AEROBIC WALKING / CARDIO FITNESS COURSE
ROCKLIN HIGH SCHOOL
PHYSICAL EDUCATION ELECTIVE 10/11/12

This course is designed to provide an opportunity for students to develop a fitness workout plan through the activities of walking and other forms of aerobic exercise. Flexibility, cardiovascular and muscular endurance, as well as muscular strength will be emphasized. Students will be introduced to a low impact form of exercise that is a lifelong activity.

Class Material:
- Sunscreen for sun protection. (optional but highly recommended)
- Water bottle (optional but highly recommended)
- Required PE clothes (gray shirts, royal blue shorts)
- Comfortable yet supportive athletic shoes for walking / jogging
- Parent signed permission slip

Course Content:
- Conditioning through the use of walking routes off campus. Routes vary from 1 to 3 miles in radius from campus. The instructor will be with the students at all times. Students are required to go on all routes and will not be allowed to stay behind on campus when they are not dressed out in PE clothes.
- Other forms of aerobic exercise will be used on campus to improve the student’s cardiovascular fitness level. These activities may include: jump roping, jogging, interval training, circuit training, yoga, Pilates, aerobic dance.
- Fitness and exercise principles will be emphasized throughout the course

Essential Concepts and Skills:
- Personal fitness program now and for the future
- Written or Skill Assessment
- Two Aerobic Assessments per quarter

Course Expectation for Students:
- Students must follow all safety guidelines when off campus
- Regular attendance
- Respect for all peers and teachers
- Active participation and positive attitude at all times
- Appreciation and enjoyment of exercise

Grading Policy:
- A = 90% - 100%
- B = 80% - 89%  (OVER)
- C = 70% - 79%
- NO CREDIT = 69% and below
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.

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