

ASD Academic Plan

Physical Education: Aerobics

Grade Level: 9-12 grade	Course Description: This course is designed to introduce students to a variety of aerobic activities. Aerobic activity is vigorous, oxygenated large muscle exercise, which stimulates heart and lung activity for a specific period of time while engaging body core stability. As a result, beneficial changes in the cardiorespiratory system are seen as well as the individual feels energized. In addition, basic choreography, music selection and effective group management skills will be taught. This course will provide students with the opportunity to increase their individual level of physical fitness, acquire knowledge of related fitness concepts, and demonstrate an understating of how a wellness lifestyle affects ones health, fitness, and physical performance.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Demonstrate basic skills associated with aerobic activities including step, floor and therabands.	Demonstrate basic kills associated with aerobic activities including fitness walk/jog, yoga and Pilates.
Demonstrate the ability to perform aerobic movements in various combination and forms.	Demonstrate the ability to perform aerobic movements in various combination and forms.
Understand and apply the knowledge of basic choreography, music selection and effective group management.	Understand and apply the knowledge of basic choreography, music selection and effective group management.
Demonstrate the ability to create and present various aerobic activities.	Demonstrate the ability to create and present various aerobic activities.
Demonstrate an understanding of health-related fitness components.	Identify opportunities for participation in aerobic activities in the community.
Identify opportunities for participation in aerobic activities in the community.	Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management.
Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, flexibility and body composition.	Assess current personal fitness levels.
Assess current personal fitness levels.	Identify the major muscle groups and their application to yoga and Pilates.
Identify the major muscle groups and their application to aerobics.	Improve personal fitness through participation in yoga, Pilates, muscular strength, muscular endurance, and flexibility activities.
Improve personal fitness through participation in aerobic, muscular, strength, muscular endurance and flexibility activities.	Assess aerobic activities in terms of fitness value.
Demonstrate an understanding of health problems associated with inadequate fitness levels	Identify and apply injury prevention principles related to aerobic activities.
Demonstrate an understanding of sound nutritional practices as related to health and physical performance.	Understand and correctly apply biomechanical and physiological principles related to exercise and training.
	Demonstrate an understanding of health issues associated with inadequate fitness levels.
	Demonstrate and understanding of sound nutritional practices as related to health and physical performance.

