

Aerobic Conditioning Final

To successfully complete this semester's Aerobic Conditioning class, you will need to complete the following routine for your final. Choreograph & teach an aerobic routine. Remember, this final is worth approximately 10% of your grade, so pay close attention to the routine details below. With careful thought & putting forth a good effort, this final could really help your grade in this class! There are no makeup finals, you must be here on the day that you are to present!

Aerobic Conditioning Routine: 2-4 people per routine

This routine must include the following components (you will be graded on each of these)

- **The Music:**
 - ❖ One complete song of your choice lasting between 1 minute 30 seconds - 2 minutes
 - ❖ I will give you the thumbs up on your music. No questionable music, no foul or suggestive music allowed. **YOU MUST HAVE YOUR MUSIC APPROVED BY ME BEFORE YOU CAN BEGIN WORKING ON YOUR ROUTINE!**
 - ❖ Your music tempo must match your routine, music for step should be slower than a high/low impact routine
 - ❖ You must bring a CD player with the CD or iPod dock/speakers to work on your routine in class

- **The Choreography:**
 - ❖ Must be your own routine! You may use specific steps from the class or YouTube, but you must modify it!
 - ❖ Most routines are choreographed to 4 sets of 8 counts or 32 count routine sections. So, for a 2 minute step routine you will need approximately 6 sets of eight counts.

- **Aerobic Component:**
 - ❖ Aerobic activity can be step, a dance routine such as Zumba, or kick boxing. No difficult dance steps!
 - ❖ You must have at least 4 directional changes (2 or 4 walls) & need to be repeated at least once in the routine.
 - ❖ Must incorporate simple arm movements.
 - ❖ If using the step, combine 2-4 movements on the floor off the step as in low-impact style.