

AEROBICS I (Functional Fitness) 1503400

Grade 9-12, Credit .50

Aerobics (Functional Fitness) is a high school P.E. elective course that is designed to teach the students lifelong activities that will help them lead a healthy lifestyle. Some of the activities will include; Station workouts (Jump rope, calisthenics, muscular strengthening exercises, cardiovascular strengthening exercises and many more.) The students will also participate in game-like activities such as; Kick Ball, Team Handball, Volleyball, Basketball, and Bound ball.) By the end of the semester, the students should have a healthy relationship with fitness and physical activities.