Course: Aerobics    PE 60
Instructor : Theresa Marino (631)722-4847
Theresa@hamptonseverything.com

Meets M,T,W,Th 12:30-1:45

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.

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

Heart Rate Log – Each student will learn to take heart rates and keep a log of pre, peak and post heart rates.

Formula for heart rate reserve:    220 – age – RHR x .60 + RHR
                                220 – age – RHR x .75 +RHR

Recovery Heart Rate – the amount of time the body takes to return to normal after exercise. This is a measure of how fit a person is.

All students must attend 20 classes. Make-ups are a must and can be made during other classes. One extra class will be given at the end of the 20 sessions. Ten points will be deducted from the final grade for each class that is not made up.

Composition – Each student will write a composition on the benefits of aerobic activity.

Grade Determination: class participation 40%
class performance 40%
log 10%
composition !0%

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