COURSE TITLE: Aerobics
COURSE NUMBERS: 2525
DEPARTMENT: Physical Education
PRE-REQUISITE: None
CO-REQUISITE: 9th Grade must be co-enrolled in Core 9 PE
LENGTH OF COURSE: One Semester
SEMESTER PERIOD OF CREDITS: Five
GRADE LEVEL(S): 9-12
DATE ADOPTED: 1990

Meets EUHSD Elective Credit (May Satisfy EUHSD Physical Education Requirement According to EUHSD Board Policy)

COURSE DESCRIPTION: The Aerobics Class will develop strength, flexibility, agility and cardiovascular endurance through a program of exercise, and aerobic activities. Nutritional information may be provided to enhance a student’s overall conditioning program.
COURSE UNITS/TOPICS

AND

SUGGESTED PACING GUIDE

AEROBICS

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AEROBICS

I. CARDIOVASCULAR CONDITIONING

1.0 (Goal) Students will become aware of their body’s potential for cardiovascular fitness.

1.1 (Objective) Students will be able to develop a “target heart rate” and understand its importance in cardiovascular exercise.

1.1.1 PI: Students will demonstrate the ability to do low impact aerobic exercises. ESSENTIAL

1.1.2 PI: Students will demonstrate the ability to do high impact aerobic exercises. EXPECTED

1.1.3 PI: Students will demonstrate and lead a group in low and high impact aerobic exercises. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

The student will demonstrate and use low and high impact exercises to obtain cardiovascular fitness. The target heart rate will be noted immediately after exercising.

II. ABDOMINAL STRENGTHENING

2.0 (Goal) Students will develop their abdominal strength to properly execute abdominal exercises.

2.1 (Objective) Students will understand the importance and ramification of strong abdominal muscles.

2.1.1 PI: Students will demonstrate the ability to properly execute a basic crunch. ESSENTIAL

2.1.2 PI: Students will demonstrate the ability to properly execute oblique abdominal muscle exercises. EXPECTED

2.1.3 PI: Students will demonstrate the ability to properly teach and make corrections of abdominal exercises. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students are on mats performing abdominal exercises as learned in class.

III. UPPER BODY STRENGTHENING

3.0 (Goal) Students will develop lower body strength and properly execute exercises.

3.1 (Objective) Students will understand the importance and ramification of a strong lower body.

3.1.1 PI: Students will demonstrate the ability to execute a basic leg exercise. ESSENTIAL

3.1.2 PI: Students will demonstrate the ability to execute abductor exercises. EXPECTED

3.1.3 PI: Students will demonstrate the ability to properly track and make corrections on exercises for the lower body. EXTENDED
SAMPLE INSTRUCTIONAL ACTIVITY

Students are on mats performing lower body exercises completing one series of exercises before going on to the other side and repeating the series.

IV. LOWER BODY STRENGTHENING

4.0 (Goal) Students will develop the upper body strength and properly execute exercises.

4.1 (Objective) Students will understand the importance and ramification of a strong upper body.

4.1.1 PI: Students will demonstrate the ability to execute basic arm exercises. ESSENTIAL

4.1.2 PI: Students will demonstrate the ability to execute tricep and bicep muscle involved exercises. EXPECTED

4.1.3 PI: Students will demonstrate the ability to properly teach and make corrections on upper body exercises. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students are on mats performing upper body exercises completing one series of exercises before going on to the other and repeating a series of exercises.

V. INTRODUCTION AND USE OF WEIGHTS, BANDS AND JUMP ROPES

5.0 (Goal) To develop students’ awareness of the use of weights, bands and jump ropes as an adjunct to a complete fitness program.

5.1 (Objective) Students will understand how the use of bands, weights and jump ropes can enhance an aerobic program.

5.1.1 PI: Students will demonstrate the proper techniques of the use of bands, weights and jump ropes during a teacher led demonstration. ESSENTIAL

5.1.2 PI: Students will be able to perform an aerobics work out that includes the use of bands, weights, and/or jump ropes. EXPECTED

5.1.3 PI: Students will lead an aerobics work out that includes the use of bands, weights, and/or jump ropes. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Teacher leads a demonstration of the proper technique of the use of bands. Students practice the techniques while the teacher moves around the room and making corrections and commending proper technique.

VI. AWARENESS OF HEART RATE/WORKING AND RECOVERY

6.0 (Goal) To develop students’ awareness of heart rate and proper warm-up and cool-down procedures.

6.1 (Objective) The students will be able to:
a. Define target heart rate and figure out their own target heart rate.
b. Know the definition of resting heart rate.
c. Know the definition of maximal heart rate.
d. Define the term aerobic.
e. Know proper warm-up and cool down procedures.
f. Know basic stretches for each major muscle group.
g. Know what is an acceptable percent body fat figure.
h. Know the definition of recovery heart rate.

Beginning
6.1.1 PI: Demonstrate the ability to take their resting pulse rate. **ESSENTIAL**
6.1.2 PI: Demonstrate the ability to figure out their target rate zone. **ESSENTIAL**
6.1.3 PI: Know terminology of Fitness Principles: Aerobic, target heart rate, recovery heart rate. **ESSENTIAL**
6.1.4 PI: Demonstrate the ability to perform proper stretches before and after exercise. **ESSENTIAL**

Intermediate
6.15 PI: Demonstrate the ability to figure out if the/she is actually working in his/her target heart zone. **EXPECTED**

Advanced
6.16 PI: Create a fitness program that will work with a sound nutritional program. (This program must contain all elements of fitness). **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Have the students figure out their resting pulse rate. Show the students how to find their pulse. Have the students count their pulse while the teacher counts for six seconds. Have the students multiply the number by ten to get their resting pulse rate.

**VII. BENEFITS OF A LIFELONG EXERCISE PROGRAM**

7.0 (Goal) To develop the students’ awareness of the benefits of a lifelong exercise program.

7.1 (Objective) Students will demonstrate an awareness of the benefits of a lifelong exercise program.

7.1.1 PI: Students will demonstrate their awareness of the benefits of a lifelong exercise program by engaging in a class discussion regarding their lifelong exercise goals, attitude of their self and body, and nutritional goals. **EXPECTED**

7.1.2 PI: Students will demonstrate their awareness of the benefits of a lifelong exercise program by engaging in a class discussion regarding their lifelong exercise goals, attitude of their self and body, and nutritional goals. **EXPECTED**

7.1.3 PI: Students will demonstrate their awareness of the benefits of a lifelong exercise program by evaluating their current life style habits, writing goals to target any habits they would want to improve and monitoring their success in meeting their goals. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**
After a class discussion on life time exercise goals the teacher can have the students write goals on 3/5 cards that they would like to work on while in the aerobics class. Every six weeks the teacher can have the students evaluate their progress.