

## WELLNESS

COURSE	CREDIT	OPEN TO	PREREQUISITE
Health	0.5	9	None
Freshman PE	0.5	9	None
Freshman PE Strength	0.5	9	None
Sports and Fitness	0.5	10-12	None
Strength 1	0.5	10-12	None
Strength 2	0.5	10-12	1 semester of Freshman Strength or 2 semesters of Strength 1
Dance	0.5	9-12	None
PE Group Fitness	0.5	10-12	None
PE Adaptive	0.5	9-12	Department recommendation
Driver Education	0.5	10-12	Course placement is by birth date

1. Freshmen will be required to complete Freshman Health and Freshman PE. This will count as their high school health requirement.
2. Sophomores will be assigned 2 semesters of PE each year as mandated by State Law. A student enrolled in both phases of Driver Education will earn 1 semester of PE credit. Students may take additional PE classes as electives.
3. Juniors and Seniors will be assigned 2 semesters of PE each year as mandated by State law. Students may take additional PE classes as electives.
4. All students will be expected to have a PE t-shirt and a PE lock. PE t-shirt can be purchased from the Mustang Spirit Store at the high school for a reasonable cost
5. All Wellness courses count toward GPA, class rank (where applicable), and honor roll.
6. All Wellness courses will utilize the aquatic center during the semester and heart rate monitors each week.
7. Students may apply for a Physical Education waiver due to one of the following reasons:
8. Medical: The Medical Waiver requires a doctor's statement which includes limitations and specific dates for the waiver. Students who waiver from PE and are in a PE and will miss more than 37 days of the semester will receive a "P" (passing grade) and 0.5 credit that will not count toward GPA. Students who waiver from the first part of the semester and return for more than 38 days of the class will receive a letter grade and 0.5 credit toward GPA. IF A PHYSICAL EDUCATION STUDENT IS ALSO A STUDENT ATHLETE, ANY MEDICAL RESTRICTIONS IN PHYSICAL EDUCATION WILL ALSO AFFECT THEIR ATHLETIC PARTICIPATION.

9. Athletic: Students who are participating in a MHS athletic program may waive Physical Education only during the season in which they participate. Students who drop from the sport or elect not to participate, unless for medical reasons, will be re-enrolled in the Physical Education class. The regular course change policy will be in effect for all requests. Students who elect this plan will receive a “P” (passing grade) and 0.5 credit that will not count toward GPA.

## Wellness Athletic Exemption Policy

Students in grades 9-12 may request an athletic exemption from Physical Education if they satisfy the following criteria:

- The student-athlete is enrolled in 6 academic and credit bearing courses
- The student athlete can only exempt out of the competition season of Varsity Cheerleading and Varsity Dance
- The student-athlete has never failed a wellness class and currently holds a “C” or better
- A student-athlete will be placed in a study hall during the season and will be re-enrolled in his/her physical education class at the end of the regular season.

The following procedure must be completed by the student. No action will be taken until all steps and signatures have been fulfilled: **THIS IS DUE NO LATER THAN 5 SCHOOL DAYS AFTER THE IHSA OPENING DAY OF THEIR SEASON.**

- The student-athlete must obtain the Wellness exemption form from the counseling office. The form will be returned to the wellness department chair (Located in D14) in order to complete the process. **Signatures required (in order):** Student, Coach, Parent, Wellness instructor, counselor, Wellness department chair.
- The student/parent must sign the form indicating they understand the rules and regulations of the Athletic Exemption Privilege and the consequences of failing to abide by any part of the regulations.
- Each request will be processed on an individual basis. The request does not guarantee approval. Students will be notified by their Wellness teacher or Department chair if the waiver was approved. Students should continue to go to class until this approval is communicated.
- The winter athlete must report to their Wellness class at the start of second semester. They will be exempt beginning the following day.
- If the student is exempt for the entire semester, a grade of “P” will be placed as the semester grade. If the student misses more than 9 weeks of the semester, a grade of “P” will be placed as the semester grade. If a student waives less than 9 weeks, an academic grade will be provided.
- Students are required to be back in class **the day after their last competition.**
- If a student leaves the sport for any reason (resigning, failure to participate, involuntary exit), they are required to report back to class on the day of their exit from the sport. Coaches will notify the wellness department chair upon any unexpected exits.

<p><b>HEALTH</b></p> <p>Prerequisite: None</p> <p>Open To: Grade 9</p> <p>Length: 1 semester</p> <p>Credits: 0.5</p> <p>Course Number: WE7100</p>	<p>This course provides a comprehensive overview of health and wellness. The impact of lifestyle choices on all aspects of personal health are discussed including physical, mental, emotional, social, and environmental factors. The course will explore topics related to nutrition, physical fitness, stress management, disease prevention, substance abuse, and healthy relationships. Students will also receive information and skills necessary for making informed and healthful decisions to promote wellness with an emphasis on decision making.</p>
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<p><b>FRESHMAN PE</b></p> <p>Prerequisite: None</p> <p>Open To: Grade 9</p> <p>Length: 1 semester</p> <p>Credits: 0.5</p> <p>Course Number: WE7100</p>	<p>This course will provide an introduction to physical fitness concepts, along with safety techniques and exposure to a variety of physical fitness apparatus to provide lifelong knowledge. Students will learn sports related activities in individual and group settings. The students will participate in activities such as but not limited to: tennis, badminton, volleyball, basketball, soccer, and floor hockey. Students will learn and have the opportunity to receive CPR/AED certification. Students will perform fitness testing at the beginning and end of the semester. Heart rate monitors will be used throughout the semester. A Mundelein High School Physical Education shirt is required.</p>
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<p><b>Freshman PE Strength</b></p> <p>Prerequisite: None</p> <p>Open To: Grade 9</p> <p>Length: 1 semester</p> <p>Credits: 0.5</p> <p>Course Number: WE1200</p>	<p>This class will follow very closely to "Strength 1," with modifications being made for the age and experience level of each Freshman student. Students will learn and have the opportunity to receive CPR/AED certification. A Mundelein High School Physical Education shirt is required.</p>
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<p><b>STRENGTH 1</b></p> <p>Prerequisite:</p> <p>Open To: Grades 9-12</p> <p>Length: 2 Semesters</p> <p>Credits: 0.5</p> <p>Course Number: WE5300</p>	<p>This class is designed for the dedicated student who wants to learn and be introduced to the basics of a strength training program. This class is an attempt to optimize physical competence in ten fitness domains (endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy). The class is designed for universal scalability, making it the perfect application for any committed student regardless of athletic experience or ability level. Students will be taught basic strength training concepts and techniques, as well as power and olympic lifts. Other fitness concepts will be discussed, that includes, but is not limited to plyometrics, speed and agility drills, interval training and aquatic activities. The weekly course schedule will change daily. Students will be assessed with a muscular strength and aerobic capacity growth model. Students will perform fitness testing at the beginning and end of the semester. Heart rate monitors will be used throughout the semester. A Mundelein High School Physical Education shirt is required.</p>
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<p><b>STRENGTH 2</b></p> <p>Prerequisite:</p> <p>Open To: Grades 10-12</p> <p>Length: 2 Semesters</p> <p>Credits: 0.5</p> <p>Course Number: WE5600</p>	<p>This class is designed for the student that is also competing in athletics. This Strength class is designed to provide an opportunity for athletes to participate in a structured strength and athletic enhancement program. Every athlete, no matter their sport, will follow a similar program. There will be differentiation between In-Season and Off-Season</p>
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	<p>athletes. Movements are the same for each, difference is with intensity (weight) and volume (# of reps). Other fitness concepts will be discussed, that includes, but is not limited to plyometrics, speed and agility drills, interval training and aquatic activities. Students will perform fitness testing at the beginning and end of the semester. Heart rate monitors will be used throughout the semester. A Mundelein High School Physical Education shirt is required.</p>
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<p><b>DANCE</b>  Prerequisite: None  Open To: Grades 10-12  Length: 1 semester  Credits: 0.5</p> <p>Course Number: WE5000</p> <p>Required attire: Black pants and solid colored sports tank shirts.</p>	<p>This is a one semester course in the art, craft and science of modern dance for all level dancers. Ballet, jazz and ethnic forms will be integrated into the curriculum. The purpose of this course will be to introduce students to the basic technical, sensory, expressive, and formal elements of dance and consequently develop their artistic appreciation. Students will be assessed on movement fundamentals and dance terminology. There will be some exploration of the role of dance in historical, social and cultural contexts. This course will also address issues of health, safety, and wellness that are of particular interest and importance to adolescent dancers. There will be mandatory participation in the dance recital. This course can be repeated. Heart rate monitors will be used throughout the semester. Students will perform fitness testing at the beginning and end of the semester.</p>
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<p><b>GROUP FITNESS</b>  Prerequisite:  Open To: Grades 10-12  Length: 1 semester  Credits: 0.5</p> <p>Course Number: WE3200</p>	<p>Group fitness is a class that will expose students to a "Group Exercise" experience similar to what is found at a health and fitness facility. The students will learn basic, intermediate, and advanced skills in pilates, yoga, step aerobics, water aerobics, kickboxing, boot camp training, cycling, high and low aerobics. Activities will also include strength training with resistance bands, TRX bands and free weights. Students will perform fitness testing at the beginning and end of the semester. Heart rate monitors will be used throughout the semester. A Mundelein High School Physical Education shirt is required.</p>
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<p><b>SPORT AND FITNESS</b>  Prerequisite: None  Open To: Grades 10-12  Length: 1 semester  Credits: 0.5</p> <p>Course Number: WE2000  *This course will also be offered as an Early Bird</p>	<p>Sport and Fitness is designed for the student that enjoys sports and fitness related activities in individual and group settings. The students will participate in activities such as: tennis, badminton, volleyball, basketball, soccer, and floor hockey. The students will also participate in fitness activities such as circuit training, spin classes, running, and swimming. Students will perform fitness testing at the beginning and end of the semester. Heart rate monitors will be used</p>
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option.	throughout the semester. A Mundelein High School Physical Education shirt is required.
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<p><b>PE ADAPTIVE</b></p> <p>Prerequisite: Department recommendation</p> <p>Open To: Grades 9-12</p> <p>Length: 2 semester</p> <p>Credits: 0.5</p> <p>Course Number: WE6000</p>	<p>The Adaptive Physical Education program mirrors the other physical education classes, with the same standards and objectives. The teacher makes adjustments to meet the needs and abilities of the students. Adaptations ensure safe, respectful, and beneficial participation for all students.</p>
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<p><b>DRIVER EDUCATION</b></p> <p>Prerequisite: None</p> <p>Open To: Grades 10-12</p> <p>Length: 1 semester</p> <p>Credits: 0.5</p> <p>Course Number: WE8000</p> <p><b>Note: A course fee of \$350 and \$20 for an instructional permit are required. The \$350 course fee will be waived if there is a current (dated July/August 2018) MHS fee waiver on file. The \$20 instructional permit fee is paid to the Illinois Secretary of State and cannot be waived.</b></p>	<p>Driver Education is a two phase course that emphasizes a philosophy of safety and collision prevention and practical application of driving skills. Each student will receive a minimum of 30 hours of classroom instruction; and 6 hours of behind-the-wheel instruction to meet state requirements. Students are required to participate in both phases of the course and have met the financial obligation by the end of the first week of the term that they are enrolled in.</p> <p>Students must have a passing grade in 8 classes of the previous 2 semesters in order to enroll in Driver Education,</p>
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