

Name:

PE 9A: Fit or Fat

In-class Activity 3c: Aerobic Exercise

Objectives

Experience aerobic exercise in the form of different exercise routines set to music. Learn basic movements and rhythms used in aerobic exercise routines.

Equipment

Comfortable, non-restrictive clothing; supportive exercise shoes; towel; water; aerobic step.

Procedures

The instructor will take you through a warm-up and explanation of basic aerobic moves, followed by a sampling of different aerobic styles. This session covers: listening to music; basic movements; and various forms of aerobic routines.

Music: Aerobic music is based on an 8-count unit of measure (actually, 2, 4-count measures). Listen to the music and tap your foot in time to the music. If you count to the rhythm, you should be able to see how these 8 counts fit naturally into the song. If you begin counting on the wrong beat, it will probably sound “wrong.”

Basic Moves

March/Walk: Most aerobic exercise is based on the march, or walk, with one foot hitting the floor on the beat of the music. Your lead foot is determined by the foot that hits the ground on the count of one. Variations include jogging/running in place, varying arm swing, and using bigger leg movements. Direction can also be added – front, back, in circles, to either side.

Step-Touch: One foot steps on the ground, and the opposite foot “taps” the ground on the next beat. The second foot then steps and the first foot taps. Variations include knee-ups (step-knee), hamstring curls (step-curl), step-kicks, and any combination of these together.

Combination Moves: Most aerobic moves are based on the above moves. For example, a “grapevine” is, in essence, a walk to the side with a tap at the end, so that the opposite foot then becomes the lead foot. A “v-step” is a walk with direction added to it.

Step Aerobics: Basic up-up-down-down (r-l-r-l); knee-up; turn-step; over-the-top. Adding power moves to a step routine.

Aerobic Styles

In the beginning, there was high impact aerobics. They didn’t know it was high impact, but it involved a lot of jumping around. People developed lower leg injuries, usually due to putting a lot of pressure onto previously underused muscles. Thus, low-impact aerobics was born. Instead of running in place, people made big marching movements. Instead of jumping and

kicking, they squatted and kicked. After awhile, the typical low impact routine began to get a little stale. Looking to add new interest, instructors began to use “choreographed” routines with more complex maneuvers, and using more dance-based routines, and hip-hop/funk and latin-based aerobics became more popular. But wait, there’s more!!! For a long time, aerobics used no props, but then along came Gin. No, not the drink, the woman. Gin Miller devised an exercise system where the individual steps up and down on a platform, and step aerobics was born. Step aerobics led the way for more “athletic” routines, such as power, burst and power step, thus attracting a whole new population to the activity. The newest fads in aerobics include kickboxing and spinning.

Log It!

Manually input this into your fitlinxx log as an *Aerobic Activity*.

Questions...

What should one look for in an exercise instructor?

How can you tell (without a heart rate monitor) if you’re at the proper exercise intensity?

How should you choose your platform height for step aerobics?

What are some signs that you should stop exercising and take a break?