

FINDING THE BEST AEROBIC ACTIVITY FOR YOU

TIPS FOR FINDING THE BEST ACTIVITY FOR YOU

- Try many different activities.
- Get good instruction.
- Get the appropriate equipment.
- Try activities more than once.
- Wear proper clothing.
- Find others to participate with you.

EXAMPLES OF ACTIVE AEROBIC ACTIVITIES

- Aerobic dance
- Bicycling
- Circuit training
- Rope jumping
- Water aerobics
- Aerobic exercise machines
- Cooper's aerobics
- Dance
- Martial arts exercise
- Swimming

SAFETY TIPS FOR ACTIVE AEROBICS AND RECREATION

- **Wear proper safety equipment.**
 - Dress appropriately for the weather.
 - Wear proper protective equipment such as a helmet, knee pads, etc.
- **Use safe equipment.**
 - Use reflectors and lights on bikes or on clothes.
 - Keep equipment in good repair.
 - Make sure all equipment is sized correctly and fits appropriately.
 - Wear life preservers when boating and water skiing.
 - Carry and drink water during vigorous activity, especially in the heat.
- **Get proper instruction.**
 - Learn from someone who knows the activity AND is trained to teach it.
 - Injuries and accidents often occur when activities are done incorrectly.
- **Perform within the limits of your current skill.**
 - Acknowledge your skill level.
 - Don't try skills you aren't ready for just to impress others.
 - Try more challenging skills gradually after you master simpler skills.
- **Plan ahead, especially for outdoor activities.**
 - Tell someone where you will be and when you expect to be back.
 - Bring a map and compass in new or isolated areas.
 - Carry an emergency phone and flare.
 - Carry extra food and water when backpacking.
 - Carry a small first aid kit when hiking.
 - Avoid venturing out alone.

FINDING SOCIAL SUPPORT FOR ACTIVITY

- **Assess your current level of social support.**
- **Determine areas where you need to improve your social support.**
- **Find friends who have the same interests.**
- **Join a club or team.**
- **Seek advice and help from parents and teachers.**
- **Get lessons if possible.**
- **Encourage family members to try the activity with you.**
- **Ask for proper equipment for birthdays or other holidays.**

Application**SAFETY ASSESSMENT FOR ACTIVE RECREATION****8**

A. Read the following descriptions.

Description 1

David is excited to be going on his first long hike this weekend with his friend Jason. It is early summer and the weather is nice. Neither David nor Jason has ever hiked for more than two hours at a time, but they are young and athletic and figure they will be okay. Jason bought a book of hikes and they've selected one that loops around so that they will end up where they started from. David and Jason told their parents that they will be at a friend's house all day because they know their parents would worry.

Description 2

Jenna just learned how to inline skate from her friend Josh. She has always wanted to learn to inline skate and was excited when she found a pair of old skates and a helmet at the Goodwill store. She and Josh practiced for about an hour. Josh is going to a skating park on Saturday and invited Jenna to come along. Sometimes there are spontaneous competitions at the park on Saturdays. Jenna is very competitive and hopes to have a chance to show off.

B. Answer the questions.

1. What safety information would you share with David and Jason before they head out for their hike?

2. If David and Jason get lost on their hike, what mistake did they make that might cost them their lives?

3. What concerns do you have about Jenna's safety given what you know?

4. Do you think Jenna has a good chance of getting hurt on Saturday? Why or why not?



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Reinforcement

ACTIVE AEROBICS AND RECREATION WORD HUNT

Read the clues below to determine what type of active aerobics or active recreation each is, and then find each word in the word hunt puzzle.

A	T	M	L	T	V	I	X	J	D	S	A
Q	G	A	L	E	J	W	F	K	Z	B	N
C	F	R	U	D	P	A	S	N	I	E	E
O	I	T	H	A	O	T	O	B	H	N	H
O	R	I	E	N	T	E	E	R	I	N	G
P	I	A	F	C	E	R	Q	L	K	T	D
E	K	L	E	E	O	A	N	T	I	I	J
R	G	O	E	M	U	I	O	U	N	R	R
A	W	K	R	O	P	H	C	O	G	E	B
T	P	I	I	A	D	R	R	E	I	A	U
L	N	C	U	T	I	B	E	A	C	J	F
E	F	N	Q	C	B	A	A	V	H	O	K

1. Combines walking, jogging, and map-reading skills: _____
2. Usually involves a one-day trip in the wilderness: _____
3. Performing dance steps to music: aerobic _____
4. A system of earning points from active aerobics: _____ aerobics
5. Performing several different exercises one after another: _____ training
6. Examples include judo and karate: _____ arts
7. Also called roller-blading: _____ skating
8. Also called aqua-dynamics: _____ aerobics



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Personal Project

LOGGING AND PLANNING ACTIVE AEROBICS AND ACTIVE RECREATION

Part 1—Logging Activity

Use this form to record your participation in active aerobics and active recreation activities for one week. Record only time spent performing each activity at a moderate to vigorous pace. Answer the questions provided when you have finished your weekly log.

Write the number of minutes you spent in each activity each day.

	Day 1 /	Day 2 /	Day 3 /	Day 4 /	Day 5 /	Day 6 /	Day 7 /
Aerobic dance							
Aerobic exercise machines							
Bicycling							
Circuit training							
Dance							
Rope jumping							
Martial arts							
Water aerobics							
Swimming							
Backpacking/hiking/rock climbing							
Boating/kayaking/rowing							
Skating							
Skateboarding							
Skiing							
Other:							
Other:							
Daily totals							

How might you adjust your physical activity to better maintain or improve your cardiovascular fitness level?

What short-term goals might you have for minutes per day in active aerobics and active recreation?



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Personal Project

LOGGING AND PLANNING ACTIVE AEROBICS AND ACTIVE RECREATION *(continued)*

Part 2—Planning Active Aerobics and Active Recreation

Make a plan for the following week incorporating changes that might help you reach your goals. Use the chart to indicate which activities you will perform over the next week. For each day, write the total minutes per day you will spend in each activity next to the activities you select.

Write the number of minutes you plan to spend in each activity each day.	Day 1 /	Day 2 /	Day 3 /	Day 4 /	Day 5 /	Day 6 /	Day 7 /
Aerobic dance							
Aerobic exercise machines							
Bicycling							
Circuit training							
Dance							
Rope jumping							
Martial arts							
Water aerobics							
Swimming							
Backpacking/hiking/rock climbing							
Boating/kayaking/rowing							
Skating							
Skateboarding							
Skiing							
Other:							
Other:							
Daily totals							

Did you plan for at least 30 minutes of activity each day? _____

Identify some strategies you can use that will help you achieve your plan.



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Chapter Test

ACTIVE AEROBICS AND RECREATION

Choose the letter of the *best* answer for questions 1-14.

Use what you learned throughout the chapter to answer the final question.

1. Active aerobics and active recreation are especially good at
 - a. building flexibility.
 - b. building muscular endurance.
 - c. building muscular strength.
 - d. building cardiovascular endurance.
2. Active aerobics are popular because they
 - a. often don't require high levels of skill.
 - b. are usually very competitive.
 - c. almost always require travel.
 - d. always involve lots of people.
3. Doing too much active aerobics can often result in
 - a. muscle sprains.
 - b. muscle strains.
 - c. overuse injuries.
 - d. atherosclerosis.
4. Aerobic exercise machines include
 - a. aerobic dance.
 - b. jumping rope.
 - c. treadmills.
 - d. martial arts.
5. Performing several different exercises, one right after another, is called
 - a. circuit training.
 - b. Cooper's aerobics.
 - c. leisure-time activity.
 - d. water aerobics.
6. The best active aerobic activity for any given person is
 - a. the one that is the hardest.
 - b. the easiest one to learn.
 - c. the one the person enjoys the most.
 - d. the one requiring the least equipment.
7. Activities done for fun during free time are called
 - a. active recreation.
 - b. recreational activities.
 - c. leisure dances.
 - d. active aerobics.
8. Which of the following is NOT an example of active recreation?
 - a. backpacking
 - b. kayaking
 - c. skateboarding
 - d. chess
9. Combining walking, jogging, and map reading skills is called
 - a. water aerobics.
 - b. rock climbing.
 - c. orienteering.
 - d. martial arts.
10. Skiing done at a steady pace over relatively long distances is called
 - a. in-line skiing.
 - b. cross-country skiing.
 - c. downhill skiing.
 - d. snowboarding.
11. Which of the following people is NOT following safety guidelines regarding equipment?
 - a. a boy biking with a helmet, light, and reflectors
 - b. a girl skating with hand and knee pads and a helmet
 - c. a boater wearing a lifejacket
 - d. a skier using his big brother's skis and boots
12. To avoid injury during activity it is important to
 - a. perform within your limits.
 - b. show off for friends.
 - c. try to learn complicated activities on your own.
 - d. avoid using equipment.
13. People who have good social support are more likely to
 - a. be sedentary.
 - b. participate in regular activity.
 - c. get injured during activity.
 - d. become ill as they age.
14. Which of the following activities is more dangerous than the others?
 - a. treadmill
 - b. water aerobics
 - c. skating
 - d. golf
15. Describe the difference between active recreation and recreational activities, and provide one example from each.
