

Murrieta Valley Unified School District
High School Course Outline
April 2004

Department: Physical Education
Course Title: Aerobic Conditioning and Fitness
Course Number: 2800
Grade Level: 10-12
Length of course: Year
Prerequisite: Successful Completion of PE 9

Course Description: This course may be taken multiple times for credit.

I. Goals

The student will:

- A. Apply motor learning concepts to learning new skills in class activities
- B. Apply the correct technique for fundamental movement patterns in class activities
- C. Analyze movement performance using scientific principles of movement and the application of levers to learn and improve movement skills
- D. Analyze the mechanical principles involved in an exercise workout
- E. Create a new aerobic movement related activity
- F. Perform a fitness routine executing proper technique and exercise fundamentals.
- G. Assess personal fitness and set goals for improvement or maintenance
- H. Apply principles of training to develop and implement an individualized fitness program based on their body type; monitor physiological changes; evaluate their progress and modify their program to ensure desired outcome
- I. Understand the importance of commitment and dedication for effective movement related performances
- J. Cultivate a positive self- image and self- discipline in continuing consistent physical activity
- K. Understand the pursuit of personal excellence through movement
- L. Analyze current resources (magazines, books, internet, etc.) available that emphasize fitness and exercise

- M. Understand the benefits of utilizing modern technology to monitor body fat and heart rate during exercise
- N. Understand the relationship between nutrition and a healthy lifestyle

II. Outline of Content for Major Areas of Study

Semester I

- A. Flexibility
 - 1. Benefits
 - 2. Proper warm-up & cool-down techniques
 - 3. Participation in correct technique of a variety of stretching and relaxation methodologies

- B. Aerobic Activities
 - 1. Benefits
 - 2. Correct technique and introduction to a variety of Aerobic activities such as kick boxing, step aerobics, low impact aerobics, jump rope, aqua aerobics, walking, and running.
 - 3. Safety Precautions of each activity
 - 4. Daily record of Aerobic exercise in Personal Journal

- C. Body Sculpting**
 - 1. Benefits
 - 2. Proper techniques for use of free weights, exercise bands, exercise equipment and body weight resistance exercises.
 - 3. Muscle groups and application of specific exercises to each
 - 4. Daily record of resistance training in Personal Journal

- D. Physiological, Psychological & Social Benefits of a Healthy, Active Lifestyle**
 - 1. Cardiovascular
 - 2. Metabolic
 - 3. Muscular
 - 4. Mental well being
 - 5. Current scientific philosophies
 - 6. Body types and Body Composition
 - 7. Caloric Expenditure Calculation in Personal Journal

- E. Nutrition**
 - 1. Food Groups
 - 2. Vitamins/Minerals from each
 - 3. Benefits of a balanced diet
 - 4. Analysis of sample diet compared to own diet
 - 5. Fast Foods- Healthy Choices
 - 6. Nutrition Food Labels
 - 7. Fats in foods
 - 8. Calculation of Caloric needs in Personal Journal
 - 9. Daily Food Diary in Personal Journal
 - 10. Eating disorders such as Anorexia and Bulimia

Semester 2

A. Fitness Plan

1. Basic components- Cardiovascular and Weight Sets/Repetitions
2. Use results of fitness assessments to guide changes in their personal physical activity program
3. Variety of recording styles
4. Body Composition considerations
5. Activity interests and lifestyle
6. Age considerations- changes with age
7. Design and execute a physical fitness program that relates to total wellness.

B. “Fit or Fat” text

1. Independent reading of text
2. Journal worksheet study guide
3. Quiz

C. Routine Choreography

1. Components of routine (flexibility, cardio, sculpting, cool-down)
2. Beats per minute for each component

III. Accountability Determinants

- A. Teacher observation of day-to-day classroom participation, effort, behavior and achievement.
- B. Individual performance on choreographed exercise routine.
- C. Individual performance on tests, journals and homework assignments.
- D. Written Final Exam
- E. Final assessment includes cumulative evaluation from all of the above.

IV. Required Text

First year students: Bailey, Covert. *Fit or Fat*. New York: Houghton Mifflin, 1991

V. Instructional Materials

- Sound System, wireless microphone
- Step Aerobic benches, Exer-tubes, free weights
- Polar Heart Rate Monitors
- Healthetech Exercise and Nutrition Software
- Video Camera, VCR and DVD players, Computer monitor and projection system
- Body Fat Analysis Equipment; Tri Fit Computer Program
- Personal Exercise Journal