



# 16.1

## Activity

### COOPER'S AEROBICS

In Cooper's aerobics program, you earn points for exercise. Dr. Cooper recommends that men build up to earn at least 35 points each week and women build up to at least 27 points each week. You should earn the points on at least three days each week. The chart lists the points you earn by doing different activities for varying amounts of time.

Choose one or more activities to do during a class period. In a class period of 30 to 60 minutes, plan to earn 2 to 4 points. Start each session with a warm-up and end with a cool-down. Plan for a week of activities. Keep track of the number of points you earn in class, and determine how many points you earn over a 7-day period.

You can earn points by doing many other activities besides those listed. Dr. Cooper has listed several in his book, *The Aerobics Program for Total Well-Being*.

#### Cooper's Aerobics

Points earned	Walking/Running (1 mile)	Cycling (3 miles)	Swimming (400 yards)
6	Less than 6-1/2 minutes	Less than 9 minutes	Less than 6-1/2 minutes
5	6-1/2 to 8-1/2 minutes	9 to 12 minutes	6-1/2 to 8-1/2 minutes
4	8 to 10 minutes	12 to 15 minutes	8 to 10-1/2 minutes
3	10 to 12 minutes	15 to 18 minutes	10-1/2 minutes
2	12 to 15 minutes		12 to 13-1/2 minutes
1	15 to 20 minutes		

Points earned	Handball/Basketball/ Racquetball	Stationary running (steps in 5 minutes)	Rope jumping (jumps for 5 minutes)
6	35 to 40 minutes	1,100 to 1,300 steps	Over 600 jumps
5	30 to 35 minutes	951 to 1,100 steps	451 to 600 jumps
4	25 to 30 minutes	801 to 950 steps	300 to 450 jumps
3	20 to 25 minutes	651 to 800 steps	
2	15 to 20 minutes	451 to 650 steps	
1	9 to 15 minutes	400 to 450 steps	

From THE NEW AEROBICS by Kenneth H. Cooper. Copyright © 1970 by Kenneth H. Cooper. Used by permission of Bantam Books, a division of Bantam, Doubleday, Dell Publishing Group, Inc.