

# Physical Welfare



## Philosophy Statement

The ultimate goal of comprehensive health and physical education programs is to aid students in achieving their fullest potential through the acquisition of knowledge and skills necessary to attain healthy levels of well-being and to maintain active lifestyles throughout their lifespan. The foundation of all health and physical education programs is the interrelationship of physical, mental, emotional, and social health and well-being. Learners will establish a solid foundation for maintaining healthy, active, and productive lives. Learners must develop movement skills leading toward competency in self-selected activity, healthy levels of fitness, and cooperative interaction skills needed for successful participation in an active lifestyle. Teamwork and cooperative skills are used to work effectively with others, set individual and group goals, solve problems, and enhance the quality of interpersonal relationships. Learners will communicate and work in ways that promote and maintain dignity and respect for themselves and others. Through mastery of knowledge, skills, and behaviors essential to healthy living, learners will accept responsibility and consequences for personal decisions and behaviors. The result of persons leading healthy and physically active lifestyles is seen in an increased capacity for effective work, positive behavioral choices, and increased academic success.

## Physical Welfare

*Course Descriptions*

## Adaptive Physical Education

*Course No.: 3502*

*Prerequisite: Physician's recommendation*

*Credit: 0.5 / Full Year*

*Fees:*

*Grades: 9, 10, 11, 12*

*Other: Students with an injury or who are physically unable to participate in a regular physical education class should sign up for this course.*

*\*Heart Rate Monitor Watches will be worn as part of their grade.*

**Adaptive Physical Education** is provided to meet the needs of those students with either a permanent or temporary physical limitation. A doctor's recommendation is required before the student is admitted to class. This program allows for modified-prescriptive exercises and activities to be designed around the students' needs. This will be done through the proper communication between the parent, student, doctor, school nurse and adaptive physical education instructor. Our goal is to provide an opportunity for all of our students to be provided the opportunity for physical activity on a daily basis no matter what the limitation.

## Dance I

*Course No.: 3551F, 3552S*

*Prerequisite: None*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 10, 11, 12*

*Other: Students are required to wear LHS PE uniform and purchase 1 pair of dance shoes.*

*\*Heart Rate Monitors will be worn as part of their grade.*

**Dance I** is a beginning level class for students with little to no previous dance experience. Dance I is open to sophomores, juniors and seniors. This class offers students the opportunity to learn basic elements and techniques of dance. Various styles of dance including jazz, modern, ballet and tap will be taught. Students will choreograph dance routines and perform their original compositions. All students will participate in fitness activities and the development of an individual fitness plan. Heart Rate Monitors will be worn on fitness days a minimum of two times per week. Students will be expected to develop both artistic skills and personal fitness throughout the course. Dance I may be repeated for a maximum of three semesters. After completing three semesters of Dance I, the student must receive permission for placement in Dance II or register for another course in the PE curriculum. **Students who have already taken Dance II or Dance III may not register for Dance I without teacher's permission.** There will be no exemptions granted in Dance I.

## Dance II

*Course No.: 3553F, 3554S*

*Prerequisite: Dance I or placement*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 10, 11, 12*

*Other: Students are required to wear LHS PE uniform and purchase 1 pair of dance shoes.*

*\*Heart Rate Monitors will be worn as part of their grade.*

**Dance II** is an intermediate level class for students with a minimum of one year of previous dance experience. Registration for this class will be permitted with teacher placement only. Dance II is open to approved

sophomores, juniors and seniors. This class offers students the opportunity to learn intermediate elements and techniques of dance. Various styles of dance including jazz, modern, ballet and tap will be taught. Students will choreograph dance routines and perform their original compositions. Performance in the evening Semester Curricular Dance Concert will be required of all Dance II students. All students will participate in fitness activities and the development of an individual fitness plan. Heart Rate Monitors will be worn on fitness days a minimum of two times per week. Students will be expected to develop both artistic skills and personal fitness throughout the course. Dance II may be repeated for a maximum of three semesters. After completing three semesters of Dance II, the student must either audition and receive permission for placement in Dance III or register for another course in the PE curriculum. Students who have already taken Dance III or may not register for Dance II without teacher's permission. There will be no exemptions granted in Dance II.

### **Dance III**

*Course No.: 3556*

*Prerequisite: Dance II and placement*

*Credit: 0.25 / Full Year*

*Fees:*

*Grades: 11, 12*

*Other: Students are required to wear LHS PE uniform and purchase 1 pair of dance shoes.*

*\* Heart Rate Monitors will be worn as part of their grade.*

**Dance III** is an advanced dance class with an emphasis placed on the development of advanced techniques in numerous dances forms as well as creative expression, aesthetic discrimination, and performance qualities. Registration for this class will be permitted with teacher placement only. Students will produce and perform dance choreography, showcasing this work at least once each semester. Performance in the Fall Demonstration, evening Semester Curricular Dance Concerts and Orchesis Concert will be required of all Dance III students. Fitness days will continue to be a regular part of this curriculum. Heart rate monitors will be worn on fitness days a minimum of two times per week. Students enrolled in this class will not be permitted to exempt from physical education any time during the semester. Sections and class size will be limited.

### **Exercise Physiology**

*Course No.: 3511F, 3512S*

*Prerequisite: Good academic standing in physical education and health classes*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 11, 12*

*Other: This course cannot be repeated or taken in conjunction with sports medicine in the same school year.*

*\* Students will be expected to dress periodically for respective labs and fitness work outs.*

**Exercise Physiology** delves into the science of exercise for students who have a passion for exercise and fitness. A hands-on approach will allow students to gain an understanding of how the body works as it relates to all forms of exercise (before, during, and after). Topics covered will include genetic predisposition, coronary risk profiling, set point, nutrition analysis, lung volume, and measurement of blood cholesterol, respiratory function, anthropometrics measurement, basal metabolic rate, and heart rate monitoring. Students will be exposed to cutting edge topics and trends as they relate to health and fitness, dietary concerns, and prescriptive exercise. This course will be of interest to students who may want to pursue a career in a health-related fitness profession. Students enrolled in this class will not be permitted to exempt from physical education any time during the semester. Students will also be required to complete fitness testing.

### **Freshman Physical Education**

*Course No.: 3503F, 3504S*

*Prerequisite: None*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 9*

*Other: Heart Rate Monitors will be worn as part of their grade.*

**Freshman Physical Education** offers students a well-rounded instructional program that may include, but is not limited to, several of the following areas: Basketball, Fitness Concepts, Fitness Testing, Flag Football, Interval Training, Omnikin Ball, Speedball, Strength Training, Swimming, Tchouk Ball, Tumbling, Ultimate Games, Volleyball, and Wrestling. A semester unit in Health Education is required for all freshmen.

### **Health**

*Course No.: 3507F, 3508S*

*Prerequisite: None*

*Credit: 0.5 / Semesters 1 and 2*

*Fees:*

*Grades: 9*

*Other:*

Students are assigned to complete one semester of **Health**. This course is taken in lieu of one semester of physical education. The structure of the class emphasizes wellness, responsible decision-making and planning for a healthy lifestyle. Topics the students examine include: mental, emotional, and social wellness, prevention education, safety, substance education, nutrition, weight control, sexuality education, stress and stress management.

## **Integrated Physical Education**

*Course No.: 3510*

*Prerequisite: Placement and/or application*

*Credit: 0.5 / Full Year*

*Fees:*

*Grades: 11, 12*

*Other: Heart Rate Monitors will be worn as part of their grade.*

**Integrated Physical Education** focuses on enhancing students overall physical fitness levels as well as their motor skills, self-confidence, self-image, friendships, and social skills. Students will participate in a variety of activities that will help build these skills. Activities are sometimes modified to meet the needs of the students in class. Activities include swimming, basketball, badminton, weight training, running, and floor hockey. All students will be required to wear heart rate monitors to track activity fitness data. All students will participate in fitness testing 3 times a year; this data will be used to measure student progress toward their fitness goals. Integrated Physical Education also encourages students to participate in Special Olympics Illinois. Leaders will mentor the special needs students and assist them where needed in class, and will help create a positive learning environment. Leaders will be required to dress daily and participate fully in every activity. Leaders are required to submit an application to be accepted into the program. Students enrolled in this class will not be permitted to exempt from Physical Education at any time during the year.

## **Junior Senior Physical Education**

*Course No.: **Track 1:** 3523FI, 3524SI; **Track 2:** 3525F2, 3526S2*

*Prerequisite: None*

*Credit: 0.25 / Semesters 1 and 2*

*Fees: \$50.00 for bowling only*

*Grades: 11, 12*

*Other: Heart Rate Monitors will be worn as part of their grade.*

All juniors and seniors will have an opportunity to select a physical education activity track (see below). Selected course activities could include the following:

**Track 1:** Badminton, Basketball, Bowling, Field Games, Fitness Concepts, Fitness Testing, Flag Football, Floor Hockey, Pickleball, Self-Awareness, Swimming, Team Handball, Tennis, Ultimate Games, Volleyball/Sand, and Volleyball.

**Track 2:** Badminton, Basketball, Bowling, Field Games, Fitness Concepts, Fitness Testing, Flag Football, Floor Hockey, Pickleball, Swimming, Team Handball, Tennis, Ultimate Games, Volleyball/Sand, and Volleyball.

Fitness activities will be held on Tuesday and Thursday. The fitness curriculum may include the following:

**Circuit Training:** Circuit training combines station work designed to improve strength, muscular endurance, speed, balance, coordination, power, and agility with intervals of aerobic exercise.

**Distance Running:** This activity will emphasize distance running (both on and off campus) of at least 1.5 miles for cardiovascular training. Participants are expected to dress for outdoor weather.

**Interval Training:** Interval training uses running for short distances and repeat training with regulated rest intervals to improve fitness. The activities in this unit also include plyometrics, jump rope work, and agility exercises. This class may be indoors or outdoors.

**Speed Training:** Speed training emphasizes running mechanics, starts, plyometrics, and agility exercises. Workouts are centered on the development of flexibility, core strength, explosive power, and body control.

**Step Aerobics:** Step aerobics is a cardiovascular workout that includes strengthening and toning of both the upper and lower body. Levels of intensity will vary due to combinations and choreography.

**Strength and Aerobic Conditioning:** Strength and aerobic conditioning will include the use of steps in both a traditional and non-traditional fashion. High and low impact aerobics and slide aerobics, jump ropes, and kickboxing may be added for variety. Tubing, weights, and abdominal exercises will help round out this high-energy class.

**Strength Training:** Strength training will emphasize the cognitive components relative to muscle physiology. Proper lifting techniques, diet, and nutrition are just some of the topics that will be covered in assisting the students to attain their individual strength and fitness goals. Students will utilize free weights, selectorized equipment, and other forms of variable resistance.

**Swimming:** Swimming uses both short distance swimming and interval work with regulated rest intervals to improve fitness. Swimmers are required to bring their own suits.

**Track Running:** Track running will involve training at short distances up to 1.5 miles using the outdoor track when weather permits.

## **Lifeguard Training**

*Course No.: 3531F, 3532S*

*Prerequisite: Be able to swim 300 yards non-stop, bring a 10 pound brick from the bottom of the pool to the surface then swim with the brick for 20 yards in under 1:40, and perform effective strokes in the front crawl and the breaststroke.*

*Credit: 0.25 / Semester 1 only*

*Fees: \$50.00*

*Grades: 10, 11, 12*

*Other: Students who earn an "A" or "B" may repeat this course for grade and credit.*

*Heart Rate Monitors will be worn as part of their grade.*

**Lifeguard Training** is offered to students who wish to complete the American Red Cross Lifeguard Training / CPR/AED for Lifeguards certification. Students enrolled in this class will not be permitted to exempt from physical education at any time during the semester.

## **Sophomore Physical Education**

*Course No.: 3541F, 3542S*

*Prerequisite: None*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 10*

*Other: Heart Rate Monitors will be worn as part of their grade.*

**Sophomore Physical Education** offers students team and individual sport activities with an emphasis on further development of individual skills that may include, but is not limited to, several of the following areas: Aerobic Conditioning, Badminton, Basketball, Field Games, Fitness, Flag Football, Floor Hockey, Gymnastics, Lacrosse, Soccer, Softball, Speedball, Strength Training, Swimming, Team Handball, Track and Field, Volleyball/Sand, and Volleyball.

## **Sports Medicine and Athletic Training**

*Course No.: 3557F, 3558S*

*Prerequisite: None*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 11, 12*

*Other: This course cannot be repeated or taken in conjunction with Exercise Physiology in the same school year.*

**Sports Medicine and Athletic Training** is designed to instruct students in the prevention, immediate care, and rehabilitation of athletic injuries. Lecture, discussion, practical lab assignments, observations, and case study work will constitute the major components of the course. Students are required to observe a minimum of 25 hours in the athletic training room and/or at events while under the direct supervision of an LHS athletic trainer. All students are also required to complete the Physical Fitness Standard Tests. Students enrolled in this class will not be permitted to exempt from physical education at any time during the semester. Students will also be required to complete fitness testing.

## **Total Body Fitness**

*Course No.: 3583F, 3584S*

*Prerequisite: None*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 11, 12*

*Other: Sophomores passing Sophomore PE semester 1 and not taking Driver Education semester 2 may enroll in this course with permission from the Department Supervisor.*

*Heart Rate Monitors will be worn as part of their grade.*

**Total Body Fitness** is intended for junior/senior students who are sincerely interested in improving their overall fitness level. This course consists of strength training two days per week and other physical workouts three days per week. Physical workouts may include, but are not limited to: swimming, spinning, slide/step aerobics, kickboxing, jumping rope, circuit/interval training, plyometrics, jogging, and core stabilization exercises, Zumba, "Insanity" Workouts, Bosu Training,

Pilates and Yoga (power, strength, with and without weights, balance, etc.). Basic fitness concepts will be taught throughout the course. Students will also complete fitness testing and fitness related quizzes each progress, as well as a final research project relating to physical fitness and health. Students enrolled in this class will not be permitted to exempt from physical education any time during the semester.

## **Weight Training and Conditioning**

*Course No.: 3591F, 3592S*

*Prerequisite: None*

*Credit: 0.25 / Semesters 1 and 2*

*Fees:*

*Grades: 11, 12*

*Other: Sophomores passing Sophomore PE semester 1 and not taking Driver Education semester 2 may enroll in this course with permission from the Department Supervisor.*

*Heart Rate Monitors will be worn as part of their grade.*

**Weight Training and Conditioning** is offered to junior/senior students who are interested in improving their strength and fitness levels. The course consists of weight training three days per week and aerobic activity two days per week. Individual goals are set and students are frequently tested in a variety of cardiovascular and strength training areas. Students enrolled in this class will not be permitted to exempt from physical education any time during the semester.

# Physical Welfare Department

## Course Sequences

