

**AEROBIC FITNESS
ROCKLIN HIGH SCHOOL
PHYSICAL EDUCATION ELECTIVE 10/11/12**

This unit is designed to introduce and provide opportunities for students to develop the basic and intermediate skills in a variety of exercising activities that they will be able to participate in now and in the future. Students will be exposed to the basic skills, strategies and etiquette of the various activities. The components of fitness: muscular strength, muscular endurance, flexibility, and cardiovascular fitness will be emphasized throughout the year.

Class Materials:

- Equipment will be provided for each activity by RHS.
- Required PE clothes (gray shirts, royal blue shorts)
- Comfortable yet supportive tennis shoes for light jogging and lifting.

Course Content:

- Step Aerobic
- Aerobic Walking
- Bosu Ball Activities
- P90X
- Pilates
- Weights
- Other activities may be added as determined by instructor

Essential Concepts and Skills:

- Skills testing and assessments in unit
- Peer teaching and peer assessments
- Personal fitness program now and for the future
- Two Aerobic Assessments per quarter

Student expectations:

- Regular attendance
- Respect for all peers, teacher and equipment at all times
- Active participation at all times
- Positive attitude at all times
- Development of the appreciation of lifelong sports and activities

Grading Policy:

A = 90% - 100%
B = 80% - 89%
C = 70% - 79%
NO CREDIT = 69% and below

(OVER)

Final quarter grades: 80% of the students' grade is based on participation, 10% of the grade is based from written and skills assessments and 10% of the grade is based on completing the Aerobic Assessment. Quarter grades are averaged to determine the semester grade. Quarter grades must be at a 70% or higher to receive a letter grade at the semester, otherwise a No Credit will be given.

For further details on the grading policies for physical education, please use the PE Handout as a reference on our website at <http://www.rocklin.k12.ca.us/staff/ddevinna/pe/index.html>.

RHS Physical Education Department

dmuscarella@rocklin.k12.ca.us

jadams@rocklin.k12.ca.us

ddevinna@rocklin.k12.ca.us

gdepue@rocklin.k12.ca.us

staylor@rocklin.k12.ca.us

gbenzel@rocklin.k12.ca.us

or call at 632-1600

Teacher	Extension
----------------	------------------

Muscarella	6193
-------------------	-------------

Adams	6191
--------------	-------------

DeVinna	6196
----------------	-------------

Depue	6192
--------------	-------------

Taylor	6194
---------------	-------------

Benzel	6296
---------------	-------------