

**Aerobic Walking Course Syllabus**  
**Whitney High School**  
**Physical Education Elective**

**Mr. Marc Rubalcaba**

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**Class Materials/Fees:**

A hat and sunscreen for sun protection is highly recommended

A water bottle is highly recommended for hydration during the walks

Comfortable yet supportive tennis shoes for walking or light jogging is recommended

**Course Content/Description:**

This course is designed to provide an opportunity for students to develop a fitness workout plan through the activities of walking and aerobic exercise. Students will participate in a low impact form of exercise that is life-long. The walking routes are off campus and therefore students not dressing down will be expected to walk with the class in street clothes. The routes vary in distance and usually range from 1 to 3 miles. The instructor will be walking with the class at all times.

**State Standards:**

Standard 1: 1.2 1.8 1.12

Standard 2: 2.1 2.2 2.5

Standard 3 3.1 3.2 3.4

See attached page for complete WHS Physical Education State Standards Alignment

**Grading: Percent**

90-100 A

80-89 B

70-79 C

**Cooper's Walk Test:**

Under 38 minutes - (50/50)

Under 40 minutes - (45/50)

Under 42 minutes - (40/50)

Under 45 minutes - (35/50)

Under 48 minutes - (20/50)

Over 48 minutes - NC

**Daily Points**

10 - Dress

10 - Participation

**\*\*All cooper's walking test given by the instructor are essential skills and must be completed in order to pass.**

**Below 70% will result in a NO CREDIT**

**Essential Skills:**

Dress in appropriate WHS PE clothes

Regular attendance and on task at all times

Active participation at all times

Successful completion of all assignments

Coopers' Walking tests given twice every month – MUST BE COMPLETED IN ORDER TO PASS!

**Correctives:**

**Physical Education will be offered throughout the year. Please check with your teacher for dates.**

**Intervention/Achieving a Stamp:**

Present your planner at roll call for a PE stamp.

Students must be passing PE with a 70% or better to receive a stamp.

Students not having the necessary number of teacher stamps must attend intervention.

To sign that you acknowledge and have read the syllabus for **Mr. Bosco's** course, please click [here](#).

To sign that you acknowledge and have read the syllabus for **Mr. Rubalcaba's** course, please click [here](#).