

WELLNESS COURSES

WELLNESS

CREDITS REQUIRED FOR GRADUATION

4 credits are required for graduation from the Dubuque Community School District.

Credits earned beyond the requirement are automatically counted as Elective credits.

ADAPTED WELLNESS

PED150

DURATION: semester course

CREDITS: 1

OPEN TO: all students

PREREQUISITE: instructor recommendation

This is a physical education program that may be adapted or modified to address the individualized needs of students who have gross motor developmental delays. Units include general health education and fitness-based activities. Students may select this class also to act as peer helpers to work with adaptive fitness students. Classes incorporate a variety of fitness-based activities and will have the opportunity to use the Fitness Room.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the State of Iowa.

HEALTH CLUB FITNESS

PED153

DURATION: semester course

CREDITS: 1

OPEN TO: all students

PREREQUISITE: none

This course is designed to practice and develop skills in fitness-based activities that will help students maintain fitness throughout their life. This class will be an active heart rate driven class. With effort, students can reach their personal target heart rate zones. Classes may explore units in kickboxing, stability ball workout, Pilates, yoga, circuit training, boot camp, walking, fitness games, or any new fitness trend to improve all areas of their personal fitness. Healthy lifestyle topics will also be included such as nutrition, sleep, and goal setting to improve social and emotional health. Assessments are based on SHAPE National Physical Education Standards and may include heart rate data, written work, and fitness testing.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

WATER FITNESS & GAMES (HEMPSTEAD ONLY)

PED159

DURATION: semester course

CREDITS: 1

OPEN TO: all students

PREREQUISITE: must be able to swim comfortably in 6' or deeper water with or without floatation belt

Students will participate in fitness activities and games in the pool. This class will be an active heart rate driven class. Activities may include lap swimming, deep water jogging, deep-water aerobics, water-polo, water volleyball and active pool games. Class emphasis will be on water safety with students having the option to participate with flotation belts. Students will exhibit socially acceptable safe behavior in pool and locker room setting. Healthy lifestyle topics will also be included such as nutrition, sleep, and healthy habits. Students must provide their own shower products, swimsuit, and towel.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

ACTIVE GAMES & FITNESS CLASS

PED162

DURATION: semester course

CREDITS: 1

OPEN TO: all students

PREREQUISITE: none

In this course, students will be introduced to activities designed to increase their likelihood of having an active lifestyle in the future. Students will have the opportunity to participate in a variety of fitness activities and games that include teamwork and strategizing. This class will be an active heart rate driven class. With effort, students can reach their personal target heart rate zones. This class will develop basic and intermediate skills of fitness-based workouts, cooperative games of challenge, individual-dual games, and team games and sports. Healthy lifestyle topics will also be included such as nutrition, sleep, and goal setting to improve social and emotional health. Assessments are based on SHAPE National Physical Education Standards and may include heart rate data, written work, and fitness testing.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

PERFORMANCE PE

PED163	
DURATION:	semester course
CREDITS:	1
OPEN TO:	all students
PREREQUISITE:	none

This course is recommended for the serious fitness student. It will focus on knowledge of proper technique for lifts and safety in the weight room. Students will perform high intensity functional fitness that combines aerobic conditioning, strength training, core conditioning, and flexibility. Workouts will consist of a combination of strength training, plyometrics, speed & agility, flexibility as well as other fitness activities. Classroom work may focus on leadership activities, goal setting, nutrition, and other wellness topics. The emphasis is on creating a core fitness that can easily translate into daily activities and other sports. Assessments are based on SHAPE National Physical Education Standards and may include heart rate data, written work, and fitness testing.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

ADVANCED PERFORMANCE PE

PED164	
DURATION:	semester course
CREDITS:	1
OPEN TO:	all students
PREREQUISITE:	successful completion of Performance PE and/or coach recommendation

This course is designed for serious athletes and fitness enthusiasts, offering a physically challenging experience. It requires knowledge and proper execution of lifting techniques, as well as adherence to weight room safety protocols. Students will engage in high-intensity, functional movements aimed at enhancing muscular strength, endurance, cardiorespiratory fitness, flexibility, and body composition. Classroom activities may cover leadership training, video analysis, sports nutrition, workout development, and maintaining a training log. The course emphasizes functional fitness and sport-specific training. Assessments are based on SHAPE National Physical Education Standards and may include heart rate data, written work, and fitness testing.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

EARLY BIRD WELLNESS

PED171	
DURATION:	semester course
CREDITS:	1
OPEN TO:	all students
PREREQUISITE:	none

Students will perform functional fitness lessons that combine heart rate training, strength, and flexibility. This class will be an active heart rate driven class. With effort, students can reach their personal target heart rate zones. This class may consist of a combo of weight training, yoga, boot camp, kickboxing, fitness games or any activity taught in a health club setting. Healthy lifestyle topics will also be included such as nutrition, sleep, and healthy habits. Assessments are based on SHAPE National Physical Education Standards and may include heart rate data, written work, and fitness testing. Early Bird Wellness will be from 6:30-7:22 a.m., Monday through Thursday. Friday wellness will be journaling or lessons on canvas.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

OFFICIATING I

PED180	
DURATION:	semester course
CREDITS:	1
OPEN TO:	all students
PREREQUISITE:	none

In Officiating I, students will learn about rules, case studies and officiating mechanics of three high school sports including soccer, baseball and softball. Officiating uses web-based instructional modules, combined with interactives and activities to understand the mechanics and philosophy of officiating. Students will be exposed to patented point of view video scenarios allow learners to make the call and get instant feedback from their movements. Students then put what they learn into action by participating in practice/ scrimmage settings to hone mechanics and get a true feel for the game. Completion of the course, registering with the Iowa Girls High School Athletic Union (IGHSAU) for women's sports and the Iowa High School Athletic Association (IHSAA) for men's sports, and successful passing of the appropriate IGHSAU / IHSAA licensure exam allows for students to begin officiating middle and high school contests (sub-varsity contests only while a current HS student). This course is offered first semester.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

OFFICIATING II

PED181

DURATION: semester course

CREDITS: 1

OPEN TO: all students

PREREQUISITE: none

In Officiating II, students will learn about rules, case studies and officiating mechanics of three high school sports including football, basketball and volleyball. Officiating uses web-based instructional modules, combined with interactives and activities to understand the mechanics and philosophy of officiating. Students will be exposed to patented point of view video scenarios allow learners to make the call and get instant feedback from their movements. Students then put what they learn into action by participating in practice/scrimmage settings to hone mechanics and get a true feel for the game. Completion of the course, registering with the Iowa Girls High School Athletic Union (IGHSAU) for women's sports and the Iowa High School Athletic Association (IHSA) for men's sports, and successful passing of the appropriate IGHSAU / IHSA licensure exam allows for students to begin officiating middle and high school contests (sub-varsity contests only while a current HS student). This course is offered second semester.

Alignment to the Shape of America National Physical Education Standards.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

ACADEMIC EXEMPTION

PED702

CREDITS: NO CREDIT

OPEN TO: seniors with a full schedule in both semesters

PREREQUISITE: parent signature and administrative approval

Students in Grade 12 are permitted an academic exemption from the physical education requirement if they have a full schedule of academic classes with no unscheduled periods for both semesters.

In addition to a full schedule, a written parent/guardian request is required for an academic exemption for all students.

If a student utilizes a physical education exemption and subsequently reduces his/her academic schedule, the student must make up the physical education requirement. Physical education exemptions must be requested by October 1 for the current school year.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the State of Iowa. Students who are granted an academic exemption are NOT exempt from the CPR instruction requirement.

ATHLETIC EXEMPTION

PED902

CREDITS: NO CREDIT

OPEN TO: students with documented participation in two school sports

PREREQUISITE: parent signature and administrative approval

Students are permitted an athletic exemption from the physical education requirement if they have documented participation in two school sports. These sports include: men's or women's cross country, volleyball, football, women's swimming and diving, men's or women's golf, fall cheerleading, men's or women's basketball, men's swimming, wrestling, winter cheerleading, men's or women's bowling, men's or women's track & field, men's or women's soccer, men's or women's tennis, baseball and softball. Summer sports must be completed prior to the school year to qualify a student for an exemption.

In addition to documented participation in school sports, a written parent/guardian request is required for an athletic exemption for all students.

If a student utilizes a physical education exemption and subsequently does not participate through the athletic season, the student must make up the physical education requirement. Physical education exemption paperwork must be completed by October 1 for the current school year.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core. Students who are granted an athletic exemption are NOT exempt from the CPR instruction requirement.