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## In This Final Print Issue-9(3)

Stephen J. Langendorfer

Bowling Green State University, slangen@bgsu.edu

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### Upcoming Aquatic Events – 2016

An, albeit invitation-only, aquatic conference, *Science in Swimming*, is being convened at the School of Physical Education in Wroclaw, Poland during May 2016. In previous media reviews, I have written about the *Science in Swimming* volumes that represent the proceedings of this conference. You can explore the wide variety of presentations that have been made in previous seminars by rereading these media reviews in past issues of *IJARE*.

Finally, the Lifesaving Foundation (formerly The Irish Lifesaving Foundation) is conducting their biennial conference focused on drowning prevention at the end of August 2016 in Ireland. If you may be interested in participating, you need to reserve your housing and register for this international conference using <http://lifesavingfoundation.ie>. During this year's conference, the 2014 and 2015 Irish Medal winners, Kevin Moran and John Long, respectively, will be honored.

### **IJARE Transition**

As I reported in the previous issue, this will be the final print issue of the *International Journal of Aquatic Research and Education* published by Human Kinetics Publishers. Subsequent to this current issue, Volume 10 of the *International Journal of Aquatic Research and Education* will commence as an online-only, open access scholarly publication using the *bepress Scholarworks* platform that is supported by the University Libraries of Bowling Green State University, Bowling Green, OH, USA. The URL for this new platform is <http://scholarworks.bgsu.edu/ijare>. This new *IJARE* site is live, and we encourage authors and reviewers to create user accounts and passwords for the new *IJARE* Scholarworks site.

Thanks to the generosity and assistance of the journal staff at Human Kinetics, we are able to move all of the original nine volumes of *IJARE* to our Scholarworks site, making them publicly available to all readers free of charge. As a consequence of this important change in platform and publication format, we expect that the number of citations of past and future manuscripts published in *IJARE* will expand dramatically due to the open access of the journal. There were a number of manuscripts still under review on the Manuscript Central platform. These files have moved to Scholarworks and will continue their review and appropriate publication decisions will be made about them. I do ask authors who have already submitted papers on Manuscript Central for their patience and thank you for your cooperation as we complete this transition over the next month or so.

## In This Issue

This current issue, as with other recent issues, features the usual diverse array of aquatic studies and papers drawn from all over the globe on topics certain to interest most readers. As you will read in these subsequent pages, the topics include keys to success in learning to swim, insights into teaching water safety among diverse cultural communities, the latest use of new technology—inertial measurement units or IMUs—in drowning prevention research, beliefs about adapted aquatics, dehydration among lifeguards, research in shallow water exercise, and an excellent review about hypoxic blackout, the preferred term to label sudden loss of consciousness during extended underwater swimming that results from having hyperventilated.

### Original Research Articles

The first original research article in this issue was composed by a large group of coauthors from James Cook University as well as the Royal Life Saving Society of Australia. Richard Franklin headed up the diverse team of coauthors who completed and published this study that examined a variety of demographic and experiential factors that appear to impact how quickly and effectively 5–12 year old children in Australia learn to swim. This study should have interest to agencies and researchers interested in what affects the learn-to-swim process.

The second research article, written by Melissa Savage from AUSTSWIM and coauthored with Richard Franklin from James Cook University, is entitled “Exploring the delivery of swimming and water safety teacher training to culturally and linguistically diverse communities.” While this study was conducted in Australia, I believe its messages will resonate across many other countries in which significant minor communities may be failing to acquire water safety skills and suffering from a higher rate of drowning.

Kevin Moran, University of Auckland, and his son, Damian, with the New Zealand Institute of Plant and Food Research, have extended Kevin’s extensive series of studies related to drowning prevention and acquiring water competence by introducing the use of Inertial Measurement Units (abbreviated as IMUs) to explore how swimmers inertial movement characteristics vary under differing aquatic conditions. I personally was fascinated to learn about IMUs and to imagine how they may revolutionize the study of swimming as well as drowning prevention. Good on you, Kev and Damian!

The fourth and fifth related research articles come from Leo D’Acquisto, Laura Miller, Debra D’Acquisto, Karen Roemer, and Mitchell Fisher, all from Central Washington University in the U.S. The first article, “Physiological and psychophysical aspects of shallow water exercise,” examined how a group of young women responded to exercise bouts with increasing levels of ratings to perceived exertion (RPE) that suggested that self-regulation of intensity is an adequate means for regulating water exercise. The second article by this team of coauthors, “Cardiorespiratory responses to a 20-minute shallow water Tabata-style workout,” examined the same participants from the first study performing four, 4-minute bouts of Tabata-style shallow water exercise and concluded that this type of water exercise was capable of imposing substantial physiological loads.

Takahiro Sato (Kent State University), Samuel Hodge (The Ohio State University), Kevin Casebolt (East Stroudsburg University), and Amaury Samalot-Rivera (SUNY-Brockport) coauthored “Physical education teacher candidates’ beliefs about instructing students with disabilities in adapted aquatics.” The study was imbedded within the theory of planned behavior and used qualitative methodology to uncover three major themes from the experiences of ten physical education teacher candidates with an adapted aquatic practicum experience. The coauthors concluded that all physical education majors ought to have hands-on experiences with differently-abled individuals to alter their preconceived notions.

The final research article came from Austin Anderson (University of Southern Indiana) and William Ramos and Allison Fletcher, both of Indiana University. The study, “Prevalence of inadequate hydration levels in aquatic safety personnel: A pilot study,” examined how likely lifeguards at a variety of pools and water parks during the summer in Indiana suffered from dehydration. Interestingly, although 55 lifeguards at different aquatic venues (e.g., indoor vs. outdoors; pools vs. water parks) did not differ on their hydration levels, the most important finding was that a majority of these participants in fact had at least moderate levels of dehydration which might impact their attention and performance on the job.

## Original Educational Articles

This issue concludes with two excellent educational articles. The first comes to us from John Pearn (Lady Cilento Children’s Hospital), Richard Franklin (James Cook University), and Amy Peden (Royal Life Saving Society). In their paper, they explore the concept of sudden loss of consciousness while underwater as a result of hyperventilation in “Hypoxic blackout: Diagnosis, risks, and prevention.” As I have learned over the past several years, this syndrome has been called by a variety of misleading terms, but often it has been sensationalized without focusing on sound evidence basis. This article comes highly recommended and is very informative.

The second educational article that wraps up this issue also comes to us from Australia. Katharine Mackellar, Robert Brander, and Wendy Shaw, all from the UNSW Australia, provide us with an interesting review of how rip currents are presented on the internet in the form of YouTube videos in an article entitled, “YouTube videos and the rip current hazard: Swimming in a sea of (mis)information?”

I invite you to read the upcoming new issues of *IJARE* online through Scholarworks@BGSU. It will be available by the time you read this issue.

Until then, may you enjoy continued good reading and safe swimming.

*Steve Langendorfer*  
Editor