

AEROBICS: FITNESS FOR LIFE

COURSE SYLLABUS

Instructor: Robyn Strange

Course Description: This is a semester course which focuses on the fundamental components and principles of fitness. The course examines safety guidelines, proper technique, and exercise principles. Students will assess their current level of fitness in relation to the five components of physical fitness: flexibility, cardiovascular health, muscular strength, muscular endurance, and body composition and strive to improve their personal performance. Students will also learn strategies to help them begin, design, and maintain an exercise program to keep them fit for life.

AEROBICS SHALL INCLUDE ALL TYPES OF CARDIO MOVEMENT IN WHICH PARTICIPATION IS REQUIRED.

Students will be expected to dress out daily.

- SHORTS (5 in inseam +) or longer (black or red)
- T-SHIRT (white or grey)
- COURT SHOES (for movement)
- SOCKS
- TOWEL (strongly recommended)

Grading Procedures

- 80% -- Dressing Out and Participation
- 20% -- Assessments
- Semester/Final Exam will count for 20% of Semester Grade
- If a student is absent for any reason other than a school sponsored event, the class **must be** made up by researching an article and writing a **one page summary** dealing with the components of aerobic fitness. The article should be attached to the summary, otherwise; the resulting grade will be a **25%** for the day.