

Aerobic Conditioning and Fitness

Course Syllabus

Instructor: Mrs. Robarts

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DESCRIPTION:

Aerobic Conditioning and Fitness meets the district requirements for the second year of P.E. or one year of an upper class elective. This course is designed for the student interested in a total fitness program with an emphasis on aerobic activity and overall body conditioning. The students will use a variety of aerobic activities, light weights, and resistance training to increase cardiovascular endurance, flexibility, muscular strength, and overall fitness. Emphasis will be placed on correct techniques, benefits of exercise, nutrition, and fitness maintenance.

GOALS: Students will:

1. Develop movement skills and movement knowledge and apply the correct technique to create fundamental movement patterns.
2. Assess their personal fitness, set goals for improvement or maintenance, implement their individualized fitness program, monitor their body changes, evaluate their progress, and modify their fitness program to ensure the desired outcome.
Utilize the tools of aerobic activity, body conditioning, and nutrition to improve their self-esteem.
3. Analyze movement performances utilizing the basic principles of dance to learn and improve their own movement skills.
4. Demonstrate improved strength, flexibility, and coordination through rhythmic movement.

REQUIREMENTS:

1. Students will be dressed and in their places 10 minutes after the tardy bell has rung. Students not in their places will be counted tardy and the school's tardy policy will be enforced.
2. Students must be appropriately dressed for class and have a good pair of tennis shoes. Make sure to bring a towel for floor work. Students may wear VMHS p.e. clothes or exercise wear.
3. In case of illness and the student does choose not to go to the nurse, he/she will be required to suit out, complete a written class assignment, and turn it in at the end of class.
4. It is your responsibility to learn all movement exercises and make-up all test and class assignments within two weeks upon returning from an **excused** absence.
5. Utilize appropriate language in class. Swearing will not be tolerated.

PARTICIPATION:

1. Each day you can earn a maximum of **10 points** for participation.
2. **Additional points may be earned** through performance critiques and current event reports; participation in fundraisers; creating/teaching a class routine; researching/writing/oral presentation on a fitness related topic; and assisting in a class.
3. **Point deductions of up to 20 points will be taken for:** non-participation, tardies, truancies, behavior problems (i.e. not following directions, talking during aerobic activity or conditioning/cool-down, bringing food or drink (other than water) to class), chewing gum in class.
4. **For every non-suit (including shoes) you will lose up to 20 points.** Loner clothes are available for check-out, so there should be no excuses.

FINAL:

Students will teach a portion of an aerobic activity.

Make up work

Will be expected if you are absent or injured. Please see me after every absence.