

UPPER SCHOOL COURSE CATALOG



THE INDEPENDENT SCHOOL

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COURSE LEVELS

College Preparatory: At The Independent School students pursue a rigorous course of study. All courses are considered college preparatory, characterized by independent study and a fast learning pace.

Honors: These courses are designed to challenge students to pursue their studies in greater depth and at an accelerated pace. Intense independent study, research, analysis, and critical thinking characterize courses at this level. Teachers recommend students for honors courses based on demonstrated performance and according to requirements specified in the course description.

Advanced Placement: In Advance Placement courses, structured on the standards of the College Entrance Examination Board (CEEB), teachers and students operate on the assumption that many juniors and seniors can complete college level courses in secondary school. Upon completion of these courses, students are expected to take the Advanced Placement examinations. A score of three or better out of five is considered a passing score. Credit is awarded by colleges and universities according to their individual school policy. To be admitted to AP classes students must be approved by an AP instructor and must meet the requirements specified in individual course descriptions.

PLACEMENT

At TIS Upper School, incoming freshman are evaluated and assigned to the appropriate instructional level in each course. These initial evaluations are based on previous grades, previous level of study, placement test results, and eighth grade Faculty recommendations. Course assignments are initially made by the Head of Upper School, Dean of Students, Academic Dean, and Department Chairs and re-evaluated each subsequent spring.

SCHEDULE CHANGES

Students have two weeks from the first day of the class to drop or add a course. The Parent, Faculty Member, Dean of Students, Academic Dean, and Head of Upper School must approve any schedule change.

QUAD HOUR

Credit: 0 (semester or year)

Prerequisite: 3.50 GPA in previous semester's course work

Grade Level: 11, 12

Quad hours are free hours where junior and senior students remain on campus for quiet academic, social and relaxation time. Approved gathering places include the front lobby, commons, the library when available, and outside the main building and Language Arts building as weather permits.

COLLEGE COUNSELING

During the spring semester of the junior year, students will meet with Ms. Gunn once a week during a quad/study hall, or before or after school. Sessions will be set up as small discussion classes in order to facilitate the creation of the college list. In addition, students will discuss application/scholarship deadlines and requirements, as well as standardized testing. Students will have conversations about the application and admission process. Students will ask and answer the question "Why?" – "Why is this college the best fit for me?" Preparation for the upcoming college process is at the forefront of these sessions.

During the fall semester of the senior year, students will meet with Ms. Gunn once a week during a quad/study hall, or before or after school in groups of six or less. Students will work on applications, scholarships, essays, and standardized testing. Again, a small discussion style session will be in place.

GRADUATION REQUIREMENTS

Credits listed are the minimum necessary to graduate. In addition, fifty hours of community service are mandatory. Every student is required to register for seven hours every semester with a minimum of six academic courses. Beginning with the 2011-2012 school year, students new to the Upper School, who also did not attend Middle School at TIS, must pass a Technology Proficiency Exam upon enrollment. Any student who does not pass the Technology Proficiency Exam will be required to complete the Computer Applications Course prior to graduation.

Class of 2012

Total Credits Required: 25

5 Language Arts credits

3.5 Math credits

3 Science credits

3 Social Science credits

2 Foreign Language credits

1 Fine Arts credit

1.5 Physical Education credits

- .5 credit of Health and Wellness required

1 Technology credit

5 other elective credits

Class of 2013

Total Credits Required: 25

4 Language Arts credits

3.5 Math credits

3 Science credits

3 Social Science credits

2 Foreign Language credits

1 Fine Arts credit

1.5 Physical Education credits

- .5 credit of Health and Wellness required

1 Technology credit

6 other elective credits

GRADUATION REQUIREMENTS CONTINUED

Class of 2014

- Total Credits Required: 25
- 5 Language Arts credits
- 3.5 Math credits
- 3 Science credits
- 3 Social Science credits
- 2 Foreign Language credits
- 1 Fine Arts credit
- 1.5 Physical Education credits
 - .5 credit of Health and Wellness required
- 1 Technology credit
- 5 other elective credits

Class of 2015

- Total Credits Required: 25
- 5 Language Arts credits
- 3.5 Math credits
- 3 Science credits
- 3 Social Science credits
- 2 Foreign Language credits
- 1.5 Fine Arts credits
- 1.5 Physical Education credits
 - .5 credit of Health and Wellness required
- 5.5 General Elective credits
 - .5 must come from Fine Arts or Physical Education



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YEARLY ACADEMIC PLANNING GUIDE

Sample Freshman Schedule

- Language Humanities
- Literature Humanities
- Math
- Science
- Foreign Language
- Geography / Health & Wellness
- Elective 1

Sample Sophomore Schedule

- American Literature or HONORS American Literature
- Math
- Science
- World History
- Foreign Language
- Elective 1
- Elective 2

Sample Junior Schedule

- British Literature or AP English Language
- Math
- Science
- U.S. History
- Elective 1
- Elective 2
- Elective 3
- College Counseling - Spring

Sample Senior Schedule

- World Literature or AP English Literature
- U.S. Government
- Science
- Math
- Elective 1
- Elective 2
- Elective 3
- College Counseling - Fall

INDEPENDENT STUDY

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: Academic Dean, Head of Upper School, and Faculty member approval

Grade Level: 9, 10, 11, 12

The option of Independent Study provides Upper School students with the option to study topics that match their interests and talents both more in depth as well as self-directed. The project must be approved by the Academic Dean, Head of Upper School as well as the sponsoring Faculty member prior to the commencement of any work.

Before beginning an independent study, a student must develop a course outline proposal including learning objectives, a list of proposed activities and a timeline, a list of resources needed to complete the project, a description of the final product and audience, and a description of how the project will be evaluated.

The sponsoring Faculty member monitors the student through periodic meetings to discuss the student's progress and to resolve any roadblocks the student might be encountering. At the completion of the project, the Faculty member and student jointly review the student's progress and final product. Evaluating is based on the goals the student developed prior to beginning the study.

Students may receive one semester or a full year credit for their projects depending on the complexity and per discussion with the Academic Dean and Head of Upper School.



PHOTO BY TAYLOR REED '13

LANGUAGE ARTS

Language Humanities

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9

This course is an integrated thematic approach to the study of art and music history, grammar, creative writing, vocabulary, root words, spelling, research and public speaking/oral presentations.

Literature Humanities

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9

This course is an integrated thematic approach to the study of literature, art history, and philosophy. Students will explore high school and college-level reading, essay and critical analysis.

American Literature

Credit: 1 (1 year)

Prerequisite: Language Humanities and Literature Humanities

Grade Level: 10

This course is a historical survey of American Literature through anthology and whole works. Study of composition genres include persuasive, descriptive, expository, comparison and contrast, and biography. Additional topics include language study, vocabulary, and grammar mastery units.

HONORS American Literature

Credit: 1 (1 year)

Prerequisite: Language Humanities and Literature Humanities and Faculty recommendation

Grade Level: 10

This course has the same curriculum as American Literature, but with additional outside reading, variations in composition assignments, and WordMaster contests.

British Literature

Credit: 1 (1 year)

Prerequisite: American Literature or HONORS American Literature

Grade Level: 11

This course is a historical survey of British Literature through anthology and whole works. Assignments include creative, expository, persuasive, and analytical essays, vocabulary and language study, plus a 15-20 page MLA documented essay.

AP English Language

Credit: 1 (1 year)

Prerequisite: American Literature or HONORS American Literature and Faculty recommendation

Grade Level: 11

Same curriculum as British Literature with additional outside reading, variations in composition assignments, WordMaster contests, and preparation for the AP test in May.

World Literature

Credit: 1 (1 year)

Prerequisite: British Literature or AP English Language

Grade Level: 12

Thematic study of world literature through anthology and whole works.

College essay, analytical and creative essays, journals, and an autobiography, as well as a 15-page MLA documented research paper. Vocabulary and language study.

English 12 - AP English Literature

Credit: 1 (1 year)

Prerequisite: British Literature or AP English Language and Faculty recommendation

Grade Level: 12

Same curriculum as World Literature with additional reading and composition. Preparation for AP test and seminar discussion.

LANGUAGE ARTS ELECTIVES

Grand Allusions in Literature

Length: 1 semester

Credit: .5

Prerequisite: none

Grade Level: 10, 11, 12

This is a class designed for those students who are interested in the exploration of major literary and historical allusions found in the English curriculum literature. Major classical, Biblical, and historical references which appear in reading and everyday life will be surveyed. From Prometheus to Helen of Troy, from Cain and Abel to Job, and from Julius Caesar to Bart Simpson, great stories will be told. Students will participate in a seminar style of instruction which will present major and minor class composition, journaling and projects.

Sample Topics Covered:

- Selected Stories from Classical Mythology
- Selected Stories from the Bible
- Selected Stories from History and the Media

Creative Writing I: Writing With No Rules

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

In this course, students will destroy their fears of the blank page, learn the rules of writing and when to break them, discover their own unique voices, and maybe even get published. We read a variety of work from classic to contemporary, try many different writing exercises and techniques, and utilize a writer's workshop format. Students will read and write poems, short stories, plays, memoirs, travel journals, and more in a relaxed and open environment.

Sample Topics Covered:

- Form and Free Verse
- Imagery, Metaphor, and Simile
- Alliteration, Assonance, and Rhythm
- Elements of Plot
- Characterization and Point of View
- Symbolism and Realism
- Dialogue and Humor
- Writing for Publication

Creative Writing II: Creative Writing with Echoes

Credit: .5 (Spring semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

In this course, students will read and write poems, short stories, plays, memoirs, travel journals, and more in a relaxed and open environment. We read a variety of work from classic to contemporary, try many different writing exercises and techniques, and utilize a writer's workshop format. In addition, every Friday we will work on our school literary magazine, *Echoes*. Students will help showcase the writing and art of their peers while gaining experience with editing and publication. Positions will be open in the following areas: Editor-in-Chief, Poetry Editor and Staff, Short Story Editor and Staff, Essay Editor and Staff, and Art Editor and Staff. This course may be repeated.



Yearbook: Creating High School Memories

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This course is designed for students who wish to learn more about photography, photo manipulation, desktop publishing, and copywriting and editing. Students enrolled in Yearbook must have daily access to a digital camera to be a part of this course. Students will document student events throughout the year, design yearbook pages, write copy to accompany student photos, and edit yearbook pages. Staff hours extend beyond the class period and many of the photos are taken outside of class time. Students enrolled in yearbook must be self-driven, deadline conscious, and able to take direction from student editors and managers. The final product is the Upper School yearbook *The Paw*. If you love taking photos and want to be an active part of campus life, Yearbook is for you. Sample Topics Covered: Yeartech 2009 software, Adobe Photoshop manipulation, copywriting, copy-editing, theme, design and layout, photojournalism and casual photography.

From the Page to the Screen: A Study of Literature and Film

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 10, 11, 12

In this course, students will read novels and then see how these novels transform into films. Through the comparison of key film techniques and literary elements authors use to create scenes, students will learn how to "read" a film. Through the analysis of texts and critical material, we will examine how pre-existing styles and subjects of storytelling have influenced the evolution of the genre. Close readings of works such as *A Clockwork Orange* and *Apocalypse Now*, as well as the contemporary best-seller, *Into the Wild*, will encourage students to interpret the texts and make comparisons between the art of writing and the art of cinematography. Students should expect to read full-length novels, critical excerpts, view film adaptations, and share their observations through discussion and analytical writing. The culminating project will include a "Write It: Shoot It" project in which students will write a scene and then reenact that scene on video. Sample Topics Covered: The culture of storytelling, *A Clockwork Orange*, *Into the Wild*, *Apocalypse Now*, *The Jungle*, student selected works, and analysis of the effects of literary and film techniques: imagery and foreshadowing.

Philosophy in Literature: Great Thinkers Unite

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 10, 11, 12

Philosophy in lot is a class designed for those students who are interested in the exploration of the major ideas and beliefs that have shaped thinking and artistic expression in our world. This course is not for the timid and definitely not for the non-thinker. If concepts like metaphysics, logic, epistemology, and ethics interest you, or if theology, essentialism, rationalism, determinism, freewill, kpost HOC PROPTER HOC, and circular arguments intrigue you, you should consider Philosophy in Literature. Students will participate in a seminar style of instruction which will present major and minor class composition projects. Instruction will include Socratic dialogues, philosophic, artistic, political, and religious perspectives. Related literature will be included.

Sample Topics Covered:

- The Pre-Socratics
- The Philosophy of Idealism - Plato
- The Philosophy of Realism - Aristotle
- The Philosophy of Pragmatism - James, Darwin, Kant
- The Philosophy of Existentialism and the Post-Moderns

Newspaper: Let Your "Voice" be Heard

Credit: 1 (1 year)

Prerequisite: Spring Audition or Returning Staff

Grade Level: 10, 11, 12

Students that sign up for an *Independent Voice* staff position must audition in the spring or be a returning staff member. Traits that make a solid staff member include strong writing and editing skills, the ability to make deadlines, and the ability to be an independent and self-driven worker. Staff hours extend beyond the class period and much of the work is done outside of class time. In this course, students will produce six to eight issues of the school newspaper, *The Independent Voice*, as well as other written products throughout the year. The newspaper staff consists of a student editor, student managers, and reporters. Returning staffers are given management positions during the spring of the following school year. Sample Topics and Skills Covered:

- News, Feature, Sports, Editorial, and Arts Writing
- Copyediting
- Page Layout and Design
- Photo Journalism and Photo Manipulation
- Advertising and Marketing
- KSPA Regional and State Competitions

SOCIAL SCIENCE

World Geography

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 9

World Geography seeks to introduce students to the global community and foster cultural literacy. Moving beyond the borders of maps, students analyze the socio-economic and political make up of the extended world.

World History

Credit: 1 (1 year)

Prerequisite: World Geography

Grade Level: 10

World History students learn not only about historical happenings but also about historical patterns and how to identify them. This course explores how historical trends have affected modern developments. The course investigates the development of Western Civilization, and also explores civilization in Asia, South America, and Africa.

HONORS World History

Credit: 1 (1 year)

Prerequisite: World Geography and Faculty recommendation

Grade Level: 10

This course focuses on the development of civilizations from the beginnings of recorded history, with a special emphasis on the roots of Western Civilization. Students are taught to analyze history from multiple perspectives, including political, economic, religious, ideological, and social factors. Additional importance is given to reading, analysis, and analytical writing. This course uses a college-level text, and is designed to prepare students for AP U.S. History in their junior year. Two research projects will be required over the course of the year.

U.S. History

Credit: 1 (1 year)

Prerequisite: World History or HONORS World History

Grade Level: 11

This course surveys the history of the United States from the Civil War to the present day. A brief introduction to the founding of the U.S. is included. Special attention is devoted to the development of the United States government and Constitution, political history, military involvements, economic factors, and the perception of America by both itself and the greater world. America's rise to the status of a world power in the Twentieth Century is analyzed, along with the attendant changes in its foreign and domestic policies. The course is designed to ground the students in U.S. history and prepare them for college-level coursework. Two research projects will be required over the course of the year.

AP U.S. History

Credit: 1 (1 year)

Prerequisite: World History or HONORS World History and Faculty recommendation

Grade Level: 11

This course surveys the history of the United States from colonization to the present. The course goes beyond a study of political history to examine the history and evolution of our culture, economy, military capacity, social institutions and sense of national identity. Students will examine in depth the tensions in the United States caused by the expansion of the country from a small group of colonies to an economic and military super power. Students will also examine the challenges of integrating and extending the American Dream to immigrants, Native Americans and African Americans. The course is designed to replicate a college survey course both in scope and depth. Students will write numerous analytical essays and use a college-level text. The course will prepare students for the AP test.

U. S. Government

Credit: .5 (1 semester)

Prerequisite: U.S. History or AP U.S. History

Grade Level: 12

This course is designed to teach students how the federal government works and to prepare them to be engaged, informed citizens. Students will learn the philosophy of the Founding Fathers regarding the purpose of government and the rights of individuals and how the Constitution embodies that philosophy. Students will gain an understanding of how the size and powers of the national government have changed and grown over two centuries. The class will examine the structure and functions of the three branches of government. Students will also examine the electoral system, political parties, modern politics, and the mechanisms by which public policy is created and altered.

AP U.S. Government

Credit: 1 (1 year)

Prerequisite: U.S. History or AP U.S. History and Faculty recommendation

Grade Level: 12

This course is a college-level introduction to American government designed to replicate in scope and depth an introductory college course in political science. The course also prepares students for the AP test. Students will learn the philosophy of the Founding Fathers regarding the purpose of government and the rights of individuals and how the Constitution embodies that philosophy. Students will gain an understanding of how the size and powers of the national government have changed and grown over two centuries. The class will examine the structure and functions of the three branches of government. Students will also examine the electoral system, political parties, modern politics, and the mechanisms by which public policy is created and altered. Particular focus will be given to individual rights and freedoms as defined and interpreted by the Supreme Court. Students will write numerous analytical essays and will have a term paper each semester. The course uses a college-level text.

SOCIAL SCIENCE ELECTIVES

Business and Personal Law

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 10, 11, 12 or Faculty recommendation

Each of us is impacted by the law on a daily basis. Whether it is a major event, like buying a house, forming a business, getting married, or adopting a child, or an ordinary event like buying a new television or getting a car repaired, a good working knowledge of one's legal rights and responsibilities is important. This course is designed to provide students with an overview of the laws that are likely to impact them in their ordinary lives as adults. Sample Topics Covered:

- Contract Law
- Consumer Commercial Transactions
- Corporations, Partnerships, and Sole-Proprietorships
- Family Law (Marriage, Divorce, and Adoption)
- Land Sales and Leases
- Consumer Protection Laws
- Personal Finance and Bankruptcy
- Estates and Trusts

Psychology

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

Many inter-personal conflicts are caused either because we don't understand the thoughts or emotions that motivate others, or we don't fully understand our own emotions and motivations. This introductory course in psychology is designed to equip students with an understanding of human psychology to aid them in their life-long journey toward a greater understanding of themselves and how to find happiness in their personal relationships with others. Sample

Topics Covered:

- Sensory Perception
- Dreaming and States of Consciousness
- Learning and Memory
- Types of Intelligence
- Psychological Development and Challenges in Childhood
- Adolescence and Adulthood
- Personality Development and Personality Types
- Abnormal Psychology

AP Psychology

Credit: 1 (1 year)

Prerequisites: Intro to Psychology (recommended)

Grade Level: 11, 12

Building upon and expanding on the concepts presented in Introduction to Psychology, this AP Course is designed to provide a college-level understanding in the study of behavior and mental processes. Students will review and gain additional knowledge regarding historical and contemporary approaches to psychology, psychological methodology, states of consciousness, learning and memory, developmental psychology, personality development, and abnormal psychology. New topics discussed in this course include the biology of behavior, sensation and perception, motivation and emotion, psychological treatments and social psychology. Students will work on a variety of outside readings, write a research paper, and conduct several experiments that pertain to course content.

Modern International Conflict

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 10, 11, 12

During and after World War II, international conflict departed from long standing norms such as the "front line." Notions of "asymmetrical" or "unconventional" confrontations matured and have affected the modern historical, political, and economic landscapes. This course, designed as a discussion seminar, provides students the opportunity to learn about the evolution of conflict since WWII. Using a multidisciplinary approach, the course covers broad themes such as "environmental competition," but also examines empirical case studies. Sample Topics Covered:

- The Geneva Convention and International Law since 1948
- Colonial Resistance Movements in Asia and Africa
- Ethnic or Tribal Conflict
- Nationalism
- The Role of the United States and Europe in three World Conflicts
- Guerrilla Warfare
- The Cold War
- The Balkans
- Occupation, Insurgency and Counter-Insurgency
- International Responsibility and Response
- The UN, NATO & Peace Keepers
- Non-Violent Conflict in India, South Africa, and the United States
- International Conflict Resolution and "Reconciliation"

A Short History of Warfare

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 10, 11, 12

Students will be introduced to the development of warfare from ancient times through the present day. Students will examine how wars are influenced by political, technological, and economic factors outside the battlefield. Students will be exposed to the writings of such figures as Caesar, Sun-Tzu, Machiavelli, von Clausewitz, and John Keegan. Students will be expected to demonstrate mastery of elementary tactics, strategy, and logistics. For the final project, students will research and analyze a major battle. Sample Topics Covered:

- The Limits of War
- Styles of Command
- How Technology Changes (and doesn't change) War
- The Ethics and Behavior of Soldiers
- War Crimes

Economics

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 11, 12 or Faculty recommendation

Do you want to know more about government, world economics, business and money? In this course you will learn about these concepts. We will cover a wide range of both macroeconomic and microeconomic theories, including supply and demand, international trade, unemployment, government spending, and taxation. Students will be evaluated based on class participation, papers, class projects, quizzes, and exams.



MATHEMATICS

Algebra I

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10

Topics include: linear equations, quadratic equations, inequalities, systems of equations, statistics, absolute value equations/inequalities, graphing equations/inequalities, polynomials (add, subtract, multiply, divide, and factor), functions, and applications of all of these.

Geometry

Credit: 1 (1 year)

Prerequisite: Algebra I

Grade Level: 9, 10

Topics include: definitions, postulates, proofs, parallel lines and planes, congruent triangles, quadrilaterals, ratios, proportion, triangle similarity, right triangles, circles, construction and loci, area and perimeter of polygons, surface area and volume of solids, coordinate geometry and transformations.

HONORS Geometry

Credit: 1 (1 year)

Prerequisite: Algebra I with minimum 93%, or Advanced Algebra I with minimum 86%, and/or Faculty recommendation

Grade Level: 9, 10

The Honors Geometry class is designed to give the student a basic understanding of plane geometry, integrated with algebraic concepts and trigonometry. Geometry is developed as a postulational mathematical system with the student learning how to write deductive geometric proofs, both direct and indirect. Students also learn factual material about triangle congruence, perpendicular and parallel lines, properties of polygons, similarity and special triangles, coordinate geometry, quadratic equations, loci and transformations. An introduction to trigonometry based on the unit circle is studied.

Algebra II

Credit: 1 (1 year)

Prerequisite: Algebra I and Geometry

Grade Level: 10, 11, 12

Topics include: review and expansion of all of the topics covered in Algebra I, complex numbers, variation, absolute value problems, synthetic division, exponential equations, logarithms, sequences and series, functions, matrices and determinants, and other miscellaneous topics.

HONORS Algebra II

Credit: 1 (1 year)

Prerequisite: At least two of these three must be met - 93% in Algebra I, 93% in Geometry or 86% in HONORS Geometry, Faculty recommendation

Grade Level: 9, 10, 11

This course is designed for the student who is above average in ability, has a desire to learn, and maintains a strong work ethic. The student will expand on already strong Algebra I skills, apply some of the skills and concepts from Geometry, and will be introduced to many new topics typically found in Algebra II. Outside of class activities, including math contests and attending review sessions, are required. Topics include: Algebra I review, more on factoring, solving many varieties of equations and inequalities, working with linear equations and functions in two variables, rational expressions, radicals, quadratics, polynomials and polynomial equations, analytic geometry, exponential and logarithmic functions, sequences and series, probability and statistics, matrices and determinants, a few topics in set theory, and other miscellaneous topics.

Introduction to College Algebra A and B

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: Algebra II

Grade Level: 11, 12

Topics include: equations, inequalities, functions, polynomial zeros, rational functions, conics, exponential and logarithmic functions, systems of equalities and inequalities, and sequences.

Trigonometry

Credit: .5 (1 semester)

Prerequisite: Algebra II

Grade Level: 12

This course is designed for seniors who will not be taking Pre-Calculus. It is a more informal approach to Trigonometry than that is used in Pre-Calculus. Topics include: general information of trig functions, trig functions of right triangles, graphs of trig functions, Law of Sines and Law of Cosines, applications in right and oblique triangles, fundamental identities, and solving trigonometric equations.

Pre-Calculus

Credit: 1 (1 year)

Prerequisite: 86% or better in Algebra 2 or Faculty recommendation

Grade Level: 11, 12

Topics include: real and complex numbers, polynomial equations, functions and their graphs, logarithmic functions and their graphs with applications, trigonometric functions and their graphs and applications, systems of equations and inequalities, sequences and series, and conic sections. The course prepares students for Calculus. Students planning to enroll in AP Calculus should not enroll in this course, but instead take the HONORS Pre-Calculus listed below.

HONORS Pre-Calculus

Credit: 1 (1 year)

Prerequisite: 86% or better in HONORS Algebra 2 or Faculty recommendation

Grade Level: 10, 11, 12

Topics include: real and complex numbers, polynomial equations, functions and graphs, sequences, series, induction, logarithms, vectors, matrices and determinants, trigonometric functions and applications, conic sections, polar coordinates, and parametric equations. There is an introduction to limits, derivatives, and integration. This course is designed to prepare the student for AP Calculus BC.

Calculus

Credit: 1 (1 year)

Prerequisite: Pre-Calculus

Grade Level: 11, 12

Topics include: functions and their graphs, limits, derivatives, rate of change applications, maxima-minima applications, indefinite and definite integrals, area under and between curves, volumes of solids of revolutions, arc length, surface area of solids of revolution, derivatives and integrals of transcendental functions and their inverses and techniques of integration. This course should not be taken by students planning to take the AP Calculus exam.

AP Calculus BC

Credit: 1 (1 year)

Prerequisite: HONORS Pre-Calculus with Faculty recommendation

Grade Level: 11, 12

Topics include: limits and derivatives and applications, the integral with applications, transcendental functions and their inverses, techniques of integration, numerical integration, limits involving indeterminate forms, improper integrals, an introduction to differential equations including direction fields and Euler's method, infinite series, the calculus of polar and parametric equation, and an introduction to the calculus of vectors. Students can earn up to 10 hours of college calculus credit by passing the AP Calculus BC test.

AP Statistics

Credit: 1 (1 year)

Prerequisite: Any one of the following - 86% or better in Algebra II, 76% or better in Introduction to College Algebra, or Faculty recommendation

Grade Level: 11 (if concurrent with another math course), 12

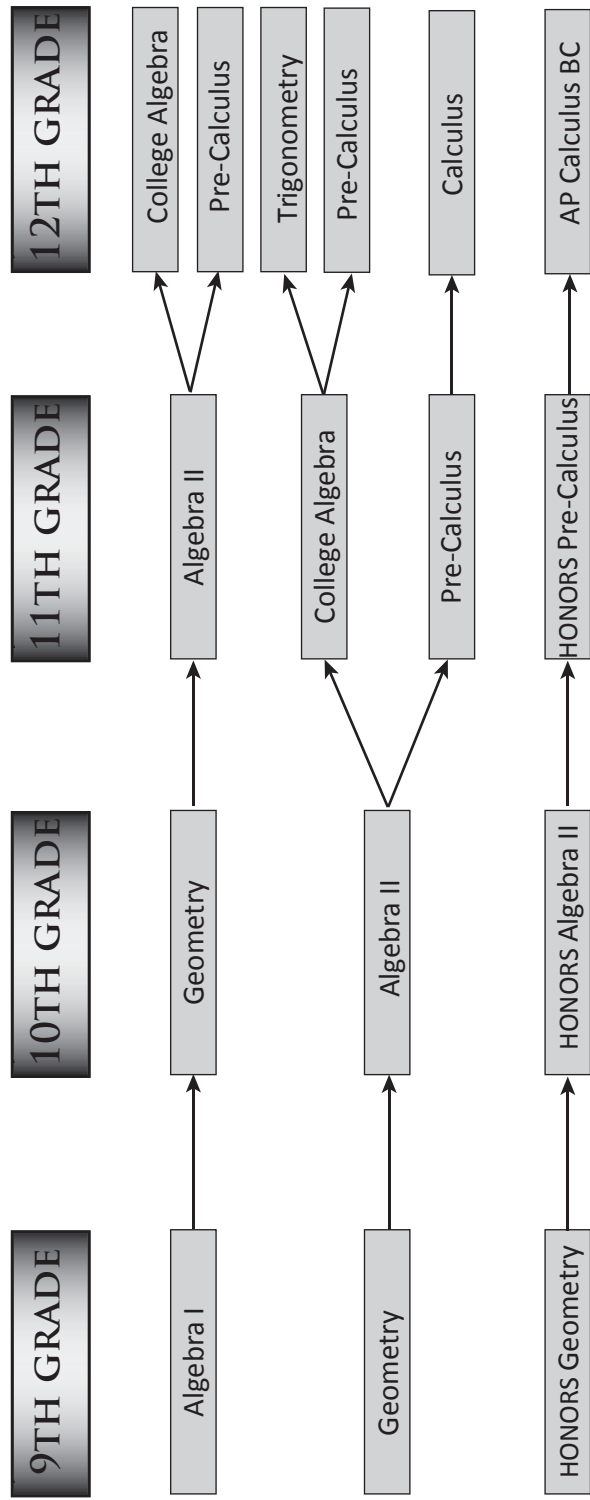
This course is an excellent option for a variety of students. It can be taken as an elective concurrently with Introduction to College Algebra, Pre-Calculus, or Calculus (juniors or seniors). A student successfully completing this course will receive one credit of high school math, and will be able to earn one semester of college credit from most universities upon taking and passing the AP exam. Our text is broken into 4 sections:

- Organizing Data: Looking for patterns and departures from patterns
- Producing Data: Samples, experiments, and simulations
- Probability: Foundations of inference
- Inference: Conclusions with confidence

Each section will require the student to do all the following: small reading assignments, small homework assignments, use of the TI-84 calculator (or equivalent), hands-on activities, and work in teams with 1-2 other students when asked.

MATH FLOW CHART

The following are the primary options available to students. Exceptions and/or changes or modifications are made when it is in the best interest of the student. We advise all students as to what we believe to be the best situation for them.



NOTE: AP Statistics is available as either an elective math course to be taken concurrently with one of the other post-Algebra II courses or as a stand-alone senior year course. The one semester Trigonometry course can also be taken concurrently with College Algebra or as a stand-alone Senior course.



PHOTO BY MACKENZIE COLE '13

SCIENCE

Biology

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10, 11

This is a laboratory course that covers 6 major system themes: biological principles, cell structure and function, genetics, plant structure and function, human biology and ecology. Biology on a molecular level will be emphasized first semester. Biology on an organismal level will be emphasized second semester.

AP Biology

Credit: 1 (1 year)

Prerequisite: Biology with minimum of 86%; Faculty recommendation

Grade Level: 11, 12

This is a laboratory course that covers three major topics required by the College Board Testing Program: molecules and cells, heredity and evolution, and organisms and populations. This course is designed to prepare the student for the AP test.

Chemistry I

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This lab-based course covers problem solving and measurement, ionic compounds, solutions, periodic trends, molar relationships, redox processes, composition of materials, electrochemistry, fundamentals of organic chemistry, fuel sources and combustion, gases, radiation and climate, acids, bases, buffers, nuclear chemistry, and qualitative and quantitative labs.

Chemistry II

Credit: 1 (1 year)

Prerequisite: Algebra II (or concurrent enrollment), Chemistry I or Faculty recommendation

Grade Level: 10, 11, 12

This lab-based course covers problem solving and measurement, atomic structure, periodic trends, naming, formula, writing, molar mass, formula calculations, stoichiometry, redox, Lewis structures, colligative properties, electrochemistry, acids, bases, salts, gases, percent composition, predicting products, qualitative and quantitative labs, solution stoichiometry, VSEPR theory, acid-base & solubility equilibria, thermochemistry, kinetics, equilibrium, nuclear chemistry, and fundamentals of organic chemistry. This course is designed to cover material in-depth at a quick pace and is a prerequisite for AP Chemistry. Chemistry II can be taken as a first chemistry course for advanced students or as a second chemistry course after Chemistry I.

AP Chemistry

Credit: 1 (1 year)

Prerequisite: Chemistry II, Faculty recommendation

Grade Level: 11, 12

This is a laboratory course that covers problem solving and measurement, atomic structure, nuclear chemistry, chemical bonding, molecular geometry, states of matter: gases, liquids and solids, solutions, reaction types, stoichiometry, equilibrium, acids and bases, kinetics, thermodynamics, electrochemistry, and organic chemistry. Upon completion of the course, students take the AP Chemistry exam.

Physics

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This course is based on an active learning approach to teaching physics. Physics concepts are first introduced to the students through conceptual activities and/or experiments that involve conceptual reasoning with little or no formal mathematics. These activities are followed by quantitative activities and/or experiments to help gain a quantitative understanding of the concept. This course emphasizes the conceptual understanding of physics. This is an introductory course of Newtonian mechanics, liquids and gases, thermodynamics, electricity and magnetism, and vibrations and waves (sound and light).

HONORS Physics

Credit: 1 (1 year)

Prerequisite: Algebra II and Geometry, Faculty recommendation

Grade Level: 10, 11, 12

This course is based on an active learning approach to teaching physics. Physics concepts are first introduced to the students by qualitative activities that involve qualitative reasoning with little or no formal mathematics. These activities are followed by quantitative activities and/or experiments to help gain a quantitative understanding of the concept. This course gives equal weight to both a qualitative and quantitative understanding of physics. This is an introductory course of Newtonian mechanics, liquids and gases, thermodynamics, electricity and magnetism, and vibrations and waves (sound and light). This course is algebra-based with some trigonometry. Students taking this course should do well on the AP Physics B exam if they choose to take it.

AP Physics C

Credit: 1 (1 year)

Prerequisite: HONORS Physics with a minimum of a B- or Physics with a minimum grade of A-. Must be enrolled in Pre-calculus, Faculty recommendation

Grade Level: 11, 12

This course is designed to provide a first-year college-level calculus-based physics education. Approximately 20 percent of the class time is used for laboratory work. The fall semester focuses on Newtonian mechanics while the spring semester focuses on electricity and magnetism.

SCIENCE ELECTIVES

Anatomy and Physiology

Credit: 1 (1 year)

Prerequisite: Biology with minimum of 86%; Faculty recommendation

Grade Level: 10, 11, 12

This is a laboratory course that covers in detail the structure and function of the human body. Part of the laboratory work includes nine weeks of extensive cat dissection. Students interested in pursuing medically-related or health-related fields are encouraged to take this course.

Sample Topics Covered:

- Organization of the Body
- Covering, Support, and Movement of the Body
- Regulation and Integration of the Body
- Maintenance of the Body

Astronomy

Credit: 1 (1 year)

Prerequisite: none

Grade level: 9, 10, 11, 12

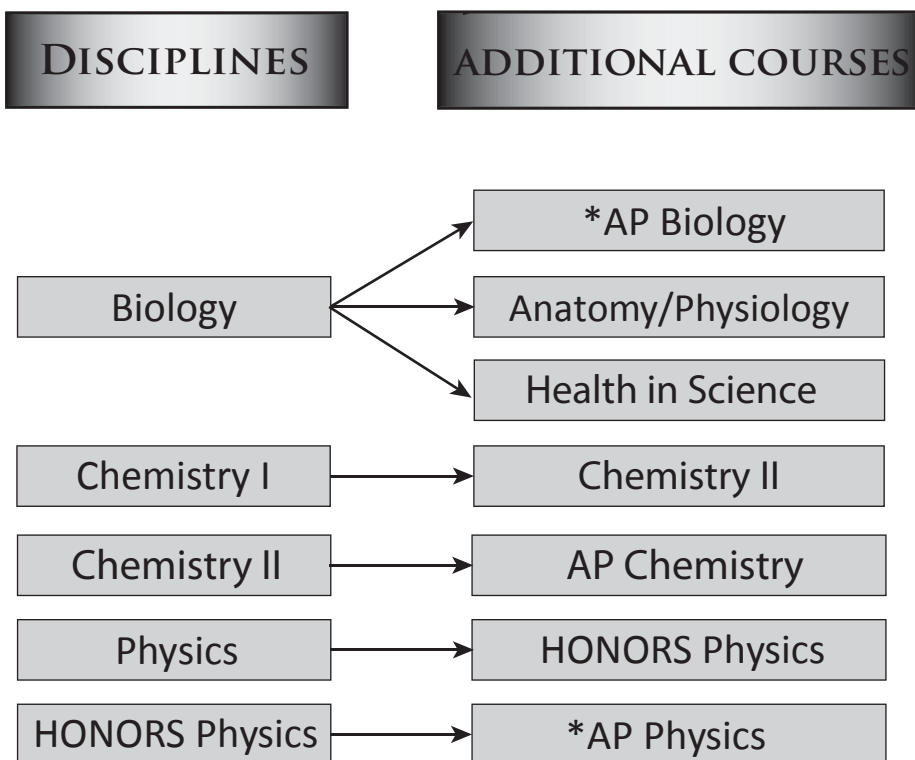
Students will study the universe as they cover the following topics: history of astronomy, gravity and motion, planets, stars, galaxies and the structure of the universe. This course places an emphasis on how astronomers gather information about distant objects without leaving the Earth.



FOREIGN LANGUAGES

SCIENCE FLOW CHART

The three disciplines can be taken in any order. A student must take two of the three disciplines plus an additional science course in order to graduate; however, four credits are recommended. Exceptions to these rules can be made based on teacher recommendation.



*based on prerequisites and teacher recommendation

Spanish I

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10

The emphasis for Spanish I is for students to develop a "feel" for Spanish by developing active listening skills, learning basic grammatical structure, vocabulary, and communication skills. At this level, students are exposed to Spanish-speaking cultures and civilizations. Students are expected to follow written and oral directions in Spanish. Spanish is spoken in the classroom throughout the year.

Spanish II

Credit: 1 (1 year)

Prerequisite: Spanish I; new students are required to demonstrate proficiency equivalent to that at the end of Spanish I

Grade Level: 9, 10

Spanish II students will expand listening, speaking, and vocabulary skills while being introduced to reading and writing skills as well as major verb tenses. Students continue improving their speaking and listening skills by conversing with the instructor and with classmates on a daily basis.

Spanish III

Credit: 1 (1 year)

Prerequisite: Spanish II; new students are required to demonstrate proficiency equivalent to that at the end of Spanish II

Grade Level: 10, 11, 12

The third year of Spanish will enhance speaking skills and vocabulary, enabling students to communicate comfortably in a variety of situations. Grammar is reviewed and fine-tuned at this level. Students begin to develop accelerated reading abilities with authentic works of literature from several different genres. This course is conducted mainly in Spanish.

Spanish IV

Credit: 1 (1 year)

Prerequisite: Spanish III

Grade Level: 10, 11, 12

This course advances student capabilities in all language skills while presenting various works of authentic reading. Students practice extensive speaking, composition, and reading skills while reviewing Spanish grammatical structure. This course is conducted mainly in Spanish.

AP Spanish

Credit: 1 (1 year)

Prerequisites: Spanish IV or Faculty recommendation

Grade: 11, 12

In this course, students develop a strong command of the Spanish language, with proficiency in integrating language skills, synthesizing written and aural materials, the formal writing process, extensive interpersonal presentational speaking and writing practice, and aural comprehension skills through quality, authentic, and level-appropriate materials. Students are also further exposed to the world of literature and current events of Spanish-speaking countries.

Latin I

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10

At this level, the student is introduced to basic forms of Latin grammatical structure. Emphasis is on reading and written skills. The student learns to use Latin root words to enhance English vocabulary. The major contributions of Roman culture are also discussed.

Latin II

Credit: 1 (1 year)

Prerequisite: Latin I; new students must demonstrate proficiency equivalent to the end of Latin I

Grade Level: 9, 10, 11

Instruction in basic grammatical constructions is continued while introducing the student to Latin literature. The student translates excerpts from the works of Julius Caesar and Ovid. Reading and writing skills continue to be emphasized.

Latin III

Credit: 1 (1 year)

Prerequisite: Latin II

Grade Level: 10, 11, 12

The primary focus of this class is to continue the study of Latin vocabulary and sentence structure begun in Latin I and II. Emphasis is placed on preparing students to better understand the erudite language of college texts and professors, which favor the use of words from Latin and Greek. We will read texts ranging from the Medieval Alexander Romance to Vergil's Aeneid.

Latin IV

Credit: 1 (1 year)

Prerequisite: Latin III

Grade Level: 11, 12

This course builds on the skills and knowledge emphasized in Latin III, concentrating on Vergil's Aeneid. Though not an AP course, this course is rigorous enough that students may find themselves ready for the Latin AP exam.



PHOTO BY IAN GEBHART '14



FINE ARTS

COMMUNICATION ARTS

Debate

Credit: .5 (fall semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

Debate is a co-curricular class that provides an introduction to competitive, two-person, team debate. Students will research and formulate arguments in support of and in opposition to the national high school debate topic. Students will also learn the mechanics and structure of formal competitive debate, learn the art of persuasive speaking, and develop skills in cross-examination and formulating arguments under time pressure. Students will conduct significant research on the debate topic, will be required to participate in at least two debate tournaments, and will have the opportunity to participate in a number of other tournaments. Debate tournaments will occur primarily on Saturdays starting in early October and continuing through the end of the fall semester.

Sample Topics Covered:

- Persuasive Speaking
- Cross-Examination
- Research
- Argument Formulation

Forensics

Credit: .5 (1 spring semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

If you excel in acting, making faces, making strange noises, miming, or you simply express yourself well in spoken form, this may be the class for you. Students will explore oral interpretation of literature, speech writing, skit acting, improvisation, and various other performance skills. Students will be expected to memorize various acting and speaking presentations, compete at tournaments, and assist in hosting a home tournament. Students will spend a great deal of time perfecting performances including some out of class practice times. Come take this opportunity to express yourself in a manner not offered in most other classes. Sample Topics Covered:

- Solos, Duet, and Improved Pieces
- Prose and Poetry Reading
- Informative, Persuasive, and Extemporaneous Speaking

DRAMATIC ARTS

Independent Theatre Company

Credit: .5 (1 semester)

Prerequisite: Roll/Position in Concurrent TIS Upper School Production

Grade Level: 9, 10, 11, 12

Get involved in one of the main stage productions and receive academic credit while doing it. This course focuses on specific responsibilities assigned by Faculty regarding participation in TIS main stage productions. Students selected in leading roles, supportive roles, and management positions are eligible to receive academic credit. In addition to rehearsals, students are expected to attend a weekly course meeting (probably before school one day a week), complete small assignments related to their role, and maintain a reflection journal. Sample Topics Covered: Analyzing text, creating the physical character, developing back story, connecting with other characters

Acting – Emphasis on Childrens’ Theatre

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: none

Grade Level: 9, 10, 11, 12

Using theatre games and exercises, students develop their creative movement, characterization, and communication skills. Students further develop their technique through the exploration of scene work from texts. This course provides an opportunity to work with a small cast and rehearse within the class day. The goal is for students to experiment with various roles culminating in a series of performances. The final project for this class will be producing a full-length childrens’ theatre piece.

Stagecraft

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This course is an overview of stagecraft and design. Students will learn the fundamentals of theatrical productions and organization. Students will explore all aspects of the "behind the scenes" work involved in a drama production. This course will provide students with hands on knowledge of the design and production process of producing a show including lights, sounds, sets, and costumes. Sample Topics Covered:

- Theatre Safety
- Power Tool Basics
- Technical and Design Jobs in the Theatre
- Design and Construction Research
- Construction Projects for all Main Stage Upper School Productions
- Stage Management

Theatre Exploration

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This introduction to the dramatic arts focuses on gaining a basic understanding and appreciation of the world of theatre. Students will explore all aspects of drama including acting, directing, scriptwriting, designing, and the "behind the scene" production work. In this theatre survey course, students watch and critique video presentations, attend at least one local theatre production, and read and analyze one play. Along with creative dramatic exercises and production projects, students will take an active role in assisting with the TIS main stage productions. Sample Topics Covered:

- Role of Audience
- Jobs within the Theatre
- Design Elements of Theatre
- Exploring Acting
- Improvisation
- Theatre's Role in Society
- Children's Theatre



GENERAL MUSIC

Band

Credit: 1 (1 year—this class can be repeated for credit)

Prerequisite: Prior instrumental experience, ability, interest, aptitude, and desire

Grade Level: 9, 10, 11, 12

Students will study the development of tone and technique in order to enhance their personal performance skills and the performance of the ensemble. Understanding the basic elements of music will be stressed in this class. A standard instrumental text will be utilized as well as appropriate band literature exploring several genres. Performing experiences will include concerts, festivals, athletic performances, and can include solos and ensembles. Most of these performances are mandatory. Some activities (such as honor band and solo/ensemble festivals) may take place on Saturdays. Students will provide some items of clothing for performances and will be required to purchase some other items at a nominal cost.

Chamber Choir

Credit: 1 (1 year)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This is a performance-based course in which students will learn from the rich tradition of choral music. Students will learn and develop proper vocal techniques as well as an understanding of performance techniques. Students are required to participate in four concerts a year, including a fall concert, winter concert, Masterworks concert, and a pops concert. This is a class for students of any and all singing abilities, from those who love to sing solos to those who like being part of a group. Chamber Choir students are required to purchase a performance outfit. Sample Techniques and Musical Styles Covered:

- Breath Management
- Vowel Formation
- Tone Production
- Diction
- Pronunciation of Foreign Languages
- Blend
- Dynamic Control
- Performance Etiquette
- Music Ranging from the Renaissance to Broadway and Beyond

VISUAL ARTS

Introduction to Visual Arts

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This course will be 18 weeks of mind expanding activities. The first nine weeks will cover a variety of different topics related to the Elements of Design, Principles of Composition, and Color Theory. The result will be a conceptual book you will be able to use as your own Creative Design Book. This will become your reference tool to apply the information or areas of a particular design you have created to any other project in Visual Arts classes. You will keep adding creative thoughts and ideas to your Design Book working with the system and steps you have learned. The last nine weeks of this course will be learning how and why your Design Book was developed. Using this book we will explore this information to create your own ideas into pieces of finished art work. Media we will be working with are: acrylics to create a painting, inks to create block prints, and ceramics and glazing techniques for pottery and sculpture. This class is limited to 8 - 12 students.

Introduction to Glass Art

Credit: .5 (1 semester)

Prerequisite: Introduction to Visual Arts and Faculty recommendation

Grade Level: 10, 11, 12

Are you ready for an exciting semester of adventure working with glass? Then this is the class for you. We will spend the semester learning the techniques of art glass fusing, including learning about tools, glass scoring and breaking, electric sawing, grinding, and the technique of using the tools needed to create glass art. This class is limited to 6-8 students.

Advanced Glass Art

Credit: .5 (1 semester)

Prerequisite: Introduction to Glass Art and Faculty recommendation

Grade Level: 10, 11, 12

We will spend the semester learning more techniques with art glass fusing and slumping as well as discovering new ways to utilize the rapid growth of glass forming methods and materials. We will also be exploring the uses of glass in combinations with other materials to create mixed media sculptures for visual arts competitions. This class is limited to 6-8 students.

Drawing and Painting

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: Introduction to Visual Arts or previous US Art Course

Grade Level: 9, 10, 11, 12

In this course, the students will study drawing and painting techniques using paper, canvas, foam core, acrylics, watercolors, pastels, colored pencils, and synthetic and natural media. Students will study art concepts, different types of color techniques, and artists from different time periods. They will also practice studio techniques and solve design problems.

Mixed Media

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: Introduction to Visual Arts or previous US Art Course

Grade Level: 9, 10, 11, 12

In this course, students will study and apply the elements of design and the principles of composition to various materials. They will develop creative problem-solving projects using a variety of techniques and media including paper, canvas, fused, contoured and slumped glass, paints, wood, leather, and ceramic beads, as well as other synthetic and natural media.

Pottery & Sculpture

Credit: .5 or 1 (1 semester or 1 year)

Prerequisite: Introduction to Visual Arts or previous US Art Course

Grade Level: 9, 10, 11, 12

Students in this course will receive instruction on the development of traditional and contemporary styles of pottery and sculpture. Students will gain skills in the production of pottery through using the potter's wheel, as well as jiggering, extruding clay forms, hand-building, and slip-casting methods. In addition, students will learn various techniques for decorating forms, glazing, and firing their pieces in the ceramic kiln. In the area of sculpture, students will explore the realistic and abstract interpretations of developing forms. They will also work with a variety of materials including gator board, wood, paper, clay, paper mache, and other synthetic and natural media.

Art Production

Credit: 1 (1 year)

Prerequisite: Faculty recommendation

Grade Level: 10, 11, 12

This course is an independent visual art study and requires Faculty recommendation. It is designed for upper level art students who want to continue working in their areas of interest and expertise. Students will work toward assembling a portfolio of work, photographs, or slides which will culminate this year-long class. The portfolio will serve as the final project and will then be ready for the Scholastic Art Awards or the College Art Portfolio Days.



TECHNOLOGY EDUCATION

Computer Applications

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

Computer Applications is a one-semester class exploring the uses of the computer in today's world. The course covers terminology, computer concepts, applications, and the operation of a computer system. Students will have hands-on experience with the computer through applications applied to real world situations. Applications will include word processing, presentation, and spreadsheet

Filmmaking

Credit: .5 (1 semester)

Prerequisite: none

Grade Level: 9, 10, 11, 12

This class is designed to provide an overview and introduction to the four most basic phases of film making: Development, Pre-Production, Production, and Post-Production. This course utilizes higher-level thinking skills, problem solving, and art-related technology skills with an emphasis on the creation of films in either traditional or electronic media. Students will have the opportunity to create many different types of films: commercials, PSAs, music videos, documentaries, and short films.

Engineering I

Credit: .5 (1 semester)

Prerequisites: none

Grade Level: 9, 10, 11, 12

This class will introduce students to the fields of engineering and engineering design. Students will be exposed to the design process, research and analysis, teamwork, multiple methods of communication, engineering standards, and technical documentation. Students will learn how to use 3D solid modeling design software to help design solutions to proposed problems. Students will learn how to document their work and communicate solutions to peers in a professional manner. Students will think creatively, brainstorm, and use higher-order thinking skills across a variety of hands-on projects and activities.

Engineering II

Credit: .5 (1 semester)

Grade Level: 9, 10, 11, 12

Prerequisite: Engineering I

This class is a continuation of the Engineering I course. Students will study the process of design and analysis in engineering, including effective teamwork, project management, engineering fundamentals, oral and graphical communications, and logical thinking. Students will explore more advanced techniques in 3D solid modeling design software and become familiar with CAD/CAM and rapid prototyping.

PHYSICAL EDUCATION

Health & Wellness

Credit: .5 (1 semester)

Prerequisite: None

Grade Level: 9

This required entry-level course is presented to each student with the goal of attaining the National Health Education Standards. The attainment of these standards will provide each student with the information needed to live a safe and healthy lifestyle. Students will gain self-awareness skills enabling them to be able to make use of behavior modification strategies concerning good health and wellness practices. This course includes lecture activities, class projects, oral presentations, laboratory activities, and peer teaching activities.

Introduction to Physical Education

Credit: .5 (1 semester)

Prerequisite: None

Grade Level: 9, 10

This course is designed to give students the opportunity to learn through a comprehensive sequentially planned Kinesiology and Physical Education program. Students will be empowered to make choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. Emphasis is placed on students analyzing skills for effective movement. Units of instruction include: fitness (including fitness technology), team sports, individual sports, rhythms/dance, and leisure-time activities.

Basic Strength Training & Fitness

Credit: .5 (1 semester)

Prerequisite: Must be taken after, or concurrently, with Health & Wellness or World Geography

Grade Level: 9, 10

This entry level course is designed to give students the opportunity to learn basic concepts, safety in the weight room, and conditioning techniques used for obtaining satisfactory levels of physical fitness. Students will benefit from comprehensive weight training, cardiorespiratory endurance activities, and fitness testing. Students will learn the basic fundamentals of strength training, aerobic training, and overall fitness training and conditioning. This course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

General Weight Training

Credit: .5 (1 semester)

Prerequisites: Basic Strength Training & Fitness

Grade Level: 9, 10

This course is designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining optimal physical fitness. Students will benefit from comprehensive weight training, cardiorespiratory aerobic training, and overall fitness training and conditioning. Through lecture and activity sessions, students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

Advanced Weight Training - During the School Day

Credit: .5 (1 semester)

Prerequisites: Basic Strength Training & Fitness

Grade Level: 10, 11, 12

This advanced level course is designed to give students the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness for athletic development. Students will benefit from comprehensive weight training. Through lecture and activity sessions, students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

Advanced Physical Education

Credit: .5 (1 semester)

Prerequisites: Health & Wellness, Introduction to Physical Education

Grade Level: 10, 11, 12

This course is designed to give students the opportunity to learn and develop fundamental as well as advanced skills and strategies of different activities, as well as fitness concepts and conditioning techniques used for achieving and maintaining optimal physical fitness. Students will benefit from comprehensive team activities, cardio-respiratory activities, leisure time activities, and strength training. Through both lecture and activity sessions, Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in team activities, aerobic fitness, wellness, and movement activity for a lifetime.

Advanced Weight Training - Zero Hour/Eighth Hour

Credit: .5 (per athletic season - depending on staff availability)

Prerequisites: Must be taken after, or concurrently, with Health & Wellness or World Geography, and Instructor approval

Grades: 9, 10, 11, 12

This advanced level course is designed to give students the opportunity to learn more advanced weight training concepts and techniques used for obtaining optimal physical fitness for athletic development. Students will benefit from comprehensive weight training and cardiorespiratory endurance activities. Through both lecture and activity sessions, students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. Students will earn credit with similar expectations of a regular class period. Classes will meet Monday - Thursday. Students will choose either "Zero Hour" (6:30 - 7:45am) or "Eighth Hour" (3:45 - 5:00pm).

