoto K, Takasugi S, Hotta N, Fujishima K, Iwamoto Y</b> Electromyographic analysis of walking in water in healthy humans. <u>J Physiol Anthropol Appl Human Sci</u>	23(4)	119-27		2004	July	✓	Study
<b>Masumoto K, Takasugi S, Hotta N, Fujishima K, Iwamoto Y</b> 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		2005	May	✓	Study
<b>McArdle, W. D., &amp; Magel, J. R.</b> Physical work capacity and maximum oxygen uptake in treadmill and bicycle exercise. <u>Medicine and Science in Sports</u>	2	118-123		1976		✓	Study
<b>McArdle, W. D., Katch, F. I., Katch, V. L.</b> Energy expenditure during walking, jogging, running, and swimming. <u>Exercise Physiology, Energy, Nutrition and Human Performance.</u>		147-165	Lea and Febiger	1986		✓	Study

<b>McArdle, W., Glasner, R. &amp; Magel, J.</b>	1971				✓	Study
Metabolic and cardio-respiratory responses during free swimming and treadmill walking.						
<u>Journal of Applied Physiology</u>	33 (5)	733-738				
<b>McArdle, W., Magel, J., Gergley, R., Spina, R., &amp; Toner, M.</b>	1984				✓	Study
Thermal adjustments to cold water exposure in resting men and women.						
<u>Journal of Applied Physiology</u>	56	1565-1571				
<b>McArdle, W., Magel, J., Lesmes, G., &amp; Pechar, G.</b>	1976				✓	Study
Metabolic and cardiovascular adjustments to work in air and water at 18, 25 and 33 degrees Centigrade.						
<u>Journal of Applied Physioloty</u>	40 (1)	85-90				
<b>McDonald, A, Goode, RC., Livingstone, SD., Duffin, J.</b>	1984		March		✓	Study
Body cooling in human males by cold water immersion after vigorous exercise.						
<u>Undersea Biomed Res</u>	11-1	81-90				
<b>McFarlane, B.</b>	1993				✓	Study
Water Training Benefits Athletes in "Running" Sports.						
<u>National Strength and Conditioning Association Journal</u>	15:5	49-51				
<b>McMurray, R. G., Berry, J.J., Katz, V.L., Graetzer, D.G., Cefalo, R.C.</b>	1990				✓	
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 Caroline			Exercise Physiology Laboratory
<b>McMurray, R. G., Horvath, S. M.</b>	1979				✓	Study
Thermoregulation in swimmers and runners.						
<u>J. Appl. Physiol; Respir. Environ. Exerc. Physiol.</u>	46	1086-1092				
<b>McMurray, R. G., Katz, V. L., Berry, J. J., Cefalo, R. C.</b>	1988		December		✓	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				
<b>McMurray, R., Fieselman, M., Avery, D., &amp; Sheps, S.</b>	1988				✓	Study
Exercise hemodynamics in water and on land in patients with coronary artery disease.						
<u>Journal of Cardiopulmonary Rehabilitation</u>	8	69-75				
<b>McMurray, R., Katz, V., Berry, M., &amp; Cefalo, R.</b>	1988		Mar		✓	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
<b>McMurray, RG., Kocher, PL., Horvath, SM.</b>	1994		September		✓	Study
Aerobic power and body size affects the exercise-induced stress hormone responses to varying water temperatures.						
<u>Aviation Space &amp; Environmental Medicine</u>	65 (9)	809-14	University of North Carolina			Department of Physical Education
<b>McNeal RL.</b>	1990		November		✓	Abstract
Aquatic therapy for patients with rheumatic disease.						
<u>Rheum Dis Clin North Am</u>	16 (4)	915-	Aquatic Therapy Services			
<b>Mehale, GA.</b>	1994				✓	Article
Deep water exercise - a new approach to fitness.						
<u>Journal of Strenght and Conditioning Research</u>	16					
<b>Meleski, B., Malina, R.</b>	1985				✓	Study
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				

<b>Melton-Rogers, S., Hunter, G., Walter, J., Harrison, P.</b>	1996	October			<input checked="" type="checkbox"/>	
Cardiorespiratory responses of patients with rheumatoid arthritis during bicycle riding and running in water.						
<u>Phys Ther</u>	75 (10)	1058-1065	Sheperd Center			
<b>Mercer JA, Groh D, Black D, Gruenefelder A, Hines B</b>	2005	Spring			<input checked="" type="checkbox"/>	Study
Technical Note: Quantifying muscle activity during running in the water.						
<u>AEA Aquatic Fitness Research Journal</u>	2(1)		University of Nevada			Department of Kinesiology
<b>Mercer, J.A., &amp; Jensen, R.L.</b>					<input checked="" type="checkbox"/>	
Submaximal heart rates do not differ during deep water and treadmill running at equivalent VO2.						
			University of North Texas, Denton TX			Dept of KHPR
<b>Meyer K, Bucking J</b>	2004	December			<input checked="" type="checkbox"/>	Study
Exercise in heart failure: should aqua therapy and swimming be allowed?						
<u>Med Sci Sports Exerc</u>	36(12)	2017-23				
<b>Meyer, CL., Hawley, DJ.</b>	1994	June			<input checked="" type="checkbox"/>	Abstract
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				
<b>Michaud, T. J., Brennan, D. K., Wilder, R. P., &amp; Sherman, N. W.</b>	1992				<input checked="" type="checkbox"/>	Abstract
Aquarun training and changes in treadmill running maximal oxygen consumption						
<u>Med Sci Sport and exercise</u>	24.3	Sup 523				
<b>Michaud, T. J., Brennan, D. K., Wilder, R. P., &amp; Sherman, N. W.</b>	1995	May			<input checked="" type="checkbox"/>	Study
Aquarunning and gains in cardiorespiratory fitness.						
<u>Journal of Strength and Conditioning Research</u>	9	78-84	University of Houston			International Running Center
<b>Michaud, T. J., Rodriguez-Zayas, J., Andres, F. F., Flynn, M. G., &amp; Lambert, C. P.</b>	1995	May			<input checked="" type="checkbox"/>	Study
Comparative exercise responses of deep-water and treadmill running.						
<u>Journal of Strength and Conditioning Research</u>	9 (2)	104-109				
<b>Michaud, T., Brennan, D., Wilder, R., &amp; Sherman, N.</b>	1992				<input checked="" type="checkbox"/>	Study
Aquarun training and changes in treadmill running: Maximal oxygen consumption.						
<u>Medicine and Science in Sports and Exercise</u>	24 (5)	Supplemen				
<b>Michaud, T., et al</b>	1995				<input checked="" type="checkbox"/>	
Aquarunning and gains in cardiorespiratory fitness						
<u>Medicine &amp; Science in Sports &amp; Exercise</u>	9 (2)	78-84				
<b>Midtlyng, J., Van Cleave Nelson, C.</b>	1989				<input type="checkbox"/>	Survey
Survey research of water exercise teachers and aquatic program directors.						
			Ball State University			
<b>Midtlyng, Joanna, Nelson, C. VanCleave</b>	1989	March			<input checked="" type="checkbox"/>	Survey
National Survey of Water Exercise Participants						
<u>AKWA letter</u>	Vol. 1, No. 3,6		Ball State University			School of Physical Education
<b>Midtlyng, Joanna, Nelson, C. VanCleave</b>	1989	January			<input checked="" type="checkbox"/>	Survey
National Survey of Water Exercise Participants						
<u>AKWA letter</u>	Vol. 2, No. 1,4		Ball State University			Dept. of Computer Science
<b>Mirsec, M</b>	2003	September			<input type="checkbox"/>	Article
Aquatics training for multiple sclerosis.						
<u>IDEA Health &amp; Fitness Source</u>	36-40	IDEA				

<b>Miwa, C., Mano, T., Saito, M., Iwase, S., Matsukawa, T., Sugiyama, Y., Koga, K.</b>	1996	September				✓	
Aging reduces sympatho-suppressive response to head-out water immersion in humans. <u>Acta Physiol Scand</u>	158 (1)	15-20	Nagoya University, Japan				Department of Autonomic and Behavioura
<b>Miwa, C., Sugiyama, Y., Mano, T., Iwase, S., Matsukawa, T.</b>	1997	December				✓	
Sympatho-vagal responses in humans to thermoneutral head-out water immersion. <u>Aviat Space Environ Med</u>	68 (12)	1109-1114	Nagoya University, Japan				Department of Autonomic Neuroscience
<b>Moening, D., Scheidt, A., shepardson, L., Davies, GJ.</b>	1993					✓	Study
Biomechanical comparison of water running and treadmill running. <u>Isokinetics and Exercise Science</u>	3 (4)	207-15					
<b>Moore, T.O., Bernauer, E.M., Seto, G., Park, Y.S., Hong, S.K., Hayashi, E.M.</b>	1970	December				✓	
Effect of immersion at different water temperatures on graded exercise performance in man. <u>Aerosp Med.</u>	41 (12)	1404-1408					
<b>Moraes, EZC., and KrueI, LFM.</b>	2004	Spring				✓	Abstract
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				
<b>Morrow, M., Jensen, R., &amp; Peach, C.</b>	1996					✓	Study
Physiological adaptations to deep water and land based running training programs. <u>Medicine and Science in Exercise and Sport</u>	28 (5)	S210					
<b>Mougiou, V., &amp; Deligiannis, A.</b>	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					
<b>Muller, FIG., Lima, WC., KrueI, LFM.</b>	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				
<b>Nadel, E., Holmer, II, Bergh, U., Astrand, P., &amp; Stolwijk, J.</b>	1974					✓	Study
Energy exchanges of swimming man. <u>Journal of Applied Physiology</u>	36	465-471					
<b>Nagle, EF., Otto, AD., Jakicic, JM., Robertson, RJ., Goss, FL., and Ranalli, JL.</b>	2003	May				✓	Abstract
Effects of aquatic plus walking exercise on weight loss and function in sedentary obese females. <u>Med &amp; Sci in Sports&amp; Exercise</u>	35(5)	S136					
<b>Nagle, EF., Otto, AD., Jakicic, JM., Robertson, RJ., Goss, FL., Ranalli, JL.</b>	2003	May				✓	Abstract
Effects of aquatic plus walking exercises on weight loss and function in sedentary obese females. <u>Me &amp; Sci in Sports &amp; Exercise</u>	35(5)	753 S136					
<b>Nakamura, K., Takahashi, H., Shimai, S., Tanaka, M.</b>	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					
<b>Nakanishi Y, Kimura T &amp; Yokoo Y</b>	1999					✓	Study
Maximal physiological responses to deep water running at thermoneutral temperature. <u>Appl Human Sci</u>	18(2)	31-35					
<b>Nakanishi, Y., Kimura, T., Yokoo, Y.</b>	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

<b>Napolean, J.</b> Water on the knee. <u>Rehabilitation Management</u>	June/July 1 80-83	1993	June/July	<input checked="" type="checkbox"/>	Article
<b>Napoletan, J., &amp; Hicks, R.</b> The metabolic effects of underwater treadmill exercise at two departments. <u>APTR</u>	3 (2) 9-14	1995		<input checked="" type="checkbox"/>	
<b>Nilsson Gangnebien, J., Kraepelien-Strid, E., Nilsson, J.</b> Water Gymnastics Heart rate and Perceived exertion in connection with water gymnastics: A Pilot Study Idrottshogskolan		1994	October	<input type="checkbox"/>	Pilot Study
<b>Nishimura M, &amp; Onodera S</b> Effects of supine floating on heart rate, blood pressure, and cardiac autonomic nervous system activity. <u>J Gravit Physiol</u>	7 (2) 171-172	2000		<input checked="" type="checkbox"/>	Study
<b>Nishimura M, &amp; Onodera S</b> Effects of water temperature on cardiac autonomic nervous system modulation during supine floating. <u>J Gravit Physiol</u>	8 (1) 65-66	2001		<input checked="" type="checkbox"/>	Study
<b>Oda, S., Matsumoto, T., Nakagawa, K., Moriya, K.,</b> Relaxation effects in humans of underwater exercise of moderate intensity. <u>Eur J Appl Physiol Occup Physiol</u>	80-4 253-259	1999	September	<input checked="" type="checkbox"/>	Study
<b>O'Hare, J., Corral, R. J. M., Dieepte, P. A., Evans, J. M., Hayes, C. S., Heywood, A., Lunn. G., Walter</b> Observations on the effects of immersion therapy in bath spa water. <u>British Medical Journal</u>	12 21-28	1985		<input checked="" type="checkbox"/>	Study
<b>O'Hare, J., Corral, R. J. M., Scott, G., Walters, G.</b> Hemodilution during water immersion in man. <u>Clinical Science</u>	6 47	1984		<input checked="" type="checkbox"/>	Study
<b>Onodera S, Miyachi M, Nishimura M, Yamamoto K, et al</b> 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	2001		<input checked="" type="checkbox"/>	Study
<b>Osinski, A.</b> Legal responses of lifeguards. <u>J. Phys. Educ. Rec. &amp; Dance</u>	59 73-75	1990		<input checked="" type="checkbox"/>	Study
<b>Osinski, A.</b> Risk management in water fitness. <u>Fitness Management</u>	3 79	1990		<input checked="" type="checkbox"/>	Article
<b>Otto, AD., Nagle, EF., Jakicic, JM., Robertson, RJ., Aaron, DA., Pcsolyar, MJ., and Hindes, KM.</b> Comparison of physical activity enjoyment during aquatic exercise in overweight women. <u>Med &amp; Sci in Sports &amp; Exercise</u>	35(5) S33	2003	May	<input checked="" type="checkbox"/>	Abstract
<b>Paffenbarger, R. S., et al.</b> Physical activity, all cause mortality, and longevity of college alumni. <u>New England Journal of Medicine</u>	314-605	1986		<input checked="" type="checkbox"/>	Study
<b>Park KS, Choi JK, Park YS.</b> Cardiovascular regulation during water immersion. <u>Appl Human Sci</u>	18(6) 233-41 Diving Science Institute, Kosin Medical College.	1999	November	<input checked="" type="checkbox"/>	Study

<b>Parker, S., Hurley, B., Hanlon, D., &amp; Vaccaro, P.</b> 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		1989		✓	Study
<b>Pate, R. R., &amp; Kriska, A.</b> Physiological basis of the sex difference in cardiorespiratory endurance. <u>Sports Medicine</u>	1	87-98		1984		✓	Study
<b>Paulo A. P. de Figueiredo, Noé G. Borges Jr, Gabriela L. Black, Michel Brentano, Luiz F. M. Krue</b> An electromyographic analysis of women abdominal exercises under water. <u>AEA Aquatic Fitness Research Journal</u>	2(1)			2005	Spring	✓	Abstract
<b>Pechter, U., Maaroo, J., Mesikepp, S., Veraksits, A., Ots, M.</b> 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		2003	March	✓	Study
<b>Pendergast, DR.</b> The effect of body cooling on oxygen transport during exercise. <u>Med Sci Sports Exer</u>	20	S171-176		1988	October	✓	Study
<b>Perini R, Veicsteinas A</b> 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		2003	October	✓	Study
<b>Peterson, C.</b> Case Report: Exercise in 94 degrees F water for a patient with multiple sclerosis. <u>Physical Therapy</u>	81	1049-1058		2001	April	✓	Other
<b>Peterson, C.</b> Exercise in 94 degree F water for a patient with multiple sclerosis. <u>Phys Ther</u>	81 (4)	1049-58	Marianjoy RehabLink	2001	April	✓	Abstract
<b>Pollock, C.</b> Does Exercise Intensity Matter? <u>Physician and Sports Medicine</u>	20:12	123-126		1992		✓	Article
<b>Poyhonen, T., Keskinen, KL., Hautala, A., Malkia, E.</b> 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 Jyväskylä	2000	May	✓	Study Department of Health Sciences
<b>Poyhonen, T., Kyrolainen, H., Keskinen, KL., Hautala, A., Savolainen, J., Malkia, E.</b> Electromyographic and kinematic analysis of therapeutic knee exercises under water. <u>Clin Biomech (Bristol, Avon)</u>	16 (6)	496-504	University of Jyväskylä	2001	July	✓	Study Department of Health Sciences
<b>Poyhonen, T., Sipila, S., Keskinen, KL., Hautala, A., Savolainen, J., Malkia, E.</b> Effects of an aquatic resistance training on neuromuscular performance in healthy women. <u>Medicine and Science in Sports and Medicine</u>	34	2103-2109		2002	December	✓	Study
<b>President's Council of Physical Fitness and Sports</b> Osteoporosis and Physical Activity. <u>Physical Activity and Fitness Research Digest</u>	Series 2, N	1-6		1995	September	✓	Review
<b>Prins, J., Cutner, D.</b> 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	✓	Abstract Kinesiology & Leisure Science

<b>Prins, J. H., Hartung, G. H., Merritt, D. J., Blancq, R. J., &amp; Goebert, D. A.</b>	1994				<input checked="" type="checkbox"/>	
Effect of aquatic exercise training in persons with poliomyelitis disability.						
<u>Sports Medicine Training and Rehabilitation</u>	5	29-39				
<b>Prins, J., &amp; Havriluk, R.</b>	1991				<input type="checkbox"/>	Thesis
Measurement of changes in muscular strength in aquatic rehabilitation.						
				International Congress on Biomechanics,		
<b>Prins, J., Merritt, D., Blancq, R., Goebert, D., &amp; Hartung, G.</b>	1994				<input checked="" type="checkbox"/>	Study
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			Department of Health, Physical Education
<b>Prisby R D Glickman-Wiess E L, Caine N</b>	2000				<input checked="" type="checkbox"/>	Study
Thermal sensation and substrate utilization differs among low- and high- fat women exposed to 17 degrees C water.						
<u>Wilderness Envir Med</u>	11 (3)	157-162				
<b>Pritz, M.</b>	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>						
<b>Proulx CI, Ducharme MB, Kenny GP</b>	2003	April			<input checked="" type="checkbox"/>	Study
Effect of water temperature on cooling efficiency during hyperthermia in humans.						
<u>J Appl Physiol</u>	94 (4)	1317-23				
<b>Quinn, T. J., Sedory, D. R., &amp; Fisher, B. S.</b>	1994	December			<input checked="" type="checkbox"/>	Study
Physiological effects of deep water running following a land-based training program.						
<u>Research Quarterly for Exercise and Sport</u>	65 (4)	386-389				
<b>Reenie, D., Carretelli, P., Diaprampero, P.</b>	1971				<input checked="" type="checkbox"/>	Study
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				
<b>Reilly T, Dowzer CN, Cable NT</b>	2003	December			<input checked="" type="checkbox"/>	Review
The physiology of deep-water running.						
<u>J Sports Sci</u>	21 (12)	959-72				
<b>Rennie, D. W.</b>	1988				<input checked="" type="checkbox"/>	Study
Tissue heat transfer in water: lessons from the Dorean divers.						
<u>Medicine and Science in Sports and Exercise</u>	20 (5)	S177-S183				
<b>Richmond, Lynda</b>					<input type="checkbox"/>	
The effects of a twelve-week aquastep program on relatively inactive college age women.						
				University of Delaware		
<b>Rippe, J. M., Ward A., Ebbeling, C. B., Ebbeling, C. J.</b>	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
<b>Risch, W., Koubenec, H., Beckmann, U., Lange, S., &amp; Gauer, O.</b>	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				
<b>Ritchie, S., &amp; Hopkins, W.</b>	1991	February			<input checked="" type="checkbox"/>	Study
The intensity of deep-water running.						
<u>International Journal of Sports Medicine</u>	12 (1)	27-29				

<b>Robbins, G., Powers, D.</b> 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		1993	Summer	<input checked="" type="checkbox"/>	Article
<b>Robert, Jacalym J., Jones, Laura, &amp; Bobo, Mike</b> 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		1996	September	<input checked="" type="checkbox"/>	Study
<b>Robertson JM, Brewster EA, Factors KI</b> 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		2001		<input checked="" type="checkbox"/>	Study
<b>Robertson, R., Goss, F., Auble, T., Cassinelli, D., Spina, R., Glickman, E., Galbreath, R., Silberman, R.,</b> 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		1990		<input checked="" type="checkbox"/>	Study
<b>Robinson LE, Devor st, Merrick MA, Buckworth j</b> 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	he Ohio State University	2004		<input checked="" type="checkbox"/>	Study Sport and Exercise
<b>Root, M.</b> Is It Time To Diversify? <u>IDEA Today</u>	13 (3)	42-9		1995	February	<input checked="" type="checkbox"/>	Article
<b>Rudzki S J, &amp; Cunningham M J</b> 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		1999		<input checked="" type="checkbox"/>	Study
<b>Ruoti R.G., Troup, J.T., Berger, R. A.</b> The effects of nonswimming water exercise on older adults <u>Journal of Orthopaedic &amp; Sports Physical Therapy</u>	19 (N3)	140-145	Temple University Hospital	1994	March	<input checked="" type="checkbox"/>	Study Department of Physical Medicine
<b>Ruoti, R.</b> The effects of calisthenics water exercises on selected work, physiologic and blood parameters of older adults. <u>JOSP</u>	19 (3)	140-144		1994	March	<input checked="" type="checkbox"/>	Study
<b>Ruoti, Richard G.</b> The effects of an aqua dynamic exercise program on selected work, physiologic, and blood parameters of older adults.						<input type="checkbox"/>	Study
<b>Sagawa, S., Shiraki, K., Yousef, M., &amp; Donda, N.</b> Water temperature and intensity of exercise in maintenance of thermal equilibrium. <u>Journal of Applied Physiology</u>	65	2413-2419		1988		<input checked="" type="checkbox"/>	Study
<b>Sale, J.E., McCarger, L.J., Crawford, S.M., Taunton, J.E.</b> 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	1995		<input checked="" type="checkbox"/>	
<b>Sanders, C., Griffin, Murray</b> 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	Aqatic Exercise Association	2004	spring	<input checked="" type="checkbox"/>	Thesis
<b>Sanders, M. E.</b> Selected physiological training adaptations during a water fitness program called Wave Aerobics. University of Nevada				1994		<input type="checkbox"/>	Thesis

<b>Sanders, M. E.</b> The art and science of wave aerobics. <u>Video Correspondence course</u>	1992				<input type="checkbox"/>	Other
<b>Sanders, M., &amp; Rippee, N.</b> Probing the depth of water fitness research. <u>IDEA Today</u>	1994	12	48-52, 55-		<input checked="" type="checkbox"/>	Review
<b>Sanders, M., Constantino, N. L., Rippee, N. E., Barrett, A. L., Griffin, D., Krumpe, P., &amp; Fredericks, R</b> 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>	1997	29 (5_	S110		<input checked="" type="checkbox"/>	Study
<b>Sazaklidou, Vasiliki</b> The water-exercise VASA test for the estimation of muscular endurance of the lower body. University of Oregon	1994			August	<input type="checkbox"/>	Thesis
<b>Schagatay, E, Holm, B.</b> Effects of water and ambient air temperatures on human diving bradycardia <u>Eur. Journal Applied Physiology</u>	1996	73 (1-2)	1-6	University of Lund, Sweden	<input type="checkbox"/>	Department of Animal Physiology
<b>Schimmoeller, SM.</b> 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>	1991			Bowling Green State University	<input checked="" type="checkbox"/>	Thesis
<b>Schipke J D &amp; Pelzer M</b> Effect of immersion, submersion, and scuba diving on heart rate variability. <u>BR J Sports Med</u>	2001	35 (3)	174-180		<input checked="" type="checkbox"/>	Study
<b>Schram, D. A., Bennett, R. L.</b> Underwater resistance exercise. <u>Arch. Phys. Med.</u>	1951	32	222		<input checked="" type="checkbox"/>	Study
<b>Schwanz, Lori A.</b> Water exercise vs. weight training exercise in the development of knee extension and flexion strength. California State University	1987				<input type="checkbox"/>	Thesis
<b>Schwengel, PA., Turra, NA., and Krueel, LFM.</b> Influence of immersion on the arterial pressure in different intensities of exercise. <u>AEA Aquatic Fitness Research Journal</u>	2004	1(1)	A101	Aquatic Exercise Association	<input checked="" type="checkbox"/>	Abstract
<b>Scott CG, Ducharme MB, Haman F, Kenny GP</b> Warming by Immersion or exercise affects initial cooling rate during subsequent cold water immersion. <u>Aviat Space Environ Med</u>	2004	75 (11)	956-63		<input checked="" type="checkbox"/>	Study
<b>Seefeldt, L. R., Abraham, A.</b> The effects of an eleven week aqua step program on relatively inactive college females. University of Delaware					<input type="checkbox"/>	Thesis
<b>Sendowski, I., Savourey, G., Besnard, Y., Bittel, J.</b> Cold induced vasodilatation and cardiovascular responses in humans during cold water immersion of various upper limb areas. <u>European Journal of Applied Physiology</u>	1997	75 (6)	471-477	Centre de Recherches du Service de Sante des Armees (CRSSA)	<input checked="" type="checkbox"/>	Department des Facteurs Humains
<b>Shaw, Janet M., Snow-Harter, Christine</b> Osteoporosis and Physical Activity. <u>Physical Activity and Fitness Research Digest</u>	1995		1-5	September	<input checked="" type="checkbox"/>	Study

<b>Shedahl, L.M., Tristani, F.E., Connelly, T.P., Levandoski, S.G., Skelton, M.M., Cowley, A.W. Jr.</b>	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
<b>Sheldahl, L.</b>	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			
<b>Sheldahl, L. M., Clifford, P. S., Hughes, C. V., Kalbfleisch, J. H., Smits, G., Tristani, F. E.</b>	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			
<b>Sheldahl, L., Bushkirk, E., Loomis, J., Hodgson, J. &amp; Mendez, J.</b>	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			
<b>Sheldahl, L.M., Tristani, F.E., Clifford, P.S., Hughes, C.V., Sobocinsky, K.A., Morris, R.D.</b>	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		
<b>Sherman, N. W., Michaud, T. J., and Ryan, N. D.</b>	1993	March		<input checked="" type="checkbox"/>	Study
Estimating VO2 max from submaximal aqua running.					
<u>Research Quarterly</u>	Supplemen	35	University of Houston		
<b>Shin, Y.</b>	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			
<b>Shono, T., Fujishima, N., Hotta, T., Ogaki, T., Ueda, T.</b>	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			
<b>Sieczkowski, AH</b>	1993	Spring		<input checked="" type="checkbox"/>	Article
Safety factors related to water fitness.					
<u>National Aquatics Journal</u>	9 (2)	14-6			
<b>Simmons, V., &amp; Hansen, P.</b>	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			
<b>Simpson, A., Miller, M.</b>	1994	Fall		<input checked="" type="checkbox"/>	Article
AquaStep your way to fitness					
<u>National Aquatics Journal</u>	10 (2)	2-3			
<b>Simpson, Alica J., Lemon, Peter W. R.</b>	1995			<input type="checkbox"/>	Study
Effects of an eight week deep water vertical exercise training program in adult women.					
			Kent State University		
<b>Smit, T., &amp; Harrison, R.</b>	1991			<input checked="" type="checkbox"/>	
Hydrotherapy and chronic lower back pain: A pilot study.					
<u>Australian Journal of Physiotherapy</u>	37 (4)	229-234			
<b>Smith C.</b>	1987			<input type="checkbox"/>	Thesis
Training effects of water aerobics compared with dance aerobics.					
			University of Wisconsin-Lacrosse		

<b>Sobolewski, J.L. Et al</b>				2003		<input checked="" type="checkbox"/>	Study
Comparing a 6-minute walk on land vs. a 6-minute walk in water.							
<u>Med &amp; Sci in Sports &amp; Exercise</u>	35(5)	783	S141				
<b>Sova, R.</b>				1991		<input checked="" type="checkbox"/>	Book
Aquatics: The complete reference guide for aquatic fitness professionals.							
					Jones & Bartlett		
<b>Speer, K., Cavanaugh, J., Warren, R., Day, L., &amp; Wickiewicz, T.</b>				1993		<input checked="" type="checkbox"/>	Study
A role for hydrotherapy in shoulder rehabilitation.							
<u>American Journal of Sports Medicine</u>	21:6	850	853				
<b>Sramek P, Simeckova M, Jansky L, Savlikova J, &amp; Vybiral S</b>				2000		<input checked="" type="checkbox"/>	Study
Human physiological responses to immersion into water of different temperatures.							
<u>Eur J Appl Physiol</u>	81 (5)	436	442				
<b>Stamford, B.</b>				1994	June	<input checked="" type="checkbox"/>	Article
Making a splash: let water workouts soothe your body							
<u>Physician and Sports Medicine</u>	22 (6)	105	6				
<b>Stavish, J. M.</b>				1987		<input type="checkbox"/>	Thesis
Walk-jog versus swim training: effects on body composition and aerobic capacity.							
					San Diego State University		
<b>Stevenson, J., Tacia, S., Thompon, J. &amp; Crane, C.</b>				1988		<input checked="" type="checkbox"/>	Study
A comparison of land and water exercise programs for older individuals.							
<u>Medicine and Science in Sports and Exercise</u>	20	S90					
<b>Stocks JM, Taylor NA, Tipton MJ, Greenleaf JE</b>				2004	May	<input checked="" type="checkbox"/>	Review
Human Physiological responses to cold exposure.							
<u>Aviat Space Environ Med</u>	75(5)	444	57				
<b>Stoub, Sandy</b>				2004	Dec/Jan	<input type="checkbox"/>	Review
Research Summary Update: Older Adults							
<u>AKWA</u>	17 (4)	11	AEA				
<b>Stransky, A., Mickelson, R., VanFleet, C., Davis, R.</b>				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				
<b>Suomi, R., &amp; Lindauer, S.</b>				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				
<b>Suomi, R., Kocejka, DM.</b>				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
<b>Svedenhag, J., &amp; Seger, J.</b>				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
<b>Tajima F, Sagawa S, Iwamoto J, Miki K, Freund B J, Claybaugh J R et al.</b>				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				

<b>Takeshima, N., Rogers, ME., Watanabe, E., Brechure, WF., Okada, A., Yam, T., Islam, MM., Hayano,</b>	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				
<b>Takgi, J.</b>	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
<b>Tanaka, N., &amp; Tei, C.</b>					<input checked="" type="checkbox"/>	Study
Hydrothermal effects in congestive heart disease.						
<u>Circulation</u>						
<b>Tarevnic R, Cardoso JE</b>	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			
<b>Tarevnic, R. and Cardoso, Junia</b>	2003				<input type="checkbox"/>	Review
A proposal to the elaboration of methodology to pregnant women in hydroaerobics sessions.						
			Instituto Universidade do Estado do Rio de Janeiro de Educacao			
<b>Tartaruga, LAP., Coertjens, M., Tartaruga, MP., Black, GL., Oliveira, AR., Ribas, LR, and KrueI, LF</b>	2004	Spring			<input checked="" type="checkbox"/>	Abstract
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			
<b>Tartaruga, LAP., KrueI, FLM.</b>	2004	Spring			<input checked="" type="checkbox"/>	Abstract
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			
<b>Tartaruga, LAP., Larronda, ACC., Tartaruga, MP., and KrueI, LFM.</b>	2004	Spring			<input checked="" type="checkbox"/>	Abstract
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			
<b>Taunton, JE., Rhodes, EC., Wolski, LA., Donnelly, M., Warren, J., Elliot, J., McFarlane, L., Leslie, J.,</b>	1996				<input checked="" type="checkbox"/>	Study
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			
<b>Templeton, M. S., Booth, D. L., &amp; O'Kelly, W.</b>	1996				<input checked="" type="checkbox"/>	Study
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				
<b>Terbizan, DJ., Hansen, PJ.</b>	2003	May			<input checked="" type="checkbox"/>	Abstract
No significant changes in oxygen consumption and body composition after training using winged walkers.						
<u>Medicine &amp; Science in Sports &amp; Exercise</u>	35(5)	S374				
<b>Thein, JM., Brody, LT.</b>	1998	January			<input checked="" type="checkbox"/>	Abstract
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
<b>Thomas, D. Q., Long, K. A., Kindred, D., &amp; Miller, C.</b>	1995				<input checked="" type="checkbox"/>	Study
Blood pressure and deep water running.						
<u>Sports Medicine Training and Rehabilitation</u>	6	207-214				
<b>Thomas, T. R., Ziogas, G., Smith, T., Zhang, Q., &amp; Londeree, B. R.</b>	1995				<input checked="" type="checkbox"/>	Study
Physiological and perceived exertion responses to six modes of submaximal exercise.						
<u>Research Quarterly for Exercise and Sport</u>	66	239-246				

<b>Thompson, D. L., Boone, W. T., Miller, J. S.</b>	1982				<input checked="" type="checkbox"/>	Study
Comparison of treadmill exercise and tethered swimming to determine validity of exercise prescription.						
<u>Journal of Cardiopulmonary Rehabilitation</u>	2	363-372				
<b>Thomson, Ann M., Sinner, Alison T.</b>	1983				<input checked="" type="checkbox"/>	Book
Duffield's Exercise in Water, Third Edition						
				Bailliere Tindall, a division of Casell, Ltd		
<b>Tilden, HM., Worrellia, M.</b>	1991	May			<input checked="" type="checkbox"/>	Article
Take the next step in fitness with aquatic bench aerobics.						
<u>Perspective</u>	17 (3)	31-33				
<b>Toner, MM, Swaka, MN, Pandolf, KB</b>	1984	May			<input checked="" type="checkbox"/>	
Thermal responses during arm and leg and combined arm-leg exercise in water.						
<u>Journal of Applied Physiol</u>	56 (5)	1355-1360				
<b>Tovin, Brian, et al.</b>	1994	August			<input checked="" type="checkbox"/>	Study
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>	74 (8)	710-719				
<b>Town, G., &amp; Bradley, S.</b>	1991				<input checked="" type="checkbox"/>	Study
Maximal metabolic responses of deep and shallow water running in trained runners.						
<u>Medicine and Science in Sports and Exercise</u>	23 (2)	238-241				
<b>Tsukahara N., Toda A., Goto, J., Ezawa, I.</b>	1994	Feb			<input checked="" type="checkbox"/>	
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>	V0040 N1	37-47	Japan Womens' Univ.	Food & Nutrition		
<b>Tuttle, T. &amp; Templin, J.</b>	1942-43				<input checked="" type="checkbox"/>	Study
Study of normal cardiac responses to water below body temperature with special reference to submersion syndrome.						
<u>Journal of Laboratory and Clinical Medicine</u>		271-276				
<b>Tuttle, W. &amp; Corleaus, J.</b>	1935				<input checked="" type="checkbox"/>	Study
The response of the heart to water of swimming and pool temperature.						
<u>Research Quarterly</u>	6 (24)	24-26				
<b>Ueno L M, Miyachi M, Matsui T et al.</b>	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				
<b>Vaccaro, P., Ostrove, S., Vanderveldon, L., Goldforb, A., et al.</b>	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				
<b>Vanderveer, BJ., McGrew, SC.</b>	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				
<b>Vanessa Batista Freire, Roxana Macedo Brasil, Jefferson S. Novaes, Estélio H. M. Dantas</b>	2005	Spring			<input checked="" type="checkbox"/>	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		
<b>Vella, Chantal A and Kravitz, Len</b>	2004	Dec/Jan			<input type="checkbox"/>	Review
Staying cool when your body is hot.						
<u>AKWA</u>	17 (4)	16	AEA			

<b>Vickery, S., Cureton, K., &amp; Langstaff, J.</b> Heart rate and energy expenditure during aqua dynamics. <u>Physician and Sports Medicine</u>	11	62-72	1983		✓	Study
<b>Viitasalo, J.T., Niemela, K., Kaappola, R., Korjus, T., Levola, M., Monomen, H.V., Rusko, H.K., Takala,</b> Warm underwater-jet massage improves recovery from intense physical exercise. <u>Eur J Appl Physiol Occup Physiol</u>	71-5	431-438	1995		✓	Study
<b>Walter, A.</b> S.W.I.M. with Integrated Movement Curriculum.  Tacoma YMCA			1983		✓	Book
<b>Ward EJ, McIntyre A, van Kessek G, Hague WM</b> Immediate blood pressure changes and aquatic physiotherapy. <u>Hypertens Pregnancy</u>	24(2)	93-102	2005		✓	Study
<b>Watanabe, E., Takeshima, N., Okada A., Inomata, K.</b> 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	2000	August	✓	Study
<b>Watson P, Shirreffs SM, Maughan RJ</b> 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	2005	June	✓	Study
<b>Watterson, V. V.</b> The effects of aerobic dance on cardiovascular fitness. <u>The Physician and Sportsmedicine</u>	12 (10)	138-145	1984		✓	Study
<b>Weinsier, R.L., Hunter, G.R., Desmond, R.A., Byrne, N.M., Zuckerman, P.A., Darnell, B.E.,</b> 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	2002	March	✓	Study
<b>Weinstein, L. D.</b> The benefits of aquatic activity. <u>Journal of Gerontol. Nursing</u>	12 (2)	6-11	1986		✓	Study
<b>Weiss, C. R., Jamieson, N. B.</b> Women, subjective depression and water exercise. <u>Health Care Women Int., 1989</u>	10 (1)	75-88	1989		✓	Study
<b>Weltman, A.</b> The blood lactate response to exercise. Monograph #4 <u>Human Kinetics Publishers</u>	#4		1995		✓	
<b>Westcott, Wayne L., Tolken, Joyce, &amp; Wessner, Brian</b> School-based conditioning programs for physically unfit children. <u>Strength and Conditioning</u>		5-8	1995	April	✓	Study
<b>Weston, C.F., O'Hare, J.P., Evans, J.M., Corral, R.J.</b> Hemodynamic changes in man during immersion in water at different temperatures. <u>Clinical Science</u>	73(6)	613-616	1987	Dec.	✓	
<b>Whann, C.M., Chung, J.K., Gregory, P.C., Lopez, A.N., Towler, M.A., Becker, D., Edlich, R.F.</b> A new, improved flotation device for deep-water exercise. <u>J Burn Care Rehabil</u>	12 (1)	62-6	1991	Jan-Feb	✓	Abstract
						University of Virginia School of Medicine Department of Plastic Surgery

<b>White AT, Davis SL, Wilson TE</b> 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
<b>White LJ, Dressendorfer RH, Holland E, McCoy SC, Ferguson MA</b> 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
<b>White, JS., Yeater, RA., Liparulo, TL., Lowther, CG., Parker, JE., Hornsby, JA., Ullrich, IH., and Hor</b> Heart Rate and VO2 responses to incremental exercise with land and aquatic cycling. <u>Medicine &amp; Science in Sports &amp; Exercise</u> 35(5) S183	2003	May	<input checked="" type="checkbox"/>	Abstract
<b>White, MD.</b> Water Exercise: 78 Safe and Effective Exercises for Fitness and Therapy Human Kinetics Publishers	1995		<input checked="" type="checkbox"/>	Book
<b>White, S. W., Landis, L. M.</b> Designing aquatic exercise programs: three guiding principles. <u>J. Phys. Educ. Rec. &amp; Dance</u> 60 40-42	1989		<input checked="" type="checkbox"/>	Article
<b>Whitley, J., &amp; Schoene, L.</b> 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
<b>Wieczorek, M., et al</b> 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"/>	
<b>Wiederhold B K, Davis R &amp; Weiderhold M D</b> The effects of immersiveness on physiology. <u>Stud Health Technol Inform</u> 58 52-60	1998		<input checked="" type="checkbox"/>	Study
<b>Wigglesworth, J., Edwards, J., Mikesky, A. and Evenbeck, E.</b> The effect of water exercise on various parameters of physical fitness. Indiana University and the National Institute for Fitness and Sp	1990		<input type="checkbox"/>	Thesis
<b>Wilber, R. L., Moffatt, R. J., Scott, B. E., Lee, D. T., &amp; Cucuzzo, N. A.</b> 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	1996	August	<input checked="" type="checkbox"/>	Study
<b>Wilder, R., Brennan, D., &amp; Schotte, D.</b> A standard measure for exercise prescription for aqua running. <u>American Journal of Sports Medicine</u> 21 (1) 45-48	1993		<input checked="" type="checkbox"/>	Study
<b>Wilder, RP., Brennan, DK.</b> Rhyiological responses to deep water running in athletes. <u>Sports Medicine (Auckland)</u> 16 (6) 374-80	1993	December	<input checked="" type="checkbox"/>	Article
<b>Wilson, B. R. A., Hiratsu, D. C. and Lindle, J. M</b> Metabolic responses to three water-aerobic exercises. <u>Research Quarterly</u> 63 (1) A-30 Abstr University of Cincinnati	1992	March	<input checked="" type="checkbox"/>	Thesis
<b>Witvrouw E, Mahieu N, Danneels L, McNair P</b> Stretching and injury prevention: an obscure relationship. <u>Sports Med</u> 34(7) 443-449 Ghent University Department of Rehabilitation Sciences and	2004		<input checked="" type="checkbox"/>	Study

<b>Woods, D.</b>	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				
<b>Wyatt, FB., Milam, S., Manske, RC., Deere, R.</b>	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				
<b>Yamaguchi, H., Tanaka, H., Obara, S., Tanabe, S., Utsuyama, N., Takahashi, A., Nakahira, J., Yamam</b>	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
<b>Yamaji, K., Greenley, M., Northey, D. &amp; Hughson, R.</b>	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
<b>Yambe T, Yoshizawa M, Tanaka A, Abe K, Tabayashi K &amp; Nitta S</b>	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				
<b>Yazigi, FG.</b>	2000				<input type="checkbox"/>	Thesis
Physiological responses to exercise in various water temperatures.						
			UNIFMU Centro Universitario			
<b>Yen SH, Choi JK, Park YS</b>	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				
<b>Yilmaz, I., Ergun, N., Konukman, F., Bonello, M., Zorba, E.</b>	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				
<b>Young, AJ., Sawka, MN., Levine, L., Burgoon, PW., Latzka, WA., Gonzalez, RR, Pandolf, KB</b>	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			
<b>Young, MJ., Brown, BS.</b>	2003	May			<input checked="" type="checkbox"/>	Abstract
Effects of aquatic exercise and education on fitness, pain, and perceived health status in fibromyalgia.						
<u>Med &amp; Sci in Sports &amp; Exercise</u>	35(5)	S234				
<b>Zeni, A. I., Hoffman, M. D., &amp; Clifford, P.S.</b>	1996				<input checked="" type="checkbox"/>	Study
Energy expenditure with indoor exercise machines.						
<u>Journal of the American Medical Association</u>	275	1424-1427				
<b>Zhao S, Xie L, et al.</b>	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				