

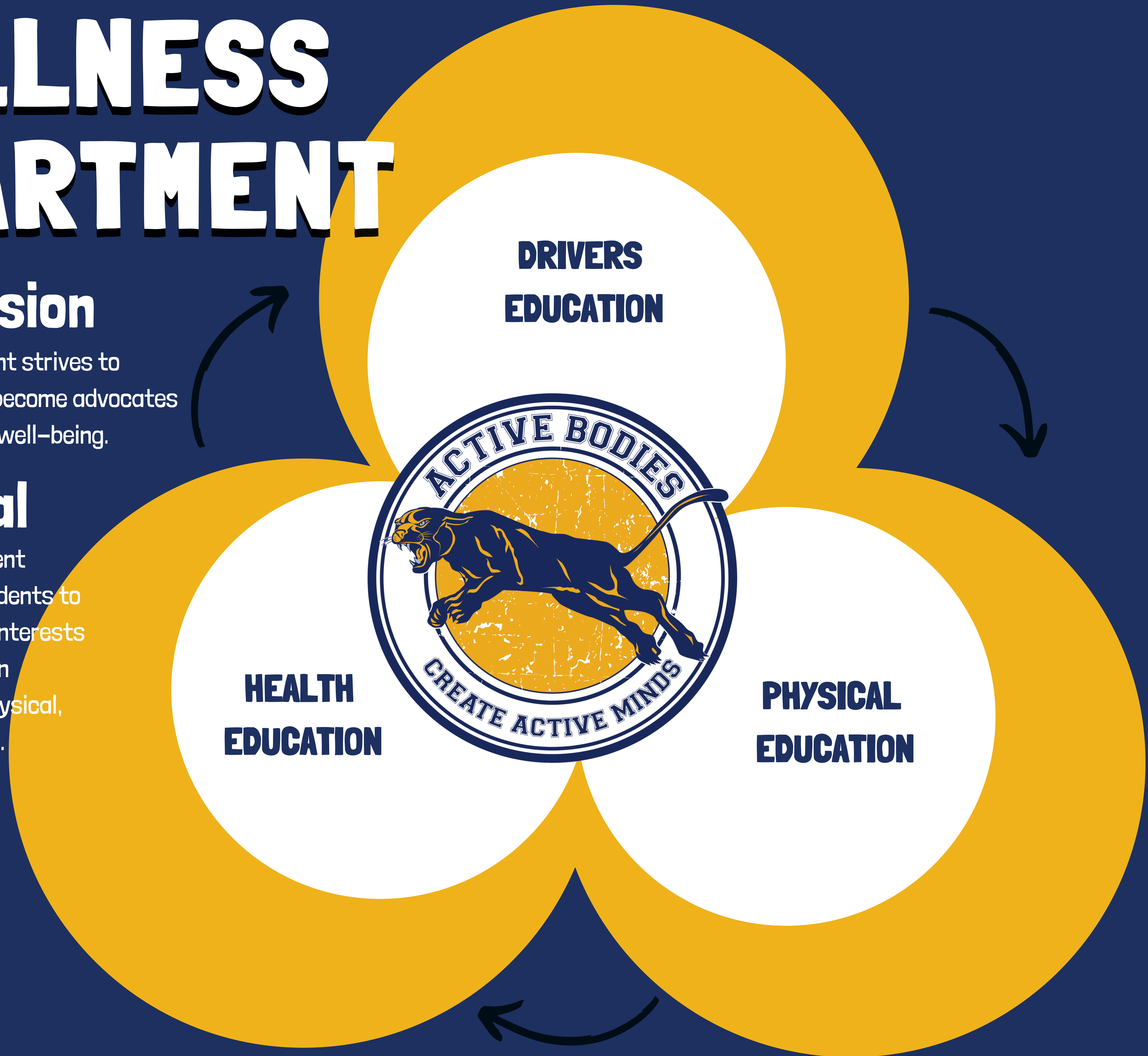
WELLNESS DEPARTMENT

Our Mission

The Wellness Department strives to empower students to become advocates for their own personal well-being.

Our Goal

To develop and implement courses that allow students to explore their personal interests in maintaining their own personal health at a physical, mental, and social level.



WELLNESS DEPARTMENT



Drivers Education Courses

**Drivers Education
Classroom**
.25 credits

Behind the Wheel
.25 credits

Soccer Skills
.5 credits

Physical Education Courses

Basketball Skills
.5 credits

**Fitness Integrated
thru Sports (FITS)**
.5 credits

**Strength &
Performance**
.5 credits

Childcare 101
.5 credits

***Freshmen Fitness &
Sport**
.5 credits

**Strength Training 1
CLC–Dual Credit**
.5 credits

Walking Fitness
.5 credits

Dance Fitness
.5 credits

Integrated PE
.5 credits

Total Body Fitness
.5 credits

Health Education Courses

***Freshmen Health**
.5 credits

Mindful Movements
.5 credits

Volleyball Skills
.5 credits

***Required Courses**

SOPHOMORE CLASS OPTIONS

SPORTS/RECREATIONAL COURSES



	Course Description	Uniform/Changing Requirement	Class Location	Semesters Offered
Basketball Skills	Warm-up & practice skills and strategies like you would on a basketball team. Learn how to coach & officiate the sport. Recommended for individuals who are planning on trying-out/joining a basketball team or league. Only offered in Fall Semester	School issued PE shirt and any school appropriate athletic bottoms.	Primarily indoors	FALL (Male and Female Athletes)
Fitness Integrated thru Sports	Learn & play various sport activities to promote lifelong health and wellness. Sport activities will include individual and team sports. Heart rate monitors will be used to monitor levels of activity.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL SPRING
Integrated PE	Peer leadership opportunity. Participate in various activities and assist peers in enhancing their PE experience. Recommended for individuals who are interested in a career in education or health field.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL SPRING
Soccer Skills	Warm-up & practice skills and strategies like you would on a soccer team. Learn how to coach & officiate the sport. Recommended for individuals who are planning on trying-out/joining a soccer team or league. Can only take class one semester per school year. Athletes should take in class in pre-season semester.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL (Female Athletes) SPRING (Male Athletes)
Volleyball Skills	Warm-up & practice skills and strategies like you would on a volleyball team. Learn how to coach & officiate the sport. Recommended for individuals who are planning on trying-out/joining a volleyball team or league. Can only take class one semester per school year. Athletes should take in class in pre-season semester.	School issued PE shirt and any school appropriate athletic bottoms.	Primarily indoors	FALL (Male Athletes) SPRING (Female Athletes)

SOPHOMORE CLASS OPTIONS

FITNESS COURSES



	Course Description	Uniform/Changing Requirement	Class Location	Semesters Offered
Dance Fitness	Learn the basic skills and fundamentals of rhythmic dances. Work with others to create and perform dances while using the elements of time, space, and energy. Students are required to perform in front of a live audience as part of their grade.	School issued PE shirt and any school appropriate athletic bottoms.	Primarily indoors	FALL SPRING
Mindful Movements	Participate in activities that focus on flexibility, proper breathing techniques and balance control. Classroom workouts will include yoga, pilates, meditation and controlled breathing exercises.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL SPRING
Strength & Performance	Learn how to use weights, lift them properly and safely to develop muscle. Work with others to support each other on your personal fitness journey. You will follow your own fitness programming tailored to your ability.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL SPRING
Total Body Fitness	Learn how to follow along with basic fitness programming. Exercises will include using just body weights, resistance bands and light-weight dumbbells. This class is geared towards students who want to learn how to workout at home or in alternate places other than a weight room.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL SPRING

PRACTICAL SKILLS COURSES

Childcare 101	Learn tips and tricks on how to babysit--basic infant care to elementary aged care and fun backyard and indoors games to keep little kids engaged. CPR certification is optional. Recommended for individuals who are interested in a career in education, health field or care for younger siblings. Can only take this class one semester every 2 years due to CPR certification.	School issued PE shirt and any school appropriate athletic bottoms.	In a classroom setting & gym setting	FALL SPRING
Drivers Education	Required 30 hours of classroom instruction in order to obtain an Illinois Driver's License. Take the permit test and then sign up for Behind the Wheel upon successful class completion.	\$20 for permit \$250 for Behind the Wheel	In a classroom	Every Quarter

JUNIOR/SENIOR CLASS OPTIONS

SPORTS/RECREATIONAL COURSES



	Course Description	Uniform/Changing Requirement	Class Location	Semesters Offered
Basketball Skills	Warm-up & practice skills and strategies like you would on a basketball team. Learn how to coach & officiate the sport. **Recommended for individuals who are planning on trying-out/joining a basketball team or league. Only offered in Fall Semester	School issued PE shirt and any school appropriate athletic bottoms.	Primarily indoors	FALL (Male and Female Athletes)
Fitness Integrated thru Sports	Learn & play various sport activities to promote lifelong health and wellness. Sport activities will include individual and team sports. Heart rate monitors will be used to monitor levels of activity.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL SPRING
Integrated PE	Peer leadership opportunity. Participate in various activities and assist peers in enhancing their PE experience. Recommended for individuals who are interested in a career in education or health field.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL SPRING
Soccer Skills	Warm-up & practice skills and strategies like you would on a soccer team. Learn how to coach & officiate the sport. **Recommended for individuals who are planning on trying-out/joining a soccer team or league. Can only take class one semester per school year. Athletes should take in class in pre-season semester.	School issued PE shirt and any school appropriate athletic bottoms.	Indoors & Outdoors based on weather & activity	FALL (Female Athletes) SPRING (Male Athletes)
Volleyball Skills	Warm-up & practice skills and strategies like you would on a volleyball team. Learn how to coach & officiate the sport. **Recommended for individuals who are planning on trying-out/joining a volleyball team or league. Can only take class one semester per school year. Athletes should take in class in pre-season semester.	School issued PE shirt and any school appropriate athletic bottoms.	Primarily indoors	FALL (Male Athletes) SPRING (Female Athletes)

JUNIOR/SENIOR CLASS OPTIONS

FITNESS COURSES



Course Description

Uniform/Changing Requirement

Class Location

Semesters Offered

Dance Fitness

Learn the basic skills and fundamentals of rhythmic dances. Work with others to create and perform dances while using the elements of time, space, and energy.

Students are required to perform in front of a live audience as part of their grade.

School issued PE shirt and any school appropriate athletic bottoms.

Primarily indoors

FALL
SPRING

Mindful Movements

Participate in activities that focus on flexibility, proper breathing techniques and balance control. Classroom workouts will include yoga, pilates, meditation and controlled breathing exercises.

School issued PE shirt and any school appropriate athletic bottoms.

Primarily indoors

FALL
SPRING

Strength & Performance

Learn how to use weights, lift them properly and safely to develop muscle. Work with others to support each other on your personal fitness journey. You will follow your own fitness programming tailored to your ability.

School issued PE shirt and any school appropriate athletic bottoms.

Primarily indoors

FALL
SPRING

Strength Training 1

For students who have successfully passed a Strength & Performance class and already have the basic knowledge of how to follow a fitness program and perform core lifts with proficiency.

Prerequisite:
Successful semester completion of Strength class AND meets CLC College & Career Readiness Requirements

School issued PE shirt and any school appropriate athletic bottoms.

Primarily indoors

SPRING

Total Body Fitness

Learn how to follow along with basic fitness programming. Exercises will include using just body weights, resistance bands and light-weight dumbbells. This class is geared towards students who want to learn how to workout at home or in alternate places other than a weight room.

School issued PE shirt and any school appropriate athletic bottoms.

Indoors & Outdoors
based on weather &
activity

FALL
SPRING

Walking Fitness

Walk a required 10,000 steps a day. Submit weekly steps and complete a weekly assignment.

Must have school ID on you at all times, clothing that follows school dress code, have winter gloves, hat and coat.

Primarily Outdoors
all semester long
despite
seasonal/temperature
change

FALL
SPRING

JUNIOR/SENIOR CLASS OPTIONS

PRACTICAL SKILLS COURSES



	Course Description	Uniform/Changing Requirement	Class Location	Semesters Offered
Childcare 101	Learn tips and tricks on how to babysit.–basic infant care to elementary aged care and fun backyard and indoors games to keep little kids engaged. CPR certification is optional. **Recommended for individuals who are interested in a career in education, health field or care for younger siblings. Can only take this class one semester every 2 years due to CPR certification.	School issued PE shirt and any school appropriate athletic bottoms.	In a classroom setting & gym setting	FALL SPRING
Drivers Education	Required 30 hours of classroom instruction in order to obtain an Illinois Driver's License. Take the permit test and then sign up for Behind the Wheel upon successful class completion.	\$20 for permit will be collected by instructor within the first weeks of the course	In a classroom	Every Quarter
Behind the Wheel	Required 6 hours of practice driving with a certified instructor Required 6 hours of observation time within a vehicle under the supervision of a certified instructor	\$250 for Behind the Wheel must be paid prior to beginning course	Students & Instructor will be at Door 21	Every Quarter Available times: Before/After School During lunch/study hall periods

PANTHER ATHLETE WELLNESS COURSE GUIDE

Fall Sport	Fall Semester 1	Spring Semester 2	Winter Sport	Fall Semester 1	Spring Semester 1	Spring Sport	Fall Semester 1	Spring Semester 1
Cross Country	Strength & Performance	Strength & Performance OR Strength Training 1	Basketball	Basketball Skills OR Strength & Performance	Strength & Performance OR Strength Training 1	Baseball	Strength & Performance	Strength & Performance OR Strength Training 1
Flag Football	Strength & Performance	Strength & Performance OR Strength Training 1	Bowling	Strength & Performance	Strength & Performance OR Strength Training 1	Soccer Girls	Soccer Skills OR Strength & Performance	Strength & Performance OR Strength Training 1
Football	Strength & Performance	Strength & Performance OR Strength Training 1	Competitive Cheer	Dance Fitness OR Strength & Performance	Dance Fitness OR Strength & Performance OR Strength Training 1	Softball	Strength & Performance	Strength & Performance OR Strength Training 1
Soccer Boys	Strength & Performance	Soccer Skills OR Strength & Performance OR Strength Training 1	Wrestling	Strength & Performance	Strength & Performance OR Strength Training 1	Tennis Boys	Strength & Performance	Strength & Performance OR Strength Training 1
Tennis Girls	Strength & Performance	Strength & Performance OR Strength Training 1	Athletes should only take a sport-specific class once a year. If an athlete is a multi-sport athlete, they can take only 1 sport-specific class and the other class should be Strength. Athletes can choose to take Strength all year round even if they have a sport-specific class option. - Basketball Skills is a co-ed course only offered in the Fall. - Soccer Skills should be offered to males in the Spring Semester & females in the Fall Semester. - Volleyball Skills should be offered to males in the Fall Semester & females in the Spring Semester.			Track & Field	Strength & Performance	Strength & Performance OR Strength Training 1
Volleyball Girls	Strength & Performance	Volleyball Skills OR Strength & Performance OR Strength Training 1				Volleyball Boys	Volleyball Skills OR Strength & Performance	Strength & Performance OR Strength Training 1