

Murrieta Valley High School

Course Syllabus

Course Title: Aerobic Conditioning	Teacher Name: Freemer
A-G/UC/CSU approved: <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	Teacher email: amfreemer@murrieta.k12.ca.us
Website used: <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO	Teacher phone: (951) 696-1408 x5270

COURSE DESCRIPTION:

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 (step aerobics, hip-hop, kick-boxing, yoga, 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 OBJECTIVES:

- Participation in conditioning exercises (flexibility & strength), runs/cardio unit (cardiovascular fitness), and class activities
- 4-6 week activity units
- Learn basic skills and strategies related to group fitness

MAKE-UP WORK POLICY:

- For medical excuses and cleared absences
- Written assignments (summaries of articles or sporting events)
- Due before the end of the semester grading period
- Student will receive 0 participation points per day for each absence
- Once absence has been cleared with attendance, student may do makeup work to earn back a portion of their missed daily participation points

MVHS UNIFORM GRADING SCALE:

Plus or minus grades will be given: ☒ YES ☐ NO

- Must dress out to earn points for the day (non-suit = forfeiture of points for the day)
- Points for warm-up/conditioning activities, participation in cardio units, and written class activities
- 20 Daily participation points
- Points lost for tardies

A+	97-100
A	93-96
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
F	0-59

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GRADE CATEGORIES AND WEIGHTS:

Category	Weight
Journal	20 points
Weight Lifting	10 points
Cardio Activity	10 points

ACADEMIC HONESTY STATEMENT

- No cheating on journal work
- No plagiarism on make-up work

REQUIRED MATERIALS:

- Athletic wear, athletic style shoes with socks
- Loaner clothes are available with digital ID card (must be returned to avoid charge to student account)

CLASSROOM/BEHAVIORAL EXPECTATIONS:

- Dress out everyday
- Medical notes for medical excuses– parent 3 days, doctor for 3+ days – must still dress out, and participate to best of ability
- Be on time for roll call, on spot, ready to go
- Remain with class at all times for entire duration of the period (truancy if not)
- Follow directions from teacher, or any other adult
- Treat all equipment properly
- No food, drinks (except water), electronic devices of any kind (see cell phone policy)
- Fully participate in all aspects of class to the best of your ability

Interventions:

- Repetitive Nonsuits will be sent to dean of students
- Students caught cheating will be sent to dean of students
- Warning, removal from activity (with loss of points), parent contact, referral