## CALIFORNIA STATE UNIVERSITY, SACRAMENTO Dept of Kinesiology and Health Science KINS 22– Creative Aerobic Fitness

Ms.	lenniter l	Park
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## **SHOE PROFILE**

Note if your shoes are brand new you will need to wear them for several classes before turning in your
shoe profile. Your shoe profile is due no later than the third week of the semester. If you get new shoes
during the semester please let your instructor know.

Brand Name (e.g. Reebok, Nike, etc.) model  Why did you buy these particular shoes?  How long have you been wearing these shoes?  a. one month or less	NAME	CLASS(Please specify day and time)					
. Why did you buy these particular shoes?			(1.	itase spe	City day	and unic <sub>j</sub>	
a. one month or less b. 3 months or less c. 3-6 months d. over 6 months  Do you wear these shoes:  a. only in aerobic classes b. for aerobics and other exercise c. in class and around campus d. for daily wear  On a scale of 1 (poor) to 5 (excellent) how would you rate these shoes on:  Forefoot shock absorption Lateral (side to side support) Lateral (side to side support	. Brand Name (e.g. Reebok, Nike, etc.)			_ model			
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Medically cleared. Do high or low impact based on fitness and skill.						*	
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