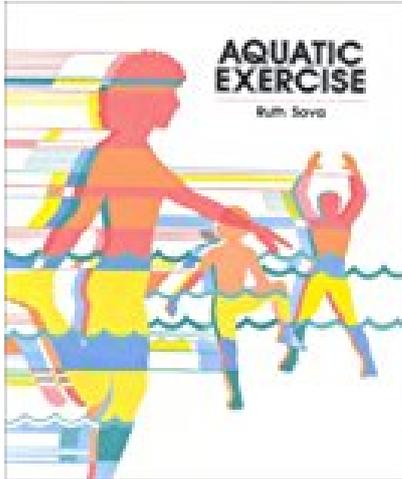


Aquatic Exercise



BOOK DETAILS

- Author : Ruth Sova
- Pages : 127 Pages
- Publisher : Jones and Bartlett Publishers, Inc.
- Language : English
- ISBN : 086720754X

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BOOK SYNOPSIS

Aimed at midwives and health and fitness professionals, this practical, illustrated resource book covers every aspect of one of the most beneficial forms of exercise for pregnant mothers. Aquanatal exercise combines the therapeutic properties of warm water with suitably chosen music, to create a unique method of exercising. Unlike dry land exercise, which tends to work specific parts of the body, aquanatal exercise gently works the whole body. Written by two specialist coaches for the Register of Exercise Professionals (UK), who have developed the UKOCOs first level3 Pregnancy Aquatics, Nutrition and Health module at the University of Salford, this book is the culmination of over ten years OCO passionate interest and work in the field of aquanatal exercise. Contents include: Water generally OCo aquanatal specifically The anatomy of movement and the main muscles OCo Pool safety OCo risk assessment and management OCo Getting the best out of your classes OCo Aquanatal choreography OCo Practical tips for more fun and interesting classes OCo Contraindicated aquanatal exercises OCo The pelvic floor and aquanatal exercise OCo Ethical considerations OCo Public health, physical activity and aquanatal exercise OCo aquanatal exercise and parent education Nutrition during pregnancy and for physical exercise OCo The law and aquanatal exercise OCo Voice care for the aquanatal exercise coach OCo Marketing within the NHS OCo Sample screening and risk assessment forms OCo Sample sessions plans and client information sheets"

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