

Kinetic Wellness

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

The Dance Division:

KW 1 / Dance
KW 1/ Freshman Dance 2
Dance at Dawn (Early Bird)
Dance 2 Beginning/Intermediate
Dance 3 Intermediate / Advanced
Dance 4 Advanced
Menz Dance
Dance Lab 1 & 2

Driver Education

Driver Education

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 Centers 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:

- KW 1 (required)
- KW 1/Dance (required)
- KW 1/Freshman Dance 2 (required)

Sophomore:

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

Junior/Senior: (Releasable for Athletics)

- Dance 2, 3, 4, Menz Dance
- Dance at Dawn
- Group Wellness
- Individual Wellness
- Lifetime Activities
- Strength and Conditioning
- Team Block
- Yoga and the Art of Self-Defense 1
- Yoga and the Art of Self-Defense 2

Junior/Senior: (Non-releasable for Athletics)

- Advanced Health and Wellness
- Core and More/Yoga (Early Bird)

- Dance Lab 1 & 2
- KW Leaders 1
- KW Leaders 2
- Lifeguard Training
- Outdoor Education

Students requesting exemption from Kinetic Wellness class for out-of-school sport/activity participation should contact the Kinetic Wellness Department Chair for detailed information regarding exemptions. Requirements include competition at the national level and a shortened academic schedule.

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/ultimate Frisbee, fitness and nutrition, mental and emotional health, first aid/CPR/AED, substance education, RAD Self-Defense, SAMS stress management and health literacy skills. 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 (Beginning/Intermediate)

OPEN TO FRESHMEN
PREREQUISITE: NONE

Kinetic Wellness 1/Dance is a yearlong course that combines 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 fitness, RAD, weight training, swimming, nutrition, mental and emotional health, first aid/CPR/AED, substance education, health literacy skills, 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, hip hop, musical theater, and a variety of 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 each day and are taught by both a Kinetic Wellness and a Dance teacher. Students are encouraged to participate in Northfield Dance Ensemble. *Exemptions are not allowed for freshman Kinetic Wellness or Dance.*

KW 1/Freshman Dance 2 (Intermediate/Advanced)

OPEN TO FRESHMEN
PREREQUISITE: LEVEL PLACEMENT CLASS

KW 1/Freshman Dance 2 is a *yearlong* course that integrates Dance and Kinetic Wellness concepts for our most serious-minded freshmen dance students. In the Dance portion of the class, students are guided and challenged to develop greater proficiency in modern dance technique, improvisation, and composition. Ballet, jazz, hip hop, and world dance forms will be integrated into the curriculum. Technical training will be enhanced with Pilates and yoga fundamentals. Students will be introduced to artistic criticism and will be given various opportunities to practice performance skills including in class, Dance Day, the Northfield Dance Ensemble Showcase, and the Dance Theater New Trier Spring Dance Concert. Some dancers may be invited to audition for Kinesis. The Kinetic Wellness portion of the class combines health education concepts into a variety of activities. The curriculum includes fitness, wellness, nutrition, mental and emotional health, first aid/CPR/AED, substance education, swimming, RAD, and the prevention of bullying and harassment. *Exemptions are not allowed for freshmen in Kinetic Wellness or Dance.*

Health/Kinetic Wellness 2 or Health/Dance

OPEN TO SOPHOMORES
PREREQUISITE: NONE

Sophomore Kinetic Wellness requires a semester of Health and a semester of Kinetic Wellness 2 or Dance. Sophomore Health is a one-semester course designed to improve students' wellness by focusing on the functional knowledge and skills needed to lead a life of health literacy. Students will learn and practice health skills such as analyzing influences on health, accessing valid health information, engaging in health-enhancing behaviors, demonstrating communication, decision-making, goal-setting, and health advocacy. Being a Healthy Trevian is a theme throughout the course as students learn about their own dimensions of wellness and how they interconnect. In the first quarter, students understand and self-assess their own dimensions of wellness, while learning about topics such as sleep hygiene, stress and positive coping strategies, nutrition, exercise, body confidence, mindfulness, and identifying and managing emotions. In the second quarter, health topics include identifying values, reproductive health, gender and sexual identity, healthy and unhealthy relationships, communication, consent, and addressing online behaviors. The purpose of the course is to develop students' self-efficacy, which is a belief in one's ability to attain results, meet the challenges ahead of them, and influence events that affect their own lives to be the healthiest version of themselves. *This semester of Health has a book fee and is required for graduation.*

In the other semester, students may choose between Kinetic Wellness 2 (KW 2), Lifeguard Training, and Dance. KW 2 is designed to improve and develop student knowledge and appreciation of lifelong healthy living. Activities include a variety of team and individual sports, such as softball, tennis, basketball, volleyball, track and field, water sports, and floor hockey. Dance includes modern technique, jazz, ballet, musical theater, a variety of world dance forms, improvisation, composition, and lessons

connected to social emotional learning. *Exemptions are not allowed for Health/Kinetic Wellness 2 or Health/Dance. Sophomores who would like to take a full year of dance may register for summer school Health.*

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.

Advanced Health and Wellness

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: FRESHMAN AND SOPHOMORE HEALTH

This *yearlong* course is designed for students who would like to pursue health education further for personal and/or professional goals. The curriculum both challenges and strengthens students' awareness of their own personal health and fitness. With a focus on life beyond high school, they learn strategies for both maintaining good health and preventing illness and disease. Guest speakers, current events, mock trials, and community outreach opportunities will be included in the curriculum. In a research-based environment, students will cover topics such as sexuality, substance abuse and addictions, health careers, fitness, mental health, CPR, and nutrition. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.* This course can not be repeated.

Core and More/Yoga (Early Bird)

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE

This *yearlong* course, consisting of two closely-linked semester courses, is built around the concept of total wellness and is designed to address the physical, social, and emotional well-being of all participants. One semester will focus on core strength, flexibility, body alignment, coordination, and concentration through the practice of Pilates-based exercise. The other semester will focus on the Yoga practices of B.K.S. Iyengar and K. Pattabhi Jois. This course meets Blue and Green Days for 50 minutes each day. *Students enrolled in this course may not be released for seasonal participation on a New Trier athletic team.*

Group Wellness

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE

This course will present junior and senior students with a wide-range of group fitness activities such as cardio kickboxing, step aerobics, and drum fit, and self-defense. Additionally, in order to develop a healthy lifestyle, this course will include classroom discussions focused on incorporating the dimensions of wellness. *Students enrolled in this course may be released for seasonal participation on a New Trier athletic team.*

Individual Wellness

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, and free weight training. Various classroom topics center on benefits of fitness, stress management, sleep habits, and nutrition. 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.*

Individual Wellness (Early Bird)

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

This course meets Blue and Green Days for 50 minutes each day.

KW Leaders 1

OPEN TO JUNIORS
PREREQUISITE: APPLICATION PROCESS
DEPARTMENTAL APPROVAL REQUIRED

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 AND DEPARTMENTAL APPROVAL

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.*

KW Team Block

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

This *yearlong* course is perfect for the student who wishes to engage in competitive team activities and games. Skills, strategies, rules and sportsmanship are taught within each unit. Activities offered in the first semester may include fitness testing, flag football, speedball, Olympics, basketball, volleyball, and floor hockey. Activities offered during the second semester may include badminton, pickleball, retro sports, soccer, 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

This course meets Blue and Green Days for 50 minutes each day.

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 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. Sophomores may take Lifeguard Training in place of KW 2. *Students enrolled in this course 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 course meets Blue and Green Days for 50 minutes each day.

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.*

Outdoor Education Teaching Assistant

OPEN TO SENIORS
PREREQUISITE: OUTDOOR EDUCATION, APPLICATION PROCESS

After successful completion of Outdoor Education, students may apply to be a teaching assistant to lead and teach alongside KW staff in Outdoor Education classes. Acceptance into this program requires departmental approval. *Students enrolled in this class may not be released for seasonal participation on a New Trier Athletic Team.*

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 by 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. Strength programming is aligned with the New Trier Athletic Strength Program. *Students enrolled in this course may be released for seasonal participation on a New Trier athletic team.*

Strength and Conditioning (Early Bird)

OPEN TO JUNIORS AND SENIORS
PREREQUISITE: NONE

This course meets Blue and Green Days for 50 minutes each day.

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 be released for seasonal participation on a New Trier athletic team.*

Yoga and the Art of Self-Defense 2

OPEN TO SENIORS
PREREQUISITE: 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 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. Sophomores may elect to take dance for one semester in place of Kinetic Wellness 2, but they must fulfill one semester of Health education. If a sophomore would like to take dance for a full year (required for Dance 4), the Health requirement may be fulfilled in summer school or during the school year.

The Dance Division offers a modern dance-based curriculum integrated with ballet, jazz, hip hop, musical theater, and a variety of world dance forms. Lessons connected to diversity and social emotional learning are woven into the curriculum. Through grants from the New Trier Fine Arts Association, guest artists are brought in to further enhance course work. Multiple levels of dance are offered to accommodate the developmental needs of all students.

All courses, with the exception of KW 1/Dance (Northfield), Dance 2 (Winnetka), and Menz Dance (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 enrolled in Dance at Dawn, Dance 2, 3, 4, and 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.*

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 offers a culminating performance. All freshmen can audition original works for Dance Day

Northfield, and students in KW 1/Freshman Dance 2 are eligible to perform in Dance Theater New Trier Spring Concert; some may also be invited to audition for Kinesis.

Winnetka Campus: Kinesis Dance Company is the Dance Division's highest level dance company and presents a winter concert. Interested sophomores, juniors, and seniors may audition their original choreography for Dance Day Winnetka and Northfield Dance Ensemble. The Dance Theater New Trier Spring Dance Concert is offered to students in Dance 3, 4, Menz Dance, Dance at Dawn, and Dance Lab 1 and 2. The Dance Lab 2 Showcase is a culminating performance of our capstone Dance Lab course in which students present sophisticated choreographic studies and projects at New Trier and potentially a professional dance venue in Chicago.

KW 1/Dance (Beginning/Intermediate)

OPEN TO FRESHMEN
PREREQUISITE: NONE

Kinetic Wellness 1/Dance is a yearlong course that combines 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 fitness, RAD, weight training, swimming, nutrition, mental and emotional health, first aid/CPR/AED, substance education, health literacy skills, 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, hip hop, musical theater, and a variety of 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 each day and are taught by both a Kinetic Wellness and a Dance teacher. Students are encouraged to participate in Northfield Dance Ensemble. *Exemptions are not allowed for freshman Kinetic Wellness or Dance.*

KW 1/Freshman Dance 2 (Intermediate/Advanced)

OPEN TO FRESHMEN
PREREQUISITE: LEVEL PLACEMENT CLASS

KW 1/Freshman Dance 2 is a *yearlong* course that integrates Dance and Kinetic Wellness concepts for our most serious-minded freshmen dance students. In the Dance portion of the class, students are guided and challenged to develop greater proficiency in modern dance technique, improvisation, and composition. Ballet, jazz, hip hop, and world dance forms will be integrated into the curriculum. Technical training will be enhanced with Pilates and yoga fundamentals. Students will be

introduced to artistic criticism and will be given various opportunities to practice performance skills including in class, Dance Day, the Northfield Dance Ensemble Showcase, and the Dance Theater New Trier Spring Dance Concert. Some dancers may be invited to audition for Kinesis. The Kinetic Wellness portion of the class combines health education concepts into a variety of activities. The curriculum includes fitness, wellness, nutrition, mental and emotional health, first aid/CPR/AED, substance education, swimming, RAD, and the prevention of bullying and harassment. *Exemptions are not allowed for freshmen in Kinetic Wellness or Dance.*

Dance at Dawn (Early Bird)

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

Dance at Dawn is a yearlong, Early Bird course in the art, craft and science of modern dance for intermediate and advanced level students. The class meets Blue and Green Days for 50 minutes, and integrates ballet, jazz, musical theater, hip hop, a variety of world dance forms, and elements of yoga and Pilates. Stretching, relaxation techniques, breathing, 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 both in class and on Dance Day. 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 be released for seasonal participation on a New Trier athletic team. This course may be repeated for credit.*

Dance 2 (Beginning/Intermediate)

OPEN TO SOPHOMORES, JUNIORS, AND SENIORS
PREREQUISITE: NONE

Dance 2 is a semester-long course for sophomores and a year-long course for juniors and seniors that builds on the basic skills and concepts presented in KW 1/Dance. Students study modern technique, improvisation, and composition, as well as elements of ballet, jazz, musical theater, hip hop, and a variety of world dance forms. Emphasis is placed on building a strong foundation in dance. Through a variety of activities, students will strengthen their social and emotional learning skills. Students will be introduced to artistic criticism and given various opportunities to practice performance skills in class. Technical training will be enhanced with Pilates and yoga fundamentals. Students are encouraged to participate in Northfield Dance Ensemble. *Sophomores may take Dance 2 for one semester in combination with Health. This course may be repeated for credit.*

Dance 3 (Intermediate/Advanced)

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

Dance 3 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. Through a variety of activities, students will strengthen their social and

emotional learning skills. Technical training will be enhanced with Pilates and yoga fundamentals. Students will create dances for Dance Day and have an opportunity to audition and perform in the Dance Theater New Trier Spring Dance Concert. Students are also encouraged to participate in Northfield Dance Ensemble. *Sophomores may take Dance 3 for one semester in combination with Health. This course may be repeated for credit.*

Dance 4 (Advanced)

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 one goal of the course. Students require a high level of commitment and are encouraged to perform in a wide variety of dance venues, including creating and performing original works for Dance Day. Students will have an opportunity to audition and perform with Dance Theater New Trier Spring Dance Concert and are encouraged to join Northfield Dance Ensemble. Technical training will be enhanced with Pilates, BartiniEFF, 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, musical theater, and world and social dance forms. Designed especially to meet the needs of students who identify as male, this course emphasizes increasing flexibility and strength, concentration, coordination, musicality, and community-building. Athletes and actors are encouraged to enroll. Technical training will be enhanced with Pilates and yoga fundamentals, as well as basic tumbling fundamentals. Many performing opportunities are made available, including Dance Day, the Dance Theater New Trier Spring Dance Concert, the Northfield Dance Ensemble Showcase, and the Menz Showcase. *Sophomores may take Menz Dance for one semester in combination with Health. This course may be repeated for credit.*

Dance Lab 1

OPEN TO JUNIORS AND SENIORS FOR KINETIC WELLNESS CREDIT
PREREQUISITE: MUST RECEIVE RECOMENDATION OF THE DANCE FACULTY

This is a yearlong, college-level 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, BartiniEFF 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, including the Dance Theater New Trier Spring Dance Concert. Dance Lab students collaborate with AP Art to create original works that are presented on Dance Day. 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 KINETIC WELLNESS CREDIT
PREREQUISITE: DANCE LAB 1 OR RECOMMENDATION OF THE DANCE FACULTY

This is a yearlong, college level 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 composition, and studio and stage performances. Experimentation with dance technology as a creative art form will also be incorporated into the course. Students collaborate with AP Art to create original works that are presented on Dance Day. Dance Lab 2 produces a studio-theater showcase of original works, and dancers are potentially given the opportunity to present a culminating performance at a professional venue in Chicago. All students are strongly encouraged to further develop their technical and performance skills in the Dance Theater New Trier Spring Dance Concert. *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.*

Driver Education

Driver Education

The Driver Education program consists of two phases of instruction: theory (classroom) and behind-the-wheel. Students learn about traffic laws and enforcement, driving skills, and the responsibilities of vehicle ownership. The behind-the-wheel portion develops students' basic driving skills, techniques, and decision-making abilities while driving.

Advisers of students who register for only the theory (classroom) portion of Driver Education must notify the department chair. Theory only must be taken as a pass/no-credit option.

Please see our website for an FAQ and more information about our Cooperative Driver Testing Program.

All students must be at least 15 years old to be enrolled in Driver Education.

Cutoff Dates:

Semester 1 (birthday before 8/15/2009)

Semester 2 (birthday before 1/5/2010)

KINETIC WELLNESS

Course Classifications

Each course has a six-digit number. The fifth digit, “3” identifies the semester(s) the course is offered; full-year courses are assigned a “3” to represent both semesters. The sixth digit indicates the level. All Kinetic Wellness courses receive elective credit with the exception of Dance Lab 1 & 2, which receive major credit.

Northfield Campus

Kinetic Wellness 1	N300138
KW 1/Dance	N320138
KW 1/Dance 2	N320338
Adapted KW (PESO)	N340038

Winnetka Campus

Driver Education.....	W130218
<i>Cutoff Birthday 8/15/2009</i>	
Driver Education.....	W130228
<i>Cutoff Birthday 1/5/2010</i>	
Health.....	W301008
KW 2	W302208
Advanced Health and Wellness	W311438
KW Leaders 1	W303338
KW Leaders 2	W303438
KW Team Block.....	W304338
Lifeguard Training (So.).....	W308228
Lifeguard Training (Jr. and Sr.)	W308328
Lifetime Activities	W305338
Outdoor Education	W307638
Outdoor Education Teaching Assistant.....	W307538
Group Wellness	W309438
Individual Wellness.....	W306438
Yoga & Self-Defense 1	W310338
Yoga & Self-Defense 2	W310438
Strength & Conditioning	W315338
Dance 2 (1 Semester Only - Soph)	W322008
Dance 2 (Full Year - Jr. and Sr.)	W322038
Dance 3 (1 Semester Only)	W323008
Dance 3 (Full Year).....	W323038
Dance 4 (Full Year).....	W324038
Menz Dance (1 Semester Only)	W326008
Menz Dance (Full Year)	W326038
Dance Lab 1	W328334
Dance Lab 2	W328434

Early Bird Courses (Winnetka Campus Only)

KW Team Block (EB).....	W30E338
Lifetime Activities (EB)	W31E338
Core & More/Yoga (EB)	W32E338
Dance At Dawn (EB).....	W32B338
Strength & Conditioning (EB)	W31B338
Individual Wellness (EB).....	W30E438