

NAME

DATE

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of aerobics. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. What are some of the physical benefits to be derived from aerobics?

2. What type of muscle fibers does aerobic training chiefly work?

3. What does it mean to say that exercise is “specific”?

4. What is a target pulse rate? Explain.

5. Describe how dancing can be done as an aerobic exercise.

6. Explain the difference between extending and flexing your arm at the elbow.

7. Why is running or jogging a good aerobic exercise? Explain.

8. What is the difference between high-impact and low-impact aerobics?
9. What is circuit training and how can it be aerobic?
10. Explain why a good exercise program should include both aerobic and resistance training.