

CHINO VALLEY UNIFIED SCHOOL DISTRICT
INSTRUCTIONAL GUIDE
AEROBIC ACTIVITIES

Course Number	5901
Department	Physical Education
Length of course	Two (2) semesters/One (1) year
Grade	Level 11-12
Prerequisite	None
Credit	5 units per semester/10 total credits – elective
Repeatable	Not repeatable for credit
UC/CSU	
Board Approved	June 22, 1989 / March 21, 2013

Description of Course – Aerobic Activities is an elective course that provides students with the opportunity to explore a variety of physical activities in search of one they can enjoy and participate in for a lifetime with an emphasis on aerobic activities.

Rationale for Course – A physically educated person is one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity, values, physical fitness, and understand that both are intimately related to health and well being.

Standard 1 – Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

1.1 Objective: Demonstrate advanced knowledge and skills in two or more aerobic activities, selecting one or more from each of the following categories:

<u>Category 1</u>	<u>Category 2</u>
Aerobic dance	Cross-country skiing
Running	Cycling
Skating	Rowing
Swimming	Triathlon
	Walking

1.1.1 Performance Indicator: Students will demonstrate the anatomical concepts inherent in aerobic activities.

1.1.2 Performance Indicator: Students will demonstrate the physiological concepts inherent in aerobic activities.

1.1.3 Performance Indicator: Students will demonstrate the kinesiology concepts inherent in aerobic activities.

- 1.2 Objective: Identify the characteristics and critical elements of a highly skilled performance in aerobic activities and demonstrate them.
 - 1.2.1 Performance Indicator: Students will identify and demonstrate the characteristics and critical elements in a variety of aerobic activities including proper running techniques for maximum speed and efficiency.
- 1.3 Objective: Apply previously learned movement concepts to the learning and development of the motor skills required for successful participation in aerobic activities.
 - 1.3.1 Performance Indicator: Students will apply their understanding of proper and efficient movement skills by participating in aerobic activities.
- 1.4 Objective: Identify and apply the principles of biomechanics necessary for the safe and successful performance of aerobic activities.
 - 1.4.1 Performance Indicator: Students will identify and apply principles of bio mechanics to ensure personal safety, within the chosen aerobic activities.
- 1.5 Objective: List the safety equipment required for participation in aerobic activities; describe and demonstrate the use of such equipment.
 - 1.5.1 Performance Indicator: Students will list the safety equipment needed for aerobic activities and demonstrate the use of such equipment by wearing proper shoes and clothing.
- 1.6 Objective: Demonstrate independent learning of movement skills in aerobic activities.
 - 1.6.1 Performance Indicator: Students will demonstrate movement skills in aerobic activities including an increased running ability based upon independent practice.

Standard 2 – Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

- 2.1 Objective: Identify and achieve a personal level of excellence in physical fitness.
 - 2.1.1 Performance Indicator: Students will demonstrate an understanding of the performance standards of the Fitness for Aerobic Tests.

- 2.2 Objective: Engage independently in physical activity that increases aerobic capacity.
 - 2.2.1 Performance Indicator: Students will demonstrate an increased aerobic capacity based upon independent practice.
- 2.3 Objective: Evaluate goal-setting and other strategies as effective tools for maintaining and increasing adherence to a personal physical activity program.
 - 2.3.1 Performance Indicator: Students will use the principles of progression to develop a step-by-step plan to reach an aerobic goal.
- 2.4 Objective: Measure health-related physical fitness periodically and adjust physical activity to achieve fitness goals.
 - 2.4.1 Performance Indicator: Students will test the HR fitness factors of musculature, strength, muscular endurance, flexibility, and body composition.
- 2.5 Objective: Identify and explain the positive effects of participation in aerobic activity on personal health.
 - 2.5.1 Performance Indicator: Students will demonstrate the role that cardio-vascular fitness plays in cardio-vascular disease such as high blood pressure and heart attacks.

Standard 3 – Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Self-Responsibility

- 3.1 Objective: Engage independently in aerobic activities.
 - 3.1.1 Performance Indicator: Students will create a log and record aerobic activities outside of school.
- 3.2 Objective: Develop personal goals to improve performance in aerobic activities.
 - 3.2.1 Performance Indicator: Students will develop and demonstrate a minimum of two personal goals designed to improve performance in aerobic activities.
 - 3.2.2 Performance Indicator: Students will demonstrate what aerobic levels the students need to reach to pass the fitness gram tests.

- 3.3 Objective: Compare and contrast the effective leadership skills used in aerobic activities and those used in other physical activities.
- 3.3.1 Performance Indicator: Students will compare and contrast effective leadership skills used in aerobic activities with other physical activities that are the foundation to achieve the necessary aerobic ability to be able to lead others.
- 3.4 Objective: Identify and analyze aerobic activities that enhance both personal enjoyment and the challenge.
- 3.4.1 Performance Indicator: Students will identify and analyze at least two levels of the aerobic activities by comparing and contrasting the enjoyment, the challenges, and the benefits that they encounter while performing them.
- 3.5 Objective: Evaluate the risks and safety factors that may affect participation in aerobic activities throughout a lifetime.
- 3.5.1 Performance Indicator: Students will evaluate the risks and safety factors in aerobic activities such as the dangers presented by running on streets, other hard surfaces, in poor air quality, and in high and low temperatures.

Social Interaction

- 3.6 Objective: Invite others to join in aerobic activity.
- 3.6.1 Performance Indicator: Students will invite others to join in aerobic activities and demonstrate an understanding of the social benefits such as companionship and camaraderie.
- 3.7 Objective: Explain how to select and modify aerobic activities to allow for participation by younger children, the elderly, and individuals with special needs.
- 3.7.1 Performance Indicator: Students will demonstrate how age factors like growth plate sensitivity, osteoporosis, and special needs, like physical and mental disabilities will affect individual's ability to participate in aerobic activities.
- 3.8 Objective: Analyze the role of social interaction in the successful participation in and enjoyment of aerobic activities.
- 3.8.1 Performance Indicator: Students will be able to demonstrate an understanding of how common interests in engaging in aerobic activity can reduce the inhibiting factors that make participation more difficult.

Group Dynamics

3.9 Objective: Accept and perform planned and spontaneous leadership assignments and roles in aerobic activities.

3.9.1 Performance Indicator: Students will demonstrate how aerobic ability can allow an individual to assume leadership roles in many other physical activities.

3.10 Objective: Analyze the role that cooperation and leadership play in aerobic activities.

3.10.1 Performance Indicator: Students will analyze the role that cooperation and leadership can help motivate one to participate in aerobic activities.

3.11 Objective: Engage in aerobic activities both in school and outside school.

3.11.1 Performance Indicator: Students will maintain a log of their aerobic activities both in and outside of school.