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In This Issue...

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EDITORIAL

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In This Issue . . .

Upcoming International Aquatic Events

It appears that 2014 is going to be a very busy year for international aquatic events. Before introducing the content of this first issue of the eighth volume of the *International Journal of Aquatic Research and Education*, I would like to highlight several of the upcoming conferences, meetings, and workshops that have come to my attention recently.

Biomechanics and Medicine in Swimming, 2014

As I have previously mentioned, the XII Biomechanics and Medicine in Swimming conference will be held at the Australian Institute of Sport (AIS), in Canberra, Australia from Monday, April 28–Friday, May 2, 2014. The deadline for abstracts and other proposals is long past, but it is not too late to book your registration, flights, and accommodations. To receive updates on the symposium and to registrar, you are encouraged to contact the following website <http://ausport.gov.au/bms2014> or email BMS2014@ausport.gov.au.

Spanish International Conference on Drowning Prevention, Lifesaving, and Water Rescue (SICOD 2014)

The European University of Madrid will host the first Spanish International Conference on Drowning Prevention, Lifesaving and Water Rescue, SICOD 2014, to be held from Friday May 9th to Sunday 11th, 2014. According to the promotional materials, SICOD 2014 aims to be “a forum . . . to share research, experiences, and ideas and to stimulate debate on current issues and controversies related to water safety, first aid, water rescue and intervention, lifesaving, lifeguarding, education, and their practical applications.” Several of the themes around which the conference is being organized include drowning epidemiology and research, aquatic prevention and surveillance, water safety in pools, beaches and natural settings, swimming education, risk assessment, technology and devices for water safety and rescue, lifeguard training, water safety support for developing and third world countries, and water rescue organizations and service.

Anyone interested in submitting an abstract or registering for the conference is encouraged to visit www.aetsas.com/images/formulario.php, indicating the link “Otros Cursos” and selecting “SICOD2014.”

Seventh International Scientific Symposium on “Science and Swimming”

The 7th International Scientific Symposium on “Science and Swimming” will be hosted by the Institute of Physical Activity in Water Environment, University

School of Physical Education in Wroclaw, Poland from May 29–30, 2014. The first announcement recently was released which described the symposium aim to be “the exchange of views and experiences and to present the results of scientific research performed on the development of widely understood physical activity in the aquatic environment with a biological and humanistic context. The conference is also dedicated to make intercollegiate, scientific, educational, and organizational contacts.” The three symposium themes are described as

- Contemporary problems of the up-to-date physical activity forms in the aquatic environment
- Biological and humanistic aspects of physical education, sport, recreation, active recreation, and rehabilitation in the aquatic environment
- Other problems concerning education, physical education, sport, recreation, active tourism, and rehabilitation in the aquatic environment

Use the following URL to obtain additional information about this symposium: <http://www.scienceandswimming.awf.wroc.pl>

2014 Lifesaving Foundation Drowning Prevention Conference, Dublin, Ireland

Another serial conference that will meet in 2014 is The Lifesaving Foundation’s Drowning Prevention and Water Rescue Conference at the Bracken Court Hotel, Balbriggan, County Dublin, Ireland from September 30–October 2, 2014. According to the Lifesaving Foundation’s Winter 2013 newsletter, “The conference will contain a number of general presentations but the bulk of conference time will be devoted to presentations from the *Handbook on Drowning* (2nd edition) and jointly on the International Life Saving Federation’s Can You Swim Project / Lifesaving Foundation’s Why Swimmers Drown Project.” Anyone interested in attending the conference in a nonpresenting role may do so as a Foundation member who registers and pays the appropriate attendance fee.

Available details on the conference can be accessed on the conference website that is linked from the main Lifesaving Foundation website: <http://www.lifesavingfoundation.ie/conference/>. Accommodations can be secured through the venue website <http://www.brackencourt.ie/>.

Halliwick Foundation Workshop, Arizona

I was asked by Johan Lambeck, one of our Editorial Board members, to share information about a Halliwick workshop (featuring modules 1 and 2 for certification) that he will be conducting in Sun City, Arizona April 9–13, 2014. For more information about this course, please use the following URL:

<http://www.inertiatherapyservices.com/Continuing-Education-Halliwick.html>

2014 National Drowning Prevention Coalition Conference

The National Drowning Prevention Coalition will present their annual educational conference in Orlando, FL from March 19–21, 2014. By the time you read this

message, the Early Bird registration period will have passed, but you can still do regular registration through January 31 and late registration after February 1.

The conference will be hosted at the Wyndham Orlando Resort, International Drive in Orlando, Florida. NDPC asks you to call the hotel directly at (407) 351-2420 and mention the code NDPA in order to obtain the conference rate. The URL to register <https://www.regonline.com/register/checkin.aspx?EventId=1301114&MethodId=0&EventSessionId=&startnewreg=1>

In This Issue – February 2014 8(1)

This first issue of our eighth volume of the *International Journal of Aquatic Research and Education* offers a slightly different focus among the research papers as compared to recent issues. In addition, there are several interesting, unique, and purposefully provocative educational papers. I offer these fine and diverse pieces of scholarship to our loyal subscribers and readers for your enjoyment and edification.

To kick off this issue, Bob Stallman, a frequent author as well as reviewer and member of our *IJARE* Editorial Board, offers you a guest editorial that was stimulated by my own “Which Stroke First?” editorial in the November 2013 issue. I was delighted to see how his opinion piece based on his thinking and research with the international “Can You Swim” movement built upon and extended my own arguments distinguishing between the teaching of water safety skills versus formal swimming strokes. I invite you to respond with appropriate letters to the guest editor if you have thoughts and reactions.

Original Research Articles

You will find four original research articles in this issue. Three of these papers, which come from a research group of faculty and graduate students from the HPER Department at Utah State University in Logan, Utah, examine several different topics related to aquatic exercise.

The first paper, “Land Versus Water Treadmill Running: Lactate Threshold,” was authored by Ron Garner, Dale Wagner, Eadric Bressel, and Dennis G. Dolny. They describe how the lactate threshold varies between treadmill running on land and in the water.

The second paper, “Metabolic Cost Comparison of Running on an Aquatic Treadmill With Water Jets and Land Treadmill With Incline,” authored by Ryan Porter from the University of South Carolina, the Utah State University members (Sarah Blackwell, Dale Wagner, Richard Gordin, and Dennis Dolny), as well as Gerald Smith from Colorado Mesa University. As the title indicates, the paper compares how the metabolic cost of running activity differs when performed on land versus water treadmills.

The third original research paper, “Perception and Responses to Different Forms of Aqua-Based Exercise Among Older Adults With Osteoarthritis,” was authored by a diverse research group from universities in New Zealand and Australia. The lead researcher, Alison Fiskien is from AUT University in Auckland. Justin Keough, Wayne Hing, and Michael Steele are faculty from different departments at Bond University, Gold Coast, Australia. Debra L. Waters is from the University of Otago,

Dunedin, New Zealand. Their study explores a group of older adults who suffer from osteoarthritis and how they respond and perceive aquatic exercises.

The final research article in this issue, "Effect of Aquatic Immersion on Static Balance," authored by the HPER Utah State University group led by Talin Louder, and including co-authors, Eadric Bressel, Matt Baldwin, Dennis Dolny, Richard Gordin, and Andrew Miller (currently from Arizona State University). The study examined how the aquatic environment impacts upright balance. To my personal surprise, it seems that water creates a less stable balance environment than on land.

Educational and Review Articles

We have three additional educational articles featured in this issue. The first two come to us from John Connolly, the honorary executive director for The Lifesaving Foundation in Ireland. John's first paper, "Drowning: The First Time Problem," addresses his own observations and fairly common experiences by others that the risk of drowning is dramatically higher when individuals find themselves in aquatic environments for the first time. His paper illustrates the challenge of promoting water competence that can apply from pools to open water venues.

The second paper also by John Connolly is entitled, "Drowning: The Exit Problem." This more extensive paper provides a wide variety of reports as well as photographs to illustrate that one strong element increasing drowning risk relates to victims being unable to get out of the water. Exiting the water is one of those water safety skills that is infrequently emphasized in learn-to-swim programs. Based on this paper, it certainly ought to be.

The third and final paper in this issue comes from a group from the University of Rhode Island, Kingston, RI, who offer a unique physical activity program, surfing for persons with different abilities, particularly Down syndrome. The authors, Linda Lamont, Cortney Armitano, and Emily Clapham, all kinesiologists, and Peter Panagiotis, head of the Peter Pan Surfing Academy, Narragansett, RI, have shared a fascinating paper, "Development of a Wet Suit for Children With Down Syndrome," that details their process in creating a modified wetsuit that fit their students more appropriately than standard wetsuits which they could get on themselves.

So, until our next issue of *IJARE* in May 2014, may you enjoy continued good reading and safe swimming.

Steve Langendorfer

Editor