Aerobics
Course Syllabus

Course Description
Aerobics stresses the fitness for life approach to physical education. This course will provide an opportunity for students to experience aerobic activities that will promote the concept of physical fitness for a lifetime. Students will be required to actively engage in a wide variety of physical activities that will stimulate both the body and the mind. The course will educate students on cardiovascular development, muscle toning and flexibility, coordination, and overall body conditioning. The student will participate in aerobics, walking programs, weight training, and other various activities emphasizing fitness principles.

Course Objectives
1. Learn and understand the importance of physical activity and exercise.
2. Demonstrate competencies in many movement forms.
3. Understand the components of physical fitness.
4. Engage in physical activities that encourage self-motivation and goal setting.
5. Select and experience a variety of dynamic activities that can improve or maintain physical fitness.
6. Engage in active participation which promote the development and maintaining the five health related fitness components (cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).

Class guidelines
1. All students must be fully dressed to participate
2. No electronics in gym
3. Injuries: Injuries will be handled on an individual basis. Most injuries are of a minor nature and the student is back to participation in a short time. If an injury requires that a student is unable to do the basic class participation requirements for a period of more than two class periods, a doctor’s note is necessary. We need this to give us direction for the student’s limitations, as well as possible rehab exercises. Often, other exercises can be done in class when a student is working through an injury.
4. Failure: Students can fail P.E. by not participating in class. If a student register two no-suit or non participation days the student will be given one day of detention. At 7 no suits a student will be dropped from the class and receive credit for the semester, the student will then be placed in a study hall.
5. Uniform: A mandatory dress out policy will be strictly enforced every class period and a grade will be given daily. Any student failing to dress out in the appropriate Westside PE Uniform will not receive points for the day. On cold weather days, students need to bring warm-ups to wear over their PE uniform as we may be going outside.
6. The official uniform may be purchased for $20.00 from a member of the physical education staff. Clothing must be intact. No outside clothing will be allowed. NO JEWERY (watches, earrings, rings, or bracelets)
7. No pop, candy, or snacks are allowed in locker rooms or gym areas.
8. Each student must bring their own combination lock to place on the locker assigned to them.