

READINESS PROFILE & COURSE EXPECTATIONS

Aerobics/Weights

COURSE DESCRIPTION

Aerobics/Weights is a course in which students are taught basic exercise movements and rhythmic fundamentals to enhance all body parts. This course emphasizes developing and improving cardiovascular fitness, toning muscles, and improving flexibility. Students will also participate in choreography development and goal setting. Satisfies 10 units of the PUSD Physical Education requirement.

COURSE CONTENT AND EXPECTATIONS

- Expectations:
 - Dress out and participate daily
- Content:
 - Aligned to the CA State Physical Education Standard class 3b
 - 5 days of participation
 - General activities covered:
 - Aerobics
 - Step Aerobics
 - Circuits
 - Yoga
 - Spin
 - Walking

MAJOR UNITS OF STUDY

STUDENT BACKGROUND

Suggested preparatory courses: ENS 1-2 & ENS 3-4

Course Goal: To gain a balanced healthy lifestyle through fun activities that will build each person's self esteem and overall confidence.

Class is open to both boys and girls

Please see syllabus for additional course guidelines and information