**Aqua Aerobic impact on some components of physical fitness and the alleviation of inflammation of the joints of the lower limbs**

**Researchers**

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**Show the importance of research in the use pattern of modern exercise aerobic water accompanying the music contributes to the alleviation of inflammation by an effort physicist codified to activate the muscles working around the joints of the lower limbs and the implications of improving public health through the development of flexibility and muscle strength to alleviate inflammation. And epitomized the research problem of interest in the problems of community health, which is the responsibility of researchers and contribution of researchers in the statement of the importance of physical education in the fields of diverse, including exercise therapeutic as well as its contribution to community actors to a wide range suffer from arthritis, and the goal of research is to prepare a program for Aqua Aerobic suit the research sample , and to identify the impact of the program Aqua Aerobic in some components of health fitness and alleviate inflammatory joints of the lower limbs. The researchers assumed that there is a statistically significant difference between the results of the tests before and after the research sample in some components of health fitness and alleviating inflammation of the joints of the lower limbs. Research was conducted for the period from 2/9/2012 to 1/11/2012, in the swimming pool Faculty of Physical Education / University of Baghdad**

**In theoretical studies have been addressed to the aerobic water (Aqua Aerobic), researchers also addressed some of the previous studies.**

**The researchers used experimental method for its research problem and the nature of the sample was selected sample style spin-off (or bar) Accidental Sampling and sometimes called the sample at hand. The number of posts to search (10). Ages ranged from 30 to 45 years old.**

**The results were processed statistically significant after statistical treatments were made that were obtained and analyzed and discussed, the researcher concluded that the program prepared a positive influence in the development of some components of health fitness and alleviate inflammatory joints of the lower limbs. And the emergence of an improvement in the kinetic ranges as a result of the freedom provided by the water in exercise performance. The researchers recommended the adoption of remedial training curriculum Baleiropeix water accompanying the music prepared by a researcher at the completion of treatment with rheumatoid joints of the lower limbs. And the need to enter the diverse music in the course of training to increase the thrill factor of the trainees. And choose the appropriate type of music that does not represent the meaning simulates trainees contribute to the control of locomotor rhythm and achieve the desired objective of the exercise.**