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Aerobics grows by leaps as exercise alternative

By KRIS LARSON
Of the Emerald

Aerobic dance may be the exercise answer for non-joggers in Eugene.

"More and more people are becoming aware of the importance of physical fitness but don't like to jog," says Barbara Brehm, a doctoral student in applied physiology and a rhythmic aerobic instructor at the University.

One of Brehm's students, Delvon Hill, says she likes aerobic dance because it's a fun way to get in shape.

Aerobic dance is a relatively new form of exercise that was developed in the late 60s and has been gaining in popularity within the past few years, Brehm says.

The purpose of aerobic dance is to increase the heart rate, breathing rate and blood flow, which will condition the body, while incorporating music and dance moves. Brehm incorporates both jazz dance moves and exercises as well as modified calisthenics such as the jumping jack into her aerobic routines.

"The beauty of rhythmic aerobics is that you can incorporate just about any kind of exercise movement to the beat of the music," Brehm says.

The beat of Blondie's "Sunday Girl" tapped out by rows of students jumping rope marked the beginning of one class. After 10 minutes of strenuous jumping, the beat changed to the music of Donna Summer, and

the students moved into a simple routine led by Brehm. As the routine continued, faces started getting red, and sweat started to flow. "It's not as easy as it looks," one student said.

Brehm has her students check their heart rate at least twice during every class workout. Students are taught a heart rate formula that helps them determine how hard their bodies are working.

The ideal exercise heart rate for most people in good condition usually is between 120 and 180 beats per minute, Brehm says. If your heart rate falls into that range it means you're getting a workout, she says.

Brehm says any kind of constant movement that is done for at least 20 minutes and gets your heart going is beneficial, even if it's going out dancing at Duffy's.

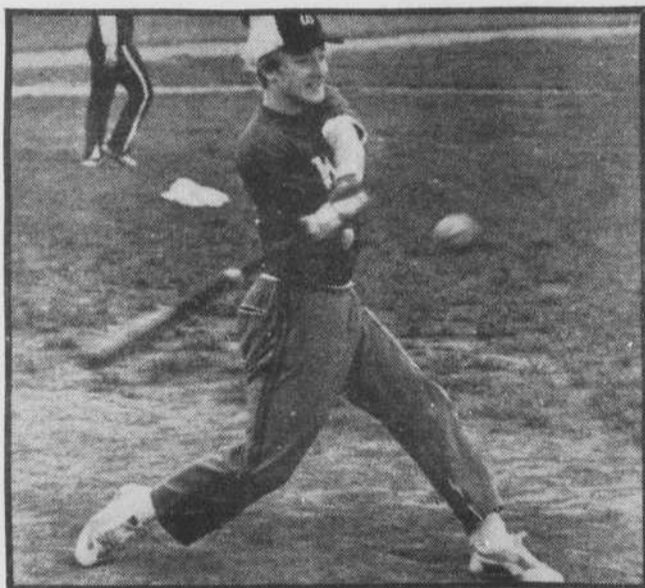
"Exercise should be fun if you're going to stick with it," Brehm says. "Otherwise you spend eight weeks getting into shape and eight weeks later you're back where you started."

Brehm says people should exercise at least 20 minutes at an increased heart rate at least three times a week to keep in shape.

Students interested in aerobic dance can take one of the classes offered here spring term. Classes also are offered through the Eugene Parks and Recreation Program. For more information, contact the dance department office at 686-3386 or the Parks office at 687-5333.



FOR ALL THAT YOU DO THIS RIM NEWS IS FOR YOU



Swing into Softball IM's spring.

Welcome back to campus. A wide variety of recreational activities are available to students, faculty and staff. You are invited to get involved now. Check the enclosed box on this page for specific deadlines.

Softball Intramurals will get underway almost immediately. Teams will be limited so get your entry in early. Entries available at the RIM office. Leagues are available for men's, women's and co-ed teams. If you're in to playing for pure fun sign up a team in Division III. This division insures a five game schedule and the game is in the hands of the participants — not the umpires.

Wanted Softball Umpires for spring term. Applications are available at the RIM office. Interested persons must attend clinics on April 2 and 6 from 3:30 - 5:00 pm, 63 Esslinger.

Tennis Intramurals for men and women begin April 9. A team consists of one doubles and two singles. This is played as a team event, teams are scheduled against each other in a single elimination tournament. Matches are scheduled Monday through Friday from 3:35 - 5:30 p.m.

Fun Leagues are offered spring term in **Ultimate**

SCHEDULE OF ACTIVITIES Spring 1981				
Intramurals	Division	# Players	Entry Deadline	Starting Date
Softball	M-W-C*	9	Fri, April 3, 4:30 pm	April 7
Tennis	M-W	4	Tue, April 7, 4:30 pm	April 9
Track	M-W	4	Tue, April 28, 4:30 pm	April 30
Golf	M-W	4	Wed, May 6, 4:30 pm	May 9
Swimming	M-W	4	Thurs, May 7, 4:30 pm	May 11
Fun Leagues				
Volleyball	M-W-C	6	Thurs, April 9, 4:30 pm	April 13
Ultimate Frisbee	M-W-C	7	Wed, April 29, 4:30 pm	May 4
Special Events				
Scotch Doubles Bowling	M-W-C	2	Wed, April 15, 4:00 pm	April 15
Racquetball Singles	M-W	1	Fri, April 17, noon	April 18
Volleyball Doubles	M-W	2	Thurs, April 16, 4:30 pm	April 20
Volleyball Doubles	C	2	Thurs, April 23, 4:30 pm	April 27
Softball - Bat & Throw	M-W	1	Tue, May 5, 4:00 pm	May 5
Tennis Mixed Doubles Tourn.	C	2	Fri, May 15, noon	May 16
Frisbee Golf Tournament	M-W-C	2	Mon, May 18, 4:30 pm	May 19
Frisbee Distance & Accuracy	M-W	1	Thurs, May 21, 3:45 pm	May 21
Fun Runs		1		April 16 April 28 May 20

Frisbee and Volleyball. A fun league is just that, activity for fun. This is how it works. Teams turn in entry (available RIM office) after which schedules will be developed. Teams will be scheduled to play once a week. Games will be self-officiated or unofficiated (team's choice). There will be no "official" winner. Get your entry in early. Teams will be limited.

Scotch Doubles Bowling Tournament is scheduled for Wednesday, April 15 at 4:30 at the EMU Lanes. This is an activity you should try if you are interested in fun and relaxation. Partners roll every other ball regardless of frame. Entries available at EMU Recreation Desk or RIM office.

Fun Run the first run is scheduled for Thursday, April 16. Check at the RIM office for time and course.

New-Action Program — This new program of providing instruction in recreational skills will be underway spring term. Activities planned for spring include: **Aerobic Exercise, Aerobic Dance, Trout Fishing in Oregon, Running, Racquetball.** For more

information come to the RIM office. If you are interested in teaching a class in some recreational skill RIM wants to talk with you.

Winter Sport Photography Contest

Sports Action	Sport Portrait
Division	Division
1st Rusty Sheets	Eric Norcross
2nd Kent Soule	Brian Walley
3rd Todd Hutchinson	Brian McLaughlin

Photographs of the winners and those with honorable mention will be on display through April 10 at the Jon Brunier photo exhibit in the Instructional Media Center of the Library.

Budweiser presents this page as a service to students interested in recreation and intramurals. Publications of RIM News should not be interpreted in any way as endorsement of the sponsor's product by the University of Oregon.