



Essential Principles of Aquatic Therapy and Rehabilitation

Ruth Sova

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Essential Principles of Aquatic Therapy and Rehabilitation is a study guide for groups or individuals who want to meet the Aquatic Therapy and Rehabilitation Industry Standards and those preparing for the Aquatic Therapy and Rehabilitation Certification Examination process.

The book tells readers what to study (resource books are not included), what they should learn from it, suggests activities to help them learn, lists words they should know and then tests their knowledge.

Three resource books are suggested if the reader wants knowledge, not just a test of their knowledge or a preview of testing. Those books are AQUATICS - The Complete Reference Guide by Ruth Sova, Aquatic Rehabilitation by Richard Ruoti, Aquatic Fitness Professional Manual by the Aquatic Exercise Association.

Each chapter of this guide correlates one of the six Aquatic Therapy and Rehabilitation Industry Standards and with chapters in the resource books. The format closely follows educational curriculum guidelines to make learning more effective.

Each chapter in Essential Principles includes:

The Foundation or what readers are expected to know

Learning Materials the chapters to study in each resource book

Objectives for the chapter

Implementation Activities to assist in the comprehension of the concepts

Key Words terms readers should know

Self-Test over 200 questions in this book give the readers' a "feel" for the exam process and their knowledge

Supplementary Learning Materials optional sources (books and videos) for more in-depth information

Also included in the book are:

Glossary of Common Medical Terms suffixes, prefixes, root words, and abbreviations

Resources a listing of key businesses in the Aquatic Therapy and Rehabilitation Industry

Self-Test Answer Key the answers to each question

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