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**Table S1.** Example of search parameters.

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**Search details for PubMed:**

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((("oxygen consumption"[MeSH Terms] OR ("oxygen"[All Fields] AND "consumption"[All Fields]) OR "oxygen consumption"[All Fields]) OR ("oxygen"[MeSH Terms] OR "oxygen"[All Fields]) AND uptake[All Fields]) OR ("cardiorespiratory fitness"[MeSH Terms] OR ("cardiorespiratory"[All Fields] AND "fitness"[All Fields]) OR "cardiorespiratory fitness"[All Fields]) OR (Cardiorespiratory[All Fields] AND response[All Fields]) OR (Aerobic[All Fields] AND capacity[All Fields]) OR (Aerobic[All Fields] AND fitness[All Fields])) AND (Aqua[All Fields] OR Aquatic[All Fields] OR Water-based[All Fields])) AND (("exercise"[MeSH Terms] OR "exercise"[All Fields]) OR Testing[All Fields] OR ("research design"[MeSH Terms] OR ("research"[All Fields] AND "design"[All Fields]) OR "research design"[All Fields] OR "test"[All Fields]) OR Protocol[All Fields])

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Table 2. Quality assessment of included studies.

Author, Year	Study Purpos e	Literatu re	Desig n	Sample		Outcomes		Protocol			Results				Conclusions were Appropriate Given Study Methods and Results?	Tota l
				Was the Sample Describe d in Detail?	Was Sample Size Justifie d?	Were the Outcom es Reliable ?	Were the Outcom es Valid?	Protocol was Describe d in Detail?	Contaminati on was Avoided?	Cointerventi on was Avoided?	Results were Reported in Terms of Statistical Significanc e?	Were the Analysis Methods Appropriat e?	Clinical Importan ce was Reported ?	Drop Outs were Reporte d?		
Alberton et al., 2013 [41]	1	1	0	1	0	0	0	1	1	1	1	1	1	1	1	11
Alberton et al., 2013 [42]	1	1	0	1	0	0	1	1	1	1	1	1	1	1	1	12
Alberton et al., 2014 [43]	1	1	0	1	0	0	1	1	1	1	1	1	1	1	1	12
Alberton et al., 2016 [44]	1	1	0	1	1	0	1	1	1	1	1	1	1	1	1	13
Antunes et al., 2015 [45]	1	1	0	1	1	0	1	1	1	1	1	1	1	1	1	13
Bartolome u et al., 2017 [46]	1	1	0	1	1	0	1	1	0	0	1	1	1	1	1	11
Broman et al., 2006 [33]	1	1	0	1	0	0	1	1	0	0	1	1	0	1	1	9
Brown et al., 1997 [26, 27]	1	1	0	1	0	0	1	1	0	0	1	1	1	1	1	10
Brown et al., 1998 [52]	1	1	0	1	0	0	1	1	0	0	1	1	0	1	1	9



Kruel et al., 2013 [50]	1	1	0	1	1	0	1	1	1	1	1	1	0	1	1	12
Melton-Rogers et al., 1996 [56]	1	1	0	1	0	0	1	1	0	0	1	1	1	1	1	10
Mercer et al., 1998 [57]	1	1	0	1	0	0	1	1	0	0	1	1	1	1	1	10
Meredith-Jones et al., 2009 [36]	1	1	0	1	0	1	1	1	0	0	1	1	1	1	1	11
Michaud et al., 1995 [34]	1	1	0	1	0	0	1	1	1	1	1	1	1	1	1	12
Michaud et al., 1995 [40]	1	1	0	1	0	1	1	1	1	1	1	1	1	1	1	13
Nagle et al., 2017 [31]	1	1	1	1	0	1	0	1	0	0	1	1	1	0	1	10
Ogonowski-Slodownik et al., 2019 [58]	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	14
Phillips et al., 2008 [35]	1	1	0	1	0	0	1	1	0	0	1	1	1	1	1	10
Pinto et al., 2016 [64]	1	1	0	1	0	0	1	1	0	1	1	1	1	1	1	11
Schaal et al., 2012 [38]	1	1	0	1	0	0	1	1	0	1	1	1	1	1	1	11
Silvers et al., 2007 [65]	1	1	0	1	0	0	1	1	1	0	1	1	1	1	1	11
Silvers et al., 2008 [66]	1	1	0	1	0	1	0	1	0	0	1	1	1	1	1	10

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Svedenhag et al., 1992 [59]	1	1	0	1	0	0	1	1	0	0	1	1	0	1	1	9
Town et al., 1991 [36]	1	1	0	0	0	0	1	1	1	0	1	1	1	1	1	10
Yazigi et al., 2013 [51]	1	1	0	1	0	0	1	1	1	1	1	1	1	1	1	12

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