

EXERCISE AND SPORTS LIST**Aerobic Activities:**

01. Aerobic dance
02. Bicycling
03. Crew/rowing machine
04. Cross country skiing, ski machine
05. Hiking/back packing
06. Running/jogging
07. Stairclimber
08. Stationary bike
09. Swimming
10. Treadmill
11. Vigorous walking

Conditioning Exercises:

12. Calisthenics
13. Circuit training
14. Nautilus
15. Stretching/yoga
16. Weight lifting

Racquet Sports:

17. Badminton
18. Racquetball
19. Tennis

Water Sports:

20. Canoeing/kayaking
21. Diving
22. Sailing
23. Waterskiing
24. Windsurfing/body surfing

Dance:

25. African, Haitian
26. Ballet, modern, jazz
27. Folk or social dance
28. Other dance

Team Sports:

29. Basketball
30. Field hockey/lacrosse
31. Soccer
32. Softball
33. Volleyball

Other Sports:

34. Bowling
35. Golf
36. Gymnastics
37. Horseback riding
38. Martial Arts
39. Skating, ice
40. Skiing, downhill

Exercise and Sports List Exam 3

Aerobic Activities:

01. Aerobics (dance/class)
02. Bicycling (includes spinning)
03. Crew/rowing machine
04. Cross country skiing, ski machine
05. Hiking/backpacking
06. Running/jogging
07. Stair climber (or elliptical trainer)
08. Stationary bike
09. Swimming
10. Treadmill
11. Vigorous/brisk walking

Conditioning Exercises:

12. Calisthenics (in class or at home)
13. Circuit training
14. Machine toning/strength training (example: Nautilus)
15. Stretching/yoga
16. Free weight lifting/strength training (examples: biceps curl with dumbbells, sit ups)

Racquet Sports:

17. Badminton
18. Tennis
19. Racquetball

Water Sports:

20. Canoeing/kayaking
21. Diving
22. Sailing
23. Waterskiing
24. Windsurfing/body surfing

Dance:

25. African, Haitian
26. Ballet, modern, jazz
27. Folk or social dance
28. Other dance

Team Sports:

29. Basketball
30. Field hockey, lacrosse
31. Soccer
32. Softball
33. Volleyball

Other Sports:

34. Bowling
35. Golf
36. Gymnastics
37. Horseback riding
38. Martial Arts
39. Skating, ice or roller
40. Skiing, downhill