Course Title: Aerobics
Catalog#: PED 160-300
Credits: 1.0
CRN# 93168
Meet: room S-208 and Ultimate fitness, Riverhead
Instructor: Theresa Marino (631)779-3318
Theresa@hamptonseverything.com
Meets T, Th. 2-3:15

Aerobics – Exercise that requires oxygen to produce the necessary energy (ATP) to carry out the activity. It increases respiration, body temperature, heart rate and blood flow upon immediate activity. It also produces many positive long term physiological effects such as: a lower resting heart rate, lower blood pressure, weight loss etc.

Course Objective: To explore cardio-respiratory exercise through movement of large muscle groups over an extended period of time. This will provide a method to train one’s heart to be more effective and efficient.

Requirements:

Class participation: The class will consist of a warm up, aerobic movement, cool down, muscular endurance exercises and stretch. The aerobic section will be the focus and longest part of the class.

Exercise Log – Each student will learn to take heart rates and keep a log of pre, peak and post heart rates (intensity). The log will also focus on duration, frequency, mode and comments. The log should include pre-semester weight and final weight, blood pressure. It should include heart rate training zone (heart rate reserve)

Formula for heart rate reserve:  

\[ 220 - \text{age} - \text{RHR} \times 0.60 + \text{RHR} \]
\[ 220 - \text{age} - \text{RHR} \times 0.75 + \text{RHR} \]

Recovery Heart Rate – the amount of time the heart takes to return to normal after exercise. This is a measure of how fit a person is.
Attendance - All students must attend a minimum of 18 out of 20 classes. Ten points will be deducted from the final grade for each class missed. It is suggested that absences are saved for emergencies only.

Composition – Each student will write a composition on the physiological benefits of aerobic activity. This should include subjects and research on the heart, lungs, disease prevention, circulation, blood pressure, blood sugar, emotional and mental state, stress, etc.

Grade Determination: class participation 30%
   class performance 40% effort
   log 20%
   composition 10%

Clothing requirements – socks and sneakers with support, light weight exercise clothes, long hair tied back, no jewelry, no belts, bring water and a towel.

There will be a gradual increase in intensity and movement. Using the gym on off days is encouraged.

Schedule:

Class #1 Meets in S-208 Explain Syllabus
Class #2 Meets in S-208 2 MILE WALK
Class#3 Learn warm-up and start aerobic routine – ULTIMATE FITNESS
Class #4 Add onto routines, Calisthenics
Class #5 Add on routines, Big Ball routine
Class #6 Add on routines
Class #7 Add on routines, weights
Class#8 Add on routines
Class #9 Add on routines
Class#10 midterm
Class#11 fall walk around Riverhead
Class #12  fall walk around Riverhead
Class #13 step aerobics
Class #14 step aerobics
Class#15 step and aerobics
Class #16 step and weights
Class#17 aerobic equipment, Cotton Eyed Joe
Class #18 aerobic equipment
Class #19 aerobic equipment
Class #20 aerobic equipment

Please no talking during class. It is very distracting to both the teacher and fellow students.

Example of exercise log:

Beginning weight:
Beginning Blood pressure:
Beginning heart rate:
Training zone:

Date Mode pre peak post duration/distance comments

Ending weight:
Ending heart rate:
Ending blood pressure:

Conclusions: