

HEALTH AND WELLNESS DEPARTMENT

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The Health and Wellness Program develops physical fitness and coordination, athletic skills and team play, a wholesome attitude towards exercise and body care, and a high respect for sportsmanship through (1) the activities in the physical education classes and (2) the after school program of interscholastic athletics.

Physical Education Classes are predominately fitness based. Activities include conditioning, basketball, wrestling, swimming, driver and safety education, track, flag football, volleyball, soccer, tennis, softball, weight training, dance, badminton, and aerobics.

The Interscholastic Athletic Program offers extracurricular activity in football, cross country, soccer, basketball, wrestling, swimming, baseball, tennis, golf, track and field, volleyball, and softball.

PHYSICAL EDUCATION at a Glance

Course	Grade	Credit
Freshman Physical Education	9	0.5
Health Education	9	0.5
Wellness & Personal Development I*	9	1.0
Wellness & Personal Development II*	10	0.5
Wellness & Personal Development III*	11	1.0
Wellness & Personal Development IV*	12	1.0
Sophomore Physical Education	10	0.5 to 1
Driver Education in the Classroom	10, 11, 12	0.5
Physical Education Leadership	10, 11	0.5
Junior/Senior Physical Education	11, 12	0.5 to 1
Aquatic Swimming	11, 12	0.5 to 1
Modified Physical Education	All	0.5 to 4
Driver Education Behind-the-Wheel	10, 11, 12	Optional
Independent Study	11, 12	0.5 to 1

*This course is only offered at the Mathematics and Science Academy.

PHYSICAL EDUCATION Courses

Freshman Physical Education

P369 (P849 Sem. 2) Grade 9
 No Prerequisite
 Semester course; offered both semesters

An introduction to fitness activities, terminology, and proper use of equipment. There will also be an emphasis on health, wellness and skill related activities.

All students must pass 8 semesters (4 credits) of Physical Education. For each successful semester, students earn 0.5 credits. Grade 9 physical education will consist of one semester of physical education and one semester of health education.

Health Education

P396 (P863 Sem. 2) Grade 9
P398 ESL (P865 Sem. 2) 0.5 credit
 No Prerequisite
 Semester course; offered both semesters

This course fulfills the health education requirement for graduation as stipulated in Section 861 of *The School Code of Illinois*. Students study human ecology and health, human growth and development, prevention and control of disease, public and environmental health, consumer health, safety education and disaster survival, mental health and illness, personal health habits, nutrition, and dental health. Other topics include the use and abuse of alcohol, drugs, and tobacco in relation to one's health.

Wellness & Personal Development I

PW10X Grade 9
PW10Y
 Prerequisite: None 1 credit
 Semester course

This course is the initial course of a 4 part sequence that focuses on all aspects of wellness and personal development, including physical fitness, emotional health, and social maturity. Content and processes are designed to be age-appropriate for students at this level.

Wellness & Personal Development II

PW20X Grade 10
PW20Y
 Prerequisite: Wellness 0.5 credit
 Semester course

This course is the second part of a sequence that focuses on all aspects of wellness and personal development, including physical fitness, emotional health, and social maturity. Content and processes are designed to be age-appropriate for students at this level.

Wellness & Personal Development III

PW30X Grade 11
PW30Y 1.0 credit
 Prerequisite: Wellness II

This course is the third part of a sequence that focuses on all aspects of wellness and personal development, including physical fitness, emotional health, and social maturity. Content and processes are designed to be age-appropriate for students at this level.

Wellness & Personal Development IV

PW40X Grade 12
PW40Y 1.0 credit
 Prerequisite: Wellness III

This course is the final part of a sequence that focuses on all aspects of wellness and personal development, including physical fitness, emotional health, and social maturity. Content and processes are designed to be age-appropriate for students at this level.

Sophomore Physical Education

P373 (P851 Sem. 2) Grade 10
 Prerequisite: Wellness III 0.5 to 1 credit
 Prerequisite: Freshman Physical Education
 Semester course; offered both semesters

Continue fitness activities, terminology, and proper use of equipment. There will also be an emphasis on health, wellness and skill related activities.

All students must pass 8 semesters (4 credits) of Physical Education. For each successful semester, students earn 0.5 credit. Grade 10 will consist of one semester of physical education and one quarter of driver education (if eligible) or two semesters of physical education.

Students must also participate in an instructional unit in swimming during one of their activity semesters.

Transfer/homebound students must earn credit in physical education for each semester they are enrolled at Proviso. These students must also meet the health education requirement.

Driver Education in the Classroom

P408 (P808 Sem. 2) Grade 10, 11, 12
PW21X 0.5 credit
PW21Y
 Prerequisite: Freshman Physical Education 90% attendance rate during previous school year
 Semester course; offered both semesters

The Driver Education program, consisting of two phases of instruction, classroom and behind-the-wheel (optional), is designed to develop safe, courteous, and skillful drivers. To enter the driver education program, students must have completed freshman physical education and maintained a 90% Attendance Rate during the school year prior to taking this course. The classroom phase emphasizes the importance of students developing desirable attitudes toward the responsibilities associated with the operation of a motor vehicle. At the end of this course, students receive their permit, which must be held three (9) months before they can be issued a license.

NOTE: This course meets the driver educ. requirement for graduation.

Physical Education Leadership

P405 Grade 10,11
 Prerequisite: Two semesters of P.E. 0.5 credit
 Department recommendation
 Semester course

Students are trained as leaders and teacher assistants. This is an elective course for sophomores who have had three semesters of physical education and are recommended by their teachers for leadership training. Learning emphasis is placed upon fitness maintenance and improvement, exercise and conditioning fundamentals, rules interpretation, officiating, and safety awareness - as well as leadership skills.

Once certified as leaders, students are assigned to Physical Education classes and teachers for whom they serve as a class leaders and teacher assistants. This takes place during the junior and senior years.

Students who fail a semester of physical education during grades nine or ten must make up this deficiency either in summer school or by taking double physical education as part of a six subject enrollment (four academic subjects plus two physical education) during the regular school year. P340 Junior/Senior Physical Education Emphasis will be placed on fitness training, strategies, and rules in sports and activities.

Aquatic Swimming

P150 (P750Sem. 2) Grade 11, 12
 Prerequisite: Intermediate to advanced swim 0.5 to 1 credit
 level or pass proficiency test
 Sophomore Physical Education
 Semester course; offered both semesters

Water polo, lap swimming, stroke improvement, and water aerobics are just a few of the activities intended for students to enhance cardiovascular fitness, a major benefit of swimming.

Modified Physical Education

P403 (P870Sem. 2) Grade 9, 10, 11, 12
 No prerequisite 0.5 to 4 credit
 Semester course; offered both semesters

Modified Classes are for students with permanent disabilities so that they may maintain a higher degree of proficiency. They are for students who have temporary disabilities and who may achieve normal body motion through exercise.

Driver Education Behind-the-Wheel

Prerequisite: 15 years of age Grade 10, 11, 12
 Classroom instruction No credit
 Driving Permit
 Offered for 6 hours behind-the-wheel

Behind-the-Wheel instruction is an optional course. Instruction is made available to students, but it is not required for graduation.

The permit allows the students to begin the required 50 hours of behind-the-wheel instruction with their parents and the 6-hour behind-the-wheel school phase either before or after school, during the school day (if class schedule permits), or during the summer.

Fees: \$150.00 user fee payable to Proviso Township High Schools, a \$20.00 application fee for permit payable to the Secretary of State, and a \$15.00 workbook fee are required.

Credit: Students do not receive credit for Driver Education, since the grade is part of the Physical Education grade.

Independent Study in Physical Education

P501

Grade 11, 12

Prerequisite: Departmental approval

0.5 to 1 credit

One or two semester course

Independent study must be appropriately designed and approved. The course will cover the knowledge and skills identified by the student working in cooperation with the selected faculty member. See Independent Study under the Alternative School Center and Innovative Programs, p. 16-17.

