

Naperville Central

Physical Education, Health and
Driver Education Department

Course Recommendation
Grade 10 & 11, 202021

Target

I can determine 2020-2021 PE
Department course options best
for me.

Remember:

PE & Health will not initial your
Course Recommendation Sheet on
Dec. 4th.

Ask your counselor to place PE
before your most challenging class.

Course Selection Document Information



Course Selection Document

This document will help you view all options for the 2020-21 Course Selection process. The following slides focus on the options for next year's Juniors and Seniors.

PE Options Available for Current Sophomores & Juniors:



- Adventure 1
- Adventure 2
- Adapted PE Leader
- Junior PE Leader
- Lifeguarding
- PE 3/4

- PE Fitness
- Senior Wellness
- Sensory PE Leader
- Sports Medicine 1
- Sports Medicine 2
- Strength & Performance

PE Courses with...



Courses with Applications:

1. Adapted PE Peer
2. Sensory PE Peer
3. Jr. PE Leadership

Courses that have Pre -Reqs:

1. Adventure 1 - Basic swimming skills from and comfortable being under water.
2. Adventure 2 - Adventure 1
3. Senior Wellness - Health Education
4. Sports Medicine 2 - Sports Medicine 1

Courses that Restrict PE Waivers:

1. Adventure 1
2. Adventure 2
3. Jr. PE Leader
4. Lifeguard
5. Sports Medicine 1
6. Sports Medicine 2

PE Options Available for Current Sophomores & Juniors:



Adventure 1

This course is focused on experiential learning and may include, but are not limited to, the following: Kayaking, Rock Climbing, Rappelling, High Ropes, map reading, building a fire and shelter, and environmental responsibilities. **Students enrolled in this course may NOT participate in the PE waiver program.**

Pre Req: Basic swimming skills from and comfortable being under water.

Adventure 2

This course is focused on experiential learning that may include, but are not limited to, the following: Orienteering, Introduction to Lead Climbing, Advanced Camping Skills, and Advanced Kayaking. This course will also include an expedition trip planning and a spring off -campus kayaking trip. **Students enrolled in this course may NOT participate in the PE waiver program.**

Pre Req: Adventure 1

PE Options Available for Current Sophomores & Juniors:



Adapted PE Leader

Adapted PE Leaders provide assistance for students enrolled in Adapted Physical Education.— **Application required – IC Approval**

Sensory PE Leader

Sensory PE Leaders provide assistance for students enrolled in Sensory Physical Education. An interview with Mrs. Hagenbaumer is required and there will be an observation process prior to the school year – **Application required – IC Approval**

PE Options Available for Current Sophomores & Juniors:



Junior PE Leader Training

This course prepares students with the skills needed to provide assistance as a student leader in PE 1 or PE 2. Their training will include, but will not be limited to, the following: Life Saving, Facilitation of Fitness Concepts, Team Building, Wall Climbing, CPR, and Dance Instruction. **Completion of this course does not not guarantee you a Sr. PE Leader placement. Students enrolled in this course may NOT participate in the PE waiver program.**

Application required – IC approval

PE Options Available for Current Sophomores & Juniors:



Lifeguard

Course Fee required

American Red Cross Lifeguard Certification can be achieved through this class. This course will include the application of traditional and non-traditional Physical Education activities in and out of the pool. Required course materials can be purchased by the student or through the school. There is an optional \$39.00 fee to purchase lifeguard certification from the American Red Cross. **Students enrolled in this course may NOT participate in the PE waiver program.**

Grade Level: 9 (NCHS second semester only. Must be age 15 by spring break)
10, 11, 12

PE Options Available for Current Sophomores & Juniors:



PE 3/4

Students will elect between a variety of experiences to promote lifelong health and wellness. Experiences may include, but not limited to: Fitness, Fitness Testing, Individual and Team Activities, Aquatics (class dependent), Dance (class dependent) and off campus activities such as bowling and golf (class dependent). During 2nd semester Girls and Boys Self-Defense class is offered (classroom activities based on health relationships, gender issues, basic physical self defense, aggressor simulation, mock rape trial and field day activities. It is in the discretion of the department to modify a student's request to accommodate appropriate sectioning.

PE Options Available for Current Sophomores & Juniors:



PE Fitness

Students will develop comprehensive knowledge of fitness through experiences that will include, but are not limited to, the following: Group Fitness, Team Activities, Individual Activities, Strength Training, Yoga, Pilates, and Functional Movement Activities. Students will develop an individual fitness program and set goals to analyze and improve their fitness and nutrition levels.

Strength & Performance

Students have the opportunity to experience a course that is devoted to the development of strength and performance. Fundamental and advanced techniques will be applied to resistance training, functional fitness concepts will be applied to enhance the student's power and agility. In addition, movements and exercises will be designed to resist injury. This course is designed to accommodate students with a variety of training needs. Additional concepts such as nutrition, healthy habits, and leadership will be applied in this course.

PE Options Available for Current Sophomores & Juniors:



Senior Wellness

Seniors have the unique opportunity to participate in Senior Wellness, a course incorporating both physical education activities and health education concepts that directly apply to their post -secondary experience. Physical education activities are designed to develop greater independence in the areas of fitness, recreation, and individualized activities. Health topics that will be explored include, but not limited to, alcohol/drug abuse, human sexuality, nutrition, and emotional wellness. **If a student took Advanced Health they are not eligible to take Senior Wellness.**

Pre Req: Health

PE Options Available for Current Sophomores & Juniors:



Sports Medicine 1 (will be required to change 2 days/week and complete fitness testing and other learning labs)

Students in this class will get an introduction to how athletic trainers and other sports medicine professionals work to prevent, evaluate, manage and rehabilitate athletic injuries in various public settings such as: physical therapy clinics, physician extenders, industrial corporations, professional sports, and high schools. Students are given the opportunity to explore all aspects of sports medicine. Experiences will include, but are not limited to, the following: anatomy, physiology, therapeutic exercise, taping and biomechanics of common mechanisms of sport injuries as they pertain to sports medicine. This class will include weekly fitness activities where students must change for PE. There are optional observational opportunities, after school, as a Student Athletic Trainer Aide. **Students enrolled in this course may NOT participate in the PE waiver program** .

PE Options Available for Current Sophomores & Juniors:



Sports Medicine 2 (will be required to change during 4th quarter)

Sports Medicine 2 is designed for students who are interested in careers like sports medicine, physical therapy, medicine, nursing, fitness, physiology of exercise, kinesiology, nutrition, and EMT. This course focuses on providing students with advanced levels of content and skill development important in recognition of proper care, prevention, and preliminary rehabilitation of athletic injuries. Students continue advanced skill development in taping, padding, equipment use and management, CPR, and first aid, while deepening knowledge of medical terminology. Topics covered include anatomy, physiology, and kinesiology. **Students enrolled in this course may NOT participate in the PE waiver program.**

Pre Req: Sports Medicine 1

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The background features a large red trapezoidal shape on the left, a dark gray triangle in the top right, and a dark gray horizontal bar at the bottom. The rest of the background is white.

Have a great day!