

# Kinetic Wellness

John Gilchrist, Department Chair  
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## Philosophy

The Kinetic Wellness Department is anchored in the integrated teaching of physical, mental/emotional, and social wellness.

## Belief Statement

We believe in:

- lifelong fitness activity
- decision-making/problem solving
- interpersonal relationships
- expression and creativity

## Curriculum Strands

The Kinetic Wellness 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).

## Goals

Kinetic Wellness teachers will:

1. Provide meaningful and enjoyable experiences with updated and accurate wellness information
2. Provide a safe learning environment for all students that fosters respect, accountability, responsibility and leadership opportunities
3. Utilize a wide variety of teaching and assessment methods that address different learning styles and meet the needs of a diverse community
4. Provide a variety of individual, dual and group activities to encourage responsible decision-making, personal behavior, self-expression and a lifelong habit of movement

## Outcomes

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

1. Gain knowledge and demonstrate competency of basic movement and fitness concepts during early high school
2. Apply basic principles of movement and fitness to develop knowledge and skill proficiency through self-selected activities and experiences
3. Understand how group dynamics and cooperation enhance activities
4. Participate in a variety of individual, dual, and group activities to encourage a lifelong habit of movement and wellness
5. Understand the relationship between and influence of culture, media and technology on wellness

6. Access and evaluate wellness-related resources for self and others
7. Use technology to self-assess levels of fitness
8. Create, implement, and evaluate a personal fitness plan
9. Develop decision-making skills to aid self and others
10. Display a sense of responsibility through personal choices that reflect concern for others
11. Have had opportunities for self-reflection and assessment of their personal development

## Overview

The Kinetic Wellness department offers students a wide variety of experiences. The curriculum includes sports and individual fitness courses, health education experiences and one of the finest high school dance programs in Illinois.

The Dance Division provides opportunities for freshmen through seniors. Modern technique, improvisation and choreography are studied at every level along with elements of ballet, jazz and world dance forms. Freshmen may elect to take KW1/Dance 1, which provides one semester of dance and fulfills the KW requirement, or advance to Freshman Dance 2, which fulfills the Fine Arts elective requirement. Sophomores may elect one semester of Dance in place of the Kinetic Wellness Activity class. Students audition for level placement in either Dance 2, Dance 3 or Dance 4. Menz Dance also is offered for sophomore, junior or senior boys.

Upperclassmen have the opportunity to continue their study of Dance in either Dance at Dawn (Early Bird), Dance 2, Dance 3, Dance 4 or Dance Lab as well as Menz Dance. Dance Lab provides students with in-depth experience in technique, choreography and production. Students in Dance also may have the opportunity to choreograph and perform in Northfield Dance Ensemble (NDE), Dance Day, Dance Concert and Kinesis. NDE and Kinesis are faculty-directed, residence dance companies.

Kinetic Wellness provides underclassmen with an overview of individual, dual and team sports, personal fitness activities and health education experiences. The freshman and sophomore curriculum serve as a foundation for making wellness choices as an upperclassman and in their lives after New Trier.

For upperclassmen, traditional and non-traditional activity choices are available including Early Bird classes in Team Block, Lifeline, Core and More/Yoga, and Dance at Dawn. Students interested in individual and dual sports may choose the Lifetime Activities course. The Team Block course is designed for those students who desire the atmosphere of team sports.

For those upperclassmen seeking a yearlong unique experience, Kinetic Wellness offers Lifeline, The Fit Female, Athletic Strength and Conditioning, the KW Leader program, Outdoor Education or Yoga and the Art of Self-Defense. The Lifeline course provides an avenue for individuals who want to focus on personal fitness. Lifeline students design and implement their own individual fitness program and discuss nutrition, stress management and physiology of exercise. The Fit Female course also focuses on strength-training techniques, along with nutrition, body image work, and cardiovascular programs. The Athletic Strength and Conditioning course is designed for students to build upon specific lifts. Fundamental techniques will be taught, reinforced, and stressed for each lift. The KW Leader program is a two-year sequence. After a sophomore application process, junior leaders are trained to teach content in the Kinetic Wellness curriculum. As senior leaders, students are placed with a Kinetic Wellness class to provide leadership and have the opportunity to teach alongside a Kinetic Wellness teacher. Students seeking an adventure may choose the Outdoor Education course. Activities include team building, orienteering, camping, cooking, climbing, rappelling and kayaking. Yoga and the Art of Self-Defense combines yoga, martial arts and kickboxing. Core and More/Yoga includes Pilates-based exercises and Yoga practices of B.K.S. Iyengar and K. Pattabhi Jois.

### Course Offerings

The freshman and sophomore program is predetermined. Juniors and seniors elect their courses by year or semester.

#### Freshman year

All students are required to complete the following health and fitness units:

- Emotional Health, Mental Health, Substance Abuse, Fitness Lab, Swimming, First Aid and CPR (using an AED), and Nutrition\*

Students can either select KW1 activity units or KW1/Dance 1

- KW1: Flag Football, Soccer, Ultimate Frisbee, Tennis, Lacrosse and Badminton
- KW1/Dance 1: One semester of dance which fulfills the Kinetic Wellness graduation requirement
- Freshman Dance 2 requires a placement class and fulfills the Fine Arts elective requirement

#### Sophomore year

One semester required in:

- Personal Fitness (nutrition, health-related fitness, aerobics, free weights, water sports/fitness, sleep education, stress management)\*
- Sexuality Education (reproductive health, healthy relationships and decision making)\*

Choice of one semester in:

- Kinetic Wellness Activities (softball, tennis, basketball, volleyball, track and field, floor hockey) or
- Dance (Dance 1, Dance 2, Dance 3, Menz Dance)

Sophomores enrolled in Dance 4 must complete the entire year.

#### Junior/Senior year

Students may choose from the following yearlong courses:

- Winnetka Campus Dance
  - Dance at Dawn (Early Bird)
  - Dance 1 (dance fundamentals)
  - Dance 2 (continuing dance fundamentals)
  - Dance 3 (intermediate/advanced)
  - Dance 4 (advanced)
  - Dance Lab 1\*\*
  - Dance Lab 2\*\*
  - Menz Dance
- Core and More/Yoga (core strength, body alignment, coordination, and concentration)
- Team Block (badminton, flag football, soccer, Olympics, volleyball, basketball, floor hockey, pickleball, softball, speedball, ultimate, retro sports)
- The Fit Female (strength training techniques, nutrition, body image work, and cardiovascular programs)
- Athletic Strength and Conditioning (strength training techniques, nutrition, video analysis, and testing)
- KW Junior Leaders (training course for KW Senior Leaders program focusing on communication skills, leadership techniques and peer teaching skills)
- KW Senior Leaders (teach a variety of courses alongside a Kinetic Wellness teacher)
- Lifeline (individualized personal fitness program including a combination of cardio, strength training and flexibility)
- Lifetime Activities (badminton, football, soccer, tennis, golf, lawn games, and cardiovascular and muscular fitness)
- Outdoor Education (team building, orienteering, camping, rappelling, high ropes initiatives and environmental responsibilities)
- Yoga and the Art of Self Defense I and 2 (yoga, meditation, relaxation, breathing, martial arts, kickboxing, ground fighting and self-defense skills)

*\*Denotes state health requirement*

*\*\*Dance Lab meets for two class periods*

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