

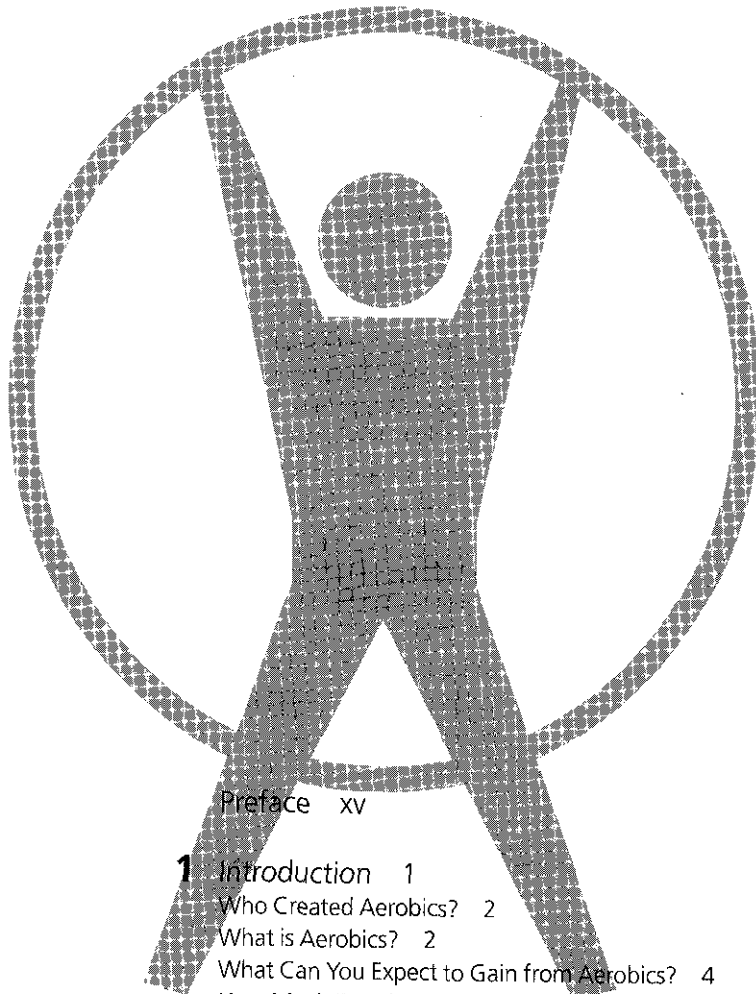
# Aerobics Today



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SECOND EDITION



# Contents

	Preface	xv
<b>1</b>	<b>Introduction</b>	<b>1</b>
	Who Created Aerobics?	2
	What is Aerobics?	2
	What Can You Expect to Gain from Aerobics?	4
	How Much Exercise Do I Need to Be Fit?	4
	Exercising for Increased Aerobic Fitness	5
	Summary	5
<b>2</b>	<b>Components of Fitness and Exercise</b>	<b>6</b>
	Components of Fitness	7
	<i>Cardiovascular Efficiency and Endurance</i>	8
	<i>Muscular Strength</i>	8
	<i>Muscular Endurance</i>	8
	<i>Flexibility</i>	8
	<i>Body Composition</i>	8
	Your Heart	9
	<i>Resting Heart Rate</i>	9
	<i>Taking The Pulse</i>	9
	<i>Target Heart Rate</i>	10
	Checklist for Taking Your Pulse	10
	<i>The Karvonen Method</i>	11
	<i>The American College of Sports Medicine Method</i>	11
	<i>Recovery Heart Rate</i>	12
	<i>Monitoring Your Heart Rate</i>	12
	Frequency of Exercise	12
	Intensity of Exercise	12
	Duration of Exercise	13
	Lifestyles and the Development of Cardiovascular Disease	13
	Coronary Heart Disease	14
	Who Gets Cardiovascular Diseases?	14
	Major Risk Factors	14

	<i>Smoking</i>	14
	<i>Excess Body Weight</i>	14
	<i>Ideal Body Weight</i>	14
	<i>Determining Your BMI</i>	15
	<i>Waist Circumference</i>	16
	<i>Calorie/Weight Chart</i>	16
	<i>High Blood Pressure</i>	16
	<i>High Blood Cholesterol</i>	17
	<i>Having Your Cholesterol Checked</i>	17
	<i>Total Blood Cholesterol</i>	17
	<i>High-Density Lipoprotein</i>	17
	<i>Low-Density Lipoprotein</i>	17
	Other Important Risk Factors	18
	<i>Physical Inactivity</i>	18
	<i>Diabetes</i>	18
	<i>Stress</i>	18
	<i>Alcohol</i>	18
	Preventing Heart Disease	19
	Summary	19
<b>3</b>	<b>Committing Yourself to a Workout</b>	<b>20</b>
	Benefits of an Aerobic Exercise Class	21
	Components of a Good Class	21
	<i>Warm-Up and Stretching</i>	21
	Checklist for Your First Aerobics Class	22
	<i>Cardiovascular/Aerobics Work</i>	22
	Checklist for Warm-Up	23
	<i>Strengthening and Toning Work</i>	23
	<i>Cool-Down and Flexibility</i>	23
	Frequency of Workouts	23
	How Long Before Results Are Apparent?	24
	What to Wear to Class	24
	Selecting Shoes	24
	Summary	25
<b>4</b>	<b>Motivation</b>	<b>26</b>
	Negative Motivation	27
	Positive Motivation	27
	Inner-Directed versus Outer-Directed	28
	<i>Why You Keep Going</i>	28
	Checklist for Mental Benefits of Aerobics	29
	Setting Personal Goals	29
	Following the Goals with Action	29
	Checklist for Personal Goal Setting	30
	Visualization	30
	Checklist for Mental Imagery	31
	Additional Tips to Keep you Motivated	31
	Summary	31
<b>5</b>	<b>Assessing Your Fitness Level</b>	<b>32</b>
	What Condition Are You In Now?	33
	Assessing Your Personal Measurements	33
	Testing Your Aerobic Capacity	34
	<i>3-Minute Step Test (Aerobic Assessment)</i>	34
	Testing Your General Flexibility	36
	Student Health History	37
	Summary	38
	Checklist: Semester Progress Chart	39

<b>6</b>	<b>Your Personal Workout</b>	<b>40</b>
	Your Pre-Class Warm-Up	41
	Stretches and Isolations	41
	<i>Head Isolations</i>	41
	<i>Shoulder Circles</i>	42
	<i>Rib Isolations</i>	42
	<i>Rib Circles</i>	42
	<i>Hip Isolations</i>	42
	<i>Hip Circles</i>	42
	<i>Deep Lunge</i>	43
	<i>Side Lunge</i>	43
	<i>Hamstring Stretch</i>	43
	<i>Quadriceps Stretch</i>	44
	<i>Calf Stretches</i>	44
	<i>Ankle Circles</i>	44
	<i>Ankle Raises</i>	44
	<i>Heel Walking</i>	45
	<i>Sitting Straddle Side Stretch</i>	45
	<i>Sitting Straddle Forward Stretch</i>	45
	Strengthening Exercises	45
	<i>Push-Ups</i>	45
	<i>Reverse Push-Ups</i>	46
	<i>Abdominal Curl-Ups</i>	46
	<i>Donkey Leg Lifts</i>	48
	<i>Straight Leg Lifts</i>	48
	<i>Side Leg Lifts</i>	48
	<i>Bent Side Leg Lifts</i>	49
	Pelvic Lifts/Buttocks Exercise	50
	Summary	50
	Checklist for Your Personal Workout	51
<b>7</b>	<b>Nutrition</b>	<b>52</b>
	Basic Nutrition Guidelines	53
	Keep Variety in Your Diet	53
	<i>Carbohydrates</i>	53
	<i>Fiber</i>	53
	<i>Proteins</i>	53
	Checklist for Calories Contained in Four Food Groups	54
	<i>Fats</i>	54
	<i>Water and Hydration</i>	54
	<i>Vitamins and Minerals</i>	54
	<i>Weight Control</i>	55
	Checklist for Calculating Desirable Body Weight	56
	<i>Body Composition</i>	56
	<i>Weight Loss</i>	56
	Summary	57
<b>8</b>	<b>Injury Prevention</b>	<b>59</b>
	Prevention of Injury	60
	Pain versus Exercise Discomfort	60
	Treatment for Routine Injuries	60
	Checklist for Treating Injuries	60
	Overuse Injuries	61
	<i>Plantar Fasciitis</i>	61
	<i>Achilles' Tendonitis</i>	61
	<i>Shin Splints</i>	61
	<i>Stress Reactions and Stress Fractures</i>	61
	<i>Knee Injuries</i>	61

Common Causes of Aerobics Injuries 62

- Training Errors* 62
- Anatomical Problems* 62
- Improper Footwear* 62
- Training Surfaces* 62
- Program Imbalance* 62
- Use of Low Weights* 62
- Improper Body Alignment* 63
- Muscle Imbalance* 63
- Nonballistic Stretching* 63

- Exercises to Avoid 63
- Heat and Humidity 67
- Exercise-Induced Asthma 68
- Exercise Intolerance 68
- Cardiac Risk Factors 69
- Summary 69

**9** Low-Impact Aerobics 70

- Definition 71
- Impact and Injuries 71
- Protecting the Knees 72
- Low-Back Precautions 72
- The Question of Weights 72
- Checklist for Knee Protection 72
- When Not to Use Weights 73
- Low-Impact versus Low-Intensity 73
- Aqua Aerobics Exercise 73
- Body Sculpting 74
- Other Low-Impact Alternatives 74
- Benefits 74
- Summary 75

**10** Pregnancy and Aerobic Dance Exercise 76

- Value 77
- Special Precautions 77
  - Medical Clearance* 77
  - Fluids* 77
  - Warning Signs that Indicate the Need to Stop Exercising* 77
- Modifications to an Aerobic Exercise Program 77
  - Warm-Up* 77
  - Cardiovascular Work* 78
  - Floor Work* 78
  - Cool-Down Stretches* 79
- Special Exercises 80
  - Low-Impact Movement* 80
  - Kegel Exercises* 80
  - Standing Work* 80
- Controversial Exercises 81
- Exercises to Avoid 81
  - High Knee Lifts* 81
  - Quick Lateral Movements* 81
  - High-Impact Jumping and Jarring* 81
  - Weights* 81
  - Traditional Rejects* 81
  - Prone Position* 81
- Summary 81

<b>11</b>	<b>Selecting a Class</b>	<b>83</b>
	What to Look for in a Good Instructor	84
	Characteristics of a Good Instructor	84
	The Aerobic Dance Exercise Class	84
	Checklist for Selecting a Facility	85
	Selecting a Facility	85
	Summary	86
<b>12</b>	<b>A Guide to Buying Media for Personal Use</b>	<b>87</b>
	Selecting a Videotape	88
	Evaluating a Videotape	88
	Purchasing a Videotape	88
	Selecting Music to Create Your Own Routines	88
	Checklist for Videotape Evaluation	89
	Summary	89
<b>13</b>	<b>Being Creative: Choreographing Your Own Routines</b>	<b>90</b>
	Creating Your Dance Exercise Routine	91
	Simple 8-Count Phrases of Movement	91
	Summary	98
<b>14</b>	<b>Becoming an Instructor</b>	<b>99</b>
	Where to Study to Become an Instructor	100
	Checklist: Do I Want to Become an Instructor?	101
	Summary	101
	Self-Test	101
	Glossary	103
	Index	107