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| **\*Beginning Aerobics** | |
| **Course #** | 15034000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to develop an individual optimal level of cardiovascular fitness, acquire knowledge of cardiovascular fitness concepts, and acquire knowledge of the significance of cardiovascular fitness on one’s health. The content will include, but not be limited to, knowledge of the importance of cardiovascular fitness, assessment of cardiovascular fitness, knowledge of health problems associated with inadequate cardiovascular and respiratory systems, knowledge and application of biomechanical and physiological principles to improve and maintain cardiovascular fitness, knowledge of psychological values of cardiovascular fitness including stress management, knowledge of consumer issues related to aerobic activities, and knowledge of safety practices related to aerobic activities. | |