

**Troy High School
Course Profiles**

Course Title: Aerobics

Course Prerequisites: None

Course Description: Aerobics is a course designed for students looking to experience fitness in a motivating group setting. Exercise will focus on cardiovascular fitness, muscular strength and endurance, flexibility, balance, body alignment, relaxation techniques, and agility. Challenging aerobic workouts will be offered including but not limited to Circuit Training, Crossfit style workouts, Kickboxing, Pilates, Yoga, and Zumba. This class is ideal for the off-season athlete who is looking to maintain their training and development.

Students entering this course should already have a mastery of the following concepts and possess the following skills: None

Workload Expectations for this course (list typical amount of homework, projects, presentations, papers, etc.): Fitness testing, Health Vision Boards, article assignments and journal entries. Freshman must participate in State-mandated physical fitness testing which includes: 1-mile run, sit-ups, trunk lift and shoulder flexibility.
