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Science in Swimming IV

Edited by Krystyna Zaton, Marek Rejman, and Andrzej Klarowicz

Published in 2012 by Wydawnictwo Akademii Wychowania Fizycznego (AWF), Wrocław, Poland, 230 pages (soft cover), ISBN: 978-83-89156-19-8

Reviewed by Stephen J. Langendorfer, PhD, Bowling Green State University

If you are a regular and very astute cover-to-cover reader of the *International Journal of Aquatic Research and Education*, you may be wondering whether you read this particular review last year. Worry not. *IJARE*'s editor hasn't completely lost it and begun recycling previous Media Reviews. The fact is that Poland's Wydawnictwo Akademia Wychowania Fizycznego (AWF) has produced its annual *Science in Swimming IV* volume. The editors were so appreciative of the previous *IJARE* Media Review (of *Science in Swimming III*) that they forwarded me their latest work of which this is my review.

In the previous Media Review (Langendorfer, 2012), I offered the opinion that readers of *IJARE* might be interested in learning more about the scientific swimming studies that were being conducted in Poland. The University School of Physical Education in Wrocław (i.e., Warsaw) and the Society for the Promotion of Science in Physical Education and in Sport in Poland support an ongoing annual scientific symposium from which selected papers comprise each volume of *Science in Swimming*. As with the previous volume, because most of the authors are non-native English speakers or writers, their works are translated into English and edited by several academic reviewers, Professors Tadeusz Bober and Robert Keig Stallman (an *IJARE* Editorial Board member). I find such an annual undertaking to be quite laudatory—and a lot of work! Anyone who has attempted to publish any kind of conference proceedings recognizes immediately the kind of time, effort, and dedication that is required to wrestle papers from presenting authors on a deadline, have them reviewed by another deadline, and finally further wrestle final revisions from the authors prior to getting them into print to meet the final deadline. To do so in one's non-native language is nothing short of remarkable.

This fourth volume of *Science in Swimming* illustrates a remarkable growth from the third volume just a year earlier. While the third volume was 160 pages, comprised of 15 papers divided into two main chapters, the current fourth volume features 230 pages comprising 20 individual scientific reports partitioned into three main chapter sections.

Chapter I (64 pp.), titled "Didactics in Swimming" (as it was in the previous volume as well), features six reports that focus on principles of motor learning (e.g., kinesthetic awareness, verbal feedback, efficiency applied to learning to swim), pedagogical innovations (e.g., use of games in water acclimatization), evaluation of swimming in persons with Down syndrome, and women's quality of life based on aquatic recreation. The direction of the various studies and reports is quite

diverse, providing readers with fascinating perspectives on various elements of and orientation toward swimming instruction in Poland.

Chapter II (120 pp.), titled “Biology and Biomechanics in Competitive Swimming,” comprises eleven studies and reports related in some fashion to competitive swimming or aquatic fitness and training topics. Several of the topics are only slightly related to competitive swimming and more focused on aquatic physiology or anthropometrics (e.g., use of monofin kicking, body proportions and body composition of age group swimmers, caloric expenditure in deep water exercise). Jan Prins from the University of Hawaii provided an overview of how to study stroke mechanics through the use of high speed videography and video enhancement that leads off this middle chapter.

In an innovation from previous volumes, Chapter 3 (34 pp.), titled “Water Rescue,” includes three papers devoted to information about lifesaving and water safety topics. The lead paper in this chapter includes a variation on a recent *IJARE* editorial coauthored by Bob Stallman and Per-Ludvik Kjendlie in which they argue convincingly for the need of scientists studying biomechanics and physiology and pedagogy in swimming (especially competitive aspects) to join with other practitioners and academics studying water safety and drowning prevention so that unnecessary duplication and lack of communication is avoided.

I found this most recent volume of scientific work, devoted as it was to varied aspects of learn-to-swim, competitive swimming, and water rescue in Poland, to be quite fascinating and a unique contribution to the aquatic literature. Because I could compare it with the previous volume, I was pleased to note the growth in number and different topics as well as in the sophistication of the research questions being addressed. Although the current volume is still relatively modest compared to the more extensive proceedings that emanate from the quadrennial proceedings of International Biomechanics and Medicine in Swimming conference, I feel that it is still noteworthy for its efforts to support and disseminate the growing body of literature being produced by aquatic scientists and practitioners in Poland. I laud the authors, editors, and reviewers alike for their efforts and hope they can continue. They are all doing a great service to the field of aquatics.

I encourage our readers to seek out research works such as *Science in Swimming IV* that broaden our knowledge base as well as encourage more international collaboration and communication about topics we hold in common interest.

References

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