

Physical Education I, II, III & IV

Health

Dance Studies 1, 2 & 3

Exercise Physiology

Family Health Issues

Applied Personal Fitness

SCUBA Diving

Physical Welfare

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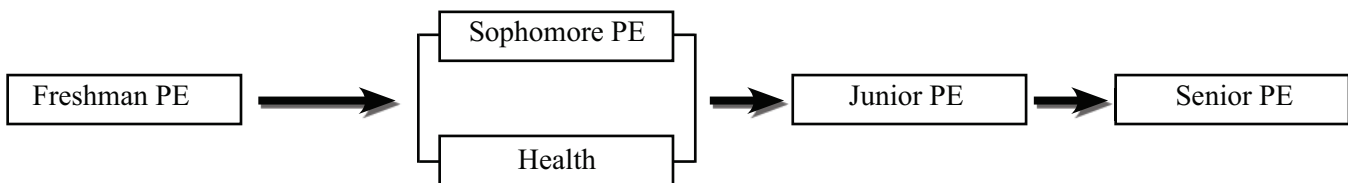
Physical Education and Health Department Philosophy

The philosophy of the Physical Education and Health Department is to fulfill the Mission Statement of Lyons Township High School which charges that our work will "...foster the full intellectual, physical, moral, and aesthetic growth of each student." The four year required base of study will use a broad variety of activities that will emphasize the promotion of a healthy lifestyle and acquisition of skills that will be valuable beyond the school setting. These include...

- the development and maintenance of personal fitness;
- the acquisition of health related knowledge, growth and development, the structure and function of body systems, illness prevention, and safety;
- the development of various movement concepts and the refinement of related motor skills;
- the exposure to life long sport and fitness activities;
- the acquisition of physical competency and the knowledge of the rules and strategies of individual and team sports as well as recreational activities; and
- the development of interpersonal skills necessary for successful living.

The far-reaching nature of our discipline requires us to include aspects of each of the three educational domains: cognitive, psychomotor, and affective.

Regular Sequence



Electives

South Campus 9-10

• Dance Studies 1 & 2

North Campus 11-12

• Dance Studies 1, 2, & 3

• Family Health Issues

• Exercise Physiology

• Introduction to Sports Medicine

• SCUBA Diving

• Applied Personal Fitness

Physical Education and Health Department Standards

The Physical Education and Health Department has established standards for student learning that encompass its programs at all grade levels. There are six general standards which guide the department's programs and which challenge students. The department has also established more specific standards for each general area, and these are available upon request. Finally, each course and activity unit within each course have standards

Students will be able to...

1. demonstrate and understand movement skills that are necessary components of individual, team, leisure, work, and creative activities.
2. access, analyze, and apply health and wellness information obtained through the use of technology.
3. promote and demonstrate mature and responsible social behavior while respecting diversity among others in a variety of settings.
4. understand and demonstrate the benefits of physical fitness as it relates to wellness.
5. understand the human body systems and the factors that influence growth and development.
6. understand and demonstrate basic health education principles, including the prevention and treatment

Did You Know?

Regular physical activity can help reduce the risk of heart attack, high blood pressure, stroke, diabetes, obesity, osteoporosis, and some cancers.

The most effective means of maintaining a healthy level of body mass is through regular physical activity coupled with sensible eating.

General Information

- Students will be scheduled into modified PE in cases of physical limitations or will have their regular PE classes modified. This is done by a medical doctor's written recommendation through the Health Office. If the doctor's recommendation is such that the student's participation in his/her assigned PE class is less than 50% of the semester, then the student shall receive a medical credit for the PE quarter/semester grade. Once the medical condition no longer prohibits a student from participating in his/her PE class, the student is expected to fulfill all of the class expectations and requirements including but not limited to attendance, participation, etc.
- Freshmen, sophomores, juniors, and seniors are required to be enrolled in PE each semester excluding 1 semester of health during sophomore year.
- Freshmen and sophomores enrolled in Dance Studies 1 and 2 must also be enrolled in PE during the same semester. They do not replace nor fulfill the PE requirement.
- Dance Studies 1, 2, and 3 may only be taken for CR/NC when taken as a Creative Arts graduation requirement and/or when taken in addition to Physical Education.
- Dance Studies 2 & 3, offered at North Campus only, fulfill the PE requirement.
- Exercise Physiology and Applied Personal Fitness, when taken at North Campus, fulfill the PE requirement.
- Applied Personal Fitness and Dance Studies 3 may be replaced.

Swimming

If there is a medical reason for not being able to participate in aquatic activities, a medical doctor's note must be on file in the Health Office prior to the fall semester of the student's freshman year. A new note is required at the beginning of each year.

When this procedure is followed, the student will be allowed to select a block of PE activities which does not contain aquatics. If a note is not brought to school prior to registration of PE elective programs (beginning of each semester), the student will remain with the assigned aquatic's class.

Junior and Senior PE Exemption/Waiver Options

Students in grades 11 and 12 may request waivers from PE under the following guidelines.

- At the time of application for PE waiver, each student must be up-to-date in PE credits. Each request for exemption from PE will be verified and eligibility determined on a case-by-case basis by school staff in accordance with established administrative guidelines. Every student excused from PE will be provided with a full day (periods 1-10) schedule at LTHS without a study hall.

A. A senior may request an exemption from PE (second semester) to take an academic class required for admission to a specific institution by following these procedures.

1. The student must have appropriate credentials (grades and test scores) to qualify for admission to the request school.
2. The student must have a full day schedule at LTHS (periods 1-10) without a study hall.
3. Other elective classes not required for graduation nor admission to a specific institution must be dropped to provide room for the required classes before a PE waiver will be considered.
4. The student must verify that the course is required for admission by submitting a letter and the institution catalog requirement statement, and the student must appear to be otherwise admissible to that college/university in the judgement of LT staff.
5. The student must have a completed college/university application on file with the counselor including a check for the application fee.
6. A student requesting a waiver in this case will be asked to complete the waiver request form available from the class counselor. The request will be reviewed by the class counselor and division chair of PE and acted upon by the principal.
7. Under this exemption, any student dropping or losing any class during his/her school day will necessitate an immediate return to PE.

B. A senior may request an exemption from PE in order to meet graduation requirements, except the PE requirement, by following these procedures within established deadlines for schedule changes.

1. The student will submit to the counselor a request for a PE waiver with a well-defined need and a plan clearly outlined to complete graduation requirements.
 - a. Well-defined need shall be interpreted as students who are, as a result of class failure, behind in obtaining credits toward graduation.
 - b. Other options, including summer school and extension courses, must be part of the plan.
 - c. The plan must provide that the student will be eligible to graduate with his/her class or by the summer school session immediately following his/her class' graduation.
2. The student must plan a full schedule at LTHS (periods 1-10) without a study hall.
3. Other elective classes not needed for meeting minimum graduation credits must be dropped to provide room for the required classes before a PE waiver will be considered.
4. The student, except for a transfer student, must have all PE credits required for his/her status (i.e., an entering junior must have earned 1-1/2

credits of PE and 1/2 credit of Health). Fifth year students who have met PE requirements are not required to enroll in PE. A previously granted waiver will count toward the PE graduation requirement.

5. Students requesting waivers in this case will be asked to complete the waiver request form available from the class counselor. The request will be reviewed by the class counselor and division chair of PE and acted upon by the principal.
 6. Under this exemption, any student dropping or losing any class during the school day will necessitate an immediate return to PE.
- C. A junior or senior, who participates in an interscholastic athletic program (**School Code of Illinois** does not include performing groups), may request a waiver from PE under one of two options. In the event that a student exercising one of these options returns to PE within a semester for any reason, and for 50% or more of the semester, he/she will be assigned a grade for the full semester and granted full credit. The student must have a full schedule (periods 1-10) without a study hall for any of the 2 options.

- **Option 1: Semester or Full-Year Course**
Junior and senior athletes may elect an additional credit class in lieu of PE during the semester(s) in which they are participating in interscholastic athletic competition. Junior and senior athletes may elect a year-long course in place of PE, provided that there are no other semester elective courses, other than those required for graduation, in their schedules. Verification of participation or potential participation will be made by the athletic director and the varsity coach of the sport in question. Not going out or being dropped from the athletic team will result in the immediate return to the PE class, and a grade of "W" will be assigned to the additional course. To exercise this option, the student-athlete will be asked to complete the necessary approval form available from his/her counselor prior to registration.
- **Option 2: Athletic Study Hall**
Junior and senior athletes involved in regular interscholastic competition will be offered the option of electing a study hall in lieu of their PE classes (seasonal PE waiver) during the season of athletic participation. To be eligible for this option, students will register for and report to their assigned PE classes.

If students participate in an IHSA interscholastic sport **for more than 50%** of the semester, they will receive credit but not an academic grade

for their assigned PE classes for the quarter/semester. Credit will be assigned in these situations provided students fulfill all of the class expectations and requirements for their assigned PE classes upon returning to those classes.

If students participate in an IHSA interscholastic sport **for less than 50%** of the semester, they will receive credit for the portion of the PE class time while they participated in the interscholastic sport, but they will receive a grade based on the remaining units of their assigned PE classes. Credits and final semester grades in these situations will be assigned provided students fulfill all of the class expectations and requirements for their assigned PE classes upon returning to those classes.

Physical Education Make-up

Lyons Township High School requires the successful completion of 7 semesters of Physical Education and 1 semester of Health Education in order to graduate and to receive a high school diploma.

Students who fail a semester of Physical Education and/or Health Education are required to make-up the failed course during the semester immediately following the failure. In this way, students will be able to complete graduation requirements in a timely manner.

Physical Education Classes

Freshman Courses

98115 Physical Education
98515 Freshman Modified PE

Elective Fall Only

98916 Dance Studies 1 (Cr. Arts Credit)
Elective Spring Only
98917 Dance Studies 1 (Cr. Arts Credit)
98927 Dance Studies 2 (Cr. Arts Credit)

Sophomore Courses

Fall Only

98916 Dance Studies 1 (Cr. Arts Credit)
99046 Health
99356 ELL Health
98126 Sophomore P.E.
98527 Sophomore P.E. Modified
98527 Sophomore P.E. Medical
Permission Needed

Spring Only

98917 Dance Studies 1 (Cr. Arts Credit)
98927 Dance Studies 2 (Cr. Arts Credit)
99047 Health
99357 ELL Health
98127 Sophomore P.E.
98527 Sophomore P.E. Modified
98527 Sophomore P.E. Medical
Permission Needed

Junior and Senior Courses

Fall Only

97301 Applied Personal Fitness
98921 Dance Studies II (Cr. Arts Credit)
98951 Dance Studies II (Phys. Ed. Credit)
98931 Dance Studies III (Cr. Arts Credit)
98961 Dance Studies III (Phys. Ed. Credit)
97811 Exercise Physiology
99051 Family Health Issues
99041 Health Education
97911 Introduction to Sports Medicine
(Not for Phys. Ed.. Credit)

98131 Physical Education III – IV
97611 SCUBA Diving

Spring Only

97302 Applied Personal Fitness
98922 Dance Studies II (Cr. Arts Credit)
98952 Dance Studies II (Phys. Ed. Credit)
98932 Dance Studies III (Cr. Arts Credit)
98962 Dance Studies III (Phys. Ed. Credit)
97812 Exercise Physiology
99052 Family Health Issues
99042 Health Education
97912 Introduction to Sports Medicine
(Not for Phys. Ed.. Credit)
98132 Physical Education III - IV
97612 SCUBA Diving

Did You Know?

**More than
250,000
people die
prematurely of
disease
associated
with
sedentary
systems.**

**Practicing lifelong healthy lifestyles
is the key to
health, wellness, and fitness.**

**Regular aerobic physical activity increases
the strength of the heart muscle and plays
a role in the prevention of heart disease.**

EXERCISE IS MEDICINE!

Have you ever considered a career as a...

Physical Education

Physical Education Teacher
Health Teacher
Fitness Director
Personal Trainer
Sports Official
(Umpire/Referee)
Coach
Health & Fitness Center
Director
Aerobics Instructor
PE & Fitness Equipment
Designer
Corporate Fitness Director
Sports Apparel Distributor
Professional Athlete
Golf/Tennis Pro
Aquatic Director
Lifeguard
Yoga Instructor
Stress Management Facilitator
Rock Climbing Instructor
Team Building Facilitator
Sports Administrator
Television Sports Broadcaster
News Sports Broadcaster

Sports Medicine

Athletic Trainer
Physical Therapist
Anatomist
Nurse
Chiropractor
Paramedic/EMT
Exercise Physiologist
Massage Therapist
Physician Assistance
Doctor Nutritionist
Sports Psychologist

Dance

Professional Dancer
Dance Educator
Dance Therapist
Dance Video
Performer
Director
Choreographer
Dance Photographer
Dance Critic
Dance Studio Owner

Recreation

Park District
Superintendent
Recreation Supervisor
Resident Camp Director
Recreational Therapist



Physical Welfare