Wellness and Fitness Course Descriptions

The Wellness and Fitness Department at Cherokee Trail High School offers a health-related, fitness program. Students will experience a variety of cardiovascular and fitness activities as well as develop knowledge and skills through participation in individual sports. A student will also acquire the practical experiences and knowledge related to establishing a healthy lifestyle, both as an adolescent and as a maturing adult. The instructional wellness and fitness program will provide emphasis on the development of conditioning techniques, health related fitness, cardiovascular fitness, agility, strength, and flexibility, training, and nutrition.

The role of the wellness and fitness teacher is critical to the success of this program. The teacher will be a positive role model of personal health, fitness, and enjoyment of participating in physical activity.

Requirements for graduation:

All students are required to have the equivalent of 2 credits in this area to meet graduation requirements established by the Board of Education. Of the 2 credits:

- .5 must include the successful completion of Health
- 1 must include the completion of two active participation/cardiovascular fitness classes
- .5 from other wellness and fitness classes

Students who have completed a season of athletics at the varsity level may be granted a waiver of .5 of the required 1.5 credits. This waiver does not reduce the total number of units required for graduation. Health may not be waived.

**Uniforms are required** for all activity classes and may be purchased at check in or from any wellness and fitness instructor.

\[ ^\$20-\$70 \text{ uniform cost} \]
### ADVANCED WEIGHT TRAINING
Grades: 10, 11, 12  
Semester: .5 credit  
Prerequisite: Successful completion of Basic Weight Training
This course is designed for students who participate in athletics or are serious weight lifters. This course will include approximately 90 high intensity minutes of advanced weight training and conditioning. The specific needs of male and female students will be the focus of this course allowing students to develop core strength in major muscle groups, improving speed, agility, and the prevention of injury. Students will develop and execute specific weight training programs and conditioning strategies designed for students to become their physical best. This course is performance based; therefore development and improvement will be measured every 4-6 weeks. This course requires some written, out of class work. The course may be repeated for credit.

### ATHLETIC TRAINING/SPORTS MEDICINE
Grades: 11, 12  
Semester: .5 credit  
Prerequisite: None
One semester elective course designed for juniors and seniors considering careers in Exercise Physiology/Kinesiology related fields such as athletic training, physical or occupational therapy, sports medicine, medical careers, nursing physical education, and coaching. Students will experience laboratory application pertaining to athletic injury prevention and treatment, and on/off site field trips for first hand health related career experiences including information on preparation for such careers. Student would also complete CPR/FA certification during semester, allowing students the opportunity to work with the CTHS training staff as a student trainee.

### AQUATIC RECREATION
Grades: 10, 11, 12  
Semester: .5 credit  
Prerequisite: 300 yard swim and comfortable in deep water
This class will offer an alternative to the traditional swimming fitness/team sports curriculum. This course emphasizes teambuilding activities as well as giving students the opportunity to improve on personal fitness. This class offers a variety of activities such as: water polo, baseball basketball, slot water hockey, capture the ring, and overall swim fitness.

### BODY WORKS
Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: None
This class introduces students to the fundamentals of fitness. Skills to create and maintain a personal fitness schedule are stressed. Activities include pilates, yoga, strength training with hand weights and resistance bands, kickboxing, aerobics, and circuit training. This course utilizes a fitness principles book and requires some writing as well as physical fitness testing. The course may be repeated for credit.

### DANCE 1
Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: None
This beginning dance course is designed to expose students to dance as an opportunity for fitness development and as an art form. Students will learn the fundamentals of movement, dance technique, improvisation, anatomy, choreography, performance skills, and dance vocabulary. Hip hop, jazz, lyrical, and ballet will be studied in this class. Dance 1 will help the dancer to develop strong collaboration and communication skills. Dance 1 students are required to perform outside of school. This course may be repeated for credit. Dance can be applied towards graduation credit in Wellness and Fitness or Fine Arts.

### DANCE 2
Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: Dance 1 or teacher approval
This beginning-intermediate level dance class will focus on technique development, enhancing performance skills, the application of anatomy and kinesiology to dance, choreography, and intermediate level combinations. Lyrical, jazz, ballet, and modern dance will be studied. A beginning approach to dance composition will be utilized to aid the student in creating studies and dances for evaluation. This course may be repeated for credit. Dance can be applied towards graduation credit in Wellness and Fitness or Fine Arts.

### DANCE COMPOSITION
Grades: 10, 11, 12  
Year: 1 credit  
Prerequisite: By Audition Only; Intermediate/Advanced Dance Skills.
This is an intermediate-advanced dance course for the student displaying excellent dance technique, exceptional performance skills, and the desire to grow as a dancer. This course will allow the dancer to gain an understanding of choreography principles, dance production, and performance qualities. Lyrical, jazz, ballet, hip hop, and modern dance will be studied and performed. Students must audition and will be placed in the spring. This course may be repeated for credit. Dance can be applied towards graduation credit in Wellness and Fitness or Fine Art.

### HEALTH
Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: None
Students enrolling in this course will develop appropriate attitudes and behaviors to make wise decisions about contemporary health issues. Students will build upon previous health knowledge by investigating the issues that directly impact lives today and in the future. Topics covered in this course include personal decision making, communication skills, conflict resolution, public health issues, consequences of behavior, family dynamics, healthy self-image, prevention and detection of disease, human growth and development including sexuality. **Passing this course will enable students to meet the required health graduation requirement.**
Health focuses on issues and components of personal health as they apply to mental, physical, emotional, and social well-being. Topics include stress management, self-destructive behaviors, sexuality, substance abuse, nutrition, fitness, diseases and others.

**INDIVIDUAL SPORTS**

Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: None

This is a beginning course designed to give students an appreciation for skill development in individual sports. The class will promote the fundamental skills for activities such as tennis, archery, Frisbee golf, badminton, table tennis, and pickle ball. This course is designed to promote the recreational value of these units as lifelong activities. Students will learn fundamental skills of each activity, how to keep score, and will participate in class tournaments. This course may be repeated for credit.

**LEARN TO SWIM**

Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: None

This class is designed for the beginning or first time swimmer. This class is designed for the student who has had little swimming experience. Students will learn basic strokes and water safety, and water survival techniques.

**LIFEGUARD TRAINING**

Grades: 10, 11, 12  
Semester: .5 credit  
Prerequisite: Students must be 15 years old by the end of the semester and be able to swim 500 yards.

This course is designed by the American Red Cross to prepare students to work as professional lifeguards. Rescue techniques, CPR, and First Aid will be taught. Students will be required to purchase a pocket mask, textbook fee, and Red Cross certification fee. (approximately $30.00)

**PERSONAL BEST**

Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: None

Personal Best allows each student to focus on a personal target zone for aerobic exercise. Students use monitors to determine their individual target heart rate zones. The student’s ideal level of exertion will be based on aerobic fitness tests at the beginning of the semester. Students will also learn proper techniques for the use of the weight room and cardiovascular equipment, healthy choices regarding diet and food intake. All students, regardless of previous experience, can be successful in this class. This class may be repeated for credit.

**PERSONAL FITNESS I – ONLINE**

Grades: 9, 10, 11, 12  
Credit: .5 credit (Physical Ed)  
Prerequisite: Counselor Signature Required and parent permission form

Students in Personal Fitness I will learn about the components of fitness and wellness in order to establish a personal fitness plan that will be implemented throughout the semester. Although this is an online class, the course standards do require students to participate in weekly cardiovascular, flexibility, strength, and endurance exercise. Students will be issued a heart rate monitor to measure their progress and must exercise for 150 minutes per week in their target heart rate zone (143 – 173 beats per minute) in addition to written work and other exercise. Students will also be required to attend four fitness-testing sessions throughout the semester (dates will be announced before the semester begins).

**PERSONAL FITNESS II – ONLINE**

Grades: 9, 10, 11, 12  
Credit: .5 credit (Physical Ed)  
Prerequisite: Counselor Signature Required, must have completed Personal Fitness I, and parent permission form

Students in Personal Fitness II continue to work on their fitness goals and plans developed in Personal Fitness I. Students will be required to participate in weekly cardiovascular, flexibility, strength, and endurance exercise. Students will be issued a heart rate monitor to measure their progress and must exercise for 180 minutes per week in their target heart rate zone (143 – 173 beats per minute) in addition to other exercise. Students will also be required to attend four fitness-testing sessions throughout the semester (dates will be announced before the semester begins).

**SWIMMING FITNESS**

Grades: 9, 10, 11, 12  
Semester: .5 credit  
Prerequisite: Advanced swimming skills; written permission of the instructor

Students will understand the value of lifetime leisure activities, personal fitness, and survival as it pertains to aquatics. This class is designed for the advanced swimmer. Advanced is defined as proficient in each swimming stroke and able to swim longer distance (500 yards +). It is suggested that students should have past and/or present experience on a swim team. New skills and information presented in this class will be the use of a pace clock, Principles of Fitness while swimming and target heart rate zone training and use.

**TEAM SPORTS**

Grades: 11, 12  
Semester: .5 credit  
Prerequisite: None

Students will learn to be competent, literate, and enthusiastic about team sports. This course will teach students the skills needed to participate and succeed in game situations. In addition to game skills, students will learn to understand and use strategies appropriate to each game. Students will be taught in a manner that the values, rules, roles, and traditions within each sport are learned. This class requires full participation by all students and will use modified games to allow success for all. Using a Sports Education model, students will participate in roles such as: coaches, referees, trainers, safety officials, scorekeepers, managers, publicists, and broadcasters.
**WEIGHT TRAINING 1**
Grades: 9, 10, 11  
Semester: .5 credit  
Prerequisite: None

This course is designed to teach basic lifting techniques and to give a background in anatomy. The beginning weight lifter will learn basic lifting techniques, safety concerning proper lifting mechanics, and spotting techniques while using equipment. This course may be repeated for credit.

**WEIGHT TRAINING 1 & PERSONAL FITNESS FOR GIRLS**
Grades 11, 12  
Semester: .5 credit  
Prerequisite: None

This course will provide experience in a variety of exercise methods and weight lifting techniques specifically designed for female athletes. An emphasis will be placed on developing muscle tone and strength, speed and agility training and injury prevention. Students will be exposed to a variety of cardiovascular activities and exercises.