

EFFICACY OF AQUA-AERO FIT: A WATER BASED EXERCISE PROGRAM FOR CARDIORESPIRATORY ENDURANCE AMONG PSYCHIATRIC PATIENT IN SELECTED REHABILITATION CENTER

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ABSTRACT

Purpose: This paper identify the effectiveness of a Aqua-AeroFit : A Water Based Exercise program on cardiorespiratory endurance on psychiatric patients on selected rehabilitation centers.

Methods: A Quasi-experimental design with comparison on the effectiveness of selected 30 participants for the proposed water based exercise program and 30 participants for Land based program enrolled in a selected psychiatry center.

Results: Results shown that Physiatrist much accepted the results on the effectiveness of water based exercise program on cardiorespiratory endurance among psychiatry patients. Study showed that the effectiveness of Aqua-AeroFit a Proposed Water based exercise program for cardiorespiratory endurance compare to landbased exercise program.

Implication: The study emphasized the inclusion of Aqua-AeroFit Water-Based exercise program for cardiorespiratory endurance in physical therapy management for psychiatry patient as part of rehabilitation program

Keywords: Aqua-Aero Fit. Water Based Exercise, Vo2 Max