

PE 558A: Aerobic Fitness

Lynne Atkinson is out this term with a shoulder injury. She will hopefully return to the 5pm slot for spring.

5pm Lynne Atkinson WELL 119 415-239-3412

6pm Tracey Kobayashi WELL 119 415-452-7311 tkobayas@ccsf.edu

The Course: This course exposes you to increasing length and intensity of different aerobic activities. You will learn what cardiorespiratory fitness is, how it changes based on the stresses imposed on it, the recommended amount of aerobic activity to maintain and improve fitness, and how to find the proper exercise intensity.

Materials: Proper gear is essential to your experience for both comfort and injury prevention.

Proper attire allows you to move freely and is free of hardware or other features that could inadvertently rub or cut into the skin. Natural fibers are most comfortable for some, while others prefer the newer petroleum-based fabrics which are better at wicking moisture away from the body. Whatever you wear, make sure it is clean! Even after a single wearing, exercise clothes harbor bacteria that can not only create an unpleasant odor, but may also create or exacerbate skin problems. For modesty's sake, I recommend you try on clothes in front of a mirror and move around a bit before wearing them to class, so you will know how your clothes will behave with different movements.

Wear shoes designed for aerobics or general fitness. These shoes provide proper cushioning, forefoot flexibility, arch support and lateral stability you need for comfort and injury prevention. If you need help finding a shoe to fit your individual needs, please ask.

Attendance: Sign/initial/'x' or 'check' the attendance sheet every class session. Because we have two classes back-to-back, you may attend either or both classes. If you attend both classes in one day, make a note of it on the attendance sheet. You will receive double-credit for that day, which will count as a make-up if you miss class another day.

Information: My website covers a lot of what is mentioned in class. If you have additional questions, or need clarification, please ask. <http://fog.ccsf.edu/~tkobayas/>

Evaluation: Because it is essential to improvement and maintenance of cardiorespiratory fitness, this class is heavily weighted on participation.

80% Class Participation

10% Exam

10% Exercise logs