



# Step Aerobic

**Karen S. Mazzeo**

## **Step Aerobic:**

*Step Aerobic als Herz-Kreislauf-Gruppentraining. Inhaltsplanung und Hilfsmethoden*, 2016-09-07 Studienarbeit aus dem Jahr 2015 im Fachbereich Sport Bewegungs und Trainingslehre Note 1 7 Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH Veranstaltung Gruppentraining II ausdauertorientiertes Fach Sprache Deutsch Abstract

Step Aerobic ist eine motivierende Form des aeroben Gruppentrainings und kann sowohl von Anfängern als auch von Profisportlern mitgemacht werden. Entwickelt wurde es von der US Trainerin Gin Miller die von ihrem Arzt nach einer Knieverletzung die typische Step Up Bewegung als Muskelaufbau empfohlen hatte. Jedoch wurde ihr das ständige auf und ab auf einer Holzkiste schnell zu eintönig sodass sie diese Bewegung auf typische Aerobic Musik durchführte und Spaß daran gewann. Die Firma Reebok entwickelte das heute für uns typische höhenverstellbare Step und stellte dies 1990 in Essen auf der FIBO Fitness und Bodybuildingmesse vor. Step Aerobic ist ein aerobes Herz-Kreislauf-Training welches eine sehr gute Möglichkeit darstellt, um die Ausdauer und Koordination der Kundinnen und Kunden zu verbessern. Zudem ist Step Aerobic gelenkschonend und trainiert in erster Linie die großen Muskelgruppen wie Beine und Gesäß. Wichtig ist es hierbei auf die korrekte Technik zu achten. Dies ist Aufgabe des Trainers. Mit Spaß und Motivation kann hier das Mitglied mitgerissen werden. Die Ausdauer und die Koordination werden verbessert ohne ein Gefühl des Missverstandens zu vermitteln. Das Training läuft somit fast von selbst. Dies waren auch die Gründe der Themenauswahl. Step Aerobic ist eine effektive Art, um Spaß an der Bewegung zu vermitteln und zusätzlich etwas Gutes für die Gesundheit der Mitglieder zu tun. Die Zielgruppe kann sehr weit gegriffen werden, einerseits können gesunde Trainingswillige im Alter von 14-60 mitmachen und das Leistungslevel wird dementsprechend angepasst. Es können Anfänger wie auch Fortgeschrittene Kurse erhalten und sich weiterhin in ihrer Ausdauer und Koordination verbessern. Durch den Ausbildungsbetrieb wurde der Erfahrungsschatz erweitert und die Verfasserin wurde von der begeisterten Teilnehmerin zur Trainerin.

*Methods of Group Exercise Instruction* Mary M. Yoke, Carol K. Armbruster, 2019-06-03

In the constantly evolving world of fitness and exercise, it is challenging to become and remain an effective group exercise instructor. *Methods of Group Exercise Instruction* Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services. The authors, who have dozens of years of experience, thoroughly explain group exercise training principles, correction and progression techniques, and safety tips. They also have taught this course within a university setting. This research-based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic, safe, and effective classes for clients of differing ages, abilities, and interests. *Methods of Group Exercise Instruction* Fourth Edition goes beyond theory to help fitness instructors and managers understand the "why" behind class and program design, the proper way to cue participants, and the variety of modalities they can use in their teaching. Revised and reorganized based on current industry best practices, this edition includes the following:

- Over 100 minutes of online video demonstrating warm-ups

routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success Methods of Group Exercise Instruction Fourth Edition will prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success *Advanced Fitness Assessment and Exercise Prescription 7th Edition* Heyward, Vivian H., Gibson, Ann, 2014-04-23 Built around physical fitness components this text shows how to assess each fitness component and then how to design exercise programs based on that assessment It bridges the gap between research and practice for exercise science students and fitness professionals *Step Aerobics* Iris Pahmeier, Corinna Niederbaumer, 2001 A guide to using step apparatus during fitness and health training The theoretical section reviews the aims types of training programme structure and methods of teaching and arranging The practical section describes the steps movements and formations as well as standard techniques *Advances in Human Factors in Sports, Injury Prevention and Outdoor Recreation* Tareq Ahram, 2017-06-14 This book describes cutting edge applications of human factors for sports injury prevention and outdoor recreation disciplines and provide practical guidance on a range of methods for describing representing and evaluating human team and system performance in various domains Contributions in this book show how various human factors methods applied historically in the complex safety critical domains are suited to describing and understanding sports performance and sports injury prevention The book discusses a wealth of methods for different purposes such as data collection task analysis including cognitive task analysis workload measurement assessing situation awareness performance assessment including team performance assessment decision making and cognition in sports human error identification and interface evaluation methods With respect to other publications in human factors and ergonomics which have been more focused on the biomechanical physiological environmental and equipment related aspects of sports performance this book gives a special emphasis to research on analysis of individual and team sports cognitive and social human factors and covers both sports and outdoor recreation disciplines Based on the AHFE 2017 Conference on Human Factors in Sports Injury Prevention and Outdoor Recreation held on July 17-21 2017 in Los Angeles California USA this book provides readers with a timely survey of new methods that can be implemented during any sport or outdoor recreation event and for analyzing and improving the performance and safety of both individuals and teams *Mind, Body, Spirit Connection* Dr. Rod Rhoades, Dr. Jim McDonald, Melba Hopper, 2015-08-24 Take control of your health longevity and well being Today over sixty percent of the people in our country are overweight and we're facing a near epidemic of obesity and diabetes You may

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FITNESS THROUGH AEROBICS AND STEP TRAINING has been thoroughly updated in this third edition Its easy to follow sequential learning order provides methods to achieve total fitness goals Students are able to easily understand the principles and techniques of aerobic dance exercise step training and fitness walking and will be able to structure a complete physical and mental training program that can work for a lifetime

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**Aerobic Dance** Donna Gardner,Don Jones,Charles Smith,1996

**Step Aerobics and Aerobic Dance** Sara James,2014 With exciting dance music and lots of energy step aerobics and aerobic dance have become more and more popular for people who want to workout while having fun Aerobic activities classes offer a huge number of different workouts to try Finding one that works for you can be a great way to get active Find out what you need to do to stay safe during step aerobic and dance classes Learn more about the world of step aerobics and aerobic dance including how moving your body to a beat can help you lose weight stay in shape and have a lot of fun

**Step Aerobics** Iris Pahmeier,2001 **Journal of Sports Medicine and Physical Fitness** ,2005 **Aerobics Instructor Manual** Richard Thomas Cotton,Robert Lewis Goldstein,1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency

procedures and legal and professional responsibilities

**Aerobic Fitness Everyone** Roberta Stokes,Diane E. Trapp,1994  
Designed as a textbook for fitness conditioning aerobic dance and aerobic exercise the goal of this book is to teach students to reach their optimum fitness levels Highlights Tips on maintaining flexibility Activities and exercises safe for older adults Nutrition charts Plan for stress reduction Tear out lab exercises at the end of each chapter help students meet course objectives

**Fitness After 50** Walter H. Ettinger,Brenda S. Mitchell,Steven N. Blair,1996 A fitness program that incorporates geriatric medicine and exercise into a daily routine for those over 50

*Fitness Through Aerobics* Jan Galen Bishop,2002 Fitness Through Aerobics uses unique tools and strategies to put vital health and fitness information directly into the hands of students Using the most up to date fitness and wellness information on aerobic dance exercise the 5th edition reflects current trends in group fitness by adding information and photographs for resistance exercises using weights It also includes a discussion of other group fitness activities such as group cycling and stair stepping A list of Websites and new worksheets such as BMI make it even easier for instructors and students to access and apply information

*Research Quarterly for Exercise and Sport* ,2006

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