



Aerobics Syllabus

Instructor: Mrs. Marquart

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A. Course Objectives:

The objectives of Aerobics class are to provide each student the knowledge of why it is important to be physically fit, and to give them an opportunity to improve their fitness level through daily exercise and activities. Each student will have the opportunity to learn and practice specific workouts that improve certain aspects of their health related fitness such as their cardiovascular endurance, muscular fitness, flexibility, body composition, and eating habits. Also, Aerobics will give the students an opportunity to acquire important life skills such as teamwork, sportsmanship, and a positive attitude about themselves and towards others. Our main goal is for students to take what they have learned in their aerobics class and use it out in the community and beyond high school.

B. Course Requirements/Expectations:

1. Be prepared and on time to class on a daily basis.
2. "Dress out" in proper attire on a daily basis (10 points).
3. Participate to the best of your ability on a daily basis (10 points).
4. Demonstrate good conduct, a good attitude, and good sportsmanship on a daily basis (10 points).

C. Course Contents:

The student will gain knowledge and improve their social skills, gross motor skills, and physical fitness by participating in (but not limited to) the following activities:

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| 1. Pilates | 8. Exercise Bands |
| 2. Yoga | 9. Cardiovascular Endurance activities |
| 3. Kickboxing | 10. Fitness Testing Activities |
| 4. Step up Routines | 11. Lifetime Activities and Sports |
| 5. Taebo | 12. Team Activities and Sports |
| 6. Zumba | |
| 7. Circuit Training Activities | |

D. Proper Attire: (Kofa P.E. uniforms are for sale in the bookstore.)

1. All students are required to dress in the Kofa P.E. uniform or the following proper attire:
 - a) Black, Crimson, or Gray athletic shorts or pants. Shorts must at least have a 3 inch inseam. Levi shorts and pants are not acceptable!!!
 - b) Spandex shorts, Strapless, or "Spaghetti" Straps are not acceptable!
 - c) Crimson, Gray, White, or any Kofa Shirt are appropriate for aerobics. Any other colors are not considered Kofa colors and are not acceptable!
 - d) Any other dress code concerns see handbook dress code policies.
2. SOCKS AND "GYM" SHOES are mandatory. Sandals or slippers are NOT appropriate "gym" shoes.
3. If the student fails to wear the appropriate P.E. attire, it will result into a Non-Dress and loss of points!
4. The teachers in the Kofa P.E. Department are advocates for classes to look similar in Kofa colors and wear appropriate clothing. We have this dress code to make sure our students are safe, healthy, and maintain good hygiene.

E. "Non-Dress" Consequences/Policy:

1. "ND" Students will lose 30 points, which cannot be made up.
2. "ND" Students may be given an alternative physical activity assignment at the teacher's discretion. Failure to do the "ND" assignment will result in an after school detention due to insubordination and a loss of an additional 40 points. If this insubordination continues, a two hour detention will be given followed by a referral for the third offense.
3. KOFA PHYS. ED. "NON-DRESS" POLICY IS AS FOLLOWS:
 - a. 1st "ND" = Loss of 30 points.
 - b. 2nd "ND" = Lost of 30 points; parents called or a parent letter sent home to be signed. (Signed letter must be returned the next day or it will result in an immediate detention.)

- c. 3rd "ND" = Lost of 30 points; parents called, and after school detention.
- d. 4th "ND" = Loss of 30 points, parents called, and two hour after school detention.
- e. 5th "ND" = Loss of 30 points, parents called, and Administrative referral.

F. Attendance:

1. Students are expected to be in class on a daily basis.
2. An unexcused absence will result in a loss of 30 points.
3. If the student has an excused absence, he/she will be exempted for that day. Excused absences are those that are school functions such as a club activity, sporting event, or meeting with counselor or administration (note needed).
4. If a student misses any assignments on a day that they are absent (excused or unexcused), they must make them up with their teacher the next day. It is the student's responsibility to talk to their teacher about making up these assignments! These assignments can be made up after school.
5. Absences can be made up by attending Saturday school, which is offered the last 5 Saturdays of each semester.

G. Medical Excuses:

1. Must be from Arizona certified Doctor and submitted to the Nurse prior to attending class.
2. Student will be given an alternative writing assignment to complete.
3. Extended medical excuses may result in student schedule change.

H. Grading:

30pts are earned each day.

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| 1. Proper Attire for physical activity. | 10pts |
| a. White or crimson shirt | 4pts |
| b. White, black, or crimson shorts | 4pts |
| c. Proper footwear | 2pts |
| 2. Effort | 10pts |
| a. Good Effort | 10pts |
| b. Poor Effort | 5pt |
| c. No Effort | 0pts |
| 3. Attitude and Behavior | 10pts |
| a. Good | 10pts |
| b. Fair | 5pts |
| c. Poor | 0pts |

I. Lockers: (PROVIDED FOR EACH STUDENT)

1. Student must bring a durable COMBINATION lock.
2. Students are to not share lockers with another classmate!
3. Kofa High is not responsible for any stolen items.
4. Small lockers are for PE clothes and large lockers are for street clothes during class time only. Storing PE clothes in large lockers outside of class will result in your lock being cut and belongings removed.
5. DO NOT BRING VALUABLES TO SCHOOL AND ESPECIALLY IN THE LOCKER ROOM! The school will not be responsible for valuables stolen in the locker room.
6. NO HATS, BEANIES, BANDANAS indoors...may wear hat outdoors.
7. NO FOOD or DRINK in LOCKER ROOM (water OK).
8. NO HORSEPLAY will be allowed.
9. Students are NOT allowed in the coaches' office unless invited.

*****Your child needs the following items for Aerobics class everyday:**

1. Kofa P.E. Uniform: Can be purchased in Kofa Bookstore!
2. Durable Combination Lock
3. Notebook

Parent Signature _____ Date _____

Student Signature _____ Date _____