

Step Aerobics Course Syllabus Whitney High School

Mr. John Bosco

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(916) 632-6500 ext. 6603



Class Materials:

- maroon P.E. shirt and vegas gold P.E. shorts
- Tennis shoes
- *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. The step platform, fitness videos, aerobic walks, dance activities, free weights, exercise bars and bands, stability balls, jump ropes, and dance activities and yoga. The students will participate daily in flexibility, cardiovascular endurance, and muscle strength and endurance activities during this class. Knowledge of the stepper and the ability to perform basic dance steps while using the stepper will be emphasized. The Aerobics course will include proper warm-up, flexibility, cardiovascular endurance, and muscle strength into a proper routine. 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

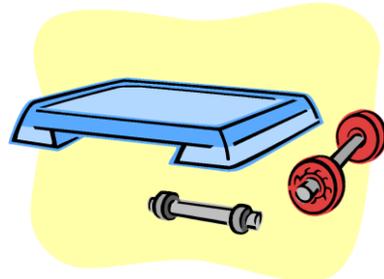
Grading:

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 during correctives and the last 2 minimum days of each semester. 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.

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