

WELLNESS

TW 911 TOTAL WELLNESS 1

One Semester Course

Freshmen

This one semester course is a requirement for all freshmen with an emphasis on fitness training and educating students on current health issues. The objective of the course is to educate students on how to train properly in a weight room and to assess aerobic and anaerobic development throughout the semester. There is a concentration on sportsmanship and teamwork within the environment of the class and pertinent information on various health matters which adolescents should learn and understand. Students will be involved in aerobic and anaerobic training, weight room activities, team/individual games, with eight weeks devoted to health including four written assignments. Exemptions are not allowed for Total Wellness 1.

TW 921 TOTAL WELLNESS 2

One Semester Course

Prerequisite: Total Wellness 1, TW 911

Sophomores, Juniors, Seniors

Total Wellness 2 focuses on the well being of the student. The objective of the course is to further develop students' fitness levels through advanced training concepts and to give students an introduction to exercise physiology. Students will be responsible to prepare four papers, a weight room practical and a CPR test throughout the semester. This course is graded on a pass/fail basis. This course fulfills the Total Wellness graduation requirement.

If a student has participated in two complete seasons of an IHSA sanctioned sport in his/her sophomore, junior, or senior (fall semester) years, the student may be granted an exemption from Total Wellness 2, TW 921 by completing a Google request form and contacting his/her counselor.

TW 912 WEIGHTLIFTING

One Semester Course

Prerequisite: Total Wellness 1 TW 911

Sophomores, Juniors, Seniors

Introduction to weightlifting can help a student strengthen, sculpt, and tone muscles, helping to prevent injury with all activities. This elective will provide foundational skills with classes to assist a student in his/her fitness journey. Teachers help navigate how to use equipment, modify selection of weights, and help improve form with workouts. Students will be stronger on completion of this elective and will be encouraged to maintain fitness and strength at appropriate levels for each student's stage of development. This course fulfills the Total Wellness graduation requirement.

TW 997 H WEIGHTLIFTING H

One Semester Course

Prerequisite: Weightlifting TW 912

Sophomores, Juniors, Seniors

This course is a strength and conditioning class designed for students wanting to continue to build upon strength exercises specifically guided by the Total Wellness instructors. Fundamental techniques will be taught and reinforced while maintaining safety. Logs are used to chart, evaluate, and monitor progress throughout the year. A formal program will be followed for each individual student and progress will be documented. A clear focus for reasonable goals will be maintained, especially with awareness of the impact of weightlifting on developing teenagers. This course fulfills the Total Wellness graduation requirement.

TW 992 LEADERSHIP IN ATHLETICS

One Semester Course

Prerequisite: Total Wellness 1 TW 911

Sophomores, Juniors, Seniors

This course will provide opportunities to prepare for a future leadership position in the sports industry or summer camps. Students will develop communication and leadership skills within activity and classroom units. Students will learn how to lead warm-ups, teach skill activities, officiate, and organize tournaments. Leaders will learn to encourage and motivate, focusing on enjoyment in being active, while teaching fundamentals of physical activities. This course fulfills the Total Wellness graduation requirement.

TW 993 CYCLE FITNESS

One Semester Course

Prerequisite: Total Wellness 1 TW 911

Sophomores, Juniors, Seniors

Cycle fitness is a short, intense, and low-impact cardiovascular workout. The instructors, music, and experience will help motivate a student to meet his/her fitness goals. Cycle classes provide an excellent and efficient total body workout starting with a warm-up followed by a release of endorphins with climbs and sprints working on the glutes, calves, quads, hamstrings, and core while improving overall cardiovascular function. This course fulfills the Total Wellness graduation requirement.

TW 994 MIND AND BODY

One Semester Course

Prerequisite: Total Wellness 1 TW 911

Sophomores, Juniors, Seniors

This course is built on the foundation and concepts of total wellness and is designed to address the overall physical, social and emotional well-being of all participants. The course will be centered on yoga classes, focusing on increasing core strength, flexibility, stability, and coordination. This course will encourage students to build inner strength as well as physical strength. This course fulfills the Total Wellness graduation requirement.

TW 995 TRX/BOXING

One Semester Course

Prerequisite: Total Wellness 1 TW 911

Sophomores, Juniors, Seniors

This course will teach students how to strength-train using their own body weight while building stamina and learning strategies for self defense. Students interested in intense workouts will enjoy this elective. This course fulfills the Total Wellness graduation requirement.

TW 996 RACQUET SPORTS

One Semester Course

Prerequisite: Total Wellness 1 TW 911

Sophomores, Juniors, Seniors

Students will enjoy learning the game of pickleball and mastering racket skills for both pickleball and ping pong. Students will participate in recreational and tournament matches with their peers, gaining an opportunity to socialize and have fun while being active. This course fulfills the Total Wellness graduation requirement.

Total Wellness 2

All students enrolled in Total Wellness 2, TW 921 will earn a Pass or Fail for their course work.

A student who has participated in two full seasons of an IHSA sanctioned sport in his/her sophomore, junior, or senior (fall semester) years may apply for an exemption from Total Wellness 2 (TW 921) by discussing this option with his/her School Counselor. If a waiver for Total Wellness 2 is granted, a student will earn a P (pass) for this .5 credit.

In order to be considered for this exemption the sport must:

- Have a regular schedule of interscholastic athletic competitions
- Practice or compete (in season) for a minimum of four to six days a week
- Involve health and skill-related fitness.

If the student athlete does not complete a full athletic season for any reason (absence, health, or injury) the student will not be allowed to count the season towards an exemption. If the student athlete does not fulfill these criteria by December of his/her senior year, Total Wellness 2 will be added to the student's course schedule for the second semester.

Any exceptions on special requests must be approved by the Assistant Prefect of Studies.