



# Aquatic aerobic exercise and physical fitness: from scientific foundations to practical applications

## Exercício aeróbico aquático e aptidão física: dos fundamentos científicos às aplicações práticas

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### DOI

10.12820/rbafs.30e0190c



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### ABSTRACT

**Introduction:** The aquatic environment offers broad potential for physical training, providing an advantageous alternative, especially for individuals who have difficulties performing exercises on land. In this sense, the literature on aquatic exercise for health promotion has grown significantly. **Objective:** To present accessible knowledge related to the prescription of aquatic aerobic training in the vertical position, aiming to offer a comprehensive understanding from the scientific foundations to the practical applications for professionals who work with aquatic modalities. **Development:** In this review, we begin by summarizing the physical properties of the aquatic environment and their effects on the immersed human body. We discuss how buoyancy and drag force influence the biomechanics of movements in water and how hydrostatic pressure and thermal conductivity affect physiological parameters. Then, we address the main possibilities for prescribing aerobic exercises in the aquatic environment, highlighting the advantages and disadvantages of each intensity control parameter while considering differences from the land environment. Finally, we present the findings from aerobic training programs on physical fitness outcomes in young and older adults. The available evidence suggests that aerobic training in the aquatic environment may exhibit characteristics and adaptations similar to multicomponent training in previously inactive individuals. **Final Considerations:** We expect that aquatic professionals will “immerse themselves” into the knowledge related to aquatic exercise, as this will allow them to optimize the effectiveness of training programs in this environment, promoting health and well-being among practitioners.

**Keywords:** Water; Physical exercise; Immersion; Review.

### RESUMO

**Introdução:** O meio aquático oferece um amplo potencial para o treinamento físico, sendo uma alternativa vantajosa especialmente para indivíduos com dificuldades em realizar exercícios no meio terrestre. Nesse sentido, a literatura sobre o exercício aquático para a promoção da saúde tem crescido significativamente. **Objetivo:** Apresentar o conhecimento relacionado à prescrição de treinamentos aeróbicos aquáticos na posição vertical de forma acessível, visando oferecer uma compreensão abrangente dos fundamentos científicos até as aplicações práticas para profissionais que trabalham com modalidades aquáticas. **Desenvolvimento:** Nesta revisão, primeiramente resumimos as propriedades físicas do meio aquático e sua efeito sobre a organização humana imersa. Discutimos como a força de empuxo e a força de arrasto influenciam a biomecânica dos movimentos na água, e como a pressão hidrostática e a termcondutividade alteram parâmetros fisiológicos. Em seguida, abordamos as principais possibilidades de prescrição de exercícios aeróbicos no meio aquático, destacando as vantagens e desvantagens de cada parâmetro de controle de intensidade, considerando as diferenças em relação ao meio terrestre. Por fim, apresentamos os resultados de programas de treinamento aeróbico em desafios de aptidão física de adultos e idosos. **Considerações finais:** Esperamos que os profissionais de modalidades aquáticas sejam uma “imersão” no conhecimento relacionado ao exercício aquático, pois assim poderão otimizar a eficácia de treinamentos nesse meio, a fim de promover saúde e bem-estar aos praticantes.

**Palavras-chave:** Água; Exercício físico; Imersão; Revisão.

### Introduction

Physical exercise is widely recognized as fundamental for maintaining health and well-being. Different exercise modalities offer flexible options that match indi-

vidual goals, limitations, and preferences, encouraging greater adherence to conditioning programs. In this sense, the aquatic environment presents several advantages related to water's physical properties, which make

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web kindergarten literacy jun 24 2022 offers kindergarten teachers easy to use assessment tools and advice on how to use the results to create a literacy curriculum that matches their students strengths reading assessment in kindergarten and first

grade

[formative assessment fictional text retell checklist](#) - Jan 14 2023

web retelling stories is a valuable literacy skill that allows children to build their vocabulary and analyze what they have read use this template to assess your students story retelling skills including body language transition words and character and detail recollection

[using a retelling rubric reading a z](#) - Jun 19 2023

web retelling rubrics assess how well students comprehend what is read with oral retellings use retellings in a three part process with a benchmark passage or benchmark book running record and a comprehension quiz the three part assessment provides an in depth analysis of a student s reading behavior and comprehension skills

[kindergarten retell assessment rubric 2023](#) - Mar 16 2023

web formative and summative assessments informal and formal assessments oral and written assessments project and performance assessments highly structured and enrichment assessments for struggling to gifted students assessment tools and rubrics read and retell dec 29 2021 grade level 5 6 e i t

**retelling activities for kindergarten** - Oct 23 2023

web jun 25 2021 one of the kindergarten standards is to recall and retell events from the story they should be able to tell you what happened at the beginning middle and end of the story as well as who the characters were and where the story took place

[unit of study retelling for kindergarten qrsd org](#) - Aug 21 2023

web other classroom routines to retell have students practice retelling these routines students can use acting drawing and or writing as they retell provide independent practice remind students before they go off to read when you go to rw try work with a partner to pretell a routine in our classroom let s try retelling how