

AEROBICS

PACKET # 22

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Aerobic exercise conditions the cardiovascular system and improves performance in sports that require endurance, such as running and jogging. By conditioning the cardiovascular system, aerobics contributes to overall health and enhances the ability to use oxygen.



Perhaps the best way to describe how aerobics works is to explain how exercise improves the body's ability to perform. Depending on which exercises you do, you may develop strength, endurance, stamina or power. However, as all sports trainers know, exercise is "specific," which means that specific exercises produce specific results.

For example, exercises designed strictly to improve strength will not do much to improve your endurance. On the other hand, if you train for endurance alone (for example, by doing only long-distance running), you will not improve your strength significantly. This is why you often see runners who couldn't bench press 200 pounds if their lives depended on it, and champion powerlifters who get out of breath just running across the street.

Physical Education Learning Packets Aerobics Answer Key

RJ Alexander



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