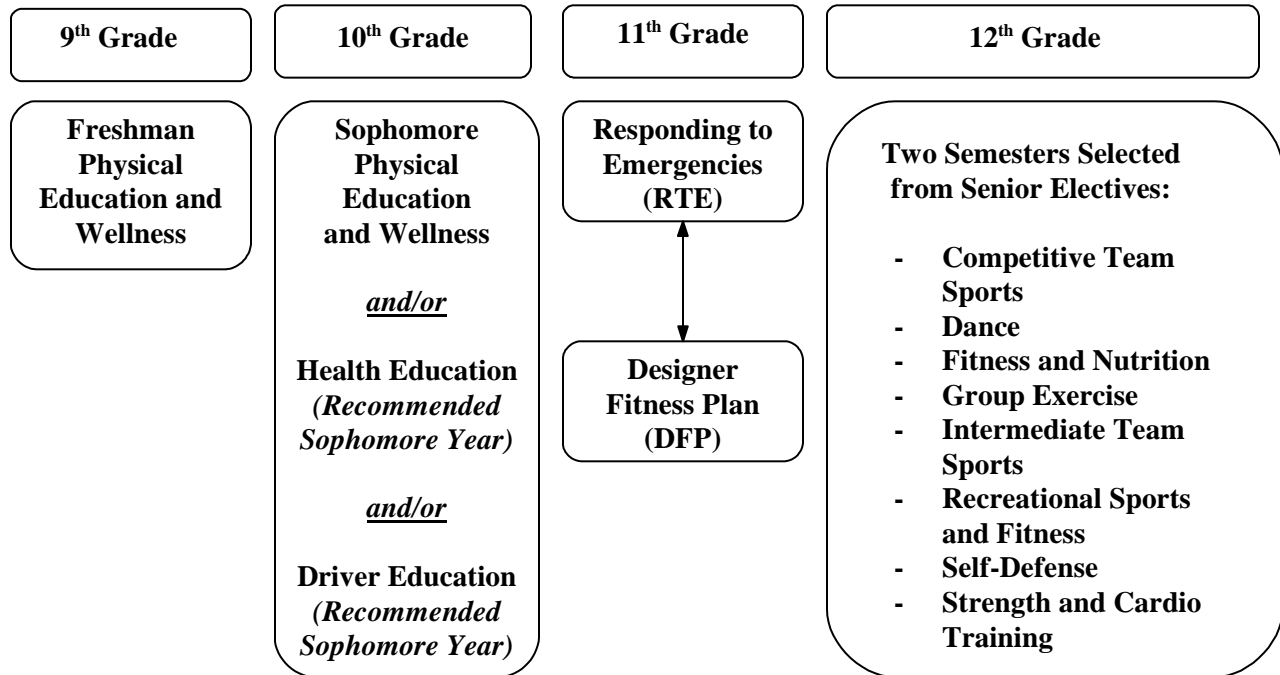


# PHYSICAL EDUCATION AND WELLNESS PROGRAM

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The District 200 physical education program operates under the assumption that fitness, quality health, and good nutrition are life-long goals, and the foundation for achieving those goals can be realized through daily practice in the high school years. District 200 expects all students to pass the equivalent of eight semesters of physical education. Health education counts the equivalent of one semester of the requirement and driver education may also substitute for one semester.




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## **ADAPTIVE PHYSICAL EDUCATION**

**Length:** Multiple Semesters

**Grades:** 9, 10, 11, 12

Adaptive Physical Education is designed to provide a variety of activities and teaching procedures that are adapted to the specific physical limitations of individual students. Students, through medical verification and/or special education identification processes, must be unable to participate in a regular Physical Education program because of short or long-term convalescence, physical injury, or permanent, non-corrective disability.

Competitive Team Sports engages participants in rigorous athletic team activities and competitions. Students are expected to compete on a daily basis in seasonal team sports that may include flag football, soccer, basketball, floor hockey, and softball. Students must be familiar with the rules of the games, and they should have mastered fundamental skills and strategies of the identified sports. Students will also work in exercise sessions for muscle fitness, cardio-respiratory fitness, and personal wellness.

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## **COMPETITIVE TEAM SPORTS**

**Length:** Multiple Semesters

**Grade:** 12

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## **DANCE (I)**

**Length:** Multiple Semesters

**Grade:** 12

Dance includes instruction in a variety of dance forms. Students practice dance movement that

# PHYSICAL EDUCATION AND WELLNESS PROGRAM

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includes jazz, modern, tap, ballet, and popular recreational dance styles. Culturally diverse dance and movements are introduced and practiced within the context of various routines.

## **DESIGNER FITNESS PLAN (DFP)**

*Length: One Semester*

*Grade: 11*

Designer Fitness Plan (DFP) includes a background of knowledge necessary to provide each student with a comprehensive, personal fitness-training program. Basic concepts relating to exercise physiology, anatomy and kinesiology will provide the student with the framework necessary to understand general fitness training concepts. Personal assessments, goal sets and program design will allow each student to monitor individual progress. The course will provide specific exercise prescriptions, logged workouts, personal goal setting and analysis of current nutritional choices along with implementation of a personal nutritional plan.

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## **DRIVER EDUCATION (I)**

*Length: One Semester*

*Grade: 10*

Driver Education is a three-phase correlated program that fulfills the state requirement for obtaining a driver's license before a student's 18<sup>th</sup> birthday. The classroom phase emphasizes the theory of good driving practice and safety precautions. The development of good attitudes toward driving will be stressed. The simulator phase introduces the student to proper driving techniques, giving exposure to a variety of simulated driving conditions. The car phase permits practice and perfection in the skill of driving.

Important Additional Driver Education Information:

- Driver Education requires a \$250.00 per student fee.
- A Social Security number must be secured before beginning this course.
- House Bill #418 (Public Act 88-188) dictates that in order for a public or private

school student to be eligible for enrollment in Driver Education, he/she must have received a passing grade in at least eight (8) courses during the previous two (2) semesters. The change also applies to commercial driving schools, which must verify through a written confirmation form with the high school that the student has met this requirement before enrolling him/her in their commercial school.

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## **FITNESS AND NUTRITION (I)**

*Length: Multiple Semesters*

*Grade: 12*

*Qualifies for: PE Requirement or Elective Credit*

*This course is subject to a consumable fee.*

Fitness and Nutrition develops exercise programs based on the fitness and nutritional evaluation of each student. Students will develop a portfolio containing personal fitness assessments, exercise prescriptions, weight control management strategies, and individual nutritional analysis. Students will develop personal wellness strategies by using the technology laboratories in family and consumer sciences and physical education fitness room.

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## **FRESHMAN PHYSICAL EDUCATION AND WELLNESS (I)**

*Length: Two Semesters*

*Grade: 9*

Freshman Physical Education and Wellness includes an introduction to the principles of "fit for life," the primary goal of the District 200 secondary level physical education program. Units of study include personal health and fitness assessments, creating wellness profiles, developing guidelines for appropriate life-long exercise, and participation in a variety of physical skill activities that include traditional sports and games. Additional classroom instruction includes units and/or activities related to violence prevention, personal safety, mental health, communication skills, listening skills, coping skills, and strategies for self-help. Seasonal activities are included as part of the program and vary dependent on weather

# PHYSICAL EDUCATION AND WELLNESS PROGRAM

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conditions and availability of facilities and outdoor resources.

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## **GROUP EXERCISE (I)**

*Length: Multiple Semesters*

*Grade: 12*

Group Exercise provides students with opportunities to participate in group-fitness exercise workouts that will improve their personal fitness levels in flexibility, muscle fitness, and cardio-respiratory health. Workouts will include: yoga, Pilates, step aerobics, cardio kick boxing, cardio resistance training, basic core training, and dance instruction. Students will also be involved in the participation and tracking of weekly fitness-training programming.

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## **HEALTH EDUCATION**

*Length: One Semester*

*Grade: 10*

Health is a district requirement for graduation completed during the sophomore year. Topics are divided into three units of study that include mental health, drugs and substance abuse, and human relationships. Each unit includes assigned readings, classroom lecture and discussion, and regular homework assignments. The course challenges students to think critically, by developing problem solving and decision-making skills that enhance personal health choices.

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## **INTERMEDIATE TEAM SPORTS**

*Length: Multiple Semesters*

*Grade: 12*

Intermediate Team Sports offers a basic experience in popular team sports. Topics and activities include history of sport, basic rules, equipment requirements, and basic skills and strategies. Students participate in team competition in seasonal sports including flag football, soccer, basketball, volleyball, tennis, badminton, and softball.

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## **RECREATIONAL SPORTS AND FITNESS**

*Length: Multiple Semesters*

*Grade: 12*

*This course is subject to a bus transportation fee (South only).*

Recreational Sports and Fitness seeks to achieve lifetime health and fitness through a combination of recreational sports participation, fitness training and wellness concepts. This course introduces students to those physical activities that can provide life-long participation. Units such as bowling, cross country skiing, biking, walking, weight training, golf, and cardio fitness develop and maintain physical fitness through recreational sports participation.

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## **RESPONDING TO EMERGENCIES (RTE)**

*Length: One Semester*

*Grade: 11*

*This course is subject to a consumable fee.*

Responding to Emergencies (RTE) instructs students about the fundamentals of first-aid, the required skills for cardio pulmonary resuscitation certification, and the most current practice in how to respond to physical, life-threatening emergencies. In addition to emergency care lessons, the course emphasizes the value of a safe and healthy life-style in preventing injury and illness. The course includes lecture, discussion, and training simulations of emergency situations.

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## **SELF-DEFENSE**

*Length: Multiple Semesters*

*Grade: 12*

Self-Defense is designed to help students develop greater awareness of their surroundings, learn preventative and precautionary measures to avoid becoming a possible victim of crime, and acquire basic knowledge in self-defense tactics to use if preventative measures fail. Cardiovascular conditioning, flexibility, and muscular strength training will be conducted twice weekly to fulfill a complete self-defense program.

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## **SOPHOMORE PHYSICAL EDUCATION**

# PHYSICAL EDUCATION AND WELLNESS PROGRAM

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## **AND WELLNESS (I)**

*Length: One Semester*

*Grade: 10*

Sophomore Physical Education and Wellness expands on the concepts, skills, and practices experienced in the freshman program. While fitness, nutrition, and personal health remain the focus of sophomore program, students begin to develop and evaluate their individual activities and fitness programs. Body composition, weight control, diet and nutrition, and high-risk behaviors are all topics addressed and developed in the sophomore program. The program includes classroom activities as well as traditional physical activity and varies by season and facility availability throughout the school year.

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## **STRENGTH AND CARDIO TRAINING**

*Length: Multiple Semesters*

*Grade: 12*

Strength and Cardio Training includes a background of knowledge necessary to provide each student with a comprehensive, personal fitness-training program. Basic concepts relating to exercise physiology, anatomy, and kinesiology will provide the student with the

framework necessary to understand general fitness training concepts. Personal assessments, goal sets, and program design will allow students to monitor their progress. The instructor for all students, along with the individual program design, will plan specific exercise prescriptions. Students will keep a folder including daily-logged workouts, goal sets, and assessments.