

2026-2027 ACADEMIC PROGRAM GUIDE

Achieving
Excellence,
Innovation,
& Empowerment
Together.

PHYSICAL WELFARE

Adaptive PE Leaders
Applied Personal Fitness
Basic Self-Defense
Advanced Self-Defense
Dance Arts
Dance Fitness
Dance Studies & Fitness
Driver Education
Exercise Physiology
Health
Lifeguard Training
Physical Education I, II
Physical Education III & IV - Adventure Education
Physical Education III & IV - Individual Sports
Physical Education III & IV - Strength Training
Physical Education III & IV - Team Sports
SCUBA Diving I & II
Sophomore Strength Training
Introduction to Sports Medicine
Sports Officiating
Yoga 1, 2, & 3

Office of Physical Welfare

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Physical Education and Health Department Mission Statement

The LT Physical Education and Health department's mission is to develop students who possess the information, the skills and the desire to keep themselves physically, socially and emotionally healthy for their lifetime.

Course Sequence and Electives

Freshmen PE
Freshman Physical Education I

Sophomore PE
Adaptive PE Leaders
Dance Studies & Fitness
Lifeguard Training
Sophomore Physical Education II
Sophomore Strength Training
Yoga I
Health or Health EL

Junior/Senior PE
Adaptive PE Leaders
Basic Self-Defense
Dance Arts
Dance Fitness
Exercise Physiology
PE III/IV Adventure Education
PE III/IV Individual Sports
PE III/IV Strength Training
Scuba Diving I
Sports Officiating
Yoga I or Yoga II

Senior Only PE
Advance Self-Defense
Scuba Diving II
Yoga III

Additional Welfare Electives
(not for PE credit)
Intro to Sports Medicine



Physical Education and Health Department Standards

The Physical Education and Health Department has established standards for student learning that encompass its programs at all grade levels. There are six general standards which guide the department's programs and which challenge students. In addition, each course and activity unit within each course have standards for student learning.

Students will be able to...

1. **demonstrate and understand movement skills that are necessary components of individual, team, leisure, work, and creative activities.**
2. **access, analyze, and apply health and wellness information.**
3. **promote and demonstrate mature and responsible social behavior while respecting diversity among others in a variety of settings.**
4. **understand and demonstrate the benefits of physical fitness as it relates to wellness.**
5. **understand the human body systems and the factors that influence growth and development.**
6. **understand and demonstrate basic health education principles, including the prevention and treatment of illness and injuries, while promoting healthy lifestyle behaviors.**
7. **develop self-awareness and self-management skills to achieve school and life success.**

Did You Know?

Regular physical activity can help reduce the risk of heart attack, high blood pressure, stroke, diabetes, obesity, osteoporosis, and some cancers.

The most effective means of maintaining a health level of body mass is through regular physical activity coupled with sensible eating



General Information

- Students will be scheduled into modified PE in cases of physical limitations or will have their regular PE classes modified. This is done by a medical doctor's written recommendation through the Health Office. If the doctor's recommendation is such that the student's participation in his/her assigned PE class is less than 50% of the semester, then the student shall receive a medical credit for the PE quarter/ semester grade. Once the medical condition no longer prohibits a student from participating in his/her PE class, the student is expected to fulfill all of the class expectations and requirements including but not limited to attendance, participation, etc.
- Freshmen, sophomores, juniors, and seniors are required to be enrolled in PE each semester excluding 1 semester of health during sophomore year.
- Dance Studies & Fitness can be taken only for Creative Arts credit at the Freshman level and must be taken in addition to Physical Education I. When taken at the Sophomore level, the course can be taken for either PE credit or Creative Arts credit.
- Dance Arts and Dance Fitness, offered at North Campus only, fulfill the PE requirement.
- Exercise Physiology and Applied Personal Fitness, when taken at North Campus, fulfill the PE requirement.

Swimming

If there is a medical reason for not being able to participate in aquatic activities, a medical doctor's note must be on file in the Health Office. If this is the case, the student will be assigned an alternate activity in place of swimming.

Junior and Senior PE Exemption/ Waiver Options

Students in grades 11 and 12 may request waivers from PE under the following conditions: At the time of application for PE waiver, each student must be up-to-date in PE credits. Each request for exemption from PE will be verified and eligibility determined on a case-by-case basis by school staff in accordance with established administrative guidelines. Every student excused from PE will be provided with a full day (periods 1-8) schedule at LTHS without a study hall.

A. A senior may request an exemption from PE (second semester) to take an academic class required for admission to a specific institution by following these procedures.
    a. The student must have appropriate credentials (grades and test scores) to qualify for admission to the requested school.
    b. The student must have a full day schedule at LTHS (periods 1-8) without a study hall.
    c. Other elective classes not required for graduation nor admission to a specific institution must be dropped to provide room for the required classes before a PE waiver will be considered.
    d. The student must verify that the course is required for admission by submitting a letter and the institution catalog requirement statement, and the student must appear to be otherwise admissible to that college/university in the judgement of LT staff.
    e. A student requesting a waiver in this case will be asked to complete the waiver request form available from the class counselor. The request will be reviewed by the class counselor and division chair of PE and acted upon by the principal.
    f. Under this exemption, any student dropping or losing any class during his/her school day will necessitate an immediate return to PE.

B. A senior may request an exemption from PE in order to meet graduation requirements, except the PE requirement, by following these procedures within established deadlines for schedule changes.
    a. The student will submit to the counselor a request for a PE waiver with a well-defined need and a plan clearly outlined to complete graduation requirements.
        i. Well-defined needs shall be interpreted as students who are, as a result of class failure, behind in obtaining credits toward graduation.
        ii. Other options, including summer school and extension courses, must be part of the plan.
        iii. The plan must provide that the student will be eligible to graduate with his/her class or by the summer school session immediately following his/her class' graduation.
    b. The student must plan a full schedule at LTHS (periods 1-8) without a study hall.
    c. Other elective classes not needed for meeting minimum graduation credits must be dropped to provide room for the required classes before a PE waiver will be considered.
    d. The student, except for a transfer student, must have all PE credits required for his/her status (i.e., an entering junior must have earned 1-1/2 credits of PE and 1/2 credit of Health). Fifth year students who have met PE requirements are not required to enroll in PE. A previously granted waiver will count toward the PE graduation requirement.
    e. Students requesting waivers in this case will be asked to complete the waiver request form available from the class counselor. The request will be reviewed by the class counselor and division chair of PE and acted upon by the principal.
    f. Under this exemption, any student dropping or losing any class during the school day will necessitate an immediate return to PE.

C. A junior or senior, who participates in an interscholastic athletic program or Marching Band (School Code of Illinois does not include performing groups), may request a waiver from PE to move into Athletic Study Hall.
    a. Junior and senior athletes involved in regular interscholastic competition will be offered the option of electing a study hall in lieu of their PE classes (seasonal PE waiver) during the season of athletic participation.
    b. To be eligible for this option, students will register for and report to their assigned PE classes. Students will receive a grade in PE based on their time in class for the semester.
    c. The student must have a full schedule (periods 1-8) without a study hall.

Physical Education Make-Up

Lyons Township High School requires the successful completion of 7 semesters of Physical Education and 1 semester of Health Education in order to graduate and to receive a high school diploma. Students who fail a semester of Physical Education and/ or Health Education are required to make-up the failed course during the semester immediately following the failure. In this way, students will be able to complete graduation requirements in a timely manner.

Physical Education Program

With an emphasis on new fitness and physical activity trends, the philosophy of the physical education program at LTHS is to provide a variety of activities and opportunities for students to maintain or improve their physical wellness. By incorporating social-emotional lessons into our curriculum along with our variety of activities, our hope is that all students will graduate from LTHS with a passion and the knowledge to continue to pursue physical activity to keep them physically and mentally well for the rest of their lives.

Students will be able to track their fitness progress over their entire four-year high school experience. Along with the collection of physiological and health risk data, students will be able to create a customized fitness program that should be the catalyst to make fitness and wellness a life-long endeavor.

Physical Education I

Credit: 1/2
Level: III
Grade Offered: 9
Annual: 9 PE8116
Annual: 9 PE8117
Prerequisite: Physical Examination

Students in this course establish a foundation in a variety of PE activities and in a fitness program both within a co-educational setting. For one-half of the class, instruction, practice and participation are provided in cooperative games, flag football, basketball, pickleball, swimming, badminton, soccer and softball. For the other half of class time, students develop personal fitness programs. They will acquire fitness concepts and apply these in weight training, conditioning, aerobics, flexibility, etc., activities. This dual approach - recreational and fitness activities - affords students the opportunity to develop life-long recreational interests and sound personal fitness habits.

Modified Physical Education I

Credit: 1/2
Level: III
Grade Offered: 9, 10, 11, 12
Annual: 9, 10, 11, 12 PE8516
Annual: 9, 10, 11, 12 PE8517
Prerequisite: Medical Doctor's written order

This course provides an individualized PE program for those students whose physical impairments or development prohibits them from participation in vigorous activity. A variety of physical activities are provided within the physical limitations of the students.

Dance Studies & Fitness

Credit: 1/2 * (dc)
Level: III
Grade Offered: 9, 10
Fall: 9, 10 PE8916 Creative Arts Credit
Spring: 9, 10 PE8917 Creative Arts Credit
Fall: 10 PE8816 PE Credit Only
Spring: 10 PE8817 PE Credit Only

Prerequisite: None

This is a one semester course designed to provide students the opportunity to explore movement through the study of dance. Students will develop body awareness and conditioning through the study of dance technique, choreography, yoga, mindfulness, pilates and cardio dance. This course fulfills the PE requirement for sophomores and may be repeated.



An * The asterisk following “Credit” indicates a course which is applied towards the Creative Arts graduation requirement when taken in addition to Physical Education.

- A (dc) following “Credit” indicates the course may be taken for “duplicate credit.”
- **Independent Study:** As outlined in the Independent Study section, under specific conditions, students may make an application for Independent Study. In all cases, students must secure parent, teacher, counselor, divisional, and building administration approval. Independent Study may not be taken as an 8th semester/annual course

Physical Education II

Credit: 1/2
Level: III
Grade Offered: 10

Fall:	10	PE8126
Spring:	10	PE8127

Prerequisite: Sophomore standing

Recreational and personal fitness program development is continued in the sophomore year. As students mature physically and emotionally, their interests and abilities expand, as well. As a result, recreational activities such as swimming, tennis, volleyball, and team sports are introduced, as are more sophisticated fitness concepts and activities. In the second year, students can access progress made during freshman year, and they will be able to develop more specific programs that meet their expanding needs.

Health

Credit: 1/2
Level: III
Grade Offered: 10, 11, 12

Fall:	10	PE9046
Spring:	10	PE9047
Fall:	11, 12	PE9041
Spring:	11, 12	PE9042

Prerequisite: None

This semester course meets daily. The course provides in-depth instruction in the following areas: human anatomy and physiology; mental health (including death education); substance abuse; nutrition; chronic and infectious diseases; human sexuality; and first-aid (including CPR certification). North Campus This class is only for students who are deficient in the Health credit because of prior failure, school transfer, or other extenuating circumstances. Juniors and seniors will not be excused from PE classes to take this course.

Lifeguard Training

Credit: 1/2
Level: III
Grade Offered: 10

Fall:	10	PE7606
Spring:	10	PE7607

Prerequisite: Sophomore standing

This course is designed to provide the student with knowledge and skills necessary to safely experience the lifeguard training environment. Leadership development with an emphasis in aquatics will be attained at the completion of the course. This is a performance course where the student must satisfactorily complete the academic and water skills requirements necessary for certification. At the completion of this course, the student could attain an American Red Cross Lifeguard Certification if program requirements are met. Red Cross certification fee approximately $45.

Sophomore Strength Training

Credit: 1/2
Level: III
Grade Offered: 10

Fall:	10	PE8716
Spring:	10	PE8717

Prerequisite: Sophomore standing

This semester course is designed for any sophomore student interested in strength training and body maintenance. No prior experience with strength training is required; the class is designed to meet individual student needs. The course is built around three core functional lifts that incorporate all muscles of the body. All techniques will be taught in a structured and safe environment. The course will spend three days a week in the weight room, one day in the classroom focused on the science of strength training, muscle growth and program development, and one day in the gym focused on body maintenance, body performance, and injury prevention. Expect to make strength gains and reach personal fitness goals throughout a semester-long, progressive strength training program. This course fulfills the physical education requirement.

Adaptive PE Leaders

Credit: 1/2 (dc)
Level: III
Grade Offered: 10, 11, 12

Fall:	10	PE7106
Spring:	10	PE7107
Fall:	11, 12	PE7101
Spring:	11, 12	PE7102

Prerequisite: Grade of A in Freshman PE and an application process including a PE teacher recommendation

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This is a one semester course designed for any student who is interested in assisting special education peers within the physical education setting. Students will develop an understanding and gain experience in: modifying activities to meet individual needs, developing lessons and assisting with instruction, and working alongside peers with special needs to develop meaningful connections. Students will be involved assisting students in our LIFE PE curriculum and engaging in a variety of sports, recreational activities, and fitness concepts. ***This course fulfills the PE requirement and can be repeated.**

Physical Education III and IV: Team Sports

Credit: 1/2 (dc)
Level: III
Grade Offered: 11, 12

Fall:	11, 12	PE8331
Spring:	11, 12	PE8332

Prerequisite: Junior or Senior Standing

Instruction, practice, and participating are provided in a co-educational setting in a variety of team sports and physical education activities. Students will tentatively engage (based on facilities) in Flag Football, Floor Hockey, and Volleyball during the Fall semester and in Volleyball, Cardio Games, and Softball during the Spring semester. Each student's elected activity program will be balanced with appropriate wellness and fitness activities. The development and implementation of personal fitness plans will augment the fitness phase of the curricula. ****This course fulfills the PE requirement and can be repeated.***

Physical Education III and IV: Individual Sports

Credit: 1/2 (dc)
Level: III
Grade Offered: 11, 12

Fall:	11, 12	PE8341
Spring:	11, 12	PE8342

Prerequisite: Junior or Senior Standing

Instruction, practice, and participating are provided in a co-educational setting in a variety of individual sports and physical education activities. Students will tentatively engage during the Fall semester and in Volleyball, Net Games, and Golf during the Spring semester. Each student's elected activity program will be balanced with appropriate wellness and fitness activities. The development and implementation of personal fitness plans will augment the fitness phase of the curricula. ****This course fulfills the PE requirement and can be repeated.***

Physical Education III and IV: Adventure Education

Credit: 1/2 (dc)
Level: III
Grade Offered: 11, 12

Fall:	11, 12	PE8381
Spring:	11, 12	PE8382

Prerequisite: Junior or Senior Standing

Instruction, practice, and participation are provided in a co-educational setting in a variety of Adventure Ed. activities. This course will include kayaking and rock climbing skills. Students will have the opportunity to utilize the climbing wall and rappelling stations that include supervised and belayed climbs to 25 feet. Students should be comfortable with heights. Team building and rope skills are a major focus of the course. Students taking the class for multiple semesters will also have the opportunity to complete the challenges on the high ropes course in the Fieldhouse. ****This course fulfills the PE requirement and students who choose to repeat the course will serve as peer leaders.***

Physical Education III and IV: Strength Training

Credit: 1/2 (dc)
Level: III
Grade Offered: 11, 12
Fall: 11, 12 PE8391
Spring: 11, 12 PE8392
Prerequisite: Junior or Senior Standing

This semester course is designed for any Junior or Senior student interested in strength training and body maintenance. No prior experience with strength training is required as programs can be developed on an individual basis. All techniques will be taught in a structured and safe environment. The course will spend three days a week in the weight room and 2 days working on other aspects of fitness and development. Expect to make strength gains and reach personal fitness goals throughout a semester-long, progressive strength training program. ***This course fulfills the physical education requirement and can be taken a maximum of 3 times.***



"Self defense begins with the mastery of your thoughts. If you don't control what you think, you can not control what you do. Simply, self-discipline enables you to think first and act afterward."

~Napoleon Hill

Basic Self Defense

(Choose the appropriate course option below)

Basic Self Defense - Option 1	Basic Self Defense - Option 2
Credit: 1/2 Level: III Grade Offered: 11, 12 Fall: 11, 12 PE8661 Spring: 11, 12 PE8662 Prerequisite: None	Credit: 1/2 Level: III Grade Offered: 11, 12 Fall: 11, 12 PE8671 Spring: 11, 12 PE8672 Prerequisite: None
This one semester course will provide students who identify as female or non-binary with viable considerations for the option of self-defense in response to a physical attack. Certified instructors will teach self-defense skills focused on avoiding and escaping physical assault. Students completing this course will have learned and practiced various self-defense techniques to have as options if they need to defend themselves. Additional topics covered include gender roles in society, healthy relationships, positive coping mechanisms, and how to recognize risk and reduce assault probability. This course fulfills the PE requirement and cannot be repeated. Students may receive college credit with College of DuPage upon successful completion of this dual credit course. ***Junior and Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***	This one-semester course will provide students who identify as a male or non-binary with viable considerations for the option of self-defense in response to a physical attack. Half of the course will be focused on resistance against attack. The other half will focus on fitness activities to increase general physical conditioning such as, HITT workouts, Crossfit, etc. Certified instructors will teach self-defense skills focused on avoiding and escaping physical assault. Students completing this course will have learned and practiced various self-defense techniques to have as options if they need to defend themselves. Additional topics covered include gender roles in society, healthy relationships, positive coping mechanisms, consent, and how to recognize risk and reduce assault probability. This course fulfills the PE requirement and cannot be repeated. Students may receive college credit with College of DuPage upon successful completion of this dual credit course. ***Junior and Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***

Advanced Self-Defense

Credit: 1/2
Level: III
Grade Offered: 11, 12
Fall: 11, 12 PE8681
Spring: 11, 12 PE8682
Prerequisite: Basic Self-Defense

This course is an expansion to our basic self defense program for identifying females that will allow the empowered student to further develop their skills and scope of knowledge in self defense. Students who sign up for this course must have received a B or better in the basic defense course. Certified instructors in advanced self defense will focus on refining basic self defense skills and extending knowledge/practice to advanced self defense concepts and techniques. There will be an emphasis to further develop physically with more technical and physical rigor; including more skills such as prone defense strategies, multiple subject encounters, and even low and diff used light simulation exercises. There will be a continued emphasis on connecting their decisions, mind/emotions, and body. In addition, the culminating experience includes both a physical simulation and a project that focuses on awareness and empowerment regarding personal safety. This course fulfills the PE requirement and cannot be repeated. ***Athletes who take this course are NOT eligible for Athletic Study Hall.***

Applied Personal Fitness

Credit: 1/2 (dc)
Level: III
Grade Offered: 11, 12
Fall: 11, 12 PE7301
Spring: 11, 12 PE7302
Prerequisite: None

Students in this course will use heart rate monitors at least 4 days per week to monitor and assess exercise intensity. Students will participate in a cardiovascular program using a variety of fitness activities. The class will provide students information regarding nutrition and diet, components of fitness, types of fitness programs, wellness concepts, and stress management. This course may be repeated and fulfills the PE requirement. ***Junior and Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***

Dance Arts

Credit: 1/2
Level: III
Grade Offered: 11, 12
Fall: 11, 12 PE8951 Physical Ed
Spring: 11, 12 PE8952 Physical Ed
Fall: 11, 12 PE8921 Creative Arts
Spring: 11, 12 PE8922 Creative Arts
Prerequisite: Dance Studies * Fitness or Dance Fitness

This is a one semester course for the student with an interest in dance technique and choreography. Students experience the power of communication through movement and dance. They create their own original choreography allowing for a window of self-expression. The student gains extensive dance training along with general fitness and conditioning. This course fulfills a PE requirement and can be repeated. CR/NC is available only when taken as a Creative Arts graduation requirement and/ or taken in addition to Physical Education. ***Junior and Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***

Dance Fitness

Credit: 1/2 *(dc)
Level: III
Grade Offered: 11, 12
Fall: 11, 12 PE8961 Physical Ed
Spring: 11, 12 PE8962 Physical Ed
Prerequisite: None

This is a one semester course designed to provide students with exposure to dance in a group fitness setting. Students will participate in various fitness activities such as cardio dance, body sculpting, pilates, ballet barre, yoga and mindfulness. Dance Fitness will guide students as they take ownership of their own physical fitness and become lifelong fitness participants. ****This course fulfills the PE requirement and may be taken a maximum of 3 times.***

Exercise Physiology

Credit: 1/2
Level: IV
Grade Offered: 11, 12
Fall: 11, 12 PE7811
Spring: 11, 12 PE7812
Prerequisite: Grade B or better in Biology (Prep) or (Accel)

This semester course is for the student interested in the scientific explanation of human performance as it relates to fitness and/or athletic performance. It is primarily a lab course with experiments in body composition, muscle function, cardiovascular function, and the energy supply systems for various activities. Because this course fulfills the PE requirement when taken in the junior or senior year, physical activity is included. ***Junior and Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***

SCUBA Diving I

Credit: 1/2
Level: III
Grade Offered: 11, 12
Fall: 11, 12 PE7611
Spring: 11, 12 PE7612
Prerequisite: Junior or Senior standing, Sophomore PE and Health with a C or better, comfortable in the water, current PADI physical & health questionnaire signed by a physician

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This semester's SCUBA course will provide students with the knowledge and skills necessary to safely experience SCUBA activities in the pool and open water settings. The activity portion of the course will first address swimming and skin diving skills, before moving into advanced skills on Self-Contained Underwater Breathing Apparatus. This course will provide cross-curricular opportunities with emphasis in the sciences, especially physics and physiology. Additionally, working in an underwater silent environment will create a necessity for students to communicate with the teacher and their peers utilizing sign language. At the completion of this course, a student that has met the pool requirements will be prepared for the option to go to a local quarry in June to complete the open water dives to become certified in PADI Open Water SCUBA. Certification will require taking standard PADI written quizzes, exams and a final along with equipment and skill checks in the pool. Additionally, knowledge reviews must be completed throughout the text as homework and class activities. ***Junior and Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***

SCUBA Diving II

Credit: 1/2
Level: III
Grade Offered: 12
Fall: 12 PE7621
Spring: 12 PE7622
Prerequisite: A in SCUBA Diving & PADI Open Water SCUBA Certification during the Junior year. Students interested in taking both Scuba I and Scuba II need to take each class in different academic years.

This course is designed for Senior students that are certified in Open Water Diving. This course will pursue the PADI Advanced Diving certification. Students should be interested in serving as a leader. Independent study skills are important for this course offered in conjunction with SCUBA Diving. ***Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***

Introduction to Sports Medicine

Credit: 1/2
Level: IV
Grade Offered: 11, 12
Fall: 11, 12 PE7911
Spring: 11, 12 PE7912
Prerequisite: Grade B or better in Health

This course provides students with an opportunity to learn medical terminology, basic anatomy, physiology, kinesiology, and prevention/treatment techniques relative to athletic injuries. Students contemplating medical or paramedical careers gain background in medical concepts. The course also offers practical knowledge and skills for today's recreational athlete. ***This course does not satisfy the junior or senior year PE requirement. It is to be taken in conjunction with PE.***

Sports Officiating

Credit: 1/2 (dc)
Level: IV
Grade Offered: 11, 12
Fall: 11, 12 PE7401
Spring: 11, 12 PE7402
Prerequisite: Junior or Senior standing. Sophomore PE and Health with a C or better. Athletes in season may be dismissed to Athletic Study Hall.

This course provides students with the opportunity to learn rules for soccer (fall semester), soft ball (spring semester), volleyball, and basketball. Students will be offered a setting in which to practice application of the rules, proper positioning, signaling, and conflict resolution. Students interested in earning income within the community will be offered a setting in which to develop their skills. Students will need to pursue certification on their own so they can work within the community park districts, feeder schools, and clubs, who are always in need of officials. The course will fulfill the junior or senior year PE requirement. Homework will be assigned. ***This course may be repeated.***

Yoga 1

Credit: 1/2
Level: III
Grade Offered: 10, 11, 12
Fall: 10 PE8976
Spring: 10 PE8977
Fall: 11, 12 PE8971
Spring: 11, 12 PE8972
Prerequisite: None

Yoga 1 will provide an opportunity to enhance one's muscular strength and endurance, flexibility, and kinesthetic awareness. A variety of asanas (poses) will be introduced and practiced in various types of yoga flows such as vinyasa, power, hot, restorative, etc. Mindfulness will also be studied and practiced regularly in this course. Mindfulness is a practice of being in the present moment, on purpose with non-judgement. Mindfulness practices provide numerous benefits such as a decrease in stress and anxiety, increase in focus, attention, productivity, and clarity, and improvement in both mental and physical health. Students may receive one college credit with College of DuPage upon successful completion of this dual credit course. ***This course cannot be repeated.***

Yoga 2

Credit:1/2 (dc)
Level: III
Grade Offered: 11, 12
Fall: 11, 12 PE8991
Spring: 11, 12 PE8992
Prerequisite: Yoga 1

Yoga 2 will expand on the concepts that students learned in Yoga 1. This course is designed for further exploration and practice of the yogic system of mind/ body awareness and fitness. Students will learn more challenging asanas (poses) that require higher levels of strength, balance and endurance as well as increased practice of inversions, twists and backbends. A deeper understanding of modifications will be investigated. The chakra system of energy flow will be studied with the asana movements along regular practices of mindfulness. Yoga 2 will continue to guide students as they take ownership of their own physical fitness and become lifelong fitness participants. Students may receive one college credit with College of DuPage upon successful completion of this dual credit course. ***This course can be taken a maximum of 2 times. *Please see the 'Duplicate Credit' section.***

Yoga 3

Credit: 1/2
Level: III
Grade Offered: 12
Fall: 12 PE9001
Spring: 12 PE9002
Prerequisite: Yoga 2

Yoga 3 is a continuation of Yoga 1 and Yoga 2. This course will offer a comprehensive, hands-on practical curriculum to deepen students' existing practice and teach students how to build a dynamic yoga class. Practices of anatomy, physiology, and body structures will be studied. Yoga history and philosophy will give meaningful context on this ancient practice. Comprehensive
asana clinics, practice teaching sessions with personalized, on-the-spot feedback and other tools will help build a confident yogi. ***Senior student athletes who take this course are NOT eligible for Athletic Study Hall.***

Career Internship Program

Credit: 1/2 (dc)
Level: IV
Grade Offered: 12
Fall: 11, 12 PE5551
Spring: 11, 12 PE5552
Summer: PE5558 or PE5559

This course is designed for a student who is seeking to complete an internship in partnership with LTHS. Detailed information about qualifying for a Career Internship Program class can be found in the Career Internship Guidelines for Approval section of the Guide. An application does not guarantee admission.

Have you ever considered a career as...

Physical Education
Physical Education Teacher
Health Teacher
Fitness Director
Personal Trainer
Sports Official (Umpire/Referee)
Coach Health & Fitness Center Director
Aerobics Instructor
PE & Fitness Equipment Designer
Corporate Fitness Director
Sports Apparel Distributor
Professional Athlete
Golf/Tennis Pro
Aquatic Director
Lifeguard

Recreation Park District Superintendent
Recreation Supervisor
Resident
Camp Director
Recreational Therapist
Professional Dancer
Dance Educator
Dance Therapist
Dance Video Performer
Director Choreographer
Dance Photographer
Dance Critic
Dance Studio Owner

Yoga Instructor
Stress Management Facilitator
Rock Climbing Instructor
Team Building Facilitator
Sports Administrator
Television Sports Broadcaster
News Sports Broadcaster
Sports Medicine
Athletic Trainer
Physical Therapist
Anatomist
Nurse Chiropractor
Paramedic/EMT
Exercise Physiologist
Massage Therapist
Physician Assistant
Doctor
Nutritionist
Sports Psychologist



Physical Education Classes

When choosing Annual Courses, you will need the first and second semester codes.

Freshman Courses
PE8116/7 Physical Education
PE8516/7 Freshman Modified PE
Elective Fall Only
PE8916 Dance Studies & Fitness (Cr. Arts Credit)
Elective Spring Only
PE8917 Dance Studies & Fitness (Cr. Arts Credit)

Sophomore Courses
Fall Only
PE7106 Adaptive PE Leaders
PE8916 Dance Studies & Fitness (Cr. Arts Credit)
PE8816 Dance Studies & Fitness (PE Credit)
PE9046 Health
PE9356 Health ML
PE8126 Sophomore PE
PE8516 Modified PE
PE8716 Sophomore Strength Training
PE7606 Lifeguard Training
PE8976 Yoga 1

Spring Only
PE7107 Adaptive PE Leaders
PE8917 Dance Studies & Fitness (Cr. Arts Credit)
PE8817 Dance Studies & Fitness (PE Credit)
PE9047 Health
PE9357 Health ML
PE8127 Sophomore PE
PE8517 Modified PE
PE8717 Sophomore Strength Training
PE7607 Lifeguard Training
PE8977 Yoga 1

Junior and Senior Courses
Fall Only
PE7101 Adaptive PE Leaders
PE7301 Applied Personal Fitness
PE8661 Basic Self-Defense
(review course description for appropriate code)
PE8671 Basic Self-Defense
(review course description for appropriate code)
PE8681 Advanced Self-Defense
PE8921 Dance Arts (Cr. Arts Credit)
PE8951 Dance Arts (Phys. Ed. Credit)

Junior Senior Courses
Fall Only (continued)
PE8961 Dance Fitness (Phys. Ed. Credit)
PE7811 Exercise Physiology
PE9041 Health Education
PE8331 Physical Ed III/IV Team Sports
PE8341 Physical Ed III/IV Individual Sports
PE8381 Physical Ed III/IV Adventure Ed
PE8391 Physical Ed III/IV Strength Training
PE7611 SCUBA Diving
PE7621 SCUBA Diving II (Seniors only)
PE7911 Introduction to Sports Medicine
(Not for Phys. Ed. Credit)
PE7401 Sports Officiating
PE8971 Yoga 1
PE8991 Yoga 2
PE9001 Yoga 3(Seniors only)

Spring Only
PE7102 Adaptive PE Leaders
PE7302 Applied Personal Fitness
PE8662 Basic Self-Defense
(review course description for appropriate code)
PE8672 Basic Self-Defense
(review course description for appropriate code)
PE8682 Advanced Self-Defense
PE8922 Dance Arts (Cr. Arts Credit)
PE8952 Dance Arts (Phys. Ed. Credit)
PE8962 Dance Fitness (Phys. Ed. Credit)
PE7812 Exercise Physiology
PE9042 Health Education
PE8332 Physical Ed III/IV Team Sports
PE8342 Physical Ed III/IV Individual Sports
PE8382 Physical Ed III/IV Adventure Ed
PE8392 Physical Ed III/IV Strength Training
PE7612 SCUBA Diving
PE7622 SCUBA Diving II (Seniors only)
PE7912 Introduction to Sports Medicine
(Not for Phys. Ed.. Credit)
PE7402 Sports Officiating
PE8972 Yoga 1
PE8992 Yoga 2
PE9002 Yoga 3 (Seniors only)

Fall or Spring
PE5551/2 Career Internship
PE8516/7 Modified PE

Honor our tradition of excellence, foster innovation, and empower all students in their quest for a fulfilling life.



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