

Aquatic Exercise Association Research Bibliography

| Author(s) Title Journal | Year | Month | Published | Type |
|---|----------------|------------------------------|-----------|--|
| Volume Pages | Organization | Department | | |
| PNF Aqua-exercise <u>Fitness & Sports Review International</u> | 27 (6) | 196-7 | 1992 | <input checked="" type="checkbox"/> Article |
| Abboudi, S. The Aquatic Solution. <u>Rehabilitation Management</u> | 77-78 | | 1993 | June/July <input checked="" type="checkbox"/> Article |
| Abel, EL Behavioral and physiological effects of different water depths in the forced swim test. <u>Phsiol Behav</u> | 56 (2) | 411-414 | 1994 | <input checked="" type="checkbox"/> Study |
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| Abraham AI, Szezerba J, Jackson, M The effects of an eleven week aqua aerobic program on relatively inactive college age women. <u>Medicine and Science in Sports and Exercise</u> | 26 | S103 | 1994 | <input checked="" type="checkbox"/> Study |
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| Brazil | | | | | | |
| Alberton CI, Olkoski MM, Pinto S S, Becker ME, Kruel LFM | 2007 | Nov | | | <input checked="" type="checkbox"/> | Study |
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| <u>Int J Aq Res & Ed</u> | | | 1(4) | | | |
| Alberton CL, Tartaruga MP, Pinto SS, Cadore EL, Da Silva EM, Kruel LF. | 2009 | June | | | <input checked="" type="checkbox"/> | Study |
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| <u>J Sports Med Phys Fitness.</u> | 49(2) | 142-51 | Federal University of Rio Grande do Sul | | | School of Physical Education, |
| Alberton, CL; Antunes, AH; Pinto, SS; Tartaruga, MP; Silva, EM; Cadore, EL; Kruel, LFM. | 2009 | May | | | <input checked="" type="checkbox"/> | Abstract |
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| <u>J Am Geriatr Soc</u> | | 54(4) | 725-7 | | | |
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| International Institute for Sport & Human Performance, Sport S | | | | | |
| Brown, S, et al | 1997b | | | <input checked="" type="checkbox"/> | Study |
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| <u>J Athl Train</u> | 36(1) | 16-19 | St. Francis Xavier University | | |

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| Aquatic physical therapy for hip and knee osteoarthritis: results of a single-blind randomized controlled trial. | | | | | |
| <u>Phys Ther</u> | 87(1) | 32-43 | | | |
| Hoeger, W. K., Hopkins, D. R., Barber, D. J., Gibson, T. | 1992 | | | <input checked="" type="checkbox"/> | Study |
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| <u>National Aquatics Journal</u> | Winter Edi | 13-16 | | | |
| Hoeger, W., Hopkins, D., Barber, D. | 1995 | spring | | <input checked="" type="checkbox"/> | Article |
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| <u>National Aquatics Journal</u> | 11 (1) | 4-7 | National Aquatics Journal | | |
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| <u>Medicine & Science in Sports & Exercise</u> | 27 (5) | Abstract # | | | |
| Holmer, I. | 1974 | | | <input checked="" type="checkbox"/> | Study |
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| <u>Acta Physiol. Scand.</u> | 407 | 1-55 | | | |
| Holmer, I., Bergh, U. | 1974 | | | <input checked="" type="checkbox"/> | Study |
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| <u>Journal of Applied Physiology</u> | 37 | 702-705 | | | |
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| Hemodynamic and respiratory responses compared in swimming and running. | | | | | |
| <u>Journal of Applied Physiology</u> | 37 (1) | 49-54 | | | |
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| The Complete Waterpower Workout Book. | | | | | |
| | | | Random House | | |
| Hurwitz B E, & Furedy J J | 1986 | | | <input checked="" type="checkbox"/> | Study |
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| <u>Phsiol Behav</u> | 36 (2) | 287-294 | | | |
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| Effects of a movement and swimming program on water orientation skills and self-concept of kindergarten children with cerebral palsy. | | | | | |
| <u>Percept Mot Skills</u> | 86 (1) | 111-118 | Zinman College for Physical Education and Sport Science | | |
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| Joao Manuel Lages, Roxana Macedo Brasil, Grace Barros, Andrea Ferreira, Madalena Souza, Ana Ch | 2009 | | May | <input checked="" type="checkbox"/> | Abstract |
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| <u>Biotelem. Patient Monit</u> | 8 | 228-239 | | | | |
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| <u>Aviat Space Environ Med</u> | 66(1) | 20-25 | State University of New York at Buffalo | | | Department of Physiology |
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| <u>J Epidemiol.</u> | 20(1) | 2-12 | Tokyo University of Agriculture | | | Faculty of Regional Environment Science |
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| <u>J Phsiol Anthropol</u> | 26(2) | 197-200 | | | | |
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| <u>AEA IAFC Poster Proceedings</u> | | | | | | |
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| <u>Bone</u> | 28(1) | 128-32 | Malmo University Hospital | | | Department of Orthopaedics |
| Karpovich, P. V. | 1993 | | | | <input checked="" type="checkbox"/> | Study |
| Water resistance in swimming. | | | | | | |
| <u>Research Quarterly</u> | 4 | 21-28 | | | | |
| Kasch, F. | 1981 | | | | <input checked="" type="checkbox"/> | Study |
| Physiological changes with swimming and running during two years of training. | | | | | | |
| <u>Scandinavian Journal of Sports Sciences</u> | 3 | 23-26 | | | | |

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| Katz, J., Cohen, J. | | | | 1993 | <input type="checkbox"/> | Book |
| A global approach to aquatics: including water exercise, recreational and synchronized swimming, with new theoretical approaches to mainstreaming abilities in swimming and water exercise. | | | | | | |
| International Congress on Sport & Coaching Sciences | | | | | | |
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| <u>New York, NY: Facts on File Publications</u> | | | | | | |
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| <u>Am. Journal of Perinatol</u> | 9(4) | 225-227 | UNC School of Medicine, Chappel Hill 27599-7570 | | | Department of Obstetrics and Gynecolog |
| Katz, V.L. | | | | 1996 | August | <input checked="" type="checkbox"/> |
| Water exercise in pregnancy. | | | | | | |
| <u>Semin Perinatol</u> | 20 (4) | 285-291 | Sacred Heart Medical Center | | | Department of Maternal-Fetal Medicine |
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| The respiratory and cardiovascular response to immersion in cold and warm water. | | | | | | |
| <u>Quarterly Journal of Experimental Physiology</u> | 46 | 3-94 | | | | |
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| <u>Dev Med Child Neurol</u> | 47 (12) | 838-842 | | | | |
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| <u>J Orthop Sports Phys Ther</u> | 30 (4) | 204-10 | Duke University Medical Center | | | Division of Orthopaedic Surgery |
| Kelsey, DD., Tyson, E. | | | | 1994 | April | <input checked="" type="checkbox"/> Other |
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| <u>Journal of Orthopaedic & Sports Physical Therapy</u> | 19 (4) | 218-223 | | | | |
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| IDEA Foundation International Symposium on the Medical and | | | | | | |
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| Kenney, GP., Denis, PM., Proulx, CE. And Giesbrecht, GC. | | | | 1999 | May | <input checked="" type="checkbox"/> Study |
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| <u>Eur J Appl Physiol Occup Physiol</u> | 79(6) | 495-9 | | | | |

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| Kenney, W. Larry, et al | 1989 | January | <input checked="" type="checkbox"/> | Article |
| Considerations for preventive and rehabilitative exercise programs during periods of high heat and humidity. | | | | |
| <u>The Exercise Standards and Malpractice Reporter</u> | Volume 3, | 1-7 | A Publication of Professional Reports Corporation | |
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| The effect of ambient temperature and exercise intensity on post-exercise thermal homeostasis. | | | | |
| <u>Eur J Appl Physiol Occup Physiol.</u> | 76(2) | 109-115 | | |
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| Effects of swimming and land exercise versus swimming and water exercises on body composition of college students. | | | | |
| <u>Journal of Sports Medicine and Physical Fitness</u> | 31 (2) | 189-195 | Northern Illinois University Department of Physical Education | |
| Kihlstrand M, Stenman B, Nilsson S, Axelsson O | 1999 | Mar | <input checked="" type="checkbox"/> | Study |
| Water-gymnastics reduced the intensity of back/low back pain in pregnant women. | | | | |
| <u>Acta Obstet Gynecol Scand</u> | 78(3) | 180-185 | | |
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| Take Advantage of Water Like the Pro's | | | | |
| <u>Peak Running Performance</u> | 16(2) | 8-10 | | |
| Killgore GL, Wilcox A, Caster B, and Wood T | 2006 | | <input checked="" type="checkbox"/> | Study |
| A lower extremities kinematic comparison of deep-water running styles and treadmill running. | | | | |
| <u>Journal of Strength and Conditioning Research</u> | 20(4) | 919-927 | | |
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| A comparison of shod and barefoot sub-maximal deep-water running. | | | | |
| <u>AEA IAFC Poster Proceedings</u> | | | | |
| Kim, T. F. | 1988 | | <input checked="" type="checkbox"/> | Study |
| Do low levels of iron affect the body's ability to regulate temperature, experience cold? | | | | |
| <u>Journal of the American Medical Association</u> | 8 (5) | 607 | | |
| Kirby, R. L., Sacamano, J. T., Balch, D. E., & Kriellaars, D. J. | 1984 | | <input checked="" type="checkbox"/> | Study |
| Oxygen consumption during exercise in a heated pool. | | | | |
| <u>Archives of Physical Medicine and Rehabilitation</u> | 65 | 21-23 | | |
| Knecht, S. | 1989 | | <input type="checkbox"/> | Thesis |
| Physical and psychological changes accompanying a 10 week aquatic exercise program. | | | | |
| Cleveland State University | | | | |
| Kolb, K. E. | 1957 | | <input checked="" type="checkbox"/> | Study |
| Principles of underwater exercise. | | | | |
| <u>Physical Therapy. Review</u> | 37 | 361-365 | | |
| Koszutz, L. | 1989 | | <input checked="" type="checkbox"/> | Review |
| From sweats to swimsuits: Is water exercise the wave of the future? | | | | |
| <u>Physician and Sports Medicine</u> | 17 (4) | 203-206 | | |
| Koszutz, L. | 1986 | | <input checked="" type="checkbox"/> | Review |
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| <u>Physician and Sports Medicine</u> | 14 (10) | 163-167 | | |

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| Krist, Paula 2003 Aquatics Instructor Survey Summary. <u>AKWA</u> | 2004 | Dec/Jan | <input type="checkbox"/> | Study | | | |
| Krist, Paula S. Who are we and what are we doing? Results from a 2003 aquatics instructor survey. <u>AEA Aquatic Fitness Research Journal</u> | 17(4) | 17 | AEA | 2004 | Spring | <input checked="" type="checkbox"/> | Other |
| Kruel LFM, Peyre-Tartaruga LA, Alberton CL, Muller FG, Petowski R. Effects of Hydrostatic Weight on Heart Rate During Water Immersion <u>Int J Aq Res & Ed</u> | 1(1) | 37-40 | Aquatic Exercise Association | 2009 | May | <input checked="" type="checkbox"/> | Study |
| Kruel LFM, Posser MS, Alberton CL, Pinto SS, Oliveira A da S. Comparison of Energy Expenditure Between Continuous and Interval Water Aerobic Routines. <u>Int J Aq Res & Ed</u> | 3(2) | | | 2009 | May | <input checked="" type="checkbox"/> | Study |
| Kruel, L. F. M., Peyre-Tartaruga, L. A., Dias, A.B. C., Da Silva, R. C., Picanco, P. S. P. & Rangel, A. B Heart rate during water immersion. <u>AEA Aquatic Fitness Research Journal</u> | 2(1) | | School of Physical Education, Federal University of Rio Grande Research Group on Water Activities | 2005 | Spring | <input checked="" type="checkbox"/> | Abstract |
| Kruel, LFM., Barella, RE., Muller, FG., Severo, CR., Cardoso, A., Figueiredo, PAP., Brentano, MA., a Muscle resistance training effects applied in women aquatic gymnastics practicing. <u>AEA Aquatic Fitness Research Journal</u> | 1(1) | A102 | Aquatic Exercise Association | 2004 | Spring | <input checked="" type="checkbox"/> | Abstract |
| Kruel, LFM., Moraes, EZC., Avila, AOV., and Sampedro, RMF. Physiological and biomechanical changes resulting from water exercise. <u>Journal in Brazil</u> | | | Federal University of Rio Grande do Sul | 2001? | | <input checked="" type="checkbox"/> | Thesis |
| Kruel, LFM., Peyre-Tartaruga, A. Hydrostatic weight analysis in females of different ages in water immersion. <u>AEA Aquatic Fitness Research Journal</u> | 1(1) | A106 | Aquatic Exercise Association | 2004 | Spring | <input checked="" type="checkbox"/> | Abstract |
| Kruel, LFM., Sampedro, RMF., Avila, AOV. Physiological and biomechanical alterations in individuals practicing water exercises inside and outside of the water. <u>AEA Aquatic Fitness Research Journal</u> | 1(1) | A109 | Aquatic Exercise Association | 2004 | Spring | <input checked="" type="checkbox"/> | Abstract |
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| La Forge, R. What the latest research has to say about step exercise. <u>Idea Today</u> | | 31-33 | | 1991 | September | <input checked="" type="checkbox"/> | Review |

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| Labudova J, Cechovska I, Urbanova M | 2008 | May | <input checked="" type="checkbox"/> | Abstract |
| Water walk test verification in students of Faculty of Physical Education and Sports in Slovakia. | | | | |
| <u>AEA IAFC Poster Proceedings</u> | Faculty of Physical Education and Sports Comenius University | | | |
| Labudova, J | 2007 | March | <input checked="" type="checkbox"/> | Article |
| Basic water exercises with a group of 12-13 year old children with mental disabilities. | | | | |
| <u>AEA Aquatic Fitness Research Journal</u> | 4(1) | 11-14 | Comenius University, | Faculty of Physical Education and Sport, |
| Labudova, Jela | | | <input type="checkbox"/> | Thesis |
| Water exercise and swimming for children and youth with health problems. | | | | |
| Faculty of Physical Education and Sports | | | | |
| Lambeck, J. | 1993 | | <input checked="" type="checkbox"/> | Other |
| Exercise in Water for Post-Myocardial Infarction Patients | | | | |
| Constellate (distributed by) | | | | |
| Lambeck, J. | 1995 | January | <input checked="" type="checkbox"/> | Book |
| Hydrotherapy and Rheumatoid Arthritis: State of the Art. | | | | |
| <u>[Fysiotherapie bij reumatische aandoeningen] (book)</u> | Sint Maartenskliniek | | Department of Physiotherapy | |
| Landridge, J., & Phillips, D. | 1988 | | <input checked="" type="checkbox"/> | |
| Group hydrotherapy exercises for chronic back pain sufferers | | | | |
| <u>Physiotherapy</u> | 74 (6) | 269-273 | | |
| Lange, R., Echt, M. & Gauer, O. | 1974 | | <input type="checkbox"/> | |
| Heart volume in relation to body posture and immersion in a thermo-neutral bath. | | | | |
| <u>Pfluger Archives</u> | 352 | 219-226 | | |
| Langendorfer, S. | | | <input checked="" type="checkbox"/> | Study |
| Aquatics for the young child. | | | | |
| <u>J. Physical Educ., Rec. and Dance</u> | 57 (7) | 61-66 | | |
| Langendorfer, S. J. | 1987c | Summer | <input checked="" type="checkbox"/> | Study |
| Children's movement in water - A developmental and environmental perspective. | | | | |
| <u>The National Aquatics Journal</u> | 8-12 | | | |
| Langendorfer, S. J., Roberts, M., Rorks, R. | 1987 | Summer | <input checked="" type="checkbox"/> | Study |
| Aquatic readiness, a developmental test. | | | | |
| <u>The National Aquatics Journal</u> | 8-12 | | | |
| Lavoie, J. M., Montpetit, R. R. | 1986 | | <input checked="" type="checkbox"/> | Study |
| Applied physiology of swimming. | | | | |
| <u>Sports Medicine</u> | 3 | 165-189 | | |
| Lawrence C. C. & Hacket, L. C. | 1975 | | <input checked="" type="checkbox"/> | Book |
| Water Learning: A New Adventure | | | | |
| <u>Peak Publications</u> | | | | |
| Leandro Moreira de Araújo; Roxana Macedo Brasil; Andréa Ferreira; Ana Cristina Lopes Barreto | 2008 | May | <input checked="" type="checkbox"/> | Abstract |
| Effect of the interval protocol of aquatic cycling in Heart Rate and Rate of Perceived Exertion (Pilot Study). | | | | |
| <u>AEA IAFC Poster Proceedings</u> | | | | |

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| Leddy JJ, Roberts A, Moalem J, Curry T, Lundgren CE Effects of water immersion on pulmonary function in asthmatics. <u>Undersea Hyperb Med</u> 28 (2) 75-82 | 2001 | Summer | <input checked="" type="checkbox"/> | Study |
| Lee, H. Y. Comparison of effects among Tai-Chi exercise, aquatic exercise, and a self-help program for patients with knee osteoarthritis <u>Taehan Kanho Hakhoe Ch</u> 36(3) 571-80 | 2006 | | <input type="checkbox"/> | Study |
| Lees TA Heart-Rate Response to Exercise in the Water:Implications for Practitioners <u>Int J Aq Res & Ed</u> 1(3) | 2007 | Aug | <input checked="" type="checkbox"/> | Study |
| LeFort, SM., Hannah, TE. Return to work following an aquafitness and muscle strengthening program for the low back injured <u>Archives of Physical Medicine & Rehabilitation</u> 75 (11) 1247-1255 | 1994 | November | <input checked="" type="checkbox"/> | Study |
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| | | | University of Nevada | | | |
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| <u>Qual Life Res.</u> | 16(10) | 1577-85 | University of Tsukuba | | | Doctoral Program in Health and Sport Scie |
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| <u>International Institute for Sport and Human Performance</u> Bowling Green State University | | | | | | |
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| <u>BR J Sports Med</u> | 35 (3) | 174-180 | | | | |
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| <u>Aviat Space Environ Med</u> | 75 (11) | 956-63 | | | | |
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| University of Delaware | | | | | | |
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| <u>European Journal of Applied Physiology</u> | 75 (6) | 471-477 | | Centre de Recherches du Service de Sante des Armees (CRSSA) Department des Facteurs Humains | | |
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| <u>Medicine and Science in Sports and Exercise</u> | 18(1) | 25-30 | | | | |
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| <u>Research Quarterly</u> | Supplemen 35 | | University of Houston | | |
| Shin, Y. | 1999 | April | | <input checked="" type="checkbox"/> | Study |
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| <u>Public Health Nurs</u> | 16-2 | 146-154 | | | |
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| <u>Journal of Physiological Anthropology and Applied Human Scie</u> | 20-2 | 119-23 | | | |
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| <u>Phys Ther.</u> | 88(1) | 12-21 | | | |
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| Peak cardiorespiratory responses during aquatic and land treadmill exercise. | | | | | |
| <u>Med Sci Sports Exerc</u> | 39(6) | 969-75 | University of Idaho | | Division of Health, Physical Education, R |
| Silvers WM, Dolny DG. | 2008 | May | | <input checked="" type="checkbox"/> | Study |
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| <u>Med & Sci Sport & Exer</u> | 39(6) | 969-974 | | | |
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