



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 ausdauerorientiertes 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 herstellbare 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 Mühsens 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 bis 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

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Aerobics Dawn Brown,1992 **Injury Prevention for Fitness Instructors** IDEA Health & Fitness,2001 **Fitness Through Aerobics and Step Training** Karen S. Mazzeo,2002 **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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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

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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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Table of Contents Step Aerobic

1. Understanding the eBook Step Aerobic
 - The Rise of Digital Reading Step Aerobic
 - Advantages of eBooks Over Traditional Books
2. Identifying Step Aerobic
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Step Aerobic
 - User-Friendly Interface
4. Exploring eBook Recommendations from Step Aerobic

- Personalized Recommendations
- Step Aerobic User Reviews and Ratings
- Step Aerobic and Bestseller Lists
- 5. Accessing Step Aerobic Free and Paid eBooks
 - Step Aerobic Public Domain eBooks
 - Step Aerobic eBook Subscription Services
 - Step Aerobic Budget-Friendly Options
- 6. Navigating Step Aerobic eBook Formats
 - ePub, PDF, MOBI, and More
 - Step Aerobic Compatibility with Devices
 - Step Aerobic Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Step Aerobic
 - Highlighting and Note-Taking Step Aerobic
 - Interactive Elements Step Aerobic
- 8. Staying Engaged with Step Aerobic
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Step Aerobic
- 9. Balancing eBooks and Physical Books Step Aerobic
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Step Aerobic
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Step Aerobic
 - Setting Reading Goals Step Aerobic
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Step Aerobic

- Fact-Checking eBook Content of Step Aerobic
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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