

Hiking (A Cardio Training Activity)

Spring 2012, D Block Classroom: MHS Lobby/Garber Street Instructor: Eric de Lora
Office Hours: Friday Lunch/212 E-mail: ericd@maybeckhs.org

COURSE DESCRIPTION

What is Cardio Training?

Cardio training is any exercise that elevates your heart rate to a range between 60 to 85 percent of your maximum rate (fastest your heart could possibly beat). When you're in this heart rate range, you're training in a "cardiovascular" or "aerobic" state. Cardio training has numerous health benefits. In addition to burning calories and losing body fat, it strengthens your heart and lungs. Since heart disease is the leading cause of premature death for both men and women, cardiovascular fitness is extremely important!

How Much Is Good?

Most experts agree that cardiovascular training should last for 20 to 60 minutes, with the normal range being 30 to 40 minutes per session. Cardio should be performed a minimum of three days per week, with four to five days being optimal. Good examples of cardiovascular exercises are included below.

COURSE OBJECTIVES

Regular cardio training can have the following effects:

1. It enhances your metabolism, so that you use more calories every day.
2. You increase your fitness level; this gives you the power to live through the day with relatively less energy loss
3. You have more energy at the end of the day; you are more productive and less tired.
4. You strengthen your muscles and enlarge your muscle endurance
5. Your blood pressure lowers
6. Your fat burning increases
7. Your heart pumps more efficiently
8. You strengthen your bones
9. Your veins, that supply the heart with blood, enlarge.
10. Your sleeping pattern improves
11. You feel great!

REQUIRED TEXTS AND SUPPLIES

- Handouts and articles on cardio training
- Good walking shoes
- Gym clothes or other loose-fitting clothing
- Water bottle

EVALUATION

1. Class participation/attendance: 100%
- Individual Improvement/Motivation: Are you really trying?
 - Team play: Are you supportive of others efforts?
 - Attendance: Poor Attendance = Lower Grade!!

ATTENDANCE & PARTICIPATION

1. Regular attendance and active participation in class are vitally important to both you and your classmates. Physical Training means being there. You can not learn this material by merely reading a book and taking a test. Attendance is critical – it won't do you any good otherwise. More than two unexcused absence will lower your grade. More than three unexcused absences is reason for failure. Tardiness is unacceptable and will also lower your grade. If you know you will miss a class, let me know by phone and/or e-mail immediately.
2. Because of the amount of physical activity, stretching, jumping, etc., that we will be doing in this class, it would be advisable to wear loose-fitting clothes, pants, sweats, etc., or at the very least to avoid wearing tight fitting skirts, pants, or other apparel that would hinder your ability to move. You should also wear a pair of good running shoes (Nike, Adidas, New Balance are all excellent choices.) Street shoes, flip-flops,

sandals, etc. won't work. You will be expected to participate fully and enthusiastically in all class exercises and training.

PRACTICES (*thanks to Dave Ramin for these thoughts*):

I hope you feel welcome in this class and help make others feel welcome too. It should be an intriguing class and I hope you have a positive, rewarding and even exciting time this semester. If not, please let me know. Never hesitate to talk with me before or after class, during office hours or any other time we can arrange. My email is at the top of this syllabus for you to use.

With this in mind, the primary rule in class is: Everyone, Everything Treated with RESPECT. Meaning:

- No personal put downs or purposefully hurtful comments.
- You can sit next to who you want to unless you get distracted.
- Do not disrupt the class. Comments on topic are cool – conversations off to the side and random comments are not.
- No one should have to raise their voice to be heard.
- Take care of the room and of each other.

Please come to class prepared. Meaning:

- Have your script, notebook, and a pencil or pen in hand, ready to rehearse.
- Go to the bathroom, eat snacks and get a drink before or after class. Our time together is limited and leaving the class will be disruptive and will often mean missing something important.

Always remember: understanding something is not necessarily agreeing with it.