

Course Reading Suggestions

Manual by Chapter	Recommended Reading
Chapter 1	Not Applicable
Chapter 2: Leadership Principles	pp10-15
Chapter 3: Water Exercise Program Safety	pp16-21
Chapter 4: Healthy Lifestyle Principles	pp24-30
Chapter 5: Fitness Principles	pp32-61 (s/b review of Fitness Theory)
Chapter 6: ...Research ...about H2O Exercise	pp64-83 (IMPORTANT)
Chapter 7: Physical Laws & Properties of Water	pp88-100 (VERY IMPORTANT)
Chapter 8: Fundamental Skills & Ex Design	pp102-118 (IMPORTANT)
Chapter 9: Specificity of Training & Training Guidelines	pp120-151 (s/b review of Fitness Theory)
Chapter 10: Designing a Workout	pp156-173
Chapter 11: Teaching Responsively	pp174-185
Chapter 12: Progressing Your Programs: Equipment & Advanced Formats	pp186-205
Chapter 13: Functional Training for Healthy Living on Land	pp208-220
Chapter 14: Exercising for Older Adults	pp222-240

Chapter 15: Guidelines for Working with Special Populations	pp242-276 (important for REAL-LIFE teaching)
Chapter 16: Functional ADL	OUT OF SCOPE: not applicable
Appendix A: Program Formats	ONLY pp289-290 & pp296-297 (pp291-295 & pp298-299 = OUT OF SCOPE)
Appendix B: Additional Workouts	For your interest only: pp300-316
Appendix C: Cue Cards	For your interest only: pp318-345