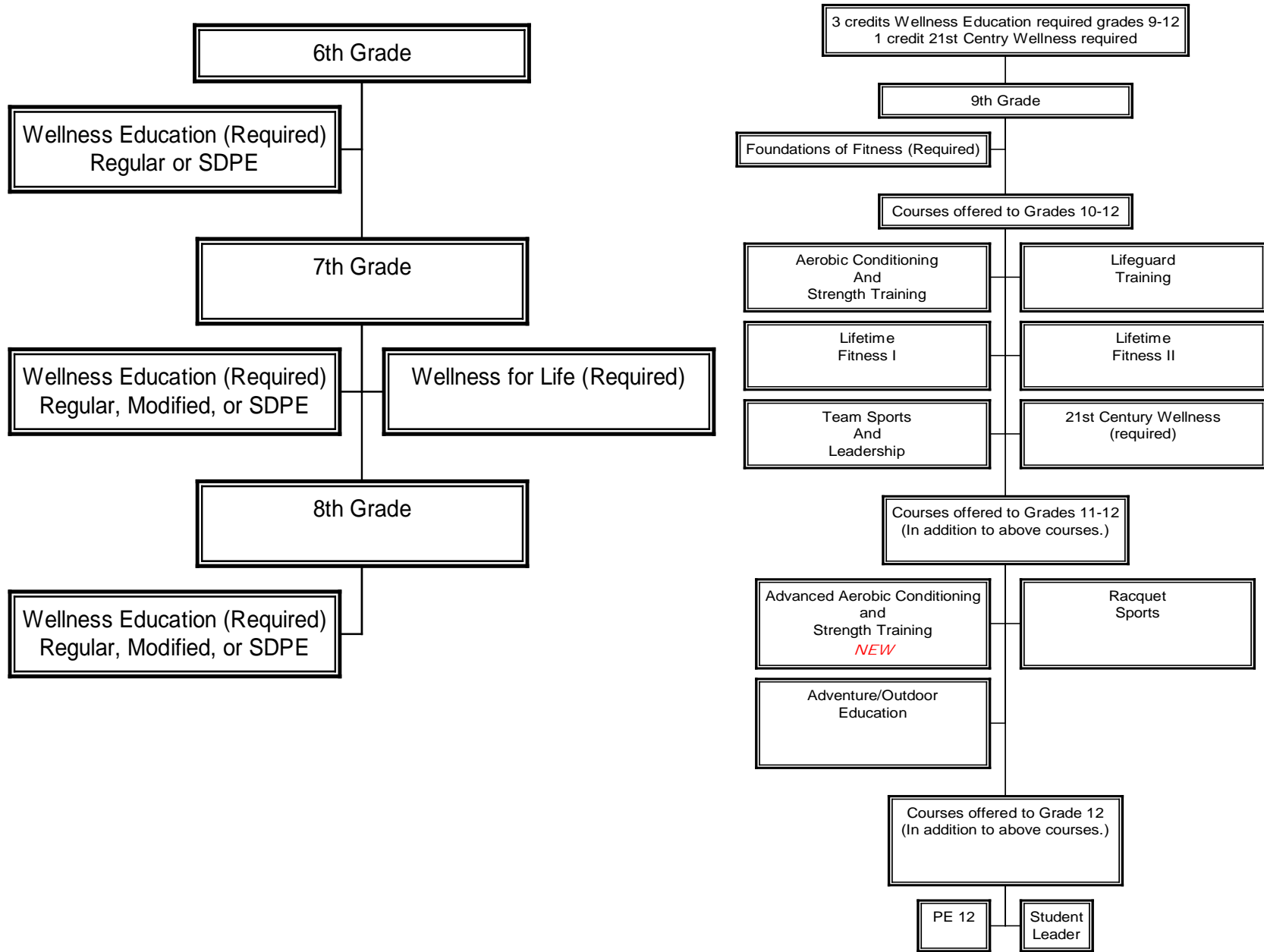


*Menomonee Falls School District  
Wellness Education Curriculum 6-12*



## Wellness Education

**Mission Statement:**

*Wellness Education - Our programs are designed to promote and enhance students' attitudes, habits, and skills so that they can make educated, health-conscious decisions throughout life.*

Course Title	Course Number	Length	Year Taken
21 <sup>st</sup> Century Wellness	PE105	Semester	10
21 <sup>st</sup> Century Wellness Zero Hour	PE04Z	Semester	10
Foundations of Fitness-PE 9	PE200	Semester	9
Aerobic Conditioning and Strength Training	PE280	Semester	10-12
Lifeguard Training	PE130	Semester	10-12
Lifetime Fitness I	PE201	Semester	10-12
Lifetime Fitness II	PE203	Semester	10-12
Team Sports & Leadership	PE214	Semester	10-12
Advanced Aerobic Conditioning and Strength Training	PE283	Semester	11-12
Adventure/Outdoor Education	PE221	Semester	11-12
Adventure/Outdoor Education Zero Hour	PE02Z	Semester	11-12
Racquet Sports	PE240	Semester	11-12
PE 12	PE230	Semester	12
Student Leader Program		Semester	12

### 21st Century Wellness Education

21<sup>st</sup> Century Wellness is a required semester long course. This course provides students the opportunity to develop and refine effective communication, critical thinking and problem solving skills while applying principles of creative thinking along with models of decision making and goal setting in a wellness promotion context. Students will access, analyze and apply wellness information to improve and/or maintain one's overall wellness while striving to achieve an optimal level of wellness and a high quality of life. State law requires students to have knowledge/lessons on shaken baby/abusive head trauma prevention, human growth and development, CPR and AED training, and suicide prevention.

**21<sup>ST</sup> CENTURY WELLNESS**

One Semester Course

**Grade 10**

**No Prerequisite**

Course Number: PE105

Zero Hour Course Number: PE04Z

How will the choices that you make today impact your future health and wellness? This course uses a wellness approach stressing prevention and self-responsibility through informed choices.

**\*THIS COURSE OFFERED BEFORE SCHOOL**

**7:00-7:45 AM (ZERO HOUR)**

## Wellness Education

The wellness education program is designed to enhance lifelong fitness. A variety of activities are offered to enrich individual health, wellness and cooperative skills. ***The state requires three credits for graduation. The three credits must be earned from three different wellness education courses.***

### FOUNDATIONS OF FITNESS-PE 9

One Semester Course

**Grade 9**

**No Prerequisite**

Course Number: PE200

Concepts and skills such as strength development, flexibility, agility, body composition, and cardiovascular endurance will be the focus of this course. Students will engage in activities that reinforce basic fitness concepts, health and wellness related skills and goal setting.

### AEROBIC CONDITIONING AND STRENGTH TRAINING

One Semester Course

**Grades 10-12**

**No Prerequisite**

Course Number: PE280

This class will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, core strength and flexibility will be promoted through the use of all physical education facilities and equipment. Other areas that will be covered: strength training program design, proper "spotting" techniques and weight room safety.

### LIFEGUARD TRAINING

One Semester Course

**Grades 10-12**

***Prerequisite: Successful completion of PE 9, Age of 15 prior to final course session, & Successful completion of Swim Entrance exam***

Course Number: PE130

The purpose of this course is to teach the skills and knowledge needed to prevent and respond to aquatic emergencies. It also prepares participants for possible employment as lifeguards. First Aid, CPR for the Professional Rescuer, Automated External Defibrillation and Professional Lifeguarding certification can be acquired.

Students are required to purchase a resuscitation mask, course book and certification card. The approximate cost is \$80.00. ***These fees will be collected in class.***

### LIFETIME FITNESS I

One Semester Course

**Grades 10-12**

**No Prerequisite:**

Course Number: PE201

This course will expose students to a variety of lifetime activities. The course will provide experiences in Yoga, Pilates, water workouts, hip-hop/funk dance and a wide variety of weight resistance and core development activities will be introduced.

**LIFETIME FITNESS II**

One semester course

**Grades 10-12****Prerequisite: Lifetime Fitness I**

Course Number: PE203

The purpose of this course is to help students of all fitness levels develop knowledge and skills related to fitness, nutrition, and stress management. As learners, the students will be challenged to identify what fitness strategies and activities will work best for their individual lifestyle and fitness goals. Varied physical activity media/technology will be introduced to give the student practical experiences with the ultimate goal of self-directed lifetime wellness. **The students will also have a chance to complete a first-aid and CPR/AED certification.**

**TEAM SPORTS & LEADERSHIP**

One Semester Course

**Grades 10-12****No Prerequisite**

Course Number: PE214

This course will include a variety of team activities such as: soccer, softball, kickball, ultimate football, tennis, volleyball, basketball, water games and pickle ball. The course will introduce the 7 habits of Highly Effective Teens.

**The Advanced Aerobic Conditioning And Strength Training, Adventure/Outdoor Education and Racquet Sports courses are offered to Juniors and Seniors Only.**

**ADVANCED AEROBIC CONDITIONING AND STRENGTH TRAINING**

One Semester Course

**Grades 11-12****No Prerequisite**

Course Number: PE283



The purpose of this course is to continue student focus on strength and conditioning after completing the first Aerobic Conditioning and Strength Training class. This is a project based course, requiring students to develop a full semester workout plan based on their needs or the needs of others. It will engage students interested in physical rehabilitation, physical education, strength and conditioning and personal training. Students will complete a project related to a career in wellness, along with job shadowing or volunteer experiences.

**ADVENTURE/OUTDOOR EDUCATION**

One semester course

**Grades 11-12**

Course Number: PE221

\*Zero Hour Course Number: PE02Z

**\*THIS COURSE OFFERED BEFORE SCHOOL  
7:00 AM-7:45 AM (ZERO HOUR)**

This course will provide experiences in: team building activities, adventure fitness, trip planning, archery, hiking, kayaking, orienteering, SCUBA, wilderness first-aid, and other various outdoor adventure activities. There is a fee of \$75.00 to cover the cost of the climbing, SCUBA and kayaking units.

**RACQUET SPORTS**

One Semester Course

**Grade 11-12****No Prerequisite**

Course Number: PE240

This course will consist of Tennis, Pickle Ball, Badminton and Eclipse Ball. Due to limited facilities, other hand implemented activities may be included. Course content will emphasize competitive game experience in each sport; competition would involve both singles and doubles play.

**PE12**

One Semester Course

**Grade 12*****No Prerequisite***

Course Number: PE230

A variety of team and individual sports will be offered during this semester course. Students will lead peers with teacher assistance in designing game rules, regulations, and tournament schedule.

**STUDENT LEADER PROGRAM (No Credit)**

One Semester Course

**Grade 12*****Prerequisite: Department Approval***

This course is an opportunity to work with physical education teachers and classes in an educational setting. Students will be responsible for officiating, demonstrating and participating in unit activities. Other duties may involve clerical responsibilities and collection and distribution of equipment. Daily attendance is necessary for this program to be successful.

Enrollment is limited and will depend on individual student schedule. **This course will not be a selection at the time of registration. Interested students must receive approval from the Department Chair.**