



PHYSICAL WELFARE DIVISION

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Physical Education Department **Health Education Department**

SCAN QR CODE TO READ MORE ABOUT PHYSICAL WELFARE ONLINE.
WWW.D125.ORG/ACADEMICS/PHYSICAL-WELFARE



The Division of Physical Welfare strives to ensure that students learn how to develop lifetime wellness by being prepared to make healthy, responsible lifestyle decisions while engaging in activities that establish positive, physical, social and emotional habits. We encourage positive, healthy decision making.

Students gain the knowledge and skills necessary to become healthy, lifelong learners through a fitness-based curriculum and a comprehensive Health Education Program. The foundation for cognitive, motor, and social development begins with activities and discussions during Foundation P.E. courses and continues through Health Education and upper level programs. Following these courses, students have choices in activities in which they will participate and further develop their knowledge and skills.

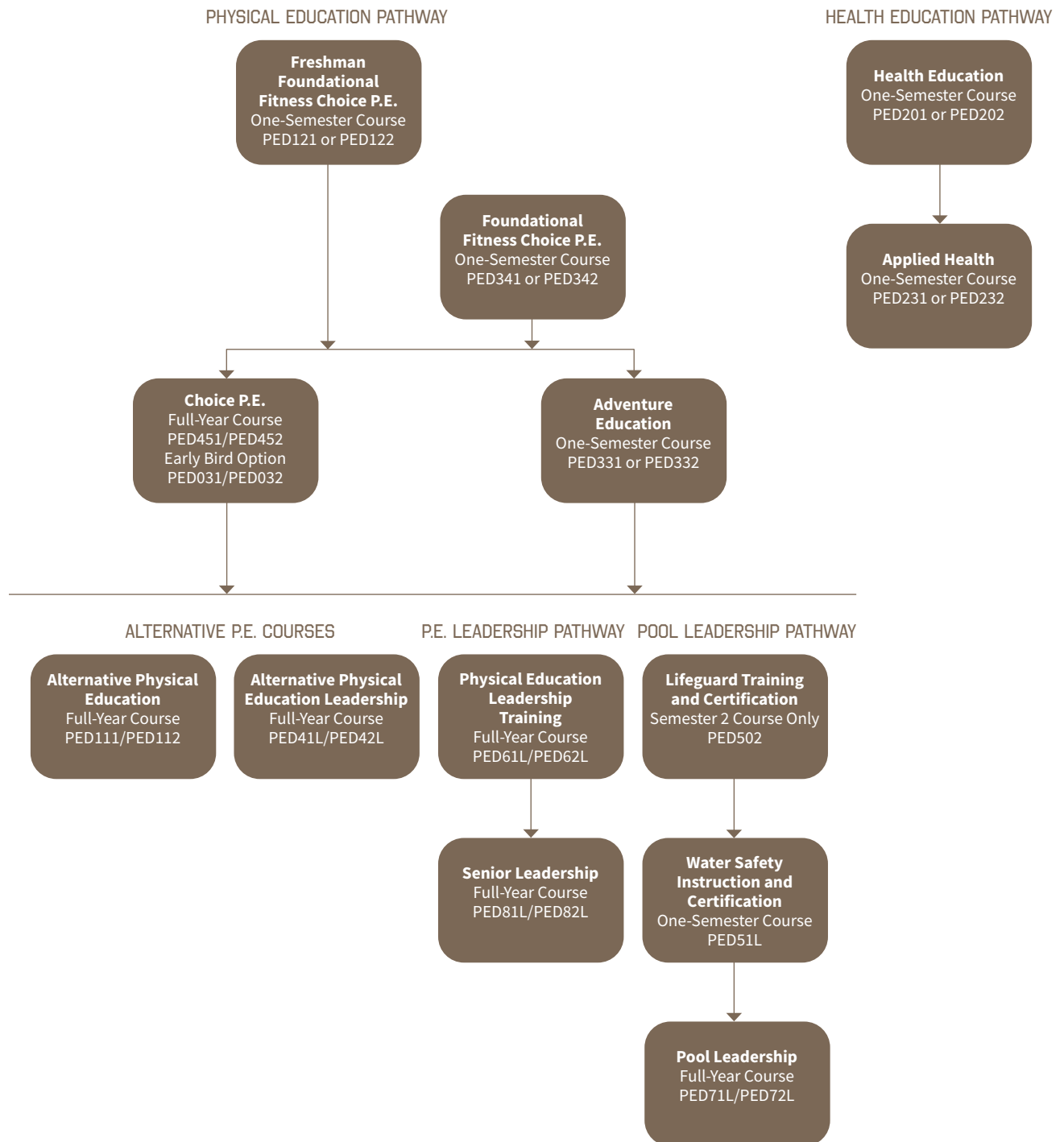
We make a commitment to provide each student with an equal opportunity for daily physical education regardless of their athletic ability or physical capabilities. The individual needs and interests of the student will determine their physical education choices.

Physical Welfare courses required for graduation:

- All students must be enrolled in a physical education course, except when waivers apply.
- Read the introductory section for a full explanation of physical education requirements and waivers. Students should be prepared to discuss waiver applications with their counselors.
- Health Education

PHYSICAL EDUCATION AND HEALTH EDUCATION COURSE OFFERINGS

WWW.D125.ORG/ACADEMICS/COURSEBOOK



PHYSICAL EDUCATION

THE PHYSICAL EDUCATION DEPARTMENT OFFERS A HEALTH-RELATED FITNESS PROGRAM. STUDENTS WILL EXPERIENCE A VARIETY OF CARDIOVASCULAR AND FITNESS-RELATED ACTIVITIES AS WELL AS DEVELOP PHYSICAL SKILLS WHILE PARTICIPATING IN CARDIOVASCULAR AND TEAM-CENTERED ACTIVITIES. STUDENTS WILL ALSO ACQUIRE THE PRACTICAL EXPERIENCES AND KNOWLEDGE REQUIRED TO ESTABLISH A HEALTHY LIFESTYLE, BOTH AS AN ADOLESCENT AND AS A MATURING ADULT.

EXCESSIVE ABSENTEEISM OR NON-PARTICIPATION MUST BE MADE UP. MAKE-UP CARDS ARE ISSUED TO STUDENTS AND THEY CAN USE THE FITNESS CENTER OR CARDIO CENTER DURING THEIR LUNCH HOUR OR AFTER SCHOOL FOR MAKE-UP CREDIT.

HEALTH EDUCATION INFORMATION IS LINKED TO THE KNOWLEDGE AND UNDERSTANDING EACH STUDENT NEEDS TO IMPROVE THEIR LEVEL OF EMOTIONAL AND PHYSICAL HEALTH. DURING THE SEMESTER A STUDENT TAKES HEALTH EDUCATION, THEY ARE NOT REQUIRED TO TAKE PHYSICAL EDUCATION.

MEDICAL EXCUSES ARE ACCEPTED FROM PARENTS FOR UP TO THREE DAYS WITHIN EACH SIX-WEEK GRADING PERIOD. EXCUSES OF LONGER DURATION MUST BE WRITTEN BY A PHYSICIAN. STUDENTS WITH PHYSICIANS' NOTES WILL BE ACCOMMODATED IN EITHER AN ALTERNATIVE ACTIVITY OR OUR ALTERNATIVE PROGRAM (SEE ALTERNATIVE PHYSICAL EDUCATION). IF A PHYSICAL EDUCATION STUDENT IS ALSO A STUDENT ATHLETE, ANY MEDICAL RESTRICTIONS IN PHYSICAL EDUCATION WILL ALSO AFFECT THEIR ATHLETIC PARTICIPATION.

ALL CLASSES IN PHYSICAL EDUCATION, EXCEPT THE LEADERSHIP PROGRAM COURSES ARE PASS/FAIL.

FRESHMAN FOUNDATIONAL FITNESS CHOICE P.E. (COLLEGE PREP)

PED121—SEMESTER 1
OPEN TO 9
PREREQUISITE: NONE

PED122—SEMESTER 2
ONE SEMESTER

Freshman Foundational Fitness Choice P.E. is designed for students to learn to develop and maintain physical fitness in a variety of self-selected activities. The course begins with the Foundations of Fitness, where students learn how to develop and apply a personal fitness plan, how to perform basic lifting techniques, and how to utilize a fitness center safely. Students who are able to demonstrate safety in and around the water will choose activities in which they will participate and apply their fitness plan. (Students needing additional support for achieving swimming proficiency will participate in American Red Cross Learn to Swim lessons.)

FOUNDATIONAL FITNESS CHOICE P.E. (COLLEGE PREP)

PED341—SEMESTER 1
OPEN TO 10-11-12
PREREQUISITE: NONE

PED342—SEMESTER 2
ONE SEMESTER

This course is designed for students who did not take Freshman Foundational Fitness Choice P.E. to learn to develop and maintain physical fitness in a variety of self-selected activities. The course begins with the Foundations of Fitness where students learn how to develop and apply a personal fitness plan, how to perform basic lifting techniques, and how to utilize a fitness center safely. Students who are able to demonstrate safety in and around the water will choose activities in which they will participate and apply their fitness plan. (Students needing additional support for achieving swimming proficiency will participate in American Red Cross Learn to Swim lessons.)

CHOICE P.E. (COLLEGE PREP)

PED451—SEMESTER 1
OPEN TO 10-11-12
PREREQUISITE: A FOUNDATIONAL FITNESS CLASS, ANY PREVIOUS PHYSICAL EDUCATION COURSE OR DIRECTOR APPROVAL

PED452—SEMESTER 2
ONE SEMESTER

This course is designed for students to develop and maintain their lifelong wellness in activities of their choice. Students will choose the activity in which they will participate each semester. (Regardless of activity selected, all students will learn how to apply their fitness plan, reflect on their fitness, and build their knowledge of health-related fitness.) Multiple credits may be earned for this course.

ADVENTURE EDUCATION (COLLEGE PREP)

PED331—SEMESTER 1
OPEN TO 9-10-11-12
PREREQUISITE: A FOUNDATIONAL FITNESS CLASS OR ANY PREVIOUS PHYSICAL EDUCATION COURSE

PED332—SEMESTER 2
ONE SEMESTER

Students in this course will participate in individual, partner, and team activities to work towards becoming better problem solvers and communicators, while learning to trust others and be trusted. Some units will require students to be in the pool. Activities may include team building, outdoor games, biking, archery, climbing/rappelling, kayaking, and canoeing. Multiple credits may be earned for this course.

EARLY BIRD CHOICE P.E. (COLLEGE PREP)

PED031—SEMESTER 1
OPEN TO 10-11-12
PREREQUISITE: A FOUNDATIONAL FITNESS COURSE, ANY PHYSICAL EDUCATION CLASS OR DIRECTOR APPROVAL

PED032—SEMESTER 2
ONE SEMESTER

(See description for Choice P.E.). Early Bird physical education is scheduled from 7-8:25 a.m. on Monday/Wednesday/Friday. Students with excessive absenteeism in this class will be removed from the Early Bird program and placed in a physical education class during the regularly scheduled day. Multiple credits may be earned for this course.

PHYSICAL EDUCATION LEADERSHIP TRAINING (COLLEGE PREP)

GPA WAIVER OPTION

PED61L—SEMESTER 1
OPEN TO 11
PREREQUISITE: ADMISSION BASED ON WRITTEN APPLICATION SUBMITTED TO AND APPROVED BY THE PHYSICAL EDUCATION DEPARTMENT DURING SOPHOMORE YEAR. (APPLICATION AVAILABLE ON THE STEVENSON WEBSITE, UNDER THE PHYSICAL EDUCATION WEB PAGE.) THE PHYSICAL EDUCATION LEADERSHIP PROGRAM IS A TWO-YEAR COMMITMENT.

PED62L—SEMESTER 2
FULL YEAR

The first year of the leadership program is designed for students to become effective teacher aides and strong leaders. There will be active participation in all activities offered within the Stevenson Physical Education program. Students will learn to lead group activities, to develop skill progression, and to study methods and techniques of teaching physical education. The focus of this program is to develop and expand on leadership skills in group and individual led discussions or teaching opportunities where students will be asked to continually reflect on their leadership experience. Students will have the opportunity to apply the skills they learn by assisting physical education classes and planning two field days for junior high students. All students will participate in an aquatics program and fitness testing. Failure to comply with the Stevenson High School Student Guidebook Code of Conduct and P.E. Leader Code of Conduct can result in immediate dismissal.

SENIOR LEADERSHIP (COLLEGE PREP)

GPA WAIVER OPTION

PED81L—SEMESTER 1
OPEN TO 12
PREREQUISITE: PHYSICAL EDUCATION LEADERSHIP TRAINING

PED82L—SEMESTER 2
FULL YEAR

Students will apply what they learned in Physical Education Leadership Training by serving as teacher aides with a physical education teacher. All students will participate in fitness testing. Failure to comply with the Stevenson High School Student Guidebook Code of Conduct and P.E. Leader Code of Conduct can result in immediate dismissal.

LIFEGUARD TRAINING AND CERTIFICATION (COLLEGE PREP)

PED502—SEMESTER 2 ONLY
OPEN TO 10-11-12
PREREQUISITE: ABILITY TO DEMONSTRATE REQUIRED SWIM SKILLS. STUDENTS MUST BE AT LEAST 15 YEARS OLD BY THE END OF THE COURSE.

ONE SEMESTER

ADDITIONAL FEE TO RECEIVE AMERICAN RED CROSS CERTIFICATE.

This course is designed to provide students with the ability to earn American Red Cross Lifeguarding and First Aid certification. Students will also learn skills in oxygen administration, preventing disease transmission, and CPR/AED. Students will be charged a fee if they wish to receive their American Red Cross certification. Students taking this class will be encouraged to participate in our Pool Leadership program. (Materials for the course are available in the Patriot Superstore.)

WATER SAFETY INSTRUCTION AND CERTIFICATION (COLLEGE PREP)

GPA WAIVER OPTION

PED51L—SEMESTER 1
OPEN TO 10-11-12

ONE SEMESTER

PREREQUISITE: ABILITY TO DEMONSTRATE REQUIRED SWIM SKILLS. STUDENTS MUST BE 16 YEARS OLD BY THE END OF THE COURSE. ADDITIONAL FEE TO RECEIVE AMERICAN RED CROSS CERTIFICATE.

The first part of the course consists of the American Red Cross Fundamentals of Instructor Training and Water Safety Instructor course. Students will learn techniques of teaching swimming and the policies and procedures of the Physical Education Department as they pertain to the role of the pool leader in the aquatics program. Students will be charged a fee if they wish to receive their American Red Cross certification. Students taking this class will be encouraged to participate in our Pool Leadership program, where they will then serve as water safety instructors, lifeguards, and pool aides. Each student will receive ongoing Lifeguard In-Service Training while in the program that will keep their certifications current and their skills sharp. At the end of the course, a student must receive a recommendation in their evaluation to continue into the leadership program.

POOL LEADERSHIP (COLLEGE PREP)

GPA WAIVER OPTION

PED71L—SEMESTER 1
OPEN TO 11-12

PED72L—SEMESTER 2
ONE SEMESTER OR FULL YEAR

PREREQUISITE: WATER SAFETY INSTRUCTION AND CERTIFICATION. STUDENTS MUST HAVE AMERICAN RED CROSS LIFEGUARDING AND WATER SAFETY INSTRUCTION CERTIFICATIONS.

Students will continue to serve as water safety instructors, lifeguards, and pool aides to the aquatics program. Each student will receive ongoing Lifeguard In-Service Training that will keep their certifications current and their skills sharp. At the end of each semester a student must receive a recommendation in their evaluation to continue in the leadership program. Materials for the course are available in the Patriot Superstore. Failure to comply with the Stevenson High School Student Guidebook Code of Conduct and P.E. Leader Code of Conduct can result in immediate dismissal.

ALTERNATIVE PHYSICAL EDUCATION LEADERSHIP (COLLEGE PREP)

GPA WAIVER OPTION

PED41L—SEMESTER 1
OPEN TO 11-12

PED42L—SEMESTER 2
FULL YEAR

PREREQUISITE: ADMISSION BASED ON WRITTEN APPLICATION SUBMITTED TO AND APPROVED BY THE ALTERNATIVE PHYSICAL EDUCATION COORDINATOR DURING SOPHOMORE YEAR. (APPLICATIONS ARE AVAILABLE ON THE PHYSICAL WELFARE WEB PAGE.) THE ALTERNATIVE PHYSICAL EDUCATION LEADERSHIP PROGRAM IS A TWO-YEAR COMMITMENT.

New students will engage in training which takes place in class during the first semester. Students will perform one-on-one or in small groups working with individuals who have a variety of special needs. Leaders also participate in work with the students outside of the regular school day. Failure to comply with the Stevenson High School Student Guidebook Code of Conduct and P.E. Leader Code of Conduct can result in immediate dismissal.

ALTERNATIVE PHYSICAL EDUCATION (COLLEGE PREP)

PED111—SEMESTER 1
OPEN TO 9-10-11-12

PED112—SEMESTER 2
FULL YEAR

PREREQUISITE: A PHYSICIAN'S VERIFICATION MUST BE ON FILE

Alternative Physical Education is for students who, for medical reasons, are unable to participate in regular physical education classes for an extended duration. This class is also for students with other disabilities that merit an adapted curriculum. All curriculum will be modified and adapted so that all students can participate and benefit. The instructor will work with the doctor in an effort to design a program to meet the individual needs of each student. Upon clearance from the doctor, a student will be readmitted to their regularly scheduled physical education class.

HEALTH EDUCATION

THE EMPHASIS IN HEALTH EDUCATION IS ON CHOICES TO EMPOWER PERSONAL WELLNESS THROUGH EXPERIENTIAL ACTIVITIES.

HEALTH EDUCATION (COLLEGE PREP)

PED201—SEMESTER 1
OPEN TO 10

PED202—SEMESTER 2
ONE SEMESTER

PREREQUISITE: NONE

The following Health Education units are taught:

- Wellness and Mental Health
- Reality of Drugs
- Adult CPR and AED
- Social Health

Within the adult CPR unit, students have the opportunity to receive adult CPR and AED certification (summer school excluded) through the American Red Cross. (Student participation in the adult CPR unit is a requirement.) Health Education should be completed by the end of the sophomore year. During the semester that a student takes Health Education, the student is excused from Physical Education. By completing the Reality of Drugs unit, students will be prepared for the "46th Credit" exam which is a graduation requirement.

APPLIED HEALTH (COLLEGE PREP)

GPA WAIVER OPTION

PED231—SEMESTER 1
OPEN TO 10-11-12

PED232—SEMESTER 2
ONE SEMESTER

PREREQUISITE: HEALTH EDUCATION

ADDITIONAL FEE TO RECEIVE AMERICAN RED CROSS CERTIFICATE.

The purpose of Applied Health is to develop professional skills that can be applied to a career in healthcare. This course empowers students with real usable skills and credentials in the allied medical health field. Topics in the course include professional rescue skills, injury management, health career exploration, functional anatomy and terminology, long-term wellness, and personal/professional social/emotional life skills.

The course is lab-based and highly dependent on attendance and participation. A lab fee is required for any student who wishes to earn the American Red Cross certification. During the semester that a student takes Applied Health, the student is excused from Physical Education.