Physical Conditioning and Aerobics aims to help each individual student reach his/hers highest potential as a student through strength/conditioning and fitness. Throughout the course students will develop proper lifting techniques, flexibility, balance, coordination, agility, endurance and nutritional knowledge. Student will develop these skills through performance based and written tasks.

A safe and orderly environment is essential to our success. Students are expected to know and follow the Ardrey Kell Physical Education class rules and procedures. The rules and procedures form must be signed by the student and parent/guardian and be turned in to teacher. Information and resources needed for class can be found on the teacher’s website.

70% of the student’s daily grade is based on dressing out, participation in class, and completing their notebook assignments. Students are expected to provide a notebook and bring it with them to class daily. Notebooks should have four dividers, loose leaf paper and forms from the website for Course Syllabus, Daily Workout Logs, Data Sheet, and Journal Rubric.

The notebook will be divided into four sections:

1. VOCABULARY
2. WORKOUT LOGS
3. FITNESS DATA
4. JOURNALS

It is the student’s responsibility to keep their notebook up to date. If they are absent they must obtain the missed workout and vocabulary from a classmate before the next notebook check. Workout Logs and Fitness Data sheets can be found on the class website for students to print off for class.

[www.Akfitness.weebly.com](http://www.Akfitness.weebly.com)

30% of the student’s grade will come from written assessments. Students will be assessed on terms and concepts learned in class. Vocabulary assessments will be at the end of each quarter.