

WELLNESS

4 Credits Required

Required Courses: Wellness I, Health, Wellness II, Driver Education in the Classroom, Wellness III, Wellness IV (or IB, AP or Dual Credit course equivalents)

| Course Name | 9 | 10 | 11 | 12 | Credit | Prerequisite [#] |
|-----------------------------------|---|----|----|----|--------|---|
| Wellness I | X | | | | 0.5 | None |
| Health | X | | | | 0.5 | None |
| Driver Education Behind-the-Wheel | | X | X | X | 0.5 | 15 years of age, Driver Education in the Classroom, Driving Permit |
| Wellness II | | X | | | 0.5 | Wellness I |
| Driver Education in the Classroom | | X | | | 0.5 | Wellness I and must successfully complete 8 classes in the previous 2 semesters of coursework |
| Wellness III | | | X | | 1.0 | Wellness II |
| IB CAS Wellness | | | X | X | 1.0 | Acceptance into the IB Diploma Programme/Permission of instructor (Certificate Candidates) |
| Wellness IV | | | | X | 1.0 | Wellness III |
| Wellness IV (Dual Credit)* | | | | X | 1.0 | Wellness III |

*All Dual Credit courses require students to meet qualification requirements established by Triton College.

[#]Prerequisite courses must be completed with a passing grade.

Course Descriptions (alphabetical order)

Driver Education: Behind-the-Wheel

Grade: 10-12

Length: 1 semester

State Course Code: 08151A000

Driver Education: Behind-the-Wheel instruction is an optional course, offered for 6 hours. 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 outside of the regular school day, and/or during the summer. Students who show a proficiency in the classroom and behind-the-wheel phases (minimum of grade B) may earn the opportunity to take their actual road test with their PMSA instructor. Students that achieve this level of excellence will receive a certificate of completion entitling them to receive their license without any further testing. Fees: \$175.00 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.

Driver Education: In the Classroom

Grade: 10

Length: 1 semester

State Course Code: 08151A000

The Driver Education: In the Classroom 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. Topics in this course include legal obligations and

responsibility; rules of the road and traffic procedure; safe driving strategies and practices; and the physical and mental factors affecting the driver's capability "including alcohol and other drugs. At the end of this course, students receive their permit, which must be held three (3) months before they can be issued a license. NOTE: This course meets the driver education requirement for graduation.

Health

Grade: 9

Length: 1 semester

State Course Code: 08051A000

This course is designed to promote awareness of physical, mental, and social developmental needs for optimal health. Topics covered within Health Education courses include personal health (nutrition, mental health and stress management, drug/alcohol abuse prevention, disease prevention, relationships, sex ed. and first aid) and consumer health issues.

IB CAS Wellness

Grade: 11-12

Length: 2 semesters

State Course Code: 08001A000

Students in this course will focus on the elements of the creativity, activity, service (CAS) required component of the Diploma Programme (DP), and on all aspects of wellness and personal development, including emotional health and social maturity. In addition, students will have the opportunity to develop skills in recreational sports and fitness/conditioning activities. Content and processes are designed to be age-appropriate for students at this level.

Wellness I

Grade: 9

Length: 1 semester

State Course Code: 08001A000

This course is the initial course of a 4-part sequence that focuses on all aspects of wellness and personal development, including emotional health and social maturity. In addition, students will have the opportunity to develop skills in recreational sports and fitness/conditioning activities. Content and processes are designed to be age-appropriate for students at this level.

Wellness II

Grade: 10

Length: 1 semester

State Course Code: 08001A000

This course is the second part of a sequence that focuses on all aspects of wellness and personal development, including emotional health and social maturity. In addition, students will have the opportunity to develop skills in recreational sports and fitness/conditioning activities. Content and processes are designed to be age-appropriate for students at this level.

Wellness III

Grade: 11

Length: 2 semesters

State Course Code: 08001A000

This course is the third part of a sequence that focuses on all aspects of wellness and personal development, including emotional health and social maturity. In addition, students will have the opportunity to develop skills in recreational sports and fitness/conditioning activities. Content and processes are designed to be age-appropriate for students at this level.