

Course Syllabus: Aerobic Conditioning & Fitness / Grades 10-12

Mrs. Chidester-Aerobic Fitness Room

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Course Description:

Prerequisite: *Successful completion of Physical Education 9*

This course meets the second year of District graduation requirements for physical education or elective credit. This course is designed for the student interested in a total fitness program with an emphasis on aerobic activity. The student will use a variety of aerobic activities (aerobic dance, step aerobics, water aerobics, kick-boxing, jump rope, walking, jogging, light weights and resistance exercise) to increase cardiovascular endurance, flexibility, muscular strength and overall fitness. This course will also focus on the development of movement skills and movement knowledge, self-image and personal growth, and social evolution.

Course Content

This class provides and opportunity for you to experience a variety of ways to improve your body composition, levels of fitness, self-esteem, health and the quality of your life while achieving personal fitness goals. Upon completion of this course the student will have an understanding of the benefits of exercise, knowledge of the muscle groups, information about healthy nutrition choices, and a personal fitness plan. The book *Fit or Fat* will be used as the class supplement. Assignments will regularly be given from the book.

Attire

Aerobic fitness class apparel must follow the Mesa dress code standards. This is an exercise/fitness class. Gym clothing, athletic shoes and sports bras are required for class participation. Students who do not have athletic shoes for class will be issued a detention. The student has been issued a locker in the locker room to keep their belongings in, including their athletic shoes, in so this situation does not happen. All tops worn in class must cover the torso/midriff. Breasts/cleavage cannot be exposed. Aerobic fitness class wear must be the following colors: Green, Grey, Black, White, Gold, or have a Mesa logo. NO EXCEPTIONS. At the discretion of the teacher, students will be sent back to the locker rooms to change out of any unacceptable clothing that shows any part of the breasts, cleavage, buttocks, torso, regular bra, thong, or underwear

Acceptable: Women - leotards, tights, dance pants, yoga pants, bike shorts/dance shorts (must have a minimum 2" inseam) sweat pants, leggings, long sports bras (torso must be covered, breasts/cleavage cannot be exposed), PE shirts and shorts. Men – Tights, jazz pants, sweat pants, dance belt, tee shirt, leotard, PE shirt and shorts.

Not Acceptable: Women & Men - clothes worn to school, anything that is too tight and won't allow free movement, jeans of any kind, anything with a zipper, buttons, or snaps, loose fitting shorts without spandex shorts underneath, spaghetti strap tops, crop tops, tube tops, see through, sheer, or lace clothing, mesh style clothing, undergarments showing, extreme oversized or baggy clothing, pajamas, street shoes.

Non-Suits. A student not dressed as stated above will not be allowed to participate. A detention will be issued; consequently the daily grade will be lowered. Proper attire is required for personal hygiene, safety, injury prevention and flexibility for the activities.

Grading

In-class participation which includes, but not limited to, daily warm up, reading supplement, notebook work, stretching, cardio respiratory training, strength training, unit tests, textbook work, class work/handouts, final.

Daily points will be earned as followed;

Each day in aerobic fitness and conditioning is worth 20 points: 5 points for attendance, 5 points for dressing our correctly including proper footwear, 10 points for 100% participation in the activity of the day. No shoes = no participation.

Absence from class = -20 points – See make up work policy (excused absences only)

Non suit = -20 points (cannot be made up)

Improper class attire that requires wearing loaner clothes either partial or full = -5 points

Tardy = -5 points - students must be sitting in their spot in roll call lines when attendance is taken

Leaving class to use restroom = -8 points

Gum chewing is strictly forbidden = -8 points

Poor/Unsatisfactory Participation/Effort – Teacher's discretion – up to -20 points

Poor/Undesirable Social Behavior – Teacher's discretion – up to -20 points--Continued disturbance of class may lead to detentions, referrals, suspensions, or removal from the class. You are on the verge of becoming self reliant and responsible adults. I expect you to act as such. Ill behavior cannot and will not be tolerated.

STUDENT PROCEDURES & STUDENT EXPECTATIONS

- Be in correct fitness class attire, sitting in roll call order when attendance is being taken.
- Demonstrate proper fitness club etiquette
- Do not chew gum.
- Do not wear big jewelry.
- Do not eat in the studio.
- Bring bottled water with a lid to every class session
- Cell phones and other electronic devices are absolutely not allowed during aerobics class per MMHS rules. Refer to the student handbook for policy.
- Use the restroom before you begin class, leaving will result in daily point loss*
- High student effort is expected at each class session.
- Full cooperation with teacher and other student's in class.

**For your safety, if you are late to class, it will be the teacher's discretion to let the student participate in any portion of the class. An alternative assignment or class observation may be required and will be due at the end of class. Point value earned will be given based on the quality and thoroughness of work.

At the end of the semester, points will be added and a grade will be issued based on the following percentage scale:

A = 90 to 100% of total points

B = 80 to 89 % of total points

C = 70 to 79 % of total points

D = 60 to 69% of total points

F= 59% and below of total points.

Field Trips

This class walks for fitness on and off campus regularly. All students and parents will be required to sign the class required Field Trip Form in order for the student to participate in the off-campus walks.

PARENT NOTES/MEDICAL EXCUSES-LIMITED & NON PARTICIPATION

- a. A parent note due to illness or injury will excuse you from participation in the class for a maximum of 2 class periods – beyond 2 class periods you must have a doctor's note. Students can receive up to the maximum grade of B on days when a note is brought in and only if the in class assignment given to the student in lieu of participation is completed as directed and turned in at the end of the class. You must still dress out (exceptions will be made at the teachers discretion). Points earned will be based on quality and thoroughness of assignment turned in. Students cannot self excuse themselves from class. If the student is too sick or injured to participate in aerobics class, they should remain at home or be in the nurse's office. Only a legitimate parent/guardian note can excuse a student from participation.(Signature may be checked)
- b. If you choose not to dress out or use loaner clothes you will not be allowed participate in the class in any way. A detention will be issued and no points will be earned. Excessive and repeat non dressers will be sent to the Learning Director's office for disciplinary action.

Make Up Work

This is a participation class. If you are healthy enough to attend school, you are healthy enough to dress out and participate in aerobic fitness class (exception for injury/parent note required). Make up work is available for excused absences only. In the case of unexpected/emergency excessive excused absences, teacher will work with families. Any make up work for vacation must be completed prior to absences because they are an unexcused absence. You may not make up unexcused, truant, suspended or OCD absences. Make up work is the student's responsibility to complete on their own time and will be due by the end of the current 6 week grading period. Absence make up assignment options can be found on the Aerobic fitness link on my website.

THERE IS NO SUBSTITUTE FOR IN CLASS PARTICIPATION