

COURSE TITLE: Aerobics

COURSE TYPE:

COURSE LENGTH: 1 semester

GRADE LEVEL: 10, 11, 12

COURSE CREDIT: ½

PREREQUISITE: None

COURSE GOALS:

1. Students will articulate methods needed to improve cardiovascular endurance.
 2. Students will participate in regular aerobic activity
 3. Students will compensate for differences in individual abilities for speed and execution of movements.
 4. Students will take responsibility for strengthening heart muscle and lungs
 5. Students will work toward improving the shape and tone of their body.
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COURSE CONTENT:

1. Assessment of own health
2. Motor skill and movement
3. Muscle structure needed and used
4. Proper stretching warm-up and cool down activities