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In This Issue...

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EDITORIALS

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In This Issue . . .

The current issue (4:1) of the *International Journal of Aquatic Research and Education* begins our fourth volume as well as fourth year of publication. I think at the beginning of this fourth volume, it is appropriate to recognize a number of individuals and organizations for their editorial, promotional, production, and scholarly support, without which this journal would not have started nor continued this far. For starters, the inspiration for starting *IJARE* came from Rainer Martens of Human Kinetics along with Tom Lachocki of the National Swimming Pool Foundation five or six years ago (although I know Rainer had the “dream” of a scholarly aquatic journal for well over twenty years). In putting together each of the print and on-line issues, there are a number of Human Kinetics personnel who work behind the scenes. I am particularly grateful to the patience and guidance of Julia Glahn, our original, and Margery Kane, our current, managing editors, who do all the work of actually assembling each issue. I also appreciate the advice and support provided by Greg Reed, the head of HK’s Journals Division. Of course, I would be remiss if I didn’t also acknowledge the members of the *IJARE* Editorial Board, the many reviewers (see the fourth issue of each volume for a reviewer list), and the many authors who have submitted, revised, and resubmitted their manuscripts during the past three years. As I have often noted, the production and publication of a scholarly journal certainly is an amazing group effort. Thank you to everyone!

See You in Oslo!

By the time this issue is available to readers, the deadline for submission of abstracts and papers (January 2010) for the XIth International Symposium on Biomechanics and Medicine in Swimming in Oslo, Norway will have passed. When you read this, the board of reviewers already will be hard at work refereeing the submissions and the June 16-19 Symposium dates will be less than six months away. I am anticipating attending this important international gathering hosted by the Norwegian School of Sport Sciences and their Department of Physical Performance under the leadership of chairpersons Per-Ludvik Kjendlie and Robert Stallman. If you have not already registered and are interested in attending, all the vital information, including a short video and a newsletter, is available on the BMS website: <http://www.nih.no/templates/Page.aspx?id=4108>. I hope to see many readers in Oslo!

Contributions in the Current Issue

Our thirteenth issue kicks off with my editorial on a recent controversial issue dealing with whether indoor pools should close as do outdoor pools when an approaching storm poses a risk of lightning. I welcome any constructive feedback, letters to the editor, and continuing commentary about potential resolutions to this issue.

The “meat” of the current issue is reflected in the seven research articles. I have organized them around two overarching “themes:” water safety/drowning and water exercise. As with the August 2009 issue, these themes were not purposeful, but more emergent from the manuscripts ready for publication. I find it fascinating that sometimes the topics organize themselves naturally while other times the topics are quite divergent.

The first paper, authored by Nathan Martin and Dean Witman, is entitled “Factors Affecting Minority Drowning.” Regular readers will note that this is the third paper we have published that deals with issues surrounding swimming, drowning, and persons of color. I think this descriptive literature review paper, like its predecessors, makes an important contribution to our understanding of how race, culture, and other factors may relate to swimming and drowning. I know from the authors that its origins were indeed inspired by the earlier papers published in *IJARE*. I continue to encourage additional contributions to further this line of inquiry.

Michael Lo, Kristal Hall, Lisa VanderWerf-Hourigan, Bob Vincent, and Robert Pryor have co-authored the second study, “Correlation of Pool Drowning Deaths With Number of Residential Swimming Pools by County in Florida, 2005-2007.” This study pioneers a novel and interesting metric for studying drowning rates: instead of comparing drowning against population density (and thereby overlooking the impact of non-resident visitors), Lo and colleagues propose using the number of in-ground residential swimming pools as the basis for understanding relationships to drownings in Florida. This study was made possible by changes in data collection procedures in Florida that allowed the authors to accurately count residential drownings and compare them to the number of in-ground residential swimming pools.

The third and final “water safety” themed article, “Determinants of Bacterial Contamination in Pools, Spas, and Wading Pools: Should Chlorine Standards for Spas and Wading Pools Be Revised?” was co-authored by Edmond Hooker, William Chinn, Natalie Bain, Gregory Busam, Anahatan Srirangan, and Antonio Young. While many readers will not be particularly surprised by these results, the authors were able to draw important inferences from the chlorine levels and subsequent water contamination to argue for the need to reexamine the regulations for minimum levels of chlorine in spas and wading pools.

Starting off the second “theme” related to water exercise and therapy, Adam Ploeg, Michael Miller, William Holcomb, Jennifer O’Donoghue, David Berry, and Travis Dibbet have co-authored a very well written paper, “The Effects of High Volume Aquatic Plyometric Training on Vertical Jump, Muscle Power, and Torque.” The paper is not primarily about traditional water exercise, but the authors employed a water condition as part of their overall study of plyometrics. I believe anyone interested in conditioning, on dry land or in the water, will find their results interesting. The results definitely have application to water-based exercise regimens.

One of the continuing issues related to aquatic exercise has to do with the relative impact of water buoyancy and water resistance on energy expenditure by performers. In the study, “The Effect of Water Depth on Energy Expenditure and Perception of Effort in Female Subjects While Walking,” co-authors Dennis Dolny, Wafa Alkurdi, David Paul, and Kelsey Sadowski, have cleverly used an underwater treadmill to control water depth to investigate actual and perceived changes in effort and energy cost. I should note that this is one of a number studies (including the final study in this issue) that Dr. Dolny and his colleagues and students have

conducted in the area of aquatic exercise. These papers represent a very deliberate line of inquiry to understand more about how water affects exercise. Such lines of inquiry are too rare. The authors are to be commended for their diligence and step-by-step approach to investigating a number of factors relating to exercise in the water.

The sixth paper in our issue, authored by Juan Colado and Xavier Garcia-Masso, is an interesting contribution entitled, "Muscular Activity of the Posterior Deltoid During Swimming vs. Resistance Exercises in Water and on Dry Land: A Case study." Its most important contribution to the literature is the finding that their elite swimmer used only a very small percentage of his maximal posterior deltoid in sprint crawl swimming. This illustrates that, previously understood from other studies, swimming alone is insufficient to maintain or improve muscular strength, necessitating other forms of conditioning. I also make note that this was a case study, not an empirical research study. As editor, I encourage a wide variety of types of research to be submitted to *IJARE*. Although case studies have limited inferential power, as the authors point out, they can produce provocative results that encourage subsequent studies.

The final research paper in this issue, "Underwater Treadmill Exercise as a Potential Treatment for Adults With Osteoarthritis," was co-authored by Eadric Bressel, William Denning, and Dennis Dolny. As I noted previously, it is another in an extensive series of aquatic exercise research studies that Dr. Dolny and his colleagues and students have contributed to the literature. This particular paper provides support for the ameliorative and beneficial effects of exercise on a water treadmill for those suffering from the painful condition of osteoarthritis.

Scientific Review

This issue continues by publishing another scientific review released by the American Red Cross' Advisory Council on First Aid, Aquatics, Safety and Prevention (ACFASP). This particular scientific review is actually a "triennial re-evaluation" of "Sub-diaphragmatic thrusts and drowned persons" that was originally produced for ACFASP by Frank Pia and Roy Fielding in 2006. ACFASP has a standing policy that all scientific reviews need to be reevaluated periodically to assure that the scientific literature is up-to-date and is still valid on the topic. Because the original scientific review was not published in *IJARE* or any other scholarly journal, I deemed it appropriate for publication here. I encourage readers to examine this reevaluated scientific review and its conclusions to make certain that we all understand the consistency of the literature on this topic.

AEA Abstracts

This issue offers another "first" for the *International Journal of Aquatic Research and Education*. We are publishing eleven abstracts from posters and presentations made at the International Aquatic Fitness Conference, sponsored by the Aquatic Exercise Association (AEA) in May 2009. AEA is collaborating with *IJARE* for it to become their primary scholarly journal in which to publish aquatic exercise research as well as encouraging their members to subscribe to *IJARE*. In this supportive vein, we will periodically publish abstracts reviewed by AEA's research

4 Langendorfer

council for presentation at various conferences and institutes that they support. We will encourage and invite authors to submit complete manuscripts for potential publication in subsequent issues of *IJARE*. I also encourage readers to peruse the abstracts and contact authors about their studies.

Media Review

The first issue of Volume 4 concludes with a Media Review of the latest aquatic publication from Human Kinetics, *Swimming Anatomy*, authored by Ian McLeod, a recognized athletic trainer, massage therapist, and sports therapist for USA Swimming. I hope some of you will find the review useful in deciding whether to add this text to your personal or institutional library.

Good reading!

Steve Langendorfer
Editor, International Journal of
Aquatic Research and Education