

## Tuscarawas Central Catholic Course Offerings

Some courses, particularly those at advanced levels, may require the instructor's approval. Likewise, the instructor's approval is required for those students who wish to take two courses in a discipline the same year

### Fine Arts

(1 credit required)

#### Art 1

**Grades: 9-12**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: None**

This is a basic introduction to art. Students will experience various differences in both two-dimensional and three-dimensional art. They will develop and understanding of the following: (1) the color wheel; (2) critiquing works of art; and (3) incorporating various elements of design in their work. Students will also study various aspects of art history and how it relates to art and the world today.

Art I does not have a prerequisite and all grade levels are eligible and encouraged to enroll. For those students who have significant concerns regarding their GPA and only intend to achieve their "Visual Arts" requirement by taking one year of Art, would be advised to take Art I during their Junior or Senior year.

*This class would fulfill any Fine Arts credit. It could also serve as an elective only if you have fulfilled your one credit of Fine Arts.*

#### Art 2

**Grades: 10-12**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: Art 1**

This course continues to develop the skills learned in Art

1. The class will focus primarily on studio art but will continue with art history. Students will be given the opportunity to explore art disciplines of their choosing.

*This class is an elective and is not required.*

#### Art 3

**Grades: 11-12**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisites: Art 1, 2**

This class will offer students the opportunity to explore art disciplines of their choosing. Art appreciation is also studied, and as technology continues to be available, computer-generated art will be incorporated into the curriculum.

*This class is an elective and is not required.*

#### Art 4

**Grades: 12**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisites: Art 1, 2, 3**

Art 4 is structured to provide individual students an opportunity to develop their portfolios. This will include in-depth explorations of preferred media as well as an emphasis on developing a diversified portfolio.

*This class is an elective and is not required.*

#### Music Appreciation

**Grades: 9-12**                      **Semesters: 2**  
**Credits: 1.0**                      **Prerequisite: None**

In this course, students will be educated in the basic fundamentals of music and the importance in the development of human culture.

*This class would fulfill any Fine Arts credit. It could also serve as an elective only if you have fulfilled your one credit of Fine Arts.*

#### Guitar I

**Grades: 10-12**                      **Fall Semester**  
**Credits: 0.5**                      **Prerequisite: None**

This is a basic introduction to guitar. Students will learn basic guitar fundamentals including note names and chords. There is a \$10 fee for the course textbook.

#### Guitar II

**Grades: 10-12**                      **Spring Semester**  
**Credits: 0.5**                      **Prerequisite: Guitar I**

This course continues to develop the skills learned in Guitar I. More emphasis on chords and basic improvisation and composition.

#### Guitar III

**Grades: 10-12**                      **Semesters: 2**  
**Credits: 1**                      **Prerequisite: Guitar II**

This course continues to develop the skills learned in Guitar II. More emphasis on chords and basic improvisation and composition.

#### Communications

**Grades: 9-12**                      **Semesters: 1**

**Credits: .50**

**Prerequisite: None**

This course is designed to help the students improve communicative skills. Students read or listen to a variety of speeches in order to recognize the techniques used in effective communication. Students write speeches that include clear organization, meaningful sentence structure, and correct diction. The course aims to make students not only better communicators, but better rhetoricians; people capable of using sound and ethical rhetoric and of analyzing other forms of communication.

## **English**

(4 credits required)

English 1

**Grades: 9-12**

**Semesters: 2**

**Credits: 1.00**

**Prerequisite: None**

This freshmen level course is designed to improve reading skills and comprehension through literary analysis and to provide a basic understanding of grammar. Students will learn the elements of the short story, novel, poetry, as well as literary terms. In addition, they will be introduced to the four types of writing – narrative, informative, descriptive, and persuasive. The students will also be introduced to the study of communication, including interpersonal, intrapersonal, and mass media. This course includes required reading selected by the instructor.  
***This class is required for all freshmen.***

English 2

**Grades: 10-12**

**Semesters: 2**

**Credits: 1.00**

**Prerequisite: Eng 1**

This course is designed to further enhance students' understanding of composition and literary analysis. Personal response to literature is used to develop critical thinking and writing skills. In composition, students will practice writing the four major types of essays – informative, narrative, descriptive, and persuasive. All requirements for the standardized testing will be reviewed and practice exercises will be completed. This course includes required reading selected by the instructor.  
***This class is required for all sophomores.***

Pre-AP English

**Grades: 11**

**Semesters: 2**

**Credits: 1.00**

**Prerequisite: Eng 2**

*You must have instructor permission to take this course.*

Advanced Placement English is this department's most challenging curriculum. This Pre-AP English 3 is designed to prepare students to enroll in AP Literature and Composition their senior year. This course includes an intensive study of various pieces of literature from different genres and time periods from the 16th to the 21st century. It has an immense focus on literary interpretation, literature discussion, and written literature analysis. In order to meet junior curriculum, students will also develop argumentative writing skills. In addition, a required list of summer reading will be assigned.

English 3

**Grades: 11-12**

**Semesters: 2**

**Credits: 1.00**

**Prerequisite: Eng 1, 2**

This course is designed to further enhance students' understanding of composition and literary analysis. Personal response to literature is used to develop critical thinking and writing skills. This course includes required reading selected by the instructor that includes novels, short stories, poetry, drama, and a variety of nonfiction selections.

English 4

**Grades: 12**

**Semesters: 2**

**Credits: 1.00**

**Prerequisite: Eng 3**

This course is designed to further enhance students' understanding of composition and literary analysis. Personal response to literature is used to develop critical thinking and writing skills. The course has been designed to teach students to apply and master reading skills and strategies through the exploration of literature. This will be done through the exploration of the development of the English language and British Literature from the studying Old English and the Anglo-Saxon Era, Middle English, and the Middle Ages, and modern English from the Renaissance to present day. College Board preparations and testing, college admission essay writing, and career planning will be included early in the year. This course includes required reading selected by the instructor.

***This class is required for all seniors except those who opt to take AP Literature and Composition.***

AP English: Lit & Comp

**Grades: 12 Semesters: 2**  
**Credits: 1.00 Required: English 3**  
**Prerequisite: well-developed essay written and assessed by instructor for approval of enrollment in course**

*You must have instructor permission to take this course.*

Advanced Placement English is this department's most challenging curriculum. This course includes an intensive study of various pieces of literature from different genres and time periods from the 16th to the 21st century.

It has an immense focus on literature interpretation, literature discussion, and written literature analysis. In addition, a required list of summer reading will be assigned. **Taking the AP English Lit & Comp exam in May is required. Taking the exam is an additional fee. Additionally, there are summer reading/writing assignments that MUST be completed prior to the first day of school if opting to enroll in this class.**

Journalism 1

**Grades: 9-12 Semesters: 2**  
**Credits: 1.00 Prerequisite: None**

This course teaches journalistic principles and characteristics of journalistic writing. This knowledge is applied in the production of the monthly school newspaper.

Journalism 2

**Grades: 9-12 Semesters: 2**  
**Credits: 1.00 Prerequisite: None**

This course further studies the journalistic principles and characteristics of journalistic writing. The course will also explore communication, broadcasting, and mass media. This course is designed for students who are interested in the career of broadcast journalism and wish to broaden their communication skills.

Yearbook 1

**Grades: 9-12 Semesters: 2**  
**Credits: 1.00 Prerequisite: None**

Students will produce a modern yearbook under teacher supervision, training, and guidance. Leadership ability, independent

thinking, ability to meet deadlines, and teamwork skills are a must. Yearbook production requires outside class work by students – including the selling of ads and covering extracurricular school events.

**Approval of the advisor is required.**  
***This class is an elective and is not required.***

Yearbook 2

**Grades: 9-12 Semesters: 2**  
**Credits: 1.00 Prerequisite: None**  
Course description is the same as Yearbook 1.  
**Approval of the advisor is required.**

## FOREIGN LANGUAGES

(2 credits required)

Mandarin 8

**Grades: 8 Semesters: 2**  
**Credits: 1.00 Prerequisite: Teacher Rec.**

Since the teaching of Chinese is quite different from the teaching of more common languages, emphasis is placed on listening and speaking skills. Learning occurs through modeling and consistent repetition of sound, words and phrases in a variety of instructional formats. Students are expected to attain a level of proficiency particularly in speaking and listening. Some reading and writing is taught as students progress.

Mandarin 2

**Grades: 9 Semesters: 2**  
**Credits: 1.00 Prerequisite: Mandarin 1**

Students will build on the foundations of the middle grade Mandarin program. Continued emphasis is placed on speaking and listening while reading and writing skills development is supported to a greater degree.

Mandarin 3

**Grades: 10 Semesters: 2**  
**Credits: 1.00 Prerequisite: Mandarin 1&2**

Students will build on the foundations of the middle grade Mandarin program. Continued emphasis is placed on speaking and listening while reading and writing skills development is supported to a greater degree.

Mandarin 4

**Grades: 11 Semesters: 2**  
**Credits: 1.00 Prerequisite: Mandarin 1-3**

Students will build on the foundations of the middle grade Mandarin program. Continued emphasis is placed on speaking and listening while reading and writing skills development is supported to a greater degree.

Spanish 1

**Grades: 9-12 Semesters: 2**  
**Credits: 1.00 Prerequisite: None**

Spanish 1 gives students a thorough understanding of basic Spanish. The course includes the basic verbs which end in the present and simple past tense. An abundance of vocabulary is also covered. Spanish customs, food, and music serve as added learning incentives.

Spanish 2

**Grades: 10-12 Semesters: 2**  
**Credits: 1.00 Prerequisite: Sp 1**

This course gives students an understanding of main Spanish grammatical concepts that correspond with the English language. Verb tenses are re-studied, and much emphasis is placed on grammar and its English counterpart.

Additional vocabulary and basic Spanish literature is covered also.

Spanish 3

**Grades: 11-12 Semesters: 2**  
**Credits: 1.00 Prerequisite: Sp 1, 2**

This course is divided into the following sections: culture, conversation, language, structure, and literature. The culture section contains original readings on one aspect of contemporary Spanish life. The conversation section presents advanced vocabulary of real-life conversations.

Each section of language offers students communicative strategies that will allow them to negotiate real-life situations. The literature section introduces students to a sample of the great literature produced throughout the Spanish-speaking world.

Spanish 4

**Grades: 12 Semesters: 2**  
**Credits: 1.00 Prerequisite: Sp 1, 2, 3**

This level gives students a survey of Spanish literature and culture while using previously learned skills. This course strives for continued fluency and is taught 95% in Spanish. Students study literature and culture

of the Hispanic civilization. This level focuses on each of the 21 countries of the Spanish-speaking world – including the United States. The readings in this course serve as an essential role in the development of other language skills, cultural understanding, and global awareness.

Latin 1

**Grades: 9-12 Semesters: 2**  
**Credits: 1 Prerequisite: None**

First year Latin is an intensive study of the morphology, grammar, syntax, and vocabulary of the Latin language, with emphasis on Ecclesiastical use. Students should expect a rigorous workload that has as its goal the complete covering of the linguistic fundamentals, with an eye to perfecting an understanding of English and appreciating the inherent genius of everyday language.

Latin 2

**Grades: 9-12 Semesters: 2**  
**Credits: 1 Prerequisite: Latin**

Second year Latin is an intensive application of the fundamentals of the Latin language in widely-ranging variety of provided primary source texts after a brief review of basic grammar and morphology. Usage and style are the focus of this course, with the goal of appreciating the linguistic nuances in each major era of Latin literature and finally moving towards elementary composition. Prerequisite of C+ average or better in Latin I for admittance.

AP Latin

**Grades: 10-12 Semesters: 2**  
**Credits: 1 Prerequisite: Latin**

Advanced Placement Latin is a demanding curriculum focusing primarily on translating major selections of Vergil's *Aeneid* and Caesar's *Commentaries on the Gallic War*. Rhetorical devices, historical/cultural context, Greco-Roman mythology, literary analysis, and poetic meter are the key areas to be mastered through daily personal engagement with the primary texts and supplemental resources. Complete command of fundamental grammar and morphology is presumed after a very brief review at the beginning of the course, so that competent synthesis and interpretation become the

emphases. Prerequisite: permission of the instructor.

## MATHEMATICS

(4 credits, including Algebra II)

Algebra I plus Math Lab (2 periods per day)

**Grades: 9-12**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: None**

In addition to all Algebra I requirements, students will be taught the important concepts of algebra on an introductory level. This course is designed to strengthen the basic math skills of students. Students are taught to work with variables in equations; to add, subtract, multiply, and divide real numbers; and to work with ratios, proportions, percentages, and fractions.

Algebra I

**Grades: 9-10**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: "B" or higher in 8<sup>th</sup> grade math**

Algebraic concepts and manipulative techniques constitute much of the course content. Students will learn to solve linear equations, inequalities and word problems, polynomial equations, and systems of equations. Students must have strong arithmetic skills for this course.

Algebra 2

**Grades: 11-12**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: Alg 1**

This course builds on skills learned in Algebra 1. In addition, it introduces new skills such as working with rational expressions, irrational and complex numbers, quadratic equations and functions, polynomial equations, matrices, and exponential and logarithmic functions.

Advanced Algebra 2

**Grades: 10-11**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: Alg 1 ("B" average or better)**

This course builds on skills learned in Algebra 1. In addition, it introduces new skills such as rational expressions, irrational and complex numbers, quadratic equations and functions, polynomial equations, matrices, exponential

and logarithmic functions, sequences, and series. Many of the topics will be covered in more depth than Algebra 2. **This course is needed to prepare for pre-calculus and AP Calculus.**

Geometry

**Grades: 10-11**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: Alg 1**

This course covers major geometric concepts such as similarity, area and volume of 2 and 3-dimensional figures, and congruence. Students are challenged to develop logical, deductive reasoning skills.

Math 4

**Grades: 12**                              **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: Alg 2**

The purpose of this course is to review and strengthen the skills taught in Algebra 1 & 2. Students will continue to develop skills such as graphing, manipulating algebraic expressions and equations, usage of variables and exponents all within the rational number system.

Pre-Calculus

**Grades: 11-12**                      **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: Adv. Alg 2**

The purpose of this course is to prepare students for calculus or college mathematics. It reviews many of the fundamental ideas of Algebra 2 and extends them. It also covers trigonometry with an emphasis on practical applications and branches into other topics in mathematics including polar coordinates and analytic geometry.

AP Calculus

**Grades: 12**                              **Semesters: 2**  
**Credits: 1.00**                      **Prerequisite: Pre-calculus**

*You must have instructor permission to take this course.*

This course includes an intensive study of graph analysis, limits of functions, asymptotic and unbounded behavior, continuity, derivatives, functions, and applications of first and second derivatives, integration, and the Fundamental Theorem of Calculus. **Taking the AP Calculus exam in May is required. There is a fee for this test to be paid in full by the student prior to October 1.**

## Religion

(4 credits required)

Religion 1

**Grades: 9**

**Credits: 1.00**

**Semester 1:**

*The Revelation of Jesus Christ in Scripture*

The purpose of this course is to give students a general knowledge and appreciation of the Sacred Scriptures. Through their study of the Bible, they will come to encounter the living Word of God, Jesus Christ. In this course they will learn about the Bible and its value to people throughout the world. They will learn how to read the Bible and will become familiar with the major sections of the Bible and the books included in each section. The students will pay particular attention to the Gospels, where they may grow to know and love Jesus Christ more personally.

**Semester 2:**

*Who Is Jesus Christ?*

The purpose of this course is to introduce students to the mystery of Jesus Christ, the living Word of God, and the Second Person of the Blessed Trinity. In this course students will understand that Jesus Christ is the ultimate Revelation to us from God. In learning about who he is, the students will also learn who he calls them to be.

Religion 2

**Grades: 10**

**Credits: 1.00**

**Semester 1:**

Sophomore Theology comprises two modules from the curriculum of the United States Conference of Catholic Bishops, which address the concepts of the Paschal Mystery and the Church. The course includes study of the Church's Sacred Tradition, consideration of Sacred Scripture, real-life applications, and prayerful personal reflection on the class material with the goal of profoundly deepening each student's personal relationship with the Lord.

Religion 3

**Grades: 11**

**Credits: 1.00**

**Semester 1:**

Junior Theology comprises two modules from the curriculum of the United States Conference of Catholic Bishops, which address the concepts of the Sacraments and Catholic morality. The course focuses on a study of the historical background and dogmatic principles that underlie both fields, beginning with their Scriptural foundations, up to our present day real-life experiences in the life of the Church. Prayerful reflection on the class material is prompted to help achieve the goal of profoundly deepening each student's personal relationship with the Lord.

Religion 4

**Grades: 12**

**Semesters: 2**

**Prerequisite: None**

**Semesters: 2**

**Prerequisite: Rel 1**

**Semesters: 2**

**Prerequisite: Rel 2**

**Semesters: 2**

**Credits: 1.00**

**Prerequisite: Rel 3**

**Semester 1:**

*History of the Catholic Church*

The purpose of this course is to supply the students with a general knowledge of the Church's history from apostolic times to the present. Students will be introduced to the fact that the Church was founded by Christ through the Apostles and is sustained by him throughout history through the Holy Spirit. The students will come to know that the Church is the living Body of Christ today, and, has both divine and human elements. In this course, students will learn about the Church's over 2,000 years of history and about how the Church is led and governed by the successors of the Apostles.

**Semester 2:**

*Living as a Disciple of Jesus Christ in Society*

The purpose of this course is to introduce students to the Church's social teaching. In this course, students are to learn how Christ's concern for others, especially the poor and needy, is present today in the Church's social teaching and mission.

Faith, Culture and Social Justice Themes in Film and Music

**Grades: 10-12**

**Credits: 1.00**

**Semester 1:**

The course will study film/theater technique so as to understand and appreciate the action in selected films.

We will also look at various themes expressed in contemporary music genres that touch on faith and life.

We will study religious themes that can be discovered such as the battle between good and evil, biblical themes, moral themes.

**Semester 2:**

The course will study film/theater technique so as to understand and appreciate the action in selected films.

We will also look at various themes expressed in contemporary music genres that touch on faith, life and social justice.

We will study religious and social justice themes that can be discovered such as racism, poverty, genocide.

**SCIENCE**

(3 credits required. Must include physical science, biology and one advanced science)

#### Physical Science

**Grades: 9**                      **Semesters: 2**  
**Credits: 1.00**                **Prerequisite: None**

Students will study physical and chemical properties of objects and materials; investigate the states of matter, learn how atoms, compounds, and elements, are formed; and will learn about the laws of motion. In addition, students will be expected to observe and investigate the interactions between matter and energy.

#### Biology

**Grades: 10, 11**                **Semesters: 2**  
**Credits: 1.00**    **Prerequisite: Phys. Sci.**

This course provides students with an intensive introduction to the many topics of interest in the field of biology. Students will become familiar with basic chemistry, cell structures, genetics, ecology, plant biology, and animal biology. Students are encouraged to develop critical thinking skills and to become comfortable with science. The students will develop the ability to make logical decisions and to formulate opinions on questions concerning science in their everyday lives. **Lab is part of the regular class schedule.**

#### Chemistry

**Grades: 11-12**                **Semesters: 2**  
**Credits: 1.00**                **Prerequisite: Alg 1**

This course is designed for students planning to pursue a college education and specifically those who have an interest in engineering, mathematics, or the physical sciences. Major topics covered are atomic theory, gases, bonding, acids, and bases. Students will also predict the individual behaviors of specific chemicals. The class format will include lecture, reading, problem solving, group work, and lab work. Students are required to explain microscopic behavior based on macroscopic observations. The students must also apply mathematics to real problems.

#### Physics

**Grades: 11, 12**                **Semesters: 2**  
**Credits: 1.00**                **Prerequisite: B or above in Alg 2**

This course is designed for students planning to pursue a college education that have an

interest in engineering, mathematics, or physical science. Topics include motion, force, energy, matter, electricity, and more. The format consists of lectures, research, cooperative learning, lab work and mathematically-based problem solving.

#### Anatomy

**Grades: 11, 12**                **Semesters: 2**  
**Credits: 1.00**    **Prerequisite: Bio, Phys. Sci**

This course is designed for students who have an interest in the medical/health field. Students will be introduced to basic mechanisms necessary to maintain life. In addition, they will examine the complex levels of organization in humans and identify the organs found in body cavities.  
**Lab is part of the regular class schedule.**

#### AP Chemistry

**Grades: 11-12**                **Semesters: 2**  
**Credits: 1.00**                **Prerequisite: Phys. Sci, Alg. 2 B or higher, B or higher in Chemistry**

This course is comparable to a full-year introductory college chemistry course. Topics studied in the course include matter, measurements, atoms, stoichiometry, solutions, gases, bonding, reactions, quantum mechanics, periodic properties, thermochemistry, equilibrium, electrochemistry, and some basic organic chemistry. The format consists of lecture, research, problem-solving, group work, and lab work. This course is two periods every day. **Taking the AP Chemistry exam in May is required. There is a fee for this test to be paid in full by the student prior to October 1.**

#### Environmental Science

**Grades: 10-12**                **Semesters: 2**  
**Credits: 1.00**                **Prerequisite: Phys Sci**

Environmental Science is an interdisciplinary life science course and will cover topics such as: renewable energy and non-renewable energy resources, biomes, ecology, water and air pollution, hazardous wastes problems, recycling, geomorphology, climate change, organic and conventional agriculture, geology and social/political issues surrounding environmental problems. There will be outside labs and activities (possible summer lab activity).

## **SOCIAL STUDIES**

(4 credits required)

American History

**Grade: 10**  
**Credits: 1.00**

**Semesters: 2**  
**Prerequisite:**  
**World History**

This course presents a systematic study of American history from the exploration period to present time.

Special importance is placed on the social, economic, and political aspects of the development of freedom.

**This class is required for all sophomores.**

World History

**Grade: 9**  
**Credits: 1.00**

**Semesters: 2**  
**Prerequisite: None**

Students learn the political, diplomatic, social, and economical development of world history with an emphasis on western civilization from the beginning of historic time through the present. **This class is required for all freshmen.**

American Government

**Grade: 11**  
**Credits: 1**

**Semesters: 2**  
**Prerequisite: None**

This course concentrates on the formation, structure, and organization of our government from the federal to the local levels. Special emphasis is placed on the US Constitution and the structure and function of the federal government in its executive, legislative, and judicial branches. Students will also study the role of political parties and various other external influences on the United States government. **This class is required for all juniors.**

Geography

**Grade: 12**  
**Credits: .50**

**Semesters: 1**  
**Prerequisite: None**

This course builds on students' understanding of geography and spatial thinking.

Contemporary issues are explored through the lens of geography. In addition to understanding where physical and cultural features are located and why those features are located as they are, students examine the implications of these spatial arrangements.

**This class is required for all seniors.**

Economics

**Grade: 12**

**Semesters: 1**

**Credits: .50**

**Prerequisite: None**

Students will learn about various economic systems throughout the world but will concentrate on the free market enterprise system of the United States. This course will touch on the differences between microeconomics and macroeconomics. **This class is required for all seniors.**

Psychology

**Grades: 11, 12**  
**Credits: 1.00**

**Semesters: 2**  
**Prerequisite: None**

Psychology studies the individual and his/her behavior and mental processes. Human behavior is complex, and psychology dives into the human mind to further understand human behavior. Psychology offers an in-depth look at the human mind, memory, thought, human emotions, and personality development. Class size is limited and requires teacher approval.

## HEALTH & PHYSICAL EDUCATION

(1 credit required)

Physical Education 1

**Grades: 9**  
**Credits: .50**

**Semesters: 2**  
**Prerequisite: None**

Students will be involved in activities that offer expressions and healthful benefits throughout life. Students learn the fundamentals of team and individual sports, and physical fitness programs. The students also participate in team building exercises. *Check student handbook for dress code.*

**This class is required for all freshmen.**

Health

**Grades: 10**  
**Credits: .50**

**Semesters: 1**  
**Prerequisite: None**

The purpose of health education is to enable students to integrate the social, physical, and mental/emotional health dimensions to achieve and maintain a quality lifestyle. Students study aspects of weight training, flexibility, and nutrition in order to fulfill the state requirements.

Students will explore human growth and development, chronic and communicable diseases, CPR/AED training and certification, and decision-making behaviors.

**This class is required for all sophomores.**

Advanced PE

**Grades: 10-12**

**Semesters: 2**

**Credits: .50**

**Prerequisite: PE 1**

Students will advance the foundations of PE I by focusing on personal fitness, learning specialized skills in health-related fitness activities, nutrition and sports appreciation. Advanced PE will enable students to demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities as well as an understanding of all movement concepts, principles, strategies and tactics of physical activities over a lifetime .

Fitness & Nutrition

**Grades: 10-12**

**Semesters: 1**

**Credits: .50**

**Prerequisite: Health**

This interdisciplinary Physical Education (PE) and Family and Consumer Science (FACS) course is designed to help students understand the importance of exercise and healthy eating habits presently and for a lifetime. Students will participate in a wide variety of exercise activities, as well as cook, and prepare healthy and delicious food. This course will enhance students' understanding of their fitness needs and guide them in making wise decisions to improve their health and wellness. Students will analyze and compare healthy food choices, as well as, analyze their health risk, fitness levels, nutritional habits, lifestyles and attitude toward wellness. Combined with a brief overview of the basics of kinesiology and human movement

### **GRADUATION REQUIREMENTS**

A minimum of 25 units of credit is required for graduation. Transfer credits will be reviewed for acceptance. The following credits are required in the specific subject areas:

#### **SUBJECT CREDITS REQUIRED**

Religion 4.0

English 4.0

Social Studies 4.0 *(must include American History and American Government)*

Mathematics 4.0 *(must include Alg II)*

Science 3.0 *(must include a life, a physical, and an advanced science)*

Foreign Language 2.0

The Arts 1.0

Physical Education 0.5

Health 0.5

Electives 2.0

### **Honors Diploma Requirements**

Seniors must meet seven of the eight requirements.

<b>English</b>	<b>4 units</b>
<b>Mathematics</b>	<b>4 units, including Algebra I, Geometry, Algebra II or the equivalent and another higher level course or a four-year sequence of courses that contain equivalent content</b>
<b>Science</b>	<b>4 units, including physics and chemistry</b>
<b>Social Studies</b>	<b>4 units</b>
<b>Foreign Language</b>	<b>3 units (must include no less than 2 units for which credit is sought), i.e., 3 units of one language or 2 units each of two languages</b>
<b>Fine Arts</b>	<b>1 unit</b>
<b>ACT/SAT Score [excluding scores from the writing sections]*</b>	<b>27 ACT / 1210 SAT</b>
<b>Grade Point Average</b>	<b>3.5 on a 4.0 scale</b>

### **End of Course Exams**

Freshmen - Algebra I & English Language Arts I

Sophomores - Geometry, English Language Arts II, American History, Biology

Juniors - American Government

Students must score 18 points on the end of course exams to graduate. Including at least four points in math, four points in language arts, and six points in science and social studies. Each exam is scored from one to five. Students who earn a one or a two must retake exams until they reach the 18 points required.