

## Assignment 3: Aerobic Exercise

PE 9A: Fit or Fat

Name:

Aerobic fitness forms the foundation to a good fitness program. Aerobic activities and exercises “train” your body to burn fat more readily at higher intensities by increasing cardiovascular efficiency and making biochemical changes to respond to energy output needs. Aerobic work uses a high percentage of body mass, so the large, lower-body muscles should be used. Get warm and breathing heavily without being so out of breath you have to either slow down or stop. Aerobic EXERCISE should go uninterrupted for 12 minutes in your target heart rate zone. This means 12 to 15 minutes if all muscles are used (rowing machine, cross country skiing), or 20-30 minutes if fewer muscles are used or it’s non-weight-bearing (biking, walking) -- the more muscles used, the less time it takes to achieve a systemic response.

**Objectives:** Begin exercising aerobically 3 to 5 days each week. Try to replicate the intensity required for exercise in the thrz.

**Procedures:** Choose an aerobic activity or activities. Exercise 3 to 5 days per week for a minimum of 12:00 in your thrz (15:00 total for most activities). Try to increase session length by a few minutes each workout, with the exception of the last workout of the week. Decrease session length of the week’s last workout to the same amount of time as the first workout of the week. Do not exercise beyond 60 minutes in one day.

For now, your commitment is to aerobic exercise and activities. In the meantime, we’ll discuss nutrition to prepare you for the next phase. Each phase adds another dimension or element to your program, not replaces the old ones.

**Assignment:** Each week before class, submit the week’s exercise log from the previous Monday to the Sunday before class -- both the *Visit Summary* and the *Cardio Summary*. You may submit them by email by creating pdf’s of them or in person by printing and handing them in during class.

Your exercise logs count toward both the At-Home Assignment and the Physical Activity portions of your grade. You receive credit for the At-Home Assignments just for turning in the log on time, regardless of whether you met the workout requirements that week. To receive full credit on the Physical Activity portion of your grade, you must meet the workout minimums each week -- number of days and minutes for that week for cardio and number of days and exercises for strength (when we start the strength segment). There is no extra credit for doing extra activity (there is such a thing as TOO MUCH exercise, and ideally, you want to increase your activity moderately and regularly).