

Aerobics		COURSE LENGTH: One Semester or Full Year 5 days/week
Location	Gymnasium, Track, Fitness Center and Wrestling Room	
Instructor	Mrs. Michelle Santom	
Planning Period	Period 7	Parent Teacher Conferences may be scheduled before school from 7:30 to 8:00am or during the planning period.
Google Classroom Code:	gzmrgce	
Email	msantom@mercerc.k12.pa.us	
Credits Course Length	.5 credit Graduation Requirement 1 semester in length (18weeks approx.)	
Prerequisites	Physical Education 9	
Description	The purpose of this course is to provide the student with intermediate to advanced knowledge, experience, and safety concepts in the area of aerobic dance and fitness - wellness. The student will be guided through a series of appropriate physical activities and exercises that will improve and maintain physical fitness and health. The student will not be viewed as a novice and will be expected to develop a more adequate understanding of the concepts of physical fitness, skill performance, body mechanics, muscular strength, cardiovascular endurance, and nutrition.	
Course Goals and Objectives	The student will be able to : <ol style="list-style-type: none">1. Participate in various types of aerobic dance, such as zumba, step aerobics, HIIT , circuit, interval, kickboxing, and core training.2. Establish individual goals pertinent to class activity.3. Demonstrate the ability to self-monitor heart rate and intensity level.4. Demonstrate the ability to monitor their fitness progress by recording daily workouts and various physiological responses to exercise.5. Demonstrate knowledge acquisition by completing assignments, quizzes, and exams.6. Develop and appreciation for fitness and wellness in relation to aerobic dance workouts.7. To foster positive habits and interests in developing and maintaining a regular fitness and wellness lifestyle.8. Develop a basic understanding of proper technique and safety concepts when performing various aerobic workouts.9. Earn as a class the opportunity for game play, and PE activities.	
Grading 96.5 A+ 92.5 A 89.5 A- 86.5 B+ 82.5 B 79.5 B- 76.5 C+ 72.5 C 69.5 C- 66.5 D+ 62.5 D	Student grades are based upon the total number of points earned for the nine weeks. The total earned is divided by the number of points possible. The resulting percentage equals a letter grade. (see scale at left). When a student is in jeopardy of failing, a progress report will be sent home. This will occur during the 4th week of the term.	
		Make-Up Work If a student is going to miss class time because of a medical excuse they will be required to complete essays. Each week of missed class will result in one essay. If the medical excuse is going to excuse student for more than half of the required semester the student may be placed in a study hall and required to schedule class at a later date.
	<u>Required:</u> Proper workout attire and athletic footwear. This is an elective class so the PE uniform is not required. <u>The dress code will still be enforced.</u>	

Classroom Rules	<p>1. Students are not permitted to leave class except in an emergency. Restroom needs should be taken care of before class begins.</p> <p>2. Students are not permitted to do the following:</p> <p style="padding-left: 40px;">(Refer to rules contract)</p> <p>3. Students have been given a copy of the rules for the class and have gone over rules with instructor. All students have been made well aware of the rules of the gym, fitness center, and other school facilities and are expected to follow them.</p> <p>Any infraction of the above rules will result in a verbal warning for the first offense. Additional offenses will result in participation grade affected and possible referral to the office.</p>	<p>Late to Class</p> <p>A student who is late to class will be given a verbal warning on the first offense. Additional offenses could result in a discipline referral to the office or a detention assigned by teacher.</p>
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OUTLINE OF MATERIAL COVERED IN THIS CLASS

Time	Material Covered During Time Period	Notes
Week 1	Introduction, Class Syllabus, Rules, Lockers, Fitness Pre-Tests	
Week 2	Intro to Team Building Activities	
Week 3	Intro to Fitness Testing and use of Fitness Center	
Week 4	Intro to Circuit Training (Aerobic and Anaerobic)	
Week 5	Intro to Interval Training	
Week 6	Intro to Stress Management	
Week 7	Intro to HIIT	
Week 8	Intro to Core Training and Plyometrics	
Week 9	Intro to Kickboxing and Zumba	
Week 10	Intro to Power Walking and Jump Roping	
Week 11	Intro to Zumba	
Week 12	Intro to Yoga	
Week 13	Floorwork / Game Play	
Week 14	Circuit Training / Game Play	
Week 15	Interval Training / Game Play	
Week 16	Body Shaping / Game Play	
Week 17	Kickboxing / Game Play	
Week 18	Students Choice / Game Play/ Fitness Testing Aerobic Olympics	

* Note the course may be changed at any time to meet the needs of the student or the needs of the Instructor.