

PHYSICAL EDUCATION

CLASS OPTIONS

SOPHOMORE
YEAR

Athletic Weight Training (Driver's Ed)

Fitness Fusion (Driver's Ed)

PE II (Driver's Ed)

ELL (Driver's Ed)

Individual Wellness (Modified PE)

LEAP (SE)

FITNESS FUSION WITH DRIVER'S EDUCATION

- PE220 Year: 10 Credit: 1
- This course includes 9 weeks of driver education and 27 weeks of aerobic fitness.
- This class will consist of aerobic exercise, running and calisthenics, as well as information on principles of diet, exercise, and fitness. Individual fitness profiles and logs will be kept gaining an overview of one's fitness levels.
- At the completion of this course, students will be able to: • pass the R/R written test with 80% accuracy • understand the IPDE process involved in buying, insuring, and maintaining a motor vehicle • participate in a high-level fitness routine • demonstrate an understanding of those fitness, exercise, and diet principles included in the class • assess their own individual fitness levels through class tests and measurements
- ***This class is geared toward Sophomore students who favor individual fitness activities instead of competitive team sport activities.***

PE II WITH DRIVER'S EDUCATION

- PE200 Year: 10 Credit: 1
- This course includes 9 weeks of driver education classroom and 27 weeks of physical activity, which includes 3 weeks units of swimming and fitness.
- ***This course is geared toward students who wish to participate in recreational team sports including soccer, volleyball, basketball, eclipse ball, kick ball/softball, and individual activities including swimming and fitness.***

DRIVER'S EDUCATION COMPONENT

This course includes 9 weeks of driver education classroom and 27 weeks of physical activity, which includes 3 weeks of swimming, 3 weeks of weight training and conditioning, 21 weeks of interrelated physical activity.

At the completion of this course, students will be able to: • improve their performance on the Physical Education I objectives • pass the Rules of the Road written test with 80% accuracy • understand IPDE process involved in buying, insuring, and maintaining a motor vehicle.

Note: Driver Education Classroom may not be repeated if failed during the school day. It will be available on weekends and/or summer. Payment of the fee (\$150) will be required each time a student enrolls in Driver Education. Students may not take BTW more than twice. Students must successfully pass eight credits before they begin the behind-the-wheel portion of Driver Education and be in good standing with the Dean's office. Students cannot fail any part of PE II or exceed the absence or no dress limit in order to take the classroom portion.

ELL PE WITH DRIVER'S EDUCATION

- Year: 10 Credit: 1
- This course includes 9 weeks of driver education classroom and 27 weeks of physical activity, which includes 3 weeks of swimming, 3 weeks of weight training and conditioning, 21 weeks of interrelated physical activity.
- ***This class is for ELL students to participate in PE activities similar to PE II but with a smaller class and the support of a teacher for the needs of ELL students.***


INDIVIDUAL WELLNESS EDUCATION

- PE340 Year: 10 (Adaptive)
- Sophomores can only take this class if participation is limited due to medical reasons. At the completion of this course students will be able to:
 - participate in fitness related activities
 - demonstrate an understanding of related fitness concepts and principles
 - assess their own individual fitness levels through class tests and measurements
 - provide student with an opportunity to become first aid and CPR certifiedDriver Education Classroom is NOT included in this course.
- ***This class is for students who are limited due to an injury or chronic medical condition.***

LEAP PE

- PE020 Year: 10 Credit: 1
- This course is designed to help students develop new skills to keep a fit and active lifestyle. Students in this course will participate in modified activities pertaining to team sports, individual sports, leisure activities, and fitness conditioning..
- ***This course gives students the cognitive, emotional and physical support they need to be successful in PE, often in the Spec. Ed. Program.***

JUNIOR & SENIOR YEAR (INDIVIDUAL ACTIVITY CLASSES)

- Advanced Weight Training
 - Athletic Weight Training
 - Fitness Fusion
 - Health Club PE
 - Individual Wellness
 - Junior Leadership PE / Senior Leadership PE
 - Self-Defense/Empower PE
 - Walking for Wellness
 - Yoga/Advanced Yoga
- 

ADVANCED WEIGHT TRAINING

- PE500 Year: 11, 12 Credit: 1
- This course is designed for students who desire the essential knowledge needed to participate in an intensive fitness program. Students will demonstrate the basic intermediate and advanced essential skills to actively participate in weight training, aerobic, and anaerobic activities.
- At the completion of this course, students will be able to: • correctly use free weights • actively participate in aerobic activities • demonstrate improvement in strength, flexibility, and endurance • state the relationship between various exercises and the effects on the body • state a variety of training techniques • state rules and safety procedures • demonstrate progression to achieve the next level class
- **Prerequisite:** C or better in PE and/or previous course.
- ***Students in this course will participate in weight training and aerobic activities daily.***

ATHLETIC WEIGHT TRAINING & CONDITIONING

- PE510 Year: 11, 12 Credit: 1
- This course is open to recognized athletes who wish to be in an intensive physical education program. Students are permitted to take this course for a total of six semesters and advancing from Level 1 to Level 4. This is not a body building class.
- **Prerequisite:** Consent of teacher or PE Division Chair is required.
- At the completion of this course, students will be able to: • correctly use free weights • actively participate in aerobic activities • demonstrate improvement in strength, flexibility, and endurance • state the relationship between various exercises and the effects on the body • state a variety of training techniques • state rules and safety procedures • demonstrate progression to achieve the next level of class
- **Prerequisite:** Student must have completed the entire season of a sport the previous year and have consent of teacher, coach, or PE Department Chair. If a student athlete fails to complete the current season as met by the prerequisite, they will be re-assigned to a Physical Education course as deemed appropriate by the Division Chair.
- ***Students in this course will participate in weight training and aerobic activities daily.***

FITNESS FUSION

- PE520 Year: 11, 12 Credit: 1
- This course is open to individuals entering their junior or senior year who are interested in achieving or maintaining a high level of fitness. This class will consist of aerobic exercise, running and calisthenics, as well as information on principles of diet, exercise, and fitness. Individual fitness profiles and logs will be kept gaining an overview of one's fitness levels.
- At the completion of this course, students will be able to:
 - participate in a high-level fitness routine
 - demonstrate an understanding of those fitness, exercise, and diet principles included in the class
 - assess their own individual fitness levels through class tests and measurements
 - construct their own aerobic routine and fitness program
- This course includes 3 weeks of water aerobics.
- ***This class is geared toward students who favor individual fitness activities instead of competitive team sport activities.***

HEALTH CLUB PE

- PE440 Year: 11, 12 Credit: 1
- This semester class is designed for students interested in an advanced self-directed individual physical education setting. The class will be open to juniors and seniors only, who have permission from the department chair and recommendations from two physical education teachers. In addition, the student must have earned grades of B or higher in their prior year. A student will not qualify if he/she has a medical restriction. (Prior enrollment in Weight Training or Individual Wellness is encouraged). The student will meet with the instructors to individualize fitness goals and set an assessment plan. A journal with fitness goals and workouts must be utilized daily.
- ***Students in this course will individually participate in weight training and aerobic activities daily working toward their fitness goals.***

INDIVIDUAL WELLNESS

- PE340 Year: 11, 12 (Adaptive) Year: 11, 12, (Fitness Credit: 1)
- This course for juniors and seniors involves cardiovascular activities. It may be taken in place of the regular physical education requirement and can be repeated. Students who chose not to participate in the elective inter-related activities may opt for this individualized fitness program utilizing the school's latest fitness equipment.
- At the completion of this course students will be able to:
 - participate in fitness related activities
 - demonstrate an understanding of related fitness concepts and principles
 - assess their own individual fitness levels through class tests and measurements
- ***This course is for students who choose to participate individually in cardiovascular activities at least 4 out of 5 days per week.***

JUNIOR LEADERSHIP PE / SENIOR LEADERSHIP PE

- PE 600 / PE 700 Year: 11/12 Credit: 1
- This semester class is designed for students interested in learning how to be a Senior Leader in the Physical Education Department. The class will be open to juniors only, who have permission from the department chair and recommendations from their physical education teacher. In addition, the student must have earned grades of B or higher in their prior year. Students will be taught leadership skills, game strategies, sports officiating, and fitness/wellness leadership strategies. After completion of this course, students will have the opportunity to serve as Senior Student Leaders for freshman or sophomore classes in the PE department.
- Activities include soccer, volleyball, basketball, fitness, kickball, eclipse ball, teambuilding, lifesaving skills in swimming, teaching students with differing abilities and the qualities of a leader.


SELF-DEFENSE / EMPOWER PE

- PE580 Year: 11, 12 Credit: 1
- This course addresses the student's physical and social-emotional needs through self-defense training combined with classroom instruction. It is designed to promote awareness, recognition, reduction, and avoidance of aggressive behavior and actions directed toward us and others. Students will develop the skills and understanding for defense against an aggressor with emphasis on avoiding and escaping an attack.
- At the completion of this course students will be able to: • understand the theory and practice of self-defense • avoid violence and unsafe situations • identify the difference between healthy and unhealthy relationships • recognize the influence of media on culture • have awareness of resources both in school and the community • participate in various fitness activities
- ***This class supports students who wish to build confidence through physical training and social emotional activities including self-defense awareness and training.***

WALKING FOR WELLNESS

- PE: 380 Year: 11, 12 Credit: 1
- This course is designed to provide an opportunity for students to develop a fitness workout plan through the activities of walking and other low-impact aerobic exercise. Flexibility, cardiovascular endurance, muscular endurance, muscular strength and THR will be emphasized. Students will be introduced to a form of exercise that is a lifelong fitness activity that can be performed virtually anywhere. Emphasis will be placed on developing an individual level of performance within course guidelines. This course will assist students in setting and achieving personal fitness goals while providing a noncompetitive setting in PE. This course will support a transition from sport-based activities to lifetime fitness-based activities, in which all students can participate.
- Students on medical or modified PE will be able to enroll in this course.
- This course will be available to junior and senior students who have successfully completed PE I, PE2, Health, and Driver Education requirements.
- ***This class is a great fit for students who want to earn PE credit and avoid sport activities while participating in a lifelong fitness activity of walking.***

YOGA / ADVANCED YOGA

-
- PE401 / 402 Year: 11, 12 Credit: .5
 - A combination of Pilates and yoga will allow students to improve flexibility, coordination, balance, posture, core muscle strength, and muscle tone. Results will also aid in relief of muscular, emotional, and mental tension, stress reduction, enhanced memory and learning capacity, heightened focus and creativity, and increasing willpower.
 - The students will be able to: • improve core strength, flexibility, balance, coordination, and posture • improve overall academic performance while improving focus, enhancing learning capacity and creativity • reduce stress and release tension • understand the mind body connection • transition the elements of Pilates/yoga into lifetime activities • transition physical improvements into the betterment of physical fitness scores • transition the improvement of mental and emotional stress into increased academic functioning and increased test scores
 - Students can only take Yoga 2 semesters before moving to Advanced Yoga. Must be at ELL Level 3 or ELL Level 4. Must have a C or better in previous PE courses. 2 Semester Maximum Enrollment.
 - ***This course is made for students who want to avoid sport activities while improving their strength, flexibility and balance.***
- 



JUNIOR &
SENIOR YEAR
(TEAM SPORT
ACTIVITIES)

- Junior Leadership PE
- Team Sports
- Racquets and Recreational Sports

JUNIOR LEADERSHIP PE / SENIOR LEADERSHIP PE

- PE 600 / PE 700 Year: 11/12 Credit: 1
- This semester class is designed for students interested in learning how to be a Senior Leader in the Physical Education Department. The class will be open to juniors only, who have permission from the department chair and recommendations from their physical education teacher. In addition, the student must have earned grades of B or higher in their prior year. Students will be taught leadership skills, game strategies, sports officiating, and fitness/wellness leadership strategies. After completion of this course, students will have the opportunity to serve as Senior Student Leaders for freshman or sophomore classes in the PE department.
- Activities include soccer, volleyball, basketball, fitness, kickball, eclipse ball, teambuilding, lifesaving skills in swimming, teaching students with differing abilities and the qualities of a leader.


TEAM SPORTS

- PE360 Year: 11, 12 Credit: 1
- This course is open to both juniors and seniors. The activities include 30 weeks of interrelated team sports.
- At the completion of this course, students will be able to: • improve their performance on the Physical Education 1 and 2 objectives
- Driver Education classroom is **NOT** included in this course.
- ***This course is for students who desire to play in competitive and recreational sports including; Softball, Volleyball, Basketball, Flicker ball, Soccer, Football, and Fitness/Cardio activities.***

RACQUETS AND RECREATIONAL SPORTS

- PE550 Year: 11, 12 Credit: 1
- This course is designed for those who like to become a better racquet player. This class will give you an opportunity to experience various racquet sports. Attention will be focused on proper footwork, hand-eye coordination, stroke technique, rules of the games, as well as offensive and defensive strategies for game play. A variety of racquets will be used to develop the necessary skills to become a better racquet player.
- At the end of this course, student will be able to: • actively participate in various racquet sports • use correct footwork during play • increase eye-hand coordination • demonstrate their knowledge of the rules of each game played
- ***Students in this course wish to participate in Tennis, Eclipse ball, Handball, Pickleball, Ping-Pong, Badminton, KanJam, Cornhole (Bags game).***

JR LEADERSHIP PE

- PE600 Year: 11 Credit: 1
 - The purpose of this course is to teach students to be student leaders in the physical education department. Students will be taught leadership skills, good citizenship skills, sports officiating, and fitness/wellness leadership strategies.
 - Students who take this class will have the opportunity to work in a small group environment. This course will also expose students to career opportunities in the fields of PE, Health, the fitness industry, and related professions.
 - After completion of this course, students will have the opportunity to serve as Senior Student Leaders in the PE department.
 - ***This class is developed for high achieving students who wish to work on their leadership and communication skills through PE activities while improving high school transcripts for college applications which will set students apart from other college applicants.***
- 

SR LEADERSHIP PE

- PE601 Year: I2 Credit: .5
- Upon completion of Junior Leadership PE and recommendation by instructor, senior students will serve as a student leader in PE I (Freshmen Activity) or PE II (Sophomore Activity/Sophomore Fitness Fusion) course or LEAP Tutor.
- During Senior Leadership, students will support the instructor by leading warm-ups, through demonstration, leading small group practice, oversee fitness testing and will assist instructor as needed in class.
- Prerequisite: B or better in Junior Leadership and recommendation from Junior Leadership teacher.
- ***To participate in this class, student MUST take JR Leadership PE.***

JUNIOR & SENIOR YEAR (CLASSROOM ACADEMIC CLASSES)

- Anatomy/Physiology I, II, III
- Certified Nursing Assistant Program
- Emergency Fire and Applied Science and Safety
- Emergency Medical Services
- Introduction to Sports Medicine
- Medical Terminology

ANATOMY & PHYSIOLOGY I (HONORS LEVEL OPTION)

- PE53 I Year: 11, 12 Credit: .5
- This semester course is an advanced level, intensive study of the human body as it pertains to movement, lifetime fitness, and function. This course will study anatomy and physiology at the cellular, tissue and system level. It will be located in a classroom setting.
- This is intended to be an intense, rigorous, academic course.
- At the completion of this class students will be able to: • apply practical decision-making skills concerning the human body • demonstrate and analyze various movement concepts and applications • know and apply the physiological principles and components of health-related fitness • describe the interrelation between the skeletal and muscle systems as it relates to movement
A Student cannot enroll in this course if the student has attained a D or F in a previous Physical Education medical course. (Anatomy, Sports Medicine, Medical Terminology) Prerequisite: C or better in Health
- ***The target students are those interested in the health fields (nursing, medicine, physical therapy, etc.). It may be taken in place of the regular Physical Education requirement.***

ANATOMY & PHYSIOLOGY II (HONORS LEVEL OPTION)

- PE534 Year: I I, I2 Credit: .5
- This semester course is very similar to Anatomy/Physiology I.
- These courses do not have to be taken in sequence.
- This intense classroom course fulfills the PE requirement and is open to Juniors and Seniors who are interested in entering a health profession.
- This semester course also deals with the human body as it pertains to movement, lifetime fitness, and function. Level II deals specifically with the cardiovascular, nervous and endocrine systems, the sense organs, and respiration. At the completion of this class students will be able to:
 - apply practical decision-making skills concerning the human body
 - know and apply the physiological principles and components of health-related fitness
 - explain the relationship between various systems of the body as it pertains to exercise and movement
 - explain the specific physiological problems associated with various diseasesA Student cannot enroll in this course if the student has attained a D or F in a previous Physical Education medical course. (Anatomy, Sports Medicine, Medical Terminology) Prerequisite: C or better in Health
- ***The target students are those interested in the health fields (nursing, medicine, physical therapy, etc.). It may be taken in place of the regular Physical Education requirement.***

ANATOMY & PHYSIOLOGY III (HONORS LEVEL OPTION)

- PE535 / 536 Year: 11, 12 Credit: .5
- This semester course is an advanced level, intensive study of the human body as it pertains to movement, lifetime fitness, and function. This course will study anatomy and physiology at the cellular, tissue and system level. It will be located in a classroom setting. This is intended to be an intense, rigorous, academic course.
- At the completion of this class students will be able to: • apply practical decision-making skills concerning the human body • demonstrate and analyze various movement concepts and applications • know and apply the physiological principles and components of health-related fitness • describe the interrelation between the skeletal and muscle systems as it relates to movement
A Student cannot enroll in this course if the student has attained a D or F in a previous Physical Education medical course. (Anatomy, Sports Medicine, Medical Terminology) Prerequisite: C or better in Health
- ***The target students are those interested in the health fields (nursing, medicine, physical therapy, etc.). It may be taken in place of the regular Physical Education requirement.***

CERTIFIED NURSING ASSISTANT (DUAL ENROLLMENT)

- PE992 Year: 12 Credit: 1
- This course is Dual Enrollment course through Moraine Valley Community College. The program is an approved Illinois Department of Health course for students wishing to obtain a job as a Certified Nursing Assistant (CNA).
- This course will cover the skills in basic anatomy, medical terminology, communication skills, safety, infection control, and patient rights. The curriculum also includes proper management of patient hygiene, mobility, and taking vital signs. In the lab, students must master 21 patient care manual skills mandated by the Illinois Department of Public Health. The clinical experience provides students with the opportunity to perform supervised practice of required clinical skills, including bathing, feeding and transfer of patients, within the clinical setting.
- Upon completion of this course and passing the state competency exam, students can obtain a job as a CNA, enabling them to work in the field while continuing their Nursing studies. Successful completion of this course will earn 7 college credits at MVCC. Please note: This course is taught at MVCC and students must provide their own transportation. This course also includes Saturday clinical sessions.
- Students must be in senior standing and complete the pre-application process. **Moraine Valley Community College tuition fees apply.
- ***This course benefits students who want to enter the medical field for a career.***

EMERGENCY FIRE APPLIED SCIENCE AND SAFETY

PE575 Year: 11, 12 Credit: 1 Semester / .5 Credit

- This semester course is designed to prepare students for the transition to an EMT-Basic Program, a municipal fire department, explorer post, a college fire science program, and/or future employment in the fire science field. As the student trains to become a firefighter, he/she will learn how to protect lives and property through essential firefighting skills and basic first aid and safety. Students will be CPR, AED, and First Aid certified.
- This class will prepare students for PE995 Emergency Medical Services in year 12 as a Dual Enrollment course through Moraine Valley Community College.

EMERGENCY MEDICAL SERVICES (DUAL ENROLLMENT)

- PE995 Year: 12 Credit: 1
- This is a Dual Enrollment course through MVCC.
- This course will provide instruction to prepare the students to take the Emergency Medical Technician-Basic (EMTOB) Exam offered through the Illinois Department of Public Health. This course emphasizes skills necessary to provide emergency medical care at a basic life support level. Sixty hours of clinical experience is included in course requirements, including time assigned to emergency room, obstetrical, ambulance, and dispatch units. Upon completion of this course and the state competency exam, students can obtain a job as an EMT or continue their education in the EMS or Fire Services program at MVCC.
- Successful completion of this course will earn 8 college credits at MVCC for EMS 101 – Emergency Medical Technician. Please note: This course is taught at MVCC and students must provide their own transportation. Students must be in senior standing and complete the pre-application process. There is tuition and additional fees are required for students enrolled in this course.
- ***This course is for students intending to go into either an EMT or Fire Fighter program after high school.***

INTRODUCTION TO SPORTS MEDICINE

- PE545 / 546 Year: 11, 12 Credit: .5
- This course includes classwork and practical hands-on application of the following areas: prevention, treatment, and rehabilitation of sports injuries, taping and wrapping of injuries, first aid/CPR, emergency procedures, nutrition, sports psychology, anatomy and physiology, fitness/conditioning, and sports medicine careers. Through the semester, students will be required to engage in field experience as part of the class.
- Upon completion of this course students will be certified in first aid/CPR and be able to apply different taping, wrapping and bracing techniques for athletic injuries. They will also have an opportunity to work under the direction of the Head Athletic Trainer at Argo.
- ***This semester course is designed for students interested in fields such as athletic training, physical therapy, medicine, fitness, physiology of exercise, kinesiology, nutrition, and other sports medicine related fields.***

MEDICAL TERMINOLOGY (DUAL CREDIT)

- PE551 / 552 Year: 11, 12 Credit: .5
- Medical Terminology is a fast-paced class that parallels the speed of a college level course. It introduces a variety of medical terms used in health-related fields. Emphasis is on the analysis and building of medical terms using Latin and Greek prefixes, roots, and suffixes. Medical vocabulary, abbreviations, and anatomical terms are stressed.
- This course is a requirement for many of the associates degree health sciences programs at Moraine Valley Community College and other colleges A Student cannot enroll in this course if the student has attained a D or F in a previous Physical Education medical course. (Anatomy, Sports Medicine, Medical Terminology) Prerequisite: C or better in Health Completion of this course with a grade of A, B or C will qualify the student for dual credit at MVCC (MRT-110- Medical Terminology)
- ***The target students are those interested in the health fields (nursing, medicine, physical therapy, etc.). It may be taken in place of the regular Physical Education requirement.***