

Northside High School  
Aerobics for Women  
Class Syllabus  
2006-2007

Aerobic physical activities are considered to be the most effective of all activities in developing cardiovascular fitness. This class uses aerobic exercise such as step aerobics, Tae Bo and jogging as well as strength training and flexibility to increase the overall physical fitness of each student. This class is designed to provide the students instruction and opportunity to work on fitness goals.

In Aerobics for Women, students will dress out **EVERY DAY** and will be expected to participate in the fitness activity planned for that particular day. **Students who are not interested in getting hot, sweaty and working hard should not sign up for this class.**

In this class we will do a cardiovascular activity on Monday, Wednesday and Friday and work out in the weight room on Tuesday and Thursday. We will work on flexibility each day.

**Dress Out Procedure**

1. Students are required to dress out each day of the week. Dress out clothing consists of a t-shirt, shorts or sweat pants and tennis shoes.
2. A parent note will be accepted to excuse a student from dressing out for one day. **If a student is injured and is not able to participate for more than one day, a note from a doctor is required.**
3. A failure to dress out will automatically deduct **5 points** from the student's overall grade.
4. Students who repeatedly do not dress out will risk failing the nine weeks.

**Grading Procedure**

1. Grades will be determined based on dressing out, participation, attitude and **WORK ETHIC** in class.
2. The Grading Scale is:

A = 90 – 100  
B = 80 – 89  
C = 70 – 79  
F = 69 or lower

**Safety**

It is important that each student have respect for what injuries can occur in the weight room and in the gym. Each is responsible for using proper spotting techniques. Failure to employ safe practices may result in your dismissal from the class. Stay on task and with your group at all times. Wandering around the gym and surrounding area is prohibited.

**Behavior Plan**

The teacher will issue a detention for any inappropriate behavior. Through their prior school experience, students already have a general idea of what is acceptable behavior for school settings. The teacher will express more specific expectations as the class develops. Students who communicate effectively with the teacher, participate fully in all activities and never impose on the rights of others will not find themselves in trouble. Students who forget they are in a public group setting (and therefore must control their impulses) will very likely find themselves in trouble.

**Tardiness**

Tardiness will not be accepted. After 3 tardies, students will be sent to Mr. Dixon's office.

If you have any questions about our Physical Education program, please contact one of the coaches:

David Taylor	dataylor@mcsdga.net	Nathan Laney	nlaney@mcsdga.net
Tish Hidle	phidle@mcsdga.net	Mike McManus	jmcmanus@mcsdga.net
Kenneth Lawrence	klawrence@mcsdga.net		

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Student's Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_