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In This Issue (13:4)

Stephen J. Langendorfer Ph.D.

Bowling Green State University - Emeritus Professor, Developmental Aquatic Kinesiology,
slangen@bgsu.edu

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In This Issue (13:4)

Greetings, *IJARE* readers and welcome to the fourth issue of Volume 13. I admit being quite excited about this issue. It is jam-packed with outstanding papers from six different countries that deserve your readership and attention.

Several of the excellent articles in this issue reminded me of an oft-used quip by Dr. Frank Hooper, one of my graduate professors at the University of Wisconsin-Madison. To emphasize the importance as well as the challenging nature of certain papers he assigned for class reading, he would declare that “the first two readings of this paper are *optional*; the third is required!” Up to that point in my studies, I, like many students, had presumed that a single reading of any assignment would suffice. I do think that several of the papers in this issue merit multiple readings!

Research Papers

Our initial paper leading off Issue 4 is “Examining youth conceptualizations of water safety behaviors among participants in a learn-to-swim program,” authored by Austin R. Anderson (University of North Texas), Kristina R. Anderson and William Ramos (Indiana University-Bloomington), and Angela Beale-Tawfeeq (Rowan University). This article pointed out that while learning to swim is a necessary set of skills, it alone is not sufficient to prevent drowning absent water safety knowledge and attitudes. The study employed a qualitative approach with semi-structured interviews to determine what learn-to-swim participants had taken away from lessons about water safety and drowning prevention.

Daniela M. Susnara and Matthew Curtner-Smith, both of The University of Alabama, co-authored “‘It’s Up to Us:’ Factors influencing the perspectives and practices working in an out-of-school program for underserved children and youth.” This qualitative study employed the theoretical framework known as occupational socialization to investigate how instructors in an out-of-school program had gained skills and sets of beliefs about teaching swimming as well as how to work with disadvantaged children and youth.

Also coming from Alabama, Carrie E. Bajenski, Brianna R. Brandon, Cailey A. Curry, Leslie Fajardo, and Ryan T. Connors, all from the University of Alabama-Huntsville, wrote “Effect of water depth on heart rate and core temperature during underwater treadmill walking.” This research team investigated the impact of water depth and speed of walking on college students’ heart rate and

core temperature during different levels of exercise intensity using the relatively new technology of an underwater treadmill.

Yet another study with authors from the southeast U.S. (as well as elsewhere) was “Impact of a summer nutrition and physical activity intervention to attenuate obesity in urban African American youth.” The diversity of authors included Jermaine B. Mitchell (University of Montevallo), Antonio J. Gardner (Mississippi State University), Zachary Wahl-Alexander (Northern Illinois University), Ben Schwamberger (Minnesota State University-Mankato), Douglas Craddock, Jr. (University of Louisville), Carol N. Agomo (The University of Alabama), and Myia C. Lang (Southeastern Louisiana University). This study investigated the impact of a culturally tailored multicomponent summer intervention to reduce obesity and unintentional drownings among underserved African American youth. Tragically only 2 days after we accepted this paper for publication, the lead author, Jermaine Mitchell, passed away unexpectedly. The other authors have dedicated this paper to Jermaine’s memory.

“Swimming without fear: Equitable instruction” was a collaboration between Rubina Khatchaturian and Belinda E. Stillwell, both from California State University, Northridge. Using a qualitative single-subject exploratory case study methodology, they studied a person with severe anxiety over water and swimming. They used multiple data sources as well as the Spielberger State-Trait Anxiety Inventory to examine the decrease in anxiety as it related to various interventions attempted across the 18-week intervention.

From the University of Ottawa in Canada, Sebastian Denize and Audrey R. Giles have produced “Employment with the Northwest Territories Aquatics Program: A significant life event?” This fascinating paper details how the Northwest Territories Aquatics Programs has for 60 years employed university students from southern Canada to staff and instruct the seasonal swimming pools and waterfronts up north. This qualitative study interviewed former employees to identify career themes about how their summer collegiate employment had significantly shaped their subsequent career paths.

From France, we have an interesting lifeguarding research study authored by Elie Vignac (University of Rouen), Pascal Lebihain (University of Poitiers), Brice Guignard and Natacha Heutte (both University of Rouen), Loic Le Minor (University of Poitiers), and Bastien Soule (University Claude Bernard Lyon 1). The paper, “Ability of lifeguards to detect submerged manikins in public swimming

pool environments,” investigated how quickly lifeguards could detect submerged human-like manikins in a crowded swimming pool. This was an impressive study because they were able to close down several major swimming pools and bring in their own “crowds” of people to explore the impact of number of bathers on how lifeguards could detect a submerged victim. You will want to read and study this research.

A Brazilian research team comprised of Nadia C. Valentini and Keila R.G. Pereira (both of Universidade Federal do Rio Grande do Sul) and Glauber C. Nobre (Instituto Federal de Educacao Ciencia e Tecnologia do Ceara) had produced “Content, construct, and criterion validity, reliability, and objectivity for Aquatic Readiness Assessment for Brazilian children.” Please note a potential conflict of interest exists here since the original Aquatic Readiness Assessment (ARA) was authored by this editor (Langendorfer & Bruya, 1995). This study was a measurement masterpiece that translated the ARA from English to Brazilian Portuguese and then assessed over 600 Brazilian children and calculated the validity, reliability, and rater objectivity of the ARA. While the original ARA was intended for young children up to 5-6 years old, this study suggested that it was still valid and reliable when used with children into their early teenage years.

A second Brazilian paper, “The effect of task and environmental constraints on aquatic locomotor behavior: Qualitative data analysis,” authored by two Brazilian academics, Professors Ernani Xavier Filho (Universidade Estadual de Londrina) and Edison J. Manoel (Universidade de Sao Paulo) coincidentally also made use of one of the assessment components of Langendorfer and Bruya’s (1995) Aquatic Readiness Assessment as well as exploring Karl Newell’s constraints model to understand how swimming speed and water obstacles may act as constraints to change the developmental level of swimming and water competence.

Research Note

Christopher R. Kovacs and Camille Dhom, both of Western Illinois University, have submitted “Effects of demand valve SCUBA regulator on cardiorespiratory response during submaximal exercise under normobaric conditions: A preliminary investigation.” SCUBA articles have been under-represented in *IJARE* especially in recent years. This interesting study used land-based exercise, with and without a demand valve regulator, to examine the physiological stress that the regulator might impose during exercise to see whether it puts SCUBA divers at greater risk.

Scientific Literature Reviews

This issue features two literature reviews related to lifeguarding which readers might find interesting and useful.

The first lifeguarding scientific review comes from Portugal. Titled “Lifeguard performance skills: A systematic review,” it was authored by a research team of Paulo Santiago, Sandra Santiago, Daniel Duarte, and Pedro Teques (all from the Instituto Politecnico da Maia) and Felipe Maia (Universidade da Maia). As indicated by the title, this review focused on the literature related to performance factors (physical, technical, and psychological) associated with lifeguards. A major finding was the paucity of literature related to these behavioral competencies of lifeguards.

The second lifeguarding scientific review, “Effective lifeguard scanning: A review,” was authored by this editor (Stephen J. Langendorfer) along with two other colleagues, Francesco (Frank) A. Pia and Angela Beale-Tawfeeq, all members of the American Red Cross Scientific Advisory Council for whom we conducted this scientific review as part of our activities on the aquatic sub-council. The SAC voted unanimous approval of this review in June 2020. The focus of this review was on crucial lifeguard skills and activities of surveillance, scanning, and vigilance.