

AEROBICS
PE-2
Fall 1998
REEDLEY COLLEGE

INSTRUCTOR: SHANNON VESSUP
OFFICE: PE-319
PHONE: 638-0344
OFFICE HOURS: MW 11am T 10am

COURSE DESCRIPTION: THIS COURSE IS DESIGNED FOR STUDENTS TO IMPROVE CARDIOVASCULAR AND PHYSICAL CONDITIONING THROUGH AEROBIC TRAINING. IT IS ALSO DESIGNED TO MAKE STUDENTS AWARE OF THEIR BODIES AND HOW IT FUNCTIONS UNDER AEROBIC CONDITIONING.

COURSE OBJECTIVES:

1. TO IMPROVE CARDIOVASCULAR ENDURANCE, STRENGTH, AND FLEXIBILITY.
2. FOR STUDENTS TO LEARN HOW TO MONITOR THEIR HEART RATE DURING AEROBIC ACTIVITY.
3. TO ENJOY AEROBIC ACTIVITY FOR A LIFETIME
4. TO HAVE FUN!

COURSE RULES:

1. ATTENDANCE IS VERY IMPORTANT. THREE POINTS WILL BE DEDUCTED FOR EACH ABSENCE.
2. PROPER AEROBIC ATTIRE SHOULD BE WORN UNLESS OTHERWISE NOTIFIED BY THE INSTRUCTOR.
EXM: SHORTS, T-SHIRTS, LEOTARDS, SPANDEX, AND AEROBIC SHOES

NOTE: SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF INJURY TO FEET, KNEES, ANKLES AND SHINS.

3. LOCKS AND LOCKERS ARE AVAILABLE ON THE GYM FLOOR FOLLOWING CLASS TODAY.
4. REPORT ALL INJURIES IMMEDIATELY.
5. YOU ARE ENCOURAGED TO BRING WATER BOTTLES AND TOWELS TO CLASS. HYDRATION IS VERY IMPORTANT.

COURSE REQUIREMENTS:

Participation: One half of your grade is based on participating during each class session.

Pretest: Cooper's Test 1½ mile run/walk
(Date of this pretest will be August 27)

Post-test: The 2nd Cooper's test will be December 8, 1998.
Improvement is key.

Mid-term: Written exam the

Final Exam: Aerobics presentation or written final
(Must hand-in the Routine used in presentation)

GRADING:

1. PARTICIPATION - 100pts
2. FITNESS TEST - 25pts each (PRE-TEST and POST TEST 1 1/2 MILE)
3. WRITTEN EXAM - 25pts
4. FINAL EXAM - 25pts
4. GRADE DETERMINATION:
 - A - 180+ points
 - B - 179-160 points
 - C - 159-140 points
 - D - 139-120 points
 - F - 119 or less

PHYSICAL DISABILITIES:

ANY STUDENTS HAVING PHYSICAL DISABILITIES MUST REPORT THEM IN WRITING TO THE INSTRUCTOR TO PREVENT INJURY.

IT IS THE STUDENTS RESPONSIBILITY TO UNDERSTAND THE DROP POLICY WRITTEN IN THE FALL CLASS SCHEDULE.

October 16th is the nine week drop date. If you drop After this date then a grade will be assigned.

DEPARTMENT PHILOSOPHY: Our department will use a "concepts" approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual's real needs for lifetime fitness?

DEPARTMENT CHAIR: Michael White

DEPT. OFFICE 312 /Ext 360

COURSE #:

COURSE TITLE:

AEROBICS

COURSE DESCRIPTION:

This course is designed for beginners in Aerobic exercise using basic coordination and dance movements to music to improve their fitness level.

INSTRUCTOR:

OFFICE # /Ext

COURSE OBJECTIVES:

REQUIRED MATERIAL(S): Locks and lockers are not required, but recommended. Return locks/locker at end of semester to avoid a \$5.00 service fee. Appropriate attire and footwear must be worn for each activity class.

INJURY/DISCLOSURE: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

ATTENDANCE POLICY: You must participate and apply the knowledge/skills each class meeting, making "mastery attempts." 90% participation = A, 80% participation = B, 70% participation = C, 60% participation = D, 50% participation = F. (% of total possible student contact hours per semester.)

WRITTEN TESTS: There will be a minimum of two (2) written tests.

SKILLS TESTS: There will be a minimum of two (2) skills tests.

HOW YOUR FINAL GRADE WILL BE CALCULATED:

Participation.	50%
Written Tests. . .25%	Skills Tests. . .25%
	= 100%

DROP POLICY: 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences, within the first 9 weeks of instruction.

FIGURE 5.2 Cooper's 1.5-Mile Run/Walk Test

Fitness Category	Age (Years)						
	13-19	20-29	30-39	40-49	50-59	60 +	
Time (Minutes)							
I. Very Poor	(men)	>15:31	>16:01	>16:31	>17:31	>19:01	>20:01
	(women)	>18:31	>19:01	>19:31	>20:01	>20:31	>21:01
II. Poor	(men)	12:11-15:30	14:01-16:00	14:44-16:30	15:36-17:30	17:01-19:00	19:01-20:00
	(women)	16:55-18:30	18:31-19:00	19:01-19:30	19:31-20:00	20:01-20:30	21:00-21:31
III. Fair	(men)	10:49-12:10	12:01-14:00	12:31-14:45	13:01-15:35	14:31-17:00	16:16-19:00
	(women)	14:31-16:54	15:55-18:30	16:31-19:00	17:31-19:30	19:01-20:00	19:31-20:30
IV. Good	(men)	9:41-10:48	10:46-12:00	11:01-12:30	11:31-13:00	12:31-14:30	14:00-16:15
	(women)	12:30-14:30	13:31-15:54	14:31-16:30	15:56-17:30	16:31-19:00	17:31-19:30
V. Excellent	(men)	8:37- 9:40	9:45-10:45	10:00-11:00	10:30-11:30	11:00-12:30	11:15-13:59
	(women)	11:50-12:29	12:30-13:30	13:00-14:30	13:45-15:55	14:30-16:30	16:30-17:30
VI. Superior	(men)	< 8:37	< 9:45	<10:00	<10:30	<11:00	<11:15
	(women)	<11:50	<12:30	<13:00	<13:45	<14:30	<16:30

< = less than; > = more than.

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PRE-TEST

Check off laps (e.g., 14 for 190-yard track; 21 for 126-yard track):

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 14 - 15 - 16 - 17 - 18 - 19 - 20 - 21

Time: _____ OR: _____

Record here if using an open roadway.

+ Stop Time: _____

- Start Time: _____

Time: _____

Circle Fitness Category:

Very Poor Poor Fair
Good Excellent Superior

COURSE GOAL: _____

POST-TEST

Check off laps (e.g., 14 for 190-yard track; 21 for 126-yard track):

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 14 - 15 - 16 - 17 - 18 - 19 - 20 - 21

Time: _____ OR: _____

Record here if using an open roadway.

Stop Time: _____

- Start Time: _____

Time: _____

Circle Fitness Category:

Very Poor Poor Fair
Good Excellent Superior

2-MONTH GOAL: _____

REQUIREMENTS FOR AEROBICS PRESENTATION

- *Routine must be 40 minutes (including isolation and cool-down).*
- *Class must reach target zone in heart rate and hold it there for at least 15 minutes.*
- *At least three heart rate checks and water breaks during the workout.*

GRADING

Your routine will be graded in five areas:

1. **Coordination**

*Symmetrical
Balanced
Centered*

2. **Safety**

*Proper warm-up and cool-down
Safe movement execution: body position and alignment
Control; don't let momentum take over
Control all students in unison simultaneously*

3. **Variation**

Focus on your creativity in designing a complete routine, using a wide variety of safe exercises.

4. **Smoothness**

The rhythm of the movement should be executed with every beat or in between every beat of music. Your transition from exercise to exercise should flow smoothly.

5. **Ability for everyone to follow you**

*Communication is very important, whether it be verbal or visual.
Coordinate your cue (signal) with the music and your count.*

MUSIC:

MUSIC SPEEDS:

Warm-up: **132 - 138 bpm.** Use traveling movements/patterns to stimulate blood flow, concentrating on large muscle movements. Implement dynamic stretching with minimal static stretching only to the key areas: **Calves, Hamstrings, and Hip Flexors.**

NOTES:

Aerobic: **142 - 158 bpm.** Ask yourself: Is the class able to maintain proper body alignment and control? If the answer is "NO", then **slow the music down!**

NOTES:

Cool down: **128 - 133 bpm.** Use traveling movements/patterns that help maintain blood flow while allowing the heart to slow down **gently** and to a proper recovery rate per individual.

Option: Introduce or demonstrate any funky or hip-hop moves that you want to incorporate into your aerobic section for the next class. Give the class a chance to practice before asking them to center their workout on these moves!!!

NOTES:

Toning and Relaxation : 120-124 bpm (Toning)
118-110 bpm (Final Stretch - **Static**)

CHOREOGRAPHY:

Starting a **New Movement Pattern:**

- 1 Start simple pattern ➡
- 2 Add More intensity or complexity in Low Impact Form ➡
- 3 Add High Impact Intensity Variations (stress Low Impact modification)
- ➡ 4 Go Back to the Low Impact pattern ➡
- 5 Go back to the original simple pattern ➡
- 6 Change movement pattern ➡ Repeat steps.

NOTES:

FIGURE 1.4 How to Figure Your Target Heart Rate Training Zone

Three basic factors enter into figuring your estimated safe exercise zone. These must be established first:

1. Current age: _____
2. How active is your lifestyle? _____ % MHR

If you are: (Choose one and place on the line above.)

- Nonathletic adult: use 50% of your maximum heart rate.
- Sedentary: use 60%–69% of your maximum heart rate (but only for the first 2 or 3 weeks).
- Moderately physically active: use 70%–75% of your maximum heart rate.
- Active and well-trained: use 80%–85% of your maximum heart rate.

3. Your average resting heart rate (just figured): _____

Now place your numbers in the Karvonen formula:

A.	220	–	_____	=	_____ Estimated maximal heart rate (MHR)
	(Index number)		(Your age)		
B.	_____	–	_____	=	_____
	MHR		Resting HR		Heart Rate Reserve
C.	_____	×	_____	=	_____ + Resting HR = _____
	Heart Rate Reserve		Lower end lifestyle activity range (i.e. #2 above)		
	_____	×	_____	=	_____ + Resting HR = _____
	Heart Rate Reserve		Higher end lifestyle activity range (i.e. #2 above)		

RANGE

RANGE OF YOUR TARGET _____ * This range is your estimated safe exercise zone. Keep your heart rate working in this range while you exercise aerobically for approximately 30 minutes of each session.

_____ * Refigure as you "age," as you can reclassify your lifestyle percentage, or as your resting heart rate declines markedly.

For example: Chris is 20 years old, a moderately active person (70%–75% range), with a resting heart rate of 62.

- A. $220 - 20 = 200$ MHR
- B. $200 - 62 = 138$ Heart rate reserve
- C. $138 \times .70 = 96 + 62 = 158^*$
 $138 \times .75 = 104 + 62 = 166^*$) Target heart rate training zone

If Chris keeps working (aerobically exercising) at the range of 158 to 166 heartbeats per minute, the heart would be working safely toward the training effect.