

Course Description

A. COVER PAGE

Date of Submission (Please include Month, Day and Year)	
1. Course Title PE Course 3 Aerobic Activities	9. Subject Area <input type="checkbox"/> History/Social Science <input type="checkbox"/> English <input type="checkbox"/> Mathematics <input type="checkbox"/> Laboratory Science <input type="checkbox"/> Language other than English <input type="checkbox"/> Visual & Performing Arts <input type="checkbox"/> Intro <input type="checkbox"/> Advanced <input type="checkbox"/> College Prep Elective
2. Transcript Title(s) / Abbreviation(s) PE3 Aerobic A/B	
3. Transcript Course Code(s) / Number(s)	
4. School All comprehensive school sites	
5. District Santa Maria Joint Union High School	
6. City Santa Maria	10. Grade Level(s) for which this course is designed <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
7. School / District Web Site www.smjuhsd.org	11. Seeking "Honors" Distinction? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
8. School Course List Contact Name: Lorene Yoshihara Title/Position: Dept. Head/Teacher Phone: 805-925-2567 Ext.: 3536 E-mail: lyoshihara@smjuhsd.org	12. Unit Value <input type="checkbox"/> 0.5 (half year or semester equivalent) <input checked="" type="checkbox"/> 1.0 (one year equivalent) <input type="checkbox"/> 2.0 (two year equivalent) <input type="checkbox"/> Other: _____
13. Is this an Internet-based course? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If "Yes", who is the provider? <input type="checkbox"/> UCCP <input type="checkbox"/> PASS/Cyber High <input type="checkbox"/> Other _____	
14. Complete outlines are not needed for courses that were previously approved by UC. If course was previously approved, indicate in which category it falls. <input type="checkbox"/> A course reinstated after removal within 3 years. Year removed from list? _____ Same course title? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, previous course title? _____ <input type="checkbox"/> An identical course approved at another school in same district. Which school? _____ Same course title? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, course title at other school? _____ <input type="checkbox"/> Year-long VPA course replacing two approved successive semester courses in the same discipline <input type="checkbox"/> Approved Advanced Placement (AP) or International Baccalaureate (IB) course <input type="checkbox"/> Approved UC College Prep (UCCP) Online course <input type="checkbox"/> Approved CDE Agricultural Education course <input type="checkbox"/> Approved P.A.S.S./Cyber High course <input type="checkbox"/> Approved ROP/C course. Name of ROP/C? _____ <input type="checkbox"/> Approved A.V.I.D. course <input type="checkbox"/> Approved C.A.R.T. course <input type="checkbox"/> Approved Project Lead the Way course <input type="checkbox"/> Other. Explain: _____	

<p>15. Is this course modeled after an UC-approved course from another school <u>outside</u> your district? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>If so, which school(s)? _____</p> <p>Course title at other school _____</p>
<p>16. Pre-Requisites</p> <p>Completion of PE Course 1</p> <p>Completion/Concurrent of PE Course 2</p>
<p>17. Co-Requisites</p>
<p>18. Is this course a resubmission? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>If yes, date(s) of previous submission? _____</p> <p>Title of previous submission? _____</p>
<p>19. Brief Course Description</p> <p>This course will concentrate in the areas of aerobic activities (i.e. aerobic dance, running, walking, etc.).</p>

B. COURSE CONTENT

Please refer to instructions

20. Course Goals and/or Major Student Outcomes

- A. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- B. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- C. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

21. Course Objectives

- A. Students will demonstrate advanced knowledge and skills in two or more aerobic activities.
- B. Students will apply previously learned movement concepts and principles to the learning and development of the motor skills required for successful participation in aerobic activities.
- C. Students will list the safety equipment required for participation in aerobic activities; describe and demonstrate the use of such equipment.
- D. Students will engage independently in physical activity that increases aerobic capacity.
- E. Students will evaluate goal-setting and other strategies as effective tools for maintaining and increasing adherence to a personal physical activity program.
- F. Students will identify and explain the positive effects of participation in aerobic activity on personal health.
- G. Students will develop personal goals to improve performance in aerobic activities
- H. Students will evaluate the risks and safety factors that may affect participation in aerobic activities throughout a lifetime.
- I. Students will explain how to select and modify aerobic activities to allow for participation by younger children, the elderly, and individuals with special needs.

22. Course Outline

PE Course 3 – Aerobic Activities is an elective class designed to be taken after successful completion of PE Course 1 & 2. This course will provide students with the opportunity to further explore a physical activity in search of one they can enjoy and participate in for a lifetime. Students will expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities. This course will concentrate in the area of aerobic activities (i.e. aerobic dance, cycling, running, walking, etc.).

23. Texts & Supplemental Instructional Materials

24. Key Assignments

25. Instructional Methods and/or Strategies

Instructional methods and/or strategies may include the following:

- A. Lecture
- B. Demonstration
- C. Participation
- D. Group work
- E. Lab work
- F. Project-based learning
- G. Videos/audiotape
- H. Research
- I. Field Trip
- J. Textbook

26. Assessment Methods and/or Tools

Assessment methods and/or tools may include the following:

- A. Participation
- B. Attendance
- C. Quizzes
- D. Exams
- E. Projects
- F. Homework assignments

C. HONORS COURSES ONLY

Please refer to instructions

27. Indicate how this honors course is different from the standard course.

D. OPTIONAL BACKGROUND INFORMATION

Please refer to instructions

28. Context for Course (optional)

29. History of Course Development (optional)