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American physician Kenneth H. Cooper (born March 4, 1931, Oklahoma City)[1] is a doctor of medicine and former Air Force lieutenant colonel, from Oklahoma, who pioneered the benefits of doing aerobic exercise for maintaining and improving health.</p><p>[2][3] In 1966 he coined the term, and his book *Aerobics* was published in 1968,[4][5] which emphasized a point system for improving the cardiovascular system.</p><p>The popular, mass market version was *The New Aerobics* (ISBN 0-553-26) Tj T

Career [edit]</p><p>A native of Oklahoma City, Cooper completed a 13-year military career in both the army and air force.</p><p>During his Air Force career, he devised the simple Cooper test, which could conveniently and quickly establish the fitness level of large numbers of people.</p><p>Originally the distance run, in 12 minutes, it correlated well with the existing concept of VO₂ max.</p><p>Cooper left the Air Force in 1970, when he and his wife, Millie, moved to Dallas to start his companies.</p><p>Cooper is the founder of the non-profit research and education organization, The Cooper Institute, which was opened in 1970.</p><p>Cooper is also the founder of and Chairman at the Cooper Aerobics Center in Dallas and McKinney, Texas, which comprises eight health and wellness entities.[6]</p><p>Cooper received the Golden Plate Award, of the American Academy of Achievement in 1986.[7]</p><p>Cooper developed the Smart Snack Ribbon guidelines in 2003 for the Frito-Lay division, of PepsiCo.[8]</p><p>Cooper has published 19 books that have sold 30 million copies and been translated into 41 languages.</p><p>Cooper encouraged millions to become active and helped to launch modern fitness culture.</p><p>He is known as the "father of aerobics".[9][10]</p><p>He and his wife are parents of a son and daughter.</p><p>Cooper has written about the importance of Christian religious faith in his life.[11][12]</p><p>Ideas on exercise and training effect [edit]</p><p>Cooper studied the effect of exercise in the late 1960s and popularized the term "training effect"[13] although that term had been used before.</p><p>[14][15] The measured effects were that muscles of respiration were strengthened, the heart was strengthened, blood pressure was sometimes lowered and the total amount of blood and number of red blood cells increased, making the blood a more efficient carrier of oxygen.</p>