



**HIGH SCHOOL COURSE OUTLINE**

<b>Department</b>	Physical Education		<b>Course Title</b>	Aerobics			
<b>Course Code</b>	3713	<b>Grade Level</b>	11-12	<b>Course Length</b>	2 semesters	<b>Credits/Semester</b>	
<b>Required for Graduation</b>		No	<b>Meets H.S. Grad Requirement</b>		No	<b>Elective Credit</b>	Yes
<b>Prerequisites</b>	Pass second year of high school physical education						
<b>Articulated with LBCC</b>		No		<b>Articulated with CSULB</b>		No	
<b>Meets UC a-f Requirement</b>		No		<b>Meets NCAA Requirement</b>		No	

**COURSE DESCRIPTION:**

This course is designed to give students the opportunity to learn aerobic dance routines and training techniques used for achieving optimal physical fitness. Students will benefit from comprehensive weight training and cardio-respiratory endurance activities. Students will learn basic aerobic steps as well as simple and complex aerobic dance combinations. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

**GOALS: (Student needs the course is intended to meet)**

Students need to:

- Continue to develop effective movement skills.
- Demonstrate an understanding of the fundamentals of movement.
- Achieve and maintain an improved health-enhancing level of physical fitness.
- Further develop the skills, knowledge, and interest to independently maintain an active lifestyle.
- Demonstrate an understanding of the various influences on the evolution of a movement-related activity.

**PERFORMANCE OBJECTIVES: (must be measurable)**

Students will:

- Assess personal fitness, compare scores to a health-related standard and set goals for improvement or maintenance. (Standard 3)
- Incorporate an activity of choice into their personal fitness plan. (Standard 3)
- Produce an activity and exercise plan based on their own physical development. (Standard 3)
- Analyze the mechanical principles involved in a fitness workout. (Standard 4)
- Select an activity and participate in that activity during their leisure time. (Standard 4)
- Appreciate the importance of commitment and dedication for effective movement related performance. (Standard 6)
- Choose to participate in movement related activities outside of the school day. (Standard 6)

## **OUTLINE OF CONTENT AND TIME ALLOTMENT:**

### **Introduction to Aerobics**

**1 week**

- Philosophy
- Class Curriculum, Expectations, Grading Policy
- Classroom Rules and Procedures
- Locks and Locker Room Procedure
- Dressing Policy

### **Physical Fitness Concepts and Techniques**

**6 weeks (ongoing)**

- Apply principles of resistance training
- Apply physiological principles involved in human movement
- Students expand on their previously designed activity and fitness plan based on their individual needs.
- Assess personal fitness, compare personal fitness scores data to health standards and set goals of maintenance and improvement
- Analyze body types
- Select a leisure time physical activity and identify opportunities in the community to participate in this activity.
- Describe current trends in aerobic dance and fitness activities
- Understand the components of total health fitness and the relationship between physical activity and lifelong wellness.
- Fitness Technology: (heart rate monitors, heart rate wands, skin calipers, computer software)
- Advanced techniques of weight training

### **Nutrition**

**2 weeks (ongoing)**

- Nutrients
- Nutrition labeling information
- Food choices
  - Food Guide Pyramid
  - Influences on food choices social, economic, cultural
  - Access to adequate food sources
  - Comparison of food values
- Weight Management proper practices to maintain, lose, gain
- Eating Disorders
- Proper hydration
- The effects of performance enhancement drugs

### **Step Aerobics**

**4 weeks**

- Safety techniques (including step set-up, foot positioning and placement, spatial awareness, instructional cues and techniques)
- Demonstrate basic step moves (basic step, V-step, turn step, L-step, alternating knee lift, travel knee lift, repeater knee, etc.)
- Develop basic competency in step routines
- Muscle conditioning exercises utilizing the step

### **High/Low Impact Aerobics**

**4 weeks**

- Safety techniques (including foot positioning, spatial awareness, modifications for ability and fitness levels, pacing techniques, instructional cues and techniques)
- Demonstrate basic high impact and low impact aerobic dance movements (including marching, jogging, grapevine, knee lift, kick variations, jumping jack variations, arm patterns)

### **Cardiorespiratory Fitness**

**4 weeks (ongoing)**

- Safety techniques (including modifications for health conditions, i.e. asthma, obesity; breathing techniques; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool-down, and stretching)
- Demonstrate competency in monitoring heart rates during activity
- Assess cardiorespiratory fitness and set goals to maintain or improve fitness levels
- Participate in a variety of cardiorespiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running
- Demonstrate an awareness of cardiorespiratory fitness opportunities in the community

### **Aqua Aerobics**

**3 weeks**

- Basic water safety including pool rules and regulations
- Apply principals of water resistance to enhance effectiveness of the workout
- Demonstrate proficient aqua exercises with or without added resistance
- Perform water movements to improve fitness utilizing a variety of flotation devices

### **Resistance Training for Muscular Strength and Endurance**

**4 weeks (ongoing)**

- Safety techniques (spotting, proper body alignment, lifting techniques, spatial awareness, and proper breathing techniques)
- Demonstrate an understanding of proper weight training principles and concepts in order to achieve desired results
- Perform basic resistance exercises (including free weights, hand weights, weight machines, exercise bands and tubing, medicine balls, fit balls,

### **Flexibility Training and Relaxation Techniques**

**2 weeks (ongoing)**

- Safety techniques (stretching protocol; breathing and relaxation techniques)
- Demonstrate an understanding of the basic types of flexibility exercises (i.e. dynamic, static)
- Develop basic competency in relaxation and breathing techniques

### **Contemporary Aerobic Activities**

**4 weeks (ongoing)**

- Safety techniques (proper body alignment, foot positioning, and upper and lower body movement forms, i.e., a punch, a jab, a roundhouse kick, running man, Roger Rabbit)
- Demonstrate basic steps and routines of the different types of contemporary aerobic dance, i.e. Tae Bo, Hip-Hop, Escima
- Develop an understanding and appreciation for a variety of aerobic type activities
- - Perform various types of aerobic routines

## **Fitness Post Test**

**1 week**

- Reassess personal fitness and compare scores to pre-test scores and personal goals
- Record data on fitness software

## **Closure**

**1 week**

- Evaluate and implement fitness and activity plans
- Reflection
- Locker Room Shut-Down

## **METHODS: A variety of instructional strategies will be used to accommodate all learning styles.**

- Demonstrations —by teacher, student(s), or experts on video
- Lecture
- Modeling
- Guided practice
- Group discussion

Student centered learning to include:

- Peer coaching
- Reciprocal teaching
- Checklists
- Video (peer and self-analysis)
- Guided discovery
- Stations and circuits
- Task cards
- Computer lab

## **MATERIALS USED IN TEACHING THE COURSE:**

### **Basic Physical Education Classroom Equipment**

- Chalkboard/white board, chart paper and easel, crates for portfolios/journals
- Portable stereo with CD player
- Wireless microphone and speaker system
- Stopwatches
- Clipboards (teacher and students class set) and pencils
- Equipment appropriate to the unit: acquire from the District Stock Catalog and/or Physical Education Equipment Catalogs (i.e.: Sporttime, Gopher, Flaghouse, Education Company, etc.)

### **Fitness and Fitness Assessment Equipment**

Heart Rate Monitors: Polar Electro Inc., (800) 290-633-0370

Heart Rate Wands: Insta-Pulse

Fitnessgram Software and fitness testing equipment (skin fold calipers, tape or CD of push-ups and curl-ups cadence, rulers, mat with line for curl-ups, software) from:

American Fitness Alliance, Human Kinetics Publishing, Il., 1997  
P. O. Box 5076, Champaign, IL. 61825-5076  
(800) 747-4457, [www.americanfitness.com](http://www.americanfitness.com)

Body fat analyzers

Concept 2 Indoor Rowing Machines from:

Concept 2, 105 Industrial Park Drive, Morrisville, VT 05661  
(800) 245-5676, [www.concept2.com](http://www.concept2.com)

Stairmaster

Stationary Bikes (Monark)

Variety of fitness software from

Bonnie s Fitware  
18832 Stefani Avenue, Cerritos, CA 90703 (562) 924-0835  
and Human Kinetics

Steps for Step Aerobics

Jump Ropes

Medicine Balls - variety of sizes, weights, coverings

Mats

Dumbbells and Barbells

Elastic bands or Dynabands

Music tapes or CD s

CD/cassette deck player and speakers

Charts of fitness exercises (check Physical Education catalogs)

Video cameras, VCRs and monitors

Computers with Internet access

### **General Reference Books**

Lessons from the Heart; By Beth Kirkpatrick and Burton Birnbaum; Human Kinetics; 1997

### **Classroom Textbooks**

Fit & Well; Thomas Fahey, Paul Insel, Walton Roth; Mayfield Publishing Company; 2001

### **General Music Resources**

Wagon Wheel Records  
16812 Pembroke Lane  
Huntington Beach, CA 92649  
(714) 846-8169

Christy Lane  
Dynamix  
Power Mix

### **EVALUATION:**

- Journals and logs
- Portfolios
- Checklists
- Rubrics of performance assessments during activity

- Quizzes and tests
- Projects (rubric assessed)
- Video
- Computer software
- Fitnessgram

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Date: 8/02