

AEROBIC CONDITIONING I - ESSENTIAL CURRICULUM

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

National Association for Sport and Physical Education. (2004). *Moving into the future: National standards for physical education* (2nd ed.). Reston, VA: Author.

GENERAL DESCRIPTIONS OF THE CONTENT STANDARDS

- Goal 1.** The students will demonstrate the ability to use competency in various methods of aerobic conditioning and weight training, and proficiency in at least one method of aerobic conditioning.

Objectives - The students will be able to:

- a. Define and understand the following principles of weight training: overload, progression, specificity, aerobic, and anaerobic.
- b. Describe and distinguish among circuit weight training, high intensity weight training, and multiset weight training.
- c. Demonstrate competency in aerobic dance, step aerobics, walk/jogging, and the ability to compute target heart rate.
- d. Demonstrate proficiency in at least one aerobic exercise method.

- Goal 2.** The students will demonstrate the ability to understand basic muscle function, the cardiovascular system, and the relationship of nutrition, and weight management.

Objectives - The students will be able to:

- a. Identify major cardiovascular risk factors, describe how the heart, lungs, blood, and blood vessels work together, and define aerobic terms.
- b. Identify the muscular/skeletal structure of the human body and understand the basic physiology connected with training and conditioning.
- c. Define body composition, describe weight management strategies, and understand how to plan a healthy lifestyle diet.

- Goal 3.** The students will demonstrate the ability to apply safety guidelines and proper technique to specific training activities.

Objectives - The students will be able to:

- a. Demonstrate the highest level of safety during participation in any form of weight training or aerobic conditioning activity. Expectations for safety standards will be established on a personal and class level.
- b. Accept responsibility for personal safety and the safety of others when participating in any type of conditioning program.

- Goal 4.** The students will demonstrate the ability to apply training theory to daily workouts.

Objectives - The students will be able to:

- a. Use cognitive information of the principles of training to enhance weight training and aerobic workouts.
- b. Maintain a workout log or journal.

Goal 5. The student will demonstrate the ability to use responsible personal and social behavior in the physical activity settings.

Objectives - The students will be able to:

- a. Develop self-initiated behaviors that promote personal and group success in the activity settings. Such behavior includes adherence to rules and procedures, etiquette, cooperation, ethical behavior, and positive social interaction.
- b. Function independently and demonstrate responsible behavior during participation in aerobic conditioning activities.
- c. Positively influence the behavior of others in physical activity settings.

Goal 6. The student will demonstrate the ability to understand that training and conditioning provide opportunities for enjoyment, challenge, self-expression, and social interaction.

Objectives - The students will be able to:

- a. Develop an awareness of the intrinsic values and benefits of participation in aerobic conditioning.
- b. Pursue fitness programs actively that meet their own needs.

Goal 7. The student will demonstrate the ability to achieve and maintain a health enhancing level of physical fitness.

Objectives - The students will be able to:

- a. Show improvement in their personal fitness levels as measured by physical fitness testing.
- b. Design and teach an aerobic routine, as well as design and develop an appropriate personal fitness program enabling them to achieve desired levels of fitness.