

Aerobic Fitness Course Syllabus Whitney High School

Mr. John Bosco

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Class Materials:

- maroon P.E. shirt and Vegas gold P.E. shorts
- Tennis shoes with shoe laces
- *can also wear black, grey, maroon, or gold sweats and sweatshirts*
- a lock and locker will be provided by the P.E. staff

Course Content:

This course is designed to introduce and provide the opportunity for students to participate in a cardiovascular activity using a variety of equipment, balls, dumbbells, body weight. The step platform, fitness videos, aerobic walks, free weights, exercise bars and bands, stability balls, jump ropes, and activities. The students will participate daily in flexibility, cardiovascular endurance, and muscle strength and endurance activities during this class. The Aerobics course will include proper warm-up, flexibility, cardiovascular endurance, and muscle strength into continuous cardio exercise. The ability to work well with others and participate at a high level daily is expected. The course will also include a major projects and assignments.

Essential Skills:

- Successful completion of all assignments written or physical

Grading:

90-100 A

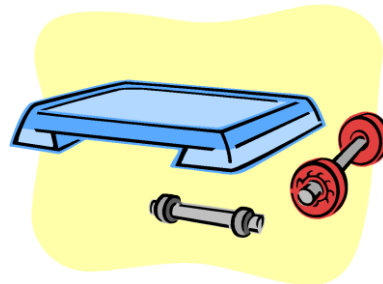
80-89 B

70-79 C

Below 70% will result in a NO CREDIT

Student Expectations:

- Regular attendance
- Be to class on time
- Dress-out in the appropriate attire
- Active participation and on task at all times
- Complete and turn in all assignments



Correctives:

- Corrective opportunities will be offered every two weeks throughout each semester and during the corrective schedule. At these correctives you can make-up absences, tardies, participation, and non-dress. All assignments are dealt with in class.

How to Receive a Stamp:

- Student must present their planner at the beginning of roll call.
- Student must have a 70% or higher in order to receive a stamp.