

# Seabreeze H.S.

## Aerobics Student Guide

Semester:    Fall

Teacher:     Manhart/Miller

**I. MAJOR CONCEPTS/CONTEXT/STRANDS**

- A. Improve or maintain aerobic fitness
- B. Importance of maintaining an optimal level of fitness
- C. Problems associated with a lack of fitness
- D. How to assess personal fitness levels
- E. How to improve personal fitness levels

**II. INTENDED STUDENT OUTCOMES/STANDARDS/Frameworks:**

	The student will:	FRAM E- WORK	SSS	FCA T R	FCA T	FCA T W
1	Describe the benefits of achieving optimal fitness.		PE.C.2.4.3	R		W
2	Identify health related problems associated with inadequate flexibility, cardiovascular endurance, muscular strength and muscular endurance.		PE.A.3.4.4	R		
3	Identify methods of determining levels of flexibility, cardiovascular endurance, muscular strength, muscular endurance, and body fat.		PE.B. 1.4.3	R	M	FW
4	Describe how flexibility, cardiovascular fitness, muscular strength and muscular endurance are improved through application of training principles.		PE.B. 1.4.2		M	FW
10	Demonstrate an improvement or maintenance of the aerobic fitness		PE.C.2.4. 2	R	M	W

**IV. MATERIALS STUDENTS ARE EXPECTED TO SUPPLY:**

- Two pocket folder with brackets,
- Note book paper,
- Pen or pencil,
- PE Locker (\$4),
- PE Uniform (Can be purchased from academic booster club or any **Plain** red, white, or gray T-shirt or a Seabreeze H.S. shirt with red, white, or gray athletic shorts and proper athletic shoes)

**V. DISTRICT GRADING SCALE:**

<b>90-100</b>	<b>A</b>
<b>80-89</b>	<b>B</b>
<b>70-79</b>	<b>C</b>
<b>60-69</b>	<b>D</b>
<b>Below 60</b>	<b>F</b>

## VI. STUDENT EVALUATION (Specific list of categories and their percent of the final grade):

Participation in class activities is essential to successfully pass this course. Students will be required to take notes, complete some written assignments, and take a few quizzes/tests. These will be kept in order according to a table of contents in the front of the notebook. There will be 2 notebook checks, one at the middle of the 9 weeks and one toward the end. Students will also take a final exam.

<b>Activity</b>	<b>50%</b>	<i>Your final grade may drop from 0-4 letter grades at the end of the 9 weeks depending on the number of non-dresses you have.</i>	<i>0-4</i>	<i>drops 0</i>
<b>Cognitive</b>	<b>20%</b>		<i>5-6</i>	<i>drops 1</i>
<b>Quizzes/tests</b>	<b>20%</b>		<i>7-9</i>	<i>drops 2</i>
<b>Final</b>	<b>10%</b>		<i>10-12</i>	<i>drops 3</i>
			<i>13+</i>	<i>drops 4</i>

## VII. HOMEWORK/MAKE-UP POLICY:

Make up work is only accepted from students who were absent from class. The missed work must be completed and turned in by the following Monday and entered into their notebook before the next notebook check.

## VIII. BEHAVIOR MANAGEMENT SYSTEM/CLASSROOM RULES:

### 1. Attend class on time and dress out/participate everyday.

Tardies, non-dresses and excessive absences will negatively affect your grade.

If you are tardy you must enter the gym through the back door and will not be allowed to dress out that day.

Non-dressed students may not participate in class activities and earn a grade for the day. There are no make-ups for non-dresses. Non-dressed students will stay seated in their roll-call spots for the duration of the period. On days we are outside non-dressed students are required to walk the track. Refer to the school attendance policy.

- If you have a health issue please bring a note from a parent if you are unable to participate in any physical activity for the day. **You must still dress out to get a grade for that day.** For extended illnesses or injuries, a note from a physician is required.

### 2. Complete all assignments/tests and keep an orderly notebook.

### 3. Follow all School and Class Rules.

- Be respectful
- Follow directions promptly
- No food/drink in gym
- Keep locker room clean and orderly
- Keep all belongings other than class materials in lockers during class: purses, backpacks, phones, CD players...

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