



Wellness

There are many options for you to get your required Physical Education credit each year in addition to your required Health class. For your Physical Education credit you can take one of the following classes: Physical Education, Leisure Fitness, Strength Training I or II, or Lifeguarding. It is even possible to take more than one Wellness class each year. Students may take one wellness class per semester. If more than one is desired for a semester, instructor approval is required.

Possible careers in Wellness: Personal Trainer, Athletic Coach, Physical Education Teacher, Health Educator



WELLNESS COURSE OFFERINGS

Below is a listing of courses offered through the Wellness Department. The graph indicates the course title, the grades that a student can take the offering, and the prerequisites for taking the class.

	Semesters	9th Grade	10th Grade	11th Grade	12th Grade	Prerequisite Courses
Health I	1	X				
Health II	1			X	X	Health I
Physical Education	1	X	X	X	X	
Leisure Fitness	1		X	X	X	
Strength Training I	1	X	X	X	X	
Strength Training II	1		X	X	X	Strength Training I or approval from Strength Training Instructor
Lifeguarding	1		X	X	X	See description for full prerequisite
Weight Room Assistant	1			X	X	Prior approval from a CHS Strength and Conditioning Instructor. Must have passed Strength Training I and II with an "A."



WELLNESS

Physical Education/Health

Four Semesters of Physical Education, one per year of enrollment, and one **semester** of Health are required of all students for graduation. Students can take Strength Training I, Strength Training II, or Leisure Fitness instead of P.E. Athletes are strongly encouraged to take Strength Training during their athletic season(s).

Physical Education Policies:

***Early Bird:** Any student registering for EB PE *must* have a full academic schedule.

***Medical Restrictions:** It is the responsibility of the student and or parent to inform the teacher and the NURSE about medical problems and the appropriate, necessary modifications. If the medical excuse is extended, the student will be transferred to a different semester for P.E.

HEALTH I (Required)

Grade: 9 **Semesters:** 1 **Credits:** 1

Prerequisites: None

Course Description: This course is required of all freshmen and new students at CHS. The class meets daily for one **semester**. Topics include aspects of wellness, human growth and development, drug education, nutrition, stress management and infectious disease. CPR will also be a required component of health.

HEALTH II

Grade: 11, 12 **Semesters:** 1 **Credits:** 1

Prerequisites: Health I

Course Description: Students who are interested in pursuing a career in a health profession will benefit from this course. The class is project and discussion based and covers issues that are crucial to students' personal lives by examining one's personal health with an emphasis on the relationship between personal lifestyle, fitness and health. The course enables students to cope more effectively with the health problems faced during the college experience, and subsequently throughout life. Concepts covered include lessons in fitness, community health, current events, critical thinking, ethics, sexuality, drug use in society, complementary medicine, careers in health, current events in the news, and much, much more.

PHYSICAL EDUCATION (PE): This could be used as one of your 4 Wellness credits.

Grade: 9, 10, 11, 12 **Semesters:** 1 **Credits:** 1

Prerequisites: None

Course Description: This class is exploratory in nature, introducing students to a variety of team and individual activities. Each semester consists of 6 coed, 7 to 8 day units that involve knowledge, skill, and competitive activities.

LEISURE FITNESS (LF) This could be used as one of your 4 Wellness credits.

Grade: 10, 11, 12 **Semesters:** 1 **Credits:** 1

Prerequisites: None

Course Description: This course will provide students with 30 minutes of walking and knowledge about leisure/recreational activities. This class can be used each year for a P.E. credit.

STRENGTH TRAINING I (WT 1) This could be used as one of your 4 Wellness credits.

Grade: 9, 10, 11, 12 **Semesters:** 1 **Credits:** 1

Prerequisites: None

Course Description: This is an introductory class primarily geared towards freshmen and non-athletes. Students will learn the proper form and techniques of basic strength training exercises, and how that applies to the Clinton High School Strength Training Program. This class also focuses on the development of each individual's core, flexibility, agility, speed and conditioning. This class can be repeated each year for a P.E. credit with recommendation from a Strength Training teacher.



STRENGTH TRAINING II (WT 2) This could be used as one of your 4 Wellness credits.

Grade: 10, 11, 12 **Semesters:** 1 **Credits:** 1

Prerequisites: Wt. Training I or instructor approval

Course Description: This is an upper level class geared toward athletes and those students who have successfully completed Strength Training I. This class builds on the exercises from Strength Training 1 and begins to introduce more complex movements including Olympic Lifts. Students who master proper form and technique will continue to advance further in the program as instructors see fit. This class also continues to focus on the development of each individual's core, flexibility, agility, speed, and conditioning. This class can be repeated each year for a P.E. credit with recommendation from a Strength Training teacher.

LIFEGUARD TRAINING (LG) This could be used as one of your 4 Wellness credits.

Grade: 10, 11, 12 **Semesters:** 1 **Credits:** 1

Prerequisites: Age 15 by the end of course; Students must dress in swimsuits and demonstrate on the first day the ability to pass the prerequisite swimming test to stay enrolled in lifeguarding course. One skill to be demonstrated is to swim 300 yards continuously, using these strokes in the following order 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick (Rhythmic breathing can be performed either by breathing to the side or to the front), 100 yards of breaststroke using a pull, breathe, kick and glide sequence, 100 yards of either the front crawl or breaststroke (this can be a combination of front crawl and breaststroke. The other requirement is the following: starting in the water, swim 20 yards using front crawl or breaststroke, surface dive in 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Course Description: Students are expected to become an American Red Cross certified lifeguard. They may not take this class if they are already a certified Lifeguard.

WEIGHT ROOM ASSISTANT (WRA) This course will be an elective course.

Grade: 11, 12 **Semesters:** 1 **Credits:** 1

Prerequisites: Prior approval from a CHS Strength and Conditioning Instructor. Must have passed Strength Training I and II with an "A."

Course Description: Students will work independently under the direction and supervision of a specific CHS strength and conditioning teacher.

Duties may include:

- Assist in setting up, taking down, and maintaining equipment.
- Prepare displays and presentations to enhance and supplement classroom activities and promote our program.
- Organize teaching materials.
- Perform independent work in the weight room.
- Instruct small groups in basic movements.

