ACTIVITIES

- Aerobics is referred to as high fitness and low impact. A 1993 study evaluating the energy cost of basic stepping without any arm movements showed that step height is the most important factor in energy cost. Adjusting the platform height is a highly viable method for individualizing exercise intensity.
- The energy cost of more choreographed stepping, which includes a greater variety of maneuvers and dynamic arm movements is higher than the basic step exercise technique.

• Read this article:
  - https://journals.lww.com/acsm-healthfitness/Citation/1998/03000/Step_Aerobics_Fulfills_Its_Promise__High_on.12.aspx

• Warm Up
  - https://youtu.be/Z0xtYX1Nf5c

• Workout with this video
  - https://youtu.be/egYbeLPU_2k

• Cool Down
  - https://youtu.be/kP5eFSsOxUs

ASSESSMENT:

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. What techniques can be embedded within a routine to increase energy expenditure?
2. Should you do more than four episodes of aerobics per week? What can result if you do more than 4 per week?

SUBMIT YOUR QUESTIONS IN WORD APA STYLE TO THE TEACHER BY 4/12/20 AT 8PM FOR NEXT TIME: