

Webinar Quiz

January 2021

Pooling it Together: Benefits of Aquatic Exercise

<https://attendee.gotowebinar.com/recording/1894962523510182667>

An overview of aquatic exercise participation trends, benefits, and guidelines for best programming practices to use with your clients.

Learning Outcomes: After attending this webinar, participants will be able to:

1. Identify and differentiate between various forms of aquatic exercise modalities and exercises.
2. Design and implement aquatic exercise programming for clients of varying abilities.
3. Promote aquatic exercise as a viable evidence-based complimentary modality for various populations.

Presenter: Joe Giandonato, MBA, MS, CSCS is a Fitness and Recreation Specialist at the Philadelphia College of Osteopathic Medicine. Additionally, Joe serves as an adjunct professor of exercise science electives at Eastern University and Chestnut Hill College. Joe has been a WITS faculty member since 2010.

CEC Quiz:

<https://www.surveymonkey.com/r/NVRP7TT>