

Kinetic Wellness

Kinetic Wellness 1
Health / Kinetic Wellness 2
Health / Dance
Adapted Kinetic Wellness
Core and More/Yoga (Early Bird)
The Fit Female
KW Leaders 1 & 2
Lifeguard Training / KW Team Block
Lifeline
Lifeline (Early Bird)
Lifetime Activities
Lifetime Activities (Early Bird)
Outdoor Education
Strength and Conditioning
KW Team Block
KW Team Block (Early Bird)
Yoga and the Art of Self-Defense 1 & 2

The Dance Division:

KW 1 / Dance
Freshman Dance 2 (co-ed)
Dance at Dawn (Early Bird, co-ed)
Dance 2 Intermediate (co-ed)
Dance 3 Intermediate / Advanced (co-ed)
Dance 4 Advanced (co-ed)
Menz Dance
Dance Lab 1 & 2 (co-ed)

The Kinetic Wellness Department is anchored in the integrated teaching of physical, mental/emotional, and social wellness. We believe in lifelong fitness activity, decision-making/problem solving, interpersonal relationships, and expression and creativity. Our curriculum is grounded by the Center for Disease Control - Six Adolescent Risk Behaviors: fitness, nutrition, mental/emotional health, substance education, sexuality education, and safety (prevention of intentional and unintentional injury).

As a result of their Kinetic Wellness experiences, students will:

- Gain knowledge and demonstrate competency of basic movement and fitness concepts during early high school;
- Apply basic principles of movement and fitness to develop knowledge and skill proficiency through self-selected activities and experiences;
- Understand how group dynamics and cooperation enhance activities;
- Participate in a variety of individual, dual, and group activities to encourage a lifelong habit of movement and wellness;
- Understand the relationship between and influence of culture, media, and technology on wellness;
- Access and evaluate wellness-related resources for self and others;
- Use technology to self-assess levels of fitness;
- Create, implement, and evaluate a personal fitness plan;
- Develop decision-making skills to aid self and others;
- Display a sense of responsibility through personal choices that reflect concern for others; and
- Have had opportunities for self-reflection and assessment of their personal development.

The health education requirement for graduation is met when students pass health segments integrated throughout the freshman year and during the health semester of the sophomore year. All courses in this department except Dance Lab receive elective credit (.25 semester credit).

SURVEY OF KINETIC WELLNESS COURSES

Freshman:

- KW1 or KW1/Dance (required)
- Freshman Dance 2 (optional fine arts credit)

Sophomore:

- Health (semester required)
- KW2 Activities or Dance (2, 3, 4, & Menz Dance)

Junior/Senior: (Releasable for Athletics)

- Dance 2, 3, 4, Menz Dance
- Lifeline
- Lifetime Activities
- Team Block

Junior/Senior: (Non-releasable for Athletics)

- Core and More/Yoga (Early Bird)
- Dance Lab 1 & 2
- Dance at Dawn (Early Bird)
- The Fit Female
- KW Leaders 1
- KW Leaders 2
- Lifeguard Training

- Lifeline (Early Bird)
- Lifetime Activities (Early Bird)
- Outdoor Education
- Strength and Conditioning
- Team Block (Early Bird)
- Yoga and the Art of Self-Defense 1
- Yoga and the Art of Self-Defense 2

Students requesting exemption from Kinetic Wellness class for out-of-school sport/activity participation should refer to the Kinetic Wellness homepage (school website) for detailed information regarding exemptions.

Kinetic Wellness Courses

Kinetic Wellness 1

OPEN TO FRESHMEN
PREREQUISITE: NONE

Kinetic Wellness integrates health and skill-related fitness and health education concepts into a variety of activities and classroom experiences. The overall goal is to educate students to be well rounded, life-long learners who understand the relationship between a healthy mind and body. Curriculum in the freshman year includes: flag football, tennis, lacrosse, badminton, swimming, weight training, soccer/speedball/ultimate Frisbee, fitness and nutrition, mental and emotional health, first aid/CPR/AED, substance education, and prevention of bullying and harassment. It is within these units that we recognize the impact of exercise on the brain, which helps to reduce stress and increase focus and attention for learning. *Exemptions are not allowed for freshman Kinetic Wellness.*

KW 1/Dance

OPEN TO FRESHMEN
PREREQUISITE: NONE

KW 1/Dance is a yearlong course that integrates kinetic wellness and dance concepts. The kinetic wellness portion of the course integrates health and skill-related fitness and health education concepts into a variety of activities and classroom experiences. The curriculum includes weight training, swimming, fitness and nutrition, mental/emotional health, first aid/CPR/AED, substance education, and prevention of bullying and harassment. The dance portion of the course focuses on modern dance fundamentals that encompass technique, composition, and improvisation, including elements of ballet, jazz, and world dance forms. Students are introduced to artistic criticism and given various opportunities to practice performance skills. Yoga and Pilates fundamentals enhance training. Students alternate between dance and kinetic wellness throughout the year and are taught by both a Kinetic Wellness and a Dance teacher. *Exemptions are not allowed for freshman Kinetic Wellness or Dance.*

Health/Kinetic Wellness 2 or Health/Dance

OPEN TO SOPHOMORES
PREREQUISITE: NONE

Sophomore Kinetic Wellness continues the integration of health and physical activity. In the Health semester, nine weeks of the Personal Wellness course addresses health-related fitness, body image, nutrition, performance-enhancing drugs, sleep, and stress management. The other nine-week Sexuality Education course addresses reproductive health and healthy relationships with an emphasis on healthy decision-making. This semester of Health is required for graduation. In the other semester, students may choose between Kinetic Wellness 2 (KW2) and Dance. KW2 includes a variety of team and individual sports such as tennis, track and field, softball, volleyball, basketball, and floor hockey. Dance includes modern technique, improvisation, and composition. *Exemptions are not allowed for Health/Kinetic Wellness 2 or Health/Dance.*

Adapted Kinetic Wellness: Physical Education Special Opportunities (PESO)

The adapted Kinetic Wellness program has the same objectives as regular Kinetic Wellness with adjustments made to meet the needs and abilities of exceptional students. Adaptations ensure safe, successful, and beneficial participation for all students. Many students in adapted Kinetic Wellness also participate in Special Olympics.

Core and More/Yoga (Early Bird)

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE

This double-section, yearlong, linked course is built around the concept of total wellness and is designed to address the physical, social and emotional well-being of all participants. One section will focus on core strength, flexibility, body alignment, coordination, and concentration through the practice of Pilates-based exercise and the other section will focus on the Yoga practices of B.K.S. Iyengar and K. Pattabhi Jois. At the end of the semester, students in both sections will switch focus. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

The Fit Female

OPEN TO JUNIORS AND SENIORS

This course will present junior and senior female students with a wide range of fitness activities, such as kickboxing, step aerobics, weight lifting, and cardiovascular routines. Additionally, there are classroom discussions on women's health issues, such as heart disease, breast cancer, nutrition, and self-worth. The overall focus of the course is on incorporating all areas of wellness in order to develop a healthy lifestyle. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

KW Leaders 1

OPEN TO JUNIORS WITH DEPARTMENTAL APPROVAL

This yearlong course will provide leadership opportunities within Kinetic Wellness. Junior leaders prepare for their roles as senior leaders by developing communication skills, leadership techniques, and peer teaching skills within activity and classroom units. Students also will learn how to lead warm-ups, teach skill activities, help in adapted KW, officiate, and organize tournaments. In classroom units, students learn how to teach wellness concepts, facilitate discussions, and teach brain compatible lessons. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

KW Leaders 2

OPEN TO SENIORS
PREREQUISITE: KW LEADERS 1

After successful completion of KW Leaders 1, seniors lead and teach alongside KW staff members in a variety of courses: regular or adapted high school, middle school, or elementary school KW classes. Leaders are required to attend four quarterly meetings. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

Lifeguard Training

OPEN TO SOPHOMORES*, JUNIORS, AND SENIORS
PREREQUISITE: INTERMEDIATE OR ABOVE SWIMMING ABILITY

In order to receive certification, students must be at least 15 years of age. This second-semester course offers certification by the American Red Cross in Lifeguarding, CPR for the Professional Rescuer, and Community First Aid. These are the certifications that employers require when hiring lifeguards. Activities include lifeguarding, CPR and first-aid instruction, fitness, and water sports. Students may earn a passing grade without receiving certification. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

** Does not replace regular sophomore KW but may be taken in addition to regular KW. Students must be 15 years of age to enroll in this course.*

Lifeline

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE
MAY BE REPEATED FOR CREDIT

This is a yearlong course for those students who desire a self-directed personal fitness program that includes a combination of cardio, strength training, and flexibility. Workout options include running, stationary bicycle, Elliptical trainer, stair master, physioballs, medicine balls, Cybex, and free weight training. Various classroom topics center on benefits of fitness, stress management, sleep habits, and nutrition. Several assignments, quizzes, and/or tests will be part of the grade. The framework of this class will establish a personal overall wellness program. *Students enrolled in this course may be released for seasonal participation on a New Trier athletic team.*

Lifeline (Early Bird)*

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE
MAY BE REPEATED FOR CREDIT

This class meets four days a week for 50 minutes each day, Monday through Thursday.

** Refer to Lifeline for complete course description. Students enrolled in Lifeline (Early Bird) may **not** be released for seasonal participation on a New Trier athletic team.*

Lifetime Activities

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE
MAY BE REPEATED FOR CREDIT

This yearlong course offers a variety of fitness based training as well as individual, dual, and team sports and games. Students will learn various activities that focus on improving cardiovascular and muscular fitness and alternative exercise knowledge. In addition, students will participate in a variety of sports and games including football, soccer, basketball, badminton, volleyball, lawn games, and nontraditional games. *Students enrolled in this course may be released for seasonal participation on a New Trier athletic team.*

Lifetime Activities (Early Bird)*

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE
MAY BE REPEATED FOR CREDIT

This class meets four days a week for 50 minutes each day, Monday through Thursday.

** Refer to Lifetime Activities for complete course description. Students enrolled in Lifetime Activities (Early Bird) may **not** be released for seasonal participation on a New Trier athletic team.*

Outdoor Education

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE

The first semester of this course includes activities such as kayaking, rock climbing, rappelling, camping skills, back country cooking, team initiative games, high ropes, and environmental responsibilities. In the fall, students have the option to participate in a one-day excursion to an off-campus indoor rock climbing facility. Second-semester activities include: lead climbing, advanced rock craft, vertical rescue, advanced kayaking and playboating, mountaineering skills, skateboarding, and slacklining. Other practical skills will include back country teaching techniques, high and low ropes course facilitation, group processes and communication, and leadership. In the spring, students also have the option to participate in a three-day, off-campus camping and rock climbing experience. *Students enrolled in this course may **not** be released for seasonal participation on a New Trier athletic team. This course may not be repeated.*

Strength and Conditioning

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE

This course is a strength and conditioning class designed for students to build upon specific lifts developed by the Kinetic Wellness instructors. Fundamental techniques will be taught, reinforced, and stressed for each lift. A formal program will be followed for each student and progress will be documented. Strength training techniques, nutrition, video analysis, and testing will be used for optimal training outcomes. Speed and agility will also be addressed. Pre/Post-test assessments and charts documenting individual progress will be used to evaluate student's performance in the course. Instructors have the ability to bring in portions of curriculum from other courses that would be specifically addressed to each student. *Students enrolled in this course may **not** be released for seasonal participation on a New Trier athletic team.*

KW Team Block

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE
MAY BE REPEATED FOR CREDIT

Activities that are offered in the first semester may include flag football, speedball, Olympics, basketball, volleyball, floor hockey, and badminton. Activities second semester may include badminton, pickleball, Eclipse ball, team handball, ultimate Frisbee, and softball. *Students enrolled in this course may be released for seasonal participation on a New Trier athletic team.*

KW Team Block (Early Bird)*

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE
MAY BE REPEATED FOR CREDIT

Start your day with this four-day a week, 50-minute Kinetic Wellness class. Class meets Monday through Thursday.

** Refer to KW Team Block for complete course description. Students enrolled in KW Team Block Early Bird may **not** be released for seasonal participation on a New Trier athletic team.*

Yoga and the Art of Self Defense 1

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE

This is a yearlong course that includes Iyengar and Ashtanga yoga, meditation, relaxation, martial arts, kickboxing, ground fighting, and self-defense skills. *Students enrolled in this course may **not** be released for seasonal participation on a New Trier athletic team.*

Yoga and the Art of Self-Defense 2

OPEN TO SENIORS

PREREQUISITE: FULL YEAR OF YOGA AND THE ART OF SELF-DEFENSE 1

This yearlong course builds upon the foundation laid in Yoga 1 and offers the opportunity for students to help lead both a Yoga and a self-defense class. Yoga 2 is the next step in the continuum of yoga wellness. The activities include but are not limited to: ashtanga yoga, meditation, relaxation, breathing, martial arts, kickboxing, ground fighting, and self-defense skills. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

The Dance Division

All courses in the Dance Division satisfy the kinetic wellness graduation requirement, with the exception of Freshman Dance 2, which fulfills the graduation requirement for fine and/or practical arts. A freshman dance class taken in addition to a kinetic wellness course may be used as a fine arts credit. Sophomores may elect dance for one semester in place of Kinetic Wellness 2, but they must fulfill one semester of health education.

This is a modern dance-based curriculum integrated with ballet, jazz, and world dance forms. Four levels of dance are offered to accommodate the developmental needs of female and male students.

All courses, with the exception of KW1/Dance (Northfield) and Dance 2 (Winnetka), require a placement audition or teacher recommendation. All courses encompass technical training, improvisation, composition, performance, and critical analysis. Courses in dance also share the essential understandings of the Kinetic Wellness Department and contribute to personal wellness.

Students have a variety of opportunities to participate in co-curricular and extracurricular performances and dance events throughout the year.

Northfield Campus: Any New Trier student may join the *Northfield Dance Ensemble*, which has a culminating performance. All freshmen are eligible to audition original works for *Dance Day Northfield*, held second semester.

Winnetka Campus: *Kinesis Dance Company* (jr./sr. only) presents a winter concert. Interested sophomores, juniors, and seniors may audition their original choreography for *Dance Day Winnetka*, presented during the winter season. *Dance Theater New Trier* (*Dance 3, 4, Menz Dance, and Dance Lab 1 and 2.*) presents the final concert of the year in May. Students in Menz Dance may perform in a biennial concert shared with Men's Chorus.

Northfield and Winnetka: All students are invited to participate in the biennial *Spring Fling Dance Thing*, a full day of master classes. Each year a select number of students have additional opportunities to attend state, regional, and/or national dance festivals. Students enrolled in Dance 2, 3, 4, or Menz Dance may be released for seasonal participation on a New Trier

athletic team. *Students in Dance Lab 1 & 2, however, may not be released.*

KW1/Dance

OPEN TO FRESHMEN

PREREQUISITE: NONE

Kinetic Wellness 1/Dance is a yearlong course that integrates kinetic wellness and dance concepts. The kinetic wellness portion of the course integrates health and skill-related fitness and health education concepts into a variety of activities and classroom experiences. The curriculum includes weight training, swimming, fitness and nutrition, mental/emotional health, first aid/CPR/AED, substance education, and prevention of bullying and harassment. The dance portion of the course focuses on modern dance fundamentals that encompass technique, composition, and improvisation, including elements of ballet, jazz, and world dance forms. Students are introduced to artistic criticism and given various opportunities to practice performance skills. Yoga and Pilates fundamentals enhance training. Students alternate between dance and Kinetic Wellness throughout the year and are taught by both a kinetic wellness and a Dance teacher. *Exemptions are not allowed for freshman Kinetic Wellness or Dance.*

Freshman Dance 2 (co-ed)

OPEN TO FRESHMEN FOR FINE ARTS ELECTIVE CREDIT

PREREQUISITE: PLACEMENT CLASS

MUST TAKE KW1 CONCURRENTLY

This is a yearlong course in which students are guided and challenged to develop greater proficiency in modern dance technique, improvisation, and composition. Ballet, jazz, and world dance forms will be integrated into the curriculum. Students will also be introduced to artistic criticism and will be given various opportunities to practice performance skills. Technical training will be enhanced with Pilates and yoga fundamentals.

Dance at Dawn (Early Bird, co-ed)

OPEN TO JUNIORS AND SENIORS

PREREQUISITE: PLACEMENT CLASS OR RECOMMENDATION OF THE DANCE FACULTY

This is a yearlong, early bird course in the art, craft and science of modern dance for intermediate and advanced- intermediate level students. The class meets Monday through Thursday for 50 minutes, and will integrate ballet, jazz and world dance forms along with elements of yoga and Pilates. Stretching, relaxation techniques, and guided meditation will be explored as well. Students will be introduced to artistic criticism and will be given various opportunities to practice performance skills. Dancers are eligible to audition for the Dance Theater New Trier Spring Dance Concert and are encouraged to participate in Northfield Dance Ensemble. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

Dance 2 (intermediate, co-ed)

OPEN TO SOPHOMORES, JUNIORS, AND SENIORS
PREREQUISITE: PLACEMENT CLASS OR RECOMMENDATION OF THE DANCE FACULTY

This is a yearlong course that builds on the basic skills and concepts presented in KW 1/Dance. The course may also be taken for one semester in combination with health. Students study modern technique, improvisation, and composition, including elements of ballet, jazz, and world dance forms. Emphasis is on building a strong foundation in dance. Students will be introduced to artistic criticism and will be given various opportunities to practice performance skills. Technical training will be enhanced with Pilates and yoga fundamentals. *This course may be repeated for credit.*

Dance 3 (intermediate/advanced, co-ed)

OPEN TO SOPHOMORES, JUNIORS, AND SENIORS
PREREQUISITE: PLACEMENT CLASS OR RECOMMENDATION OF THE DANCE FACULTY

This is a yearlong course in which students are guided and challenged to develop greater proficiency in technique, improvisation, composition, and performance skills. Increased emphasis is placed on movement articulation, musicality, creative process, self-expression, dance production, and artistic criticism. Students will have an opportunity to audition and perform with Dance Theater New Trier (DTNT) in May. Technical training will be enhanced with Pilates and yoga fundamentals. *This course may be repeated for credit.*

Dance 4 (advanced, co-ed)

OPEN TO SOPHOMORES, JUNIORS, AND SENIORS
PREREQUISITE: PLACEMENT CLASS OR RECOMMENDATION OF THE DANCE FACULTY

This yearlong course is a highly challenging culmination of all facets of the art form: technique, improvisation, composition, performance, and artistic criticism. Preparing students for college level work is a goal of the course. Students require a high level of commitment and are encouraged to perform in a wide variety of dance venues. Students will have an opportunity to audition and perform with Dance Theater New Trier (DTNT) in May. Dance 4 students are eligible to apply for DTNT concert choreographer positions. Technical training will be enhanced with Pilates, Bartiniéff, and yoga fundamentals. *This course may be repeated for credit. Sophomores enrolled in Dance 4 must complete the entire year.*

Menz Dance

OPEN TO SOPHOMORES, JUNIORS, AND SENIORS
PREREQUISITE: NONE

This is a yearlong course in beginning and intermediate modern technique, improvisation, composition, and performance that includes elements of ballet, jazz, and world dance forms. Designed especially to meet the needs of male dance students, this course emphasizes increasing flexibility, concentration, coordination, and musicality. Athletes and actors are encouraged to enroll. Technical training will be enhanced with Pilates and yoga fundamentals. Many performing opportunities are made available, including Dance Day, the Spring Dance Concert, and a biennial Menz Concert. *This course may be repeated for credit.*

Dance Lab 1

OPEN TO JUNIORS AND SENIORS FOR BOTH FINE ARTS AND KINETIC WELLNESS CREDIT
PREREQUISITE: DANCE 3 OR 4 WITH AN AUDITION OR RECOMMENDATION OF THE DANCE FACULTY
1.0 MAJOR CREDIT AT LEVEL 4

This is a yearlong, college-level, double-period course in the art, craft, and science of modern dance for serious-minded, advanced-intermediate, and advanced-level students. Students must have a keen interest in dance composition and performance. Ballet, jazz, and world dance forms will be integrated into the curriculum to create versatile, well-rounded performers. Technical training will be enhanced with Pilates, Bartiniéff and yoga fundamentals. Content also includes solo and group choreography assignments, dance technology, research projects, video portfolios, journal keeping, artistic criticism and review writing. Students are encouraged to choreograph and perform in a wide variety of dance venues. Students will have an opportunity to audition and perform with Dance Theater New Trier (DTNT) in May. Dance Lab 2 is the continuing course. *Kinesis Dance Company members are required to take Dance Lab concurrently. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team. Seniors who wish to participate in a Senior Project must choose an Abbreviated Project in order to attend class.*

Dance Lab 2

OPEN TO SENIORS FOR BOTH FINE ARTS AND KINETIC WELLNESS CREDIT
PREREQUISITE: DANCE LAB 1
1.0 MAJOR CREDIT AT LEVEL 4

This is a yearlong, college level, double-period course in the art, craft, and science of modern dance for serious-minded, advanced-level students. The purpose of this course is to mentally and physically challenge students to deepen their understanding of the creative process, build a strong foundation in the craft of composition, and continue to strengthen their expressive instrument. Students experience the art of dance through technically challenging movement combinations and phrases, improvisation, solo and group compositions, studio and stage performances, and by attending live dance concerts. Experimentation with dance technology as a creative art form will also be incorporated into the course. Students are expected to present a finished work of original choreography for public viewing in a Dance Division production. All students are strongly encouraged to further develop their technical and performance skills in the DTNT Spring Dance Concert. Kinesiology Dance Company members are required to take Dance Lab concurrently. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team. Seniors who wish to participate in a Senior Project must choose an Abbreviated Project in order to attend class.*

KINETIC WELLNESS

Course Classifications

All Kinetic Wellness courses receive elective credit with the exception of Dance Lab 1 & 2, which receive major credit.

Kinetic Wellness 1	300138
KW 1/Dance	320138
Freshman Dance 2	320238
Health/KW 2	302238
Health/Dance 2	322138
Health & FY Dance 2.....	322238
Health/Dance 3	323138
Health & FY Dance 3.....	323238
Health & FY Dance 4.....	324238
Health/Menz Dance	326138
Health & FY Menz Dance.....	326238
KW Leaders 1	303338
KW Leaders 2	303438
KW Team Block.....	304338
KW Team Block (EB).....	30E338
KW Team Block/Lifeguard.....	308338
Lifetime Activities	305338
Lifetime Activities (EB)	31E338
Lifeline	306338
Lifeline (EB)	30B338
Outdoor Education	307638
The Fit Female	309338
Yoga & Self-Defense 1	310338
Yoga & Self-Defense 2	310438
Strength & Conditioning.....	315338
Adapted KW (PESO)	340038
Core & More/Yoga (EB)	32E338
Dance At Dawn (EB).....	32B338
Dance 2	322038
Dance 3	323038
Dance 4	324038
Menz Dance.....	326038
Dance Lab 1	328334
Dance Lab 2	328434