

**Aerobics and Conditioning 1  
Semester Calendar**

	<b>Lesson 1 Monday/Tuesday</b>	<b>Lesson 2 Wednesday/Thursday</b>	<b>Lesson 3 Friday</b>
<b>Week 1</b>	Introductions Procedures Course overview Syllabus Activity: Teach Dynamic Stretching	Facility Tour (gym and locker room) T-Shirts, Uniforms Lockers, Locks Roll Call Lines Dynamic Stretching Activity: Warm Up	Cardio Game Journaling
<b>Week 2</b>	Pre Test Activity: Aerobic Game <b>FLEX:</b> Teach Static Stretching	Administrative Housekeeping Activity: Aerobic Game <b>FLEX:</b> Teach Static Stretching	Cardio Game Journaling
<b>Week 3</b>	<b>Fitnessgram Testing (Diagnostic)</b>  Height Weight PACER Back Saver Sit and Reach	<b>Fitnessgram Testing (Diagnostic)</b>  Height Weight Curl Ups Push Ups Trunk Lift	Cardio Game Journaling
<b>Week 4</b>	<b>WT: Target Heart Rate</b>  <b>CARDIO:</b> Heart Rate, Target Heart Rate Worksheet <b>MSME:</b> Sand Bells, Upper Body, 5 Basic Moves <b>FLEX:</b> Static Stretching	<b>WT: Target Heart Rate</b>  <b>CARDIO:</b> Heart Rate, Walk Jog Run, Heart Rate Ladder Activity <b>MSME:</b> Resistance Bands, Lower Body, 5 Basic Moves <b>FLEX:</b> Static Stretching	<b>WT: Target Heart Rate</b> Cardio Game Journaling
<b>Week 5</b>	<b>WT: Weight Safety</b>  <b>CARDIO:</b> Interval Running, Jog 2 minutes/Walk 1 minute, Walk Jog Run <b>MSME:</b> Weight Safety, Teach Basic 8 <b>FLEX:</b> Yoga, Sun Salutation 1-3	<b>WT: Weight Safety</b>  <b>CARDIO:</b> Quad Ball <b>MSME:</b> Bench Maxes <b>FLEX:</b> Yoga, Sun Salutation 4-5	<b>WT: Weight Safety</b> Cardio Game Journaling
<b>Week 6</b>	<b>WT: Muscular System</b>  <b>CARDIO:</b> Jump Rope <b>MSME:</b> Upper Body Workout (using % from maxes) <b>FLEX:</b> Static Stretching (upper body)	<b>WT: Muscular System</b>  <b>CARDIO:</b> Jump Rope/ Jump Boxes <b>MSME:</b> Upper Body Workout (using % from maxes) <b>FLEX:</b> Static Stretching (upper body)	Cardio Game Journaling

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<b>Week 7</b>	<b>WT: Goal Setting/FITT Principle</b>  <b>CARDIO:</b> Mat Ball <b>MSME:</b> Squat Max <b>FLEX:</b> Yoga: Sun Salutation 6-7	<b>WT: Goal Setting/FITT</b>  <b>CARDIO:</b> Ladder <b>MSME:</b> Lower Body Workout (using % from maxes) <b>FLEX:</b> Yoga: Sun Salutation 8-9	Cardio Game Journaling
<b>Week 8</b>	<b>WT: Health Related Fitness</b>  <b>CARDIO:</b> Interval Running <b>MSME:</b> Full Body Workout <b>FLEX:</b> Static Stretching	<b>WT: Health Related Fitness</b>  <b>CARDIO:</b> Cardio Game <b>MSME:</b> Free Weight Lifting for Full Body <b>FLEX:</b> Static Stretching	Cardio Game Journaling
<b>Week 9</b>	<b>WT: Skill Related Fitness</b>  <b>CARDIO:</b> PACER Level 4-5 <b>MSME:</b> Full Body Circuit <b>FLEX:</b> Yoga: Sun Salutation 10-12	<b>WT: Skill Related Fitness</b>  <b>CARDIO:</b> Cardio Ladder <b>MSME:</b> Full Body Circuit, Goal Setting <b>FLEX:</b> Yoga: Sun Salutation 1-12	Cardio Game Journaling
<b>Week 10</b>	<b>WT: Injury Prevention/Activity Safety</b>  <b>CARDIO:</b> Timed Mile <b>MSME:</b> Abdominal Circuit <b>FLEX:</b> Yoga PT Practice	<b>WT: Injury Prevention/Activity Safety</b>  <b>CARDIO:</b> Cardio Video <b>MSME:</b> Sand Bells Circuit <b>FLEX:</b> Yoga PT Practice	Cardio Game Journaling
<b>Week 11</b>	<b>WT: Environmental Influences/Hydration</b>  <b>CARDIO:</b> "Capture the Sand bell" <b>MSME:</b> Abdominal Circuit <b>FLEX:</b> Yoga PT Practice	<b>WT: Environmental Influences/Hydration</b>  <b>CARDIO:</b> Interval Running <b>MSME:</b> Resistance Bands <b>FLEX:</b> Yoga PT	Cardio Game Journaling
<b>Week 12</b>	<b>WT: Tobacco and Alcohol</b>  <b>CARDIO:</b> Sand Bell Relays <b>MSME:</b> Pilates <b>FLEX:</b> Pilates	<b>WT: Tobacco and Alcohol</b>  <b>CARDIO:</b> Aerobic Game <b>MSME:</b> Abdominal Circuit <b>FLEX:</b> Static Stretching	Cardio Game Journaling

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<b>Week 13</b>	<b>WT: Nutrition</b>  <b>CARDIO:</b> PACER <b>MSME:</b> Plyometrics/ Medicine Balls <b>FLEX:</b> Swiss Balls	<b>WT: Nutrition</b>  <b>CARDIO:</b> Jump Rope Circuit <b>MSME:</b> Medicine Ball Workout <b>FLEX:</b> Swiss Balls	Cardio Game Journaling
<b>Week 14</b>	<b>WT: Sleep, Rest, Stress &amp; Stress Relief</b>  <b>CARDIO:</b> Ladder <b>MSME:</b> Weight Room/Sand Bells <b>FLEX:</b> Swiss Balls	<b>WT: Sleep, Rest, Stress &amp; Stress Relief</b>  <b>CARDIO:</b> Interval Running <b>MSME:</b> Weight Room/Sand Bells <b>FLEX:</b> Swiss Balls	Cardio Game Journaling
<b>Week 15</b>	<b>WT: Fitnessgram Testing (Final) Motivation &amp; Desire</b>  Height Weight PACER Back Saver Sit and Reach	<b>WT: Fitnessgram Testing (Final) Motivation &amp; Desire</b>  Height Weight Curl Ups Push Ups Trunk Lift	Cardio Game Journaling
<b>Week 16</b>	<b>WT: Consumerism/Physical Activity/Inactivity</b>  <b>CARDIO:</b> Design Personal Fitness Plan <b>MSME:</b> Design Personal Fitness Plan <b>FLEX:</b> Design Personal Fitness Plan	<b>WT: Consumerism/Physical Activity/Inactivity</b>  <b>CARDIO:</b> Design Personal Fitness Plan <b>MSME:</b> Design Personal Fitness Plan <b>FLEX:</b> Design Personal Fitness Plan	Cardio Game Journaling
<b>Week 17</b>	<b>WT: Lifetime Fitness Goals/Community Connections</b>  <b>CARDIO:</b> Cardio Game  Final Review	<b>WT: Lifetime Fitness Goals/Community Connections</b>  Post Test	Cardio Game Journaling
<b>Week 18</b>	<b>PT Final Exam</b>	<b>PT Final Exam</b>	<b>PT Final Exam</b>