

LESSON 8: STEP AEROBICS WORKOUT 2

Grade-Level Outcomes

Primary Outcomes

Assessment & program planning: Designs a fitness program, including all components of health-related fitness, for a college student and an employee in the learner's chosen field of work. (S3.H12.L1)

Fitness knowledge: Calculates target heart rate and applies that information to personal fitness plan. (S3.H10.L1)

Fitness activities: Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

Embedded Outcome

Physical activity knowledge: Discusses the benefits of a physically active lifestyle as it relates to college or career productivity. (S3.H1.L1)

Lesson Objectives

The learner will:

- perform the step aerobics routine with correct form and alignment.
- perform the step aerobics routine within her THR zone.
- participate safely in the routine by monitoring her heart rate and slowing down or modifying activity as needed.

Equipment and Materials

- 1 stepper per student
- Upbeat music (step aerobics) or video

Introduction

Today is our second cardio day. We will continue with step aerobics this week and start kickboxing next week. Remember, it is important to work continuously at a moderate level to get the aerobic benefits from the activity. You will pause to take your heart rate to see if you are working in your target heart rate zone. Tomorrow, we are back in the weight room. Remember to participate safely, slow down as needed, and drink plenty of water.

Instructional Task: Step Aerobics

■ PRACTICE TASK

Students sit at a stepper for quick safety reminders.

Students then participate in the same routine as the first aerobics lesson or a new routine on DVD, from YouTube, or that you created (45 minutes).

You can find many more routines on YouTube.

Intermittently pause and have students take a 15-second heart rate.

Refinements

- Check form, foot alignment, and pace.

EMBEDDED OUTCOME: S3.H1.L1. After the workout, lead a discussion with students on the benefits of an active lifestyle:

- What are the benefits of a healthy, active lifestyle?
- How about more specifically to a college student?
- How might an active lifestyle affect your performance at college or at work?

Guiding questions for students:

- Are you in your target heart rate zone?
- Do you feel as if you are getting a good aerobic workout?
- At what intensity are you working? At what frequency and for what amount of time are you participating in step aerobics this week?

Student Choices/Differentiation

- Students may perform the exercises on the floor without using the stepper.
- Students may perform at a slower rate.
- Students may exercise near a wall if they need some help with balance.
- Adjust step height if needed.
- Add or remove arm movements.
- Students may use heart rate monitors, if available.
- Students may choose their routine.

What to Look For

- Students are able to stay on beat.
- Students are working at a moderate level.
- Students are performing the moves properly with correct form and alignment.

Formal and Informal Assessments

Exit slip: Give two examples of how aerobic activities contribute to a healthy lifestyle.

Closure

- What did you like about today's cardio activity?
- Are you feeling more comfortable with the movements?
- Next time, we'll be working on muscle fitness and we'll have a quiz on resistance training concepts. Be sure to review before class.

Reflection

- Were students engaged in the routine?
- Did students stay moderately active for the duration of the step aerobics activity?
- Were students able to monitor their heart rates and stay within their THR zones during activity?

Homework

- Continue to work on your fitness plan as a college student.
- Evaluate what resources are available to you while at your choice college, and consider time and scheduling.
- Review for the quiz on resistance training.

Resources

Kennedy-Armbruster, C., & Yoke, M. (2009). *Methods of group exercise instruction*. 2nd ed. Champaign, IL: Human Kinetics.

Jenny Ford step aerobics workout: She has various workouts, so select one that works best for you. Workouts can be downloaded for a small fee if this will work better than using Wi-Fi in the gymnasium.

Internet keyword search: "step aerobics"