

# Folsom Cordova Unified School District

## Course Outline

### AEROBICS

**Date:** December, 2007

**Subject Area:** Elective

**Grade Level(s):** 10-12

**Course Length:** 1 year

**Grading:** A-F

**Number of Credits:** 5/Semester

**Prerequisite:** Fitness 1

#### **COURSE DESCRIPTION:**

Aerobics is an elective designed to provide students the opportunity to explore a variety of aerobic activities in search of one they can enjoy and participate in for a lifetime. Students will participate in a variety of activities including aerobic dance, cardio-kickboxing, step aerobics, circuit training, jump rope, running, power walking, aqua aerobics, muscle toning, and stretching. The content articulates the knowledge, skills, and confidence students need to maintain meaningful physical activity throughout their lifetime. The course sequence provides a blueprint or delivering the content in a manner that equips students to make a successful transition from the physical education instructional program to participation in physical activity during adulthood.

#### **GENERAL GOALS/PURPOSES:**

Students will:

- Use feedback to improve performance.
- Use standardized physical fitness test to assess personal fitness and establish realistic and challenging goals for improving and maintaining their fitness levels for life.
- Apply knowledge of scientific or bio-mechanic principles to improve personal performance.
- Identify current career opportunities in physical education and related fields.
- Be able to articulate the knowledge, skills, and confidence needed to maintain a meaningful physical activity throughout their lifetime.
- Successfully transition from our physical education instructional program to participation in physical activity during adulthood.
- Individually be able to initiate and monitor their own participation in physical activity which their adult lifestyle will demand.
- Understand that family responsibilities, career demands, and individual choices will influence physical activity patterns.
- Develop proficient movement skills in each area of physical education.
- Expand their capabilities for independent learning.
- Examine practices that allow for sound decision making to enhance successful participation in movement activities.
- Exhibit a physically active lifestyle and understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.
- Demonstrate responsible personal behavior while participating in movement activities.
- Increase cardiovascular fitness.
- Tone specific muscle groups
- Improve agility and coordination.
- Develop effective motor skills and understand the fundamentals of movement by practicing and analyzing purposeful movement.
- Develop and maintaining positive self-image and strive to become the best that they can be through planned physical activities.

## **STUDENT READING COMPONENT:**

Students will:

- Complete research based assignments.
- Utilize activity study guides.
- Read and take written test.
- Research information regarding the relationship between history and culture as it relates to aerobics.
- Research career opportunities in Physical Education and related fields.

## **STUDENT WRITING COMPONENT:**

Students will:

- Take written test.
- Write self and peer evaluations.
- Maintain a personal activity/fitness journal.
- Write a personal fitness portfolio that relates to total wellness.
- Understand how growth in height and weight influences the mechanical nature of performance in physical activities.

## **STUDENT ORAL COMPONENT:**

Students will:

- Utilize oral communication skills while participating in class activities that foster positive, responsible, personal, and social behaviors.
- Participate in daily class discussions.
- Discuss the importance of balanced nutrition for maintaining a healthy lifestyle.
- Describe long-term physiological, psychological, and other benefits that may result from participation in physical activity.

## **DETAILED UNITS OF INSTRUCTION/CONTENT:**

The three content standards to be integrated and addressed are:

1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to learning and performance of physical activity.

See appendix for specific information on each of the content standards

Activity units may vary according to school site and facilities.

### Activity Units:

Aerobic Dance	Running	Cardio-Kickboxing	Jump Rope
Swimming	Dual-athlon	Aqua-Aerobics	Circuit training
Power Walking	Step Aerobics	Stretching	

### Content Units:

1. Safety rules and principles.
2. Five components of health.
3. Health risk factors of aerobics participation.
4. Body composition and implications on health and fitness.
5. Heart rate—computation, regulation, implications.
6. Muscles/Anatomy

7. Biomechanics/Analysis of movement.
8. Nutrition
9. Steroids and performance enhancing drugs
10. Becoming and staying physically fit.
  - a. self assessment
  - b. goal setting
11. Cardiovascular fitness
12. Stress Management and exercise.
13. Fitness/Wellness Perspective
14. Mind/Body Relationship
15. Personal Program planning

**THIS COURSE WILL PREPARE STUDENTS FOR THE CAHSEE AND / OR THE FCUSD EXIT**

**EXAMS:** None

**LAB FEE:** None

**DISTRICT ESLR'S TO BE ADDRESSED:**

1. **Self Directed Learners:** Achieve and maintain a health-enhancing level of physical fitness and exhibit a healthy lifestyle.
2. **Effective Communicators:** Demonstrate responsible social behavior including respect for all others.
3. **Quality Producers/Performers:** Students will become competent in many movement activities.
4. **Constructive Thinkers:** Understand how fitness correlates with health, how and why they move in a variety of situations. Students will understand how culture, history, nutrition, and fitness relate to health.
5. **Collaborative Workers:** Work together towards a common goal.
6. **Responsible Citizens:** Demonstrate responsible, personal, and social behavior while participating in movement activities, and classroom activities.