

What is aerobic dance essay



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If you have ever seen a clip on the TV of a gym class with about a dozen or so women dressed in tight leotards and trainers moving in unison to the steps and movements of a teacher facing them to loud, heavy beat electronic music, then you was witnessing an “ aerobics class” of some description. The women were doing what can essentially be called dance aerobics, a term coined for aerobic exercises that are done to music with movements that emulate some high energy dance moves. The word aerobic means “ with oxygen” but aerobics usually refers to any kind of activity that gets your heart pumping and your muscles using oxygen.

Aerobic dancing involves any kind of exercise put to music and can include everything from country music line dance aerobics to hip-hop dancing. It’s recommended that kids and teens get at least 20 minutes of good aerobic exercise three times a week, so aerobic dancing can be a fun way to stay in shape. You can take aerobic dancing during your P. E. class at school, at a community center or by following along with your choice of aerobic dance video tapes or DVDs.

Benefits of Aerobic Dance

- Dance aerobic workout strengthens the body including the weight bearing bones and cardiovascular muscles. It helps you lose weight as well as builds your body muscles. It is also suitable for those who want to tone their muscles.
- It is one of the easiest aerobic exercises, which can be enjoyed by people of all age groups, both men and women. However, elderly people should perform the exercise either for short duration or with precautions. It is not recommended for very small children and pregnant women.

- The exercise increases blood circulation and lowers blood sugar and cholesterol levels.
- Aerobic dance workout increases the circulation of oxygen to heart, lungs and blood vessels for smooth functioning of the body. The workout enhances the efficiency of heart and lungs.
- It is a great stress buster. It is an interesting activity that deviates you from the drudgery of everyday life.
- It is an effective remedy for depression, anxiety and tension. Thus, it is helpful for the rejuvenation of the mind.
- It gives you the freedom to personalize your dance steps. You can choose a music and the dance steps of your choice, say, jazz, disco, hip hop.
- Dance aerobics is a good workout to boost up your immune system.

This kind of aerobic dance is done with body movements through space while both feet can lose contact with the ground. It utilizes more strenuous aerobic movements such as stretching, jumping and hopping and provides a greater cardiovascular advantage over the low impact variety along with great metabolic boosting benefits, by which I mean the number of kilocalories used up for each minute of exercise. It is better suited to fitter individuals who have the stamina to keep up with prolonged activity.

Rules on aerobic dance

As with any exercise program, proper care and caution with a cardiovascular workout will prevent injury. You should always warm up at the beginning of <https://assignbuster.com/what-is-aerobic-dance-essay/>

any session of cardio, performing five to 10 minutes of low-exertion exercise. It's good to cool down as well, with five minutes of low-impact work or a session of stretching. If you ever feel dizzy or lightheaded or experience pain in your chest, discontinue your workout immediately, and see a doctor before beginning your workout again.

1. Only students with medical checkups showing nothing wrong should participate.
2. Each lesson should include a warm-up, stretching, aerobics, and cool down.
3. A wooden, rubberized, or carpeted floor should be used.
4. A tennis type shoe designed for multi-direction movement with good arch support should be worn.
5. Start with a low-impact aerobic exercise routine and gradually increase with faster body movements and increased arm movements.
6. Each student should progress at their own rate using the walk-jog-run variable to accomplish this.
7. The heart rate must be monitored and students must stay within their working heart rate limits (WHR).
8. Regard obesity as a medical problem needing special modification.
9. To avoid fatigue and stress on any one muscle group, it is a good idea to change the movement after 16 repetitions. By using the number 16, the

movements will fit to the music as the measures are usually 2 beats or 4 beats.

10. Report any accidents to the instructor immediately.

11. Return all equipment to the designated area.