

GRADES 9-12 COURSE DESCRIPTIONS 2022-2023

The following courses will be offered to our High School students during the timeframe of 2022-2023. The final schedule of classes will be determined by the number of students interested in each. Please note that some of the electives will run for a semester versus a full year. Students must complete 28 credits to graduate. One class must be taken online prior to graduation per Michigan law. Each student must earn 4 Theology credits, 4 Math credits, 4 English credits, 3 Science credits, 3 Social Studies credits, 2 Performing and/or Fine Arts credits, 2 Foreign Language credits, 1 Physical Education & Health credit, and 5 Elective credits. All seniors must schedule a “Senior Seminar/Capstone Course” during grade 12.

VISUAL, PERFORMING, AND APPLIED ARTS

ART: 2D & 3D

Available for students in grades 9-12

Credit: Successful completion of this year long course will result in 1 earned Fine Arts Credit

The elements and principles of design are the basic core upon which the Art Program is developed. Each level of Art is built upon the previous year of study. Students are able to use a wide variety of materials in the areas of Calligraphy, Drawing, Acrylic Painting, Oil Painting, Pottery, Collage, Colored Pencil Drawing and many other artistic endeavors.

AP STUDIO ART: PORTFOLIO BUILDING

Available for students in grades 11-12

Prerequisites: At least two semesters of a high school visual art class must be completed with a grade of B or better.

Credit: Successful completion of this year long course will result in 1 earned Fine Arts Credit

This course is a rigorous and demanding journey into artistic creation. As a college-level course, it challenges artists to investigate formal and conceptual issues in 2D design. Over 24 pieces will be created during the year. Students will be challenged to develop their own artistic voice while at the same time showing their versatility as they use a variety of media and expand on different themes.

Students will be personally involved in a sustained investigation of all three aspects of the portfolio: Quality, Concentration, and Breadth. Examples of assignments and slides from AP Art students will be shown and discussed in detail. Students will be encouraged to develop their own ideas within the context of each portfolio. Students will review the principles and elements of design that they had been previously introduced to in the prerequisite courses. They will be asked to identify how these principles are used in local and master works of art, and articulate this in written and oral formats. Students will have the option of creating a Drawing, 2D, or 3D portfolio during this class. Students may take AP Studio Art multiple times during high school,

providing the portfolio choice is not the same as the previous year.

GRAPHIC DESIGN

Available for students in grades 9-12

Credit: Successful completion of this year long course will result in 1 Fine Arts credit

In this Graphic Design class, high school students learn the principles of great design and typography from a design industry professional while using professional-grade Adobe design software to create digital drawings, logos, advertisements, magazine layouts, and more. Students complete the week by creating a digital portfolio to showcase their work. No prior art or design experience is necessary for this program. No previous experience with graphic design or specific design applications is required.

BAND: MARCHING AND CONCERT PERFORMANCE

Available for students in grades 9-12

Credit: Successful completion of this year long course will result in 1 Fine Arts credit

High School Band is a performance oriented ensemble that participates in a myriad of settings. These may change yearly, but performance opportunities generally include: marching in parades, executing drill and design at football games, performing at Michigan School Band and Orchestra Association Festivals, performing at school concerts (Christmas and Spring), school events (Class Night, Baccalaureate Mass, Graduation). In addition to the large ensemble performances, individual students may also perform or participate in Michigan School Band & Orchestra Association Solo and Ensemble Festival, Mass, pep bands, All-Star Band, Lake Michigan Youth Orchestra, and other city or religious services or celebrations.

CHOIR

Available for students in grades 6-12

Credit: Successful completion of this semester long course will result in 0.5 earned high school Fine Art credit

Students will study choral music from various periods of musical history, as well as concentrate on the fundamentals of music and developing musicianship skills. Emphasis is placed upon the development of the individual voice and the choral sound. Students are encouraged to participate in solo and small ensemble singing opportunities. Students will participate in the Christmas and Spring Concert performances.

ENGLISH LANGUAGE ARTS

FOUNDATIONS OF THE ENGLISH LANGUAGE

Required for grade 9

Credit: Successful completion of this year long course will result in 1 earned high school English credit

Freshman English focuses on building independence and fluency in reading and writing. The course will focus on these questions:

- What makes a classic? Why do we teach them?
- How do we classify literature?
- How can we use mentor texts to develop our own writing?

During the year, students will explore and analyze literature through all eras and genres. Example texts include *Romeo and Juliet*, *The Odyssey*, *To Kill a Mockingbird*, and *Of Mice and Men*.

AMERICAN LITERATURE & COMPOSITION

Required for Grade 10/or AP Equivalent

Credit: Successful completion of this year long course will result in 1 earned high school English credit

The goal for American Literature & Composition is to continue to build a solid foundation of knowledge, skills, and strategies using America's great writers and speakers as an anchor. Through the study of the words of the founding fathers, students will learn the basics of argument and rhetoric. Through the Romantics, such as Poe, Melville, and Irving, students will learn how to captivate an audience. Through the works of the Harlem Renaissance, students will begin to explore the depth and breadth of the human experience. This course in American Literature concludes with the post-war era with selections from Arthur Miller, Randall Jarrell, and Sylvia Plath. This course will also focus on writing.

BRITISH LITERATURE & COMPOSITION

Required for Grade 11 unless in AP English course, dual enrollment, or special circumstance

Credit: Successful completion of this year long course will result in 1 earned high school English credit

British Literature & Composition is a survey course of major authors, trends, and genres of British Literature. Special emphasis is given to analytical writing and the writing process. Students' papers will incorporate research skills and proper documentation of credible, academic sources which will include both electronic and printed material. Grammar and usage skills will be reviewed as needed and incorporated into the writing process; vocabulary skills will be stressed through the use of vocab.com. Students will focus on an in-depth analysis of at least five to six major works including: *Beowulf*, *The Canterbury Tales*, *Macbeth*, *A Tale of Two Cities*, *Frankenstein*; and any of the following: *Brave New World*, *Lord of the Flies*, *Wuthering Heights*, *Pride and Prejudice*.

WORLD LITERATURE & COMPOSITION

Required for Grade 12 unless in AP English course, dual enrollment, or other special circumstance

Credit: Successful completion of this year long course will result in 1 earned high school English credit

The goal for English Language Arts 12 is to continue and expand upon the concepts learned in English 9-11 and prepare each student for college or careers using contemporary and classic world literature as an anchor. The course will focus heavily on writing, specifically the final Capstone project from the Diocese, as well as a variety of shorter pieces.

AP LANGUAGE AND COMPOSITION

Available to students in grades 11-12 unless special permission is granted

Prerequisites: Successful completion of English 9, 10, (potentially 11) preferably with “B” or better, or instructor approval

Credit: Successful completion of this year long course will result in 1 earned high school English credit

The AP English Language and Composition course aligns to an introductory college-level rhetoric and writing curriculum, which requires students to develop evidence-based analytic and argumentative essays that proceed through several stages or drafts. Students evaluate, synthesize, and cite research to support their arguments. Throughout the course, students develop a personal style by making appropriate grammatical choices. Additionally, students read and analyze the rhetorical elements and their effects in non-fiction texts, including graphic images as forms of text, from many disciplines and historical periods.

AP LITERATURE AND COMPOSITION

Available to students in grades 11-12 unless special permission is granted

Prerequisites: Successful completion of English 9, 10, (potentially 11) preferably with “B” or better, or instructor approval

Credit: Successful completion of this year long course will result in 1 earned high school English credit

The AP English Literature and Composition course aligns to an introductory college-level course sequenced to follow AP English Language and Composition and calls for rich, high-level thinking. Students will engage in critical readings from works that range from the sixteenth century through the twenty-first century. This course will broaden human understanding about the world around us and help to sharpen awareness of language as well as understanding of the writer’s craft. Students will refine their writing skills and be taught the four critical elements of analysis: identify the section of prose or poetry; identify the literary device being discussed; incorporate evidence from the text; and include commentary that clearly and insightfully explains how the evidence works to illustrate the author’s purpose. Students can expect to engage in the reading of short stories, poetry--including epic poems, sonnets, and drama--to include a Shakespearean tragedy and novels. Students can expect many hours of homework each week.

YEARBOOK

Available for students in grades 9-12

Credit: Successful completion of this year long course will result in 1 earned high school Elective credit

In this class, students will complete a myriad of tasks to create a quality yearbook that reflects the pictorial history of the activities for the present school year. Students will learn appropriate communication skills. In addition to other tasks, students will learn to develop a theme, design the cover, create end sheets and a title page that reflect the theme, create master designs for each section, create a workable ladder, set-up type specs and graphic elements for each section, determine story and photo ideas and assignments, “shoot the shot,” organize the sale and

distribution of the yearbook, sell advertising, finalize completed computer pages, establish and meet publication deadlines, and edit pages.

WORLD LANGUAGES

FRENCH I

Available to students in grades 8-12

Credit: Successful completion of this year long course will result in 1 high school Foreign Language credit

This course introduces the students to elementary French conversation and being able to express themselves in everyday situations. This course addresses basic elementary grammar, the reading of simple French stories, beginning French composition, authentic listening activities and the culture of French speaking locations and people. Main conversation topics include: introducing oneself, talking about food, family, interests and different actions in the present and past tenses.

FRENCH II

Available to students in grades 9-12

Prerequisites: Successful completion of French I

Credit: Successful completion of this year long course will result in 1 high school Foreign Language credit

This course is a continuation of the first year experience with the French language. Students will learn grammar beyond French I, including the future and conditional tenses, as well as grammatical items such as question formation and pronoun usage. The students will be engaged in intermediate French conversations, reading of intermediate selections, composition and study of French speaking locations and people. Main conversation topics include: hobbies, holidays, school activities, and a typical day.

LATIN I

Available to students in grades 8-12

Credit: Successful completion of this year long course will result in 1 high school Foreign Language credit

Students enrolled in this course acquire the basic vocabulary, forms, and grammar necessary for reading and writing simple Latin selections. Some emphasis is placed on oral Latin as well. The course delves deeply into the relationship between Latin, English, and the Romance Languages. Students also explore elements of Roman culture, ranging from Latin words and phrases used in English to geography, architecture, the calendar, state mottos, the periodic table, and more.

SPANISH I

Available to students in grades 8-12

Credit: Successful completion of this year long course will result in 1 high school Foreign Language credit

Spanish I, a course based on Michigan's Academic Standards for World Languages, introduces

students to effective strategies for beginning Spanish language learning, and to various aspects of Spanish-speaking cultures. This course encourages interpersonal communication through speaking and writing, providing opportunities to make and respond to basic requests and questions, understand and use appropriate greetings and forms of address, participate in brief guided conversations on familiar topics, and write short passages with guidance. This course also emphasizes the development of reading and listening comprehension skills, such as reading isolated words and phrases in a situational context and comprehending brief written or oral directions. Additionally, students will examine the practices, products and perspectives of Spanish-speaking culture; recognize basic routine practices of the target culture; and recognize and use situation-appropriate non-verbal communication. This course further emphasizes making connections across content areas and the application of understanding Spanish language and culture outside of the classroom.

SPANISH II

Available to students in grades 9-12

Prerequisite: Successful completion of Spanish I

Credit: Successful completion of this year long course will result in 1 high school Foreign Language credit

Spanish II, a course based on Michigan's Academic Standards for World Languages, builds upon effective strategies for Spanish language learning by encouraging the use of the language and cultural understanding for self-directed purposes. This course encourages interpersonal communication through speaking and writing, providing opportunities to make and respond to requests and questions in expanded contexts, participate independently in brief conversations on familiar topics, and write cohesive passages with greater independence and using appropriate formats. This course also emphasizes the development of reading and listening comprehension skills, such as using contextual clues to guess meaning and comprehending longer written or oral directions. Students will address the presentational mode by presenting prepared material on a variety of topics, as well as reading aloud to practice appropriate pronunciation and intonation. Additionally, students will describe the practices, products and perspectives of Spanish-speaking culture; report on basic family and social practices of the target culture; and describe contributions from the target culture. This course further emphasizes making connections across content areas and the application of understanding Spanish language and culture outside of the classroom.

AP SPANISH LANGUAGE & CULTURE

Available to students in grades 10-12

Prerequisite: Successful completion of Spanish II

Credit: Successful completion of this year long course will result in 1 high school Foreign Language credit

AP Spanish Language and Culture is equivalent to an intermediate level college course in Spanish. Students cultivate their understanding of Spanish language and culture by applying interpersonal, interpretive, and presentational modes of communication in real-life situations as they explore concepts related to family and communities, personal and public identities, beauty and aesthetics, science and technology, contemporary life, and global challenges.

MATH

ALGEBRA I

Available to students in grades 8-9

Prerequisites: Successful completion of 7th grade math and teacher recommendation

Credit: Successful completion of this year long course will result in 1 earned high school Math credit

This is a required, first year algebra course. The key content involves writing, solving, and graphing linear and quadratic equations, including systems of two linear equations or inequalities. This course also includes study of monomial and polynomial expressions, exponents, functions, and rational expressions. Quadratic equations are solved by factoring, completing the square, graphically, or by application of the quadratic formula. Algebraic skills are applied in a wide variety of problem-solving applications.

GEOMETRY

Available to students in grade 9-10

Prerequisites: Successful completion of Algebra I

Credit: Successful completion of this course will result in 1 earned high school Math credit

Geometry introduces students to the basic principles of Euclidean geometry. Students will learn key definitions, symbols, notations, theorems, and properties of geometric figures which serve as the foundation for the course. Emphasis is placed on developing deductive reasoning and logical thinking skills through the use of geometric proofs. Geometry includes a study of right triangle trigonometry that is developed through similarity relationships, two- and three-dimensional figures, transformations, area, surface area, and volume formulas.

ALGEBRA II

Available to students in grades 10-11

Prerequisites: Successful completion of Algebra I and Geometry

Credit: Successful completion of this course will result in 1 earned high school Math credit

Algebra II extends and builds upon concepts learned in Algebra I and Geometry in order to improve problem-solving skills. Algebra II continues the study of algebra with a focus on the analysis of functions, including: linear, quadratic, polynomial, rational, exponential and logarithmic functions. Algebra II will also extend on the trigonometry foundation started in Geometry. Emphasis will be made on solving, graphing, transforming and modeling these functions. Many connections will be made with the aid of graphing calculators in order to represent functions analytically, graphically, and numerically.

PRE-CALCULUS

Available to students in grades 11-12

Prerequisites: Successful completion of Algebra I, Geometry, and Algebra II

Credit: Successful completion of this course will result in 1 earned high school Math credit

Pre-calculus is the preparation for Calculus. The study of the topics, concepts, and procedures of pre-calculus deepens students' understanding of algebra and geometry and extends their ability to apply such procedures at higher conceptual levels. The theory and applications of trigonometry and trigonometric functions are developed in-depth. New mathematical tools, such as vectors, matrices, and parametric equations are introduced. Pre-calculus is strongly recommended for all college-bound students. These topics are prerequisites for many college programs in science, engineering, medicine, and business.

CALCULUS

Available to students in grades 11-12

Prerequisites: Successful completion of Algebra I, Geometry, Algebra II, and Pre-Calculus

Credit: Successful completion of this course will result in 1 earned high school Math credit

Calculus is the mathematics of change. Utilizing properties and knowledge developed in Algebra I and II, Geometry, and Pre-Calculus, students will explore analytical geometry, functions, limits, continuity, differentiation, transcendental functions, and techniques of integration. Both theory and application are emphasized. Students will use analytical, numerical, graphical, and verbal approaches to solving problems. This course provides an introduction to the typical first semester of college Calculus 1. **Graphing calculators are required for this course**

THEOLOGY

SACRED SCRIPTURE

Available to students in grade 9

Credit: Successful completion of this course will result in 1 earned high school Theology credit

The freshman course in theology is an introduction to Sacred Scripture, the study of which allows students to encounter the living Word of God, the Lord Jesus Christ. Students will preface their study of Scripture by analyzing both the forms of and limits to man's knowledge of God through reason and Divine revelation and the role of the Church as the authentic interpreter and guardian of Sacred Scripture, with a particular focus upon the covenantal nature of God's self-revelation and an extended reading of the *Gospel according to St. John*.

THE CREED, THE CHURCH AND THE SACRAMENTS

Available to students in grade 10

Credit: Successful completion of this course will result in 1 earned high school Theology credit

The sophomore course explores: (i) the Trinitarian, Christocentric, and ecclesial dimensions of the Catholic faith as it has been formulated in the great creeds of the Church; and (ii) the nature of the sacraments and their critical role in the economy of salvation.

MORALITY

Available to students in grade 11

Credit: Successful completion of this course will result in 1 earned high school Theology credit

The junior course treats both moral philosophy and moral theology. The former examines and critiques various ethical theories (relativist, utilitarian, deontological) before turning to a study of the nature of human happiness and the virtues in general. The latter explores the supernatural vocation of the human person and his call to holiness, the theological virtues, the Beatitudes, and the moral teachings of the Catholic Church.

APOLOGETICS AND PRAYER

Available to students in grade 12

Credit: Successful completion of this course will result in 1 earned high school Theology credit

The senior course considers common challenges to the Catholic faith and offers apologetic responses (natural, Christian, and Catholic) to these disputed questions. The four-year theology sequence concludes with a theoretical account of prayer and its importance in the Christian life through a reading of primary sources drawn from selected spiritual masters and the experience of various forms of prayer in the Catholic tradition.

SCIENCE

BIOLOGY

Available for students in grade 9-10

Prerequisites: none

Credit: Successful completion of this year long course will result in 1 earned high school Science credit

This NGSS-aligned course explores the living world with emphasis on biological interactions in everyday life. Students will investigate cell biology, genetics, evolution, ecology, cellular processes, and the diversity of life. Concept oriented information, laboratory experiences, experimental design, technology, and data analysis are emphasized. This course includes a laboratory component.

CHEMISTRY

Available for students in grades 10-12

Prerequisites: Biology, successful completion of Algebra I

Credit: Successful completion of this year long course will result in 1 earned high school Science credit

Introductory chemistry concepts are presented with emphasis on the formation of solid study habits and methods in problem solving. In this NGSS-aligned course, students will investigate the structure and properties of matter, chemical reactions, forces and interactions, energy, and waves and electromagnetic radiation. This course includes a laboratory component.

PHYSICS

Available to students in grades 11-12

Prerequisites: Successful completion of Algebra II

Credit: Successful completion of this year long course will result in 1 earned high school Science credit

In this course, students will explore the mathematical trends in the physical world. Concepts examined will include 1 and 2 dimensional motion, types of energy, heat, sound, light, and electricity. Problem solving and qualitative ideas will be emphasized. Students will practice scientific methods of experimenting, recording and analyzing data.

ANATOMY AND PHYSIOLOGY

Elective Science Credit

Available for students in grades 10-12

Credit: Successful completion of this year long course will result in 1 earned high school Science credit

This intensive course is designed for students considering careers in the fields of medicine or applied sciences. Students will explore the structure of the human body as well as the functions of various body systems. Students will also explore cellular biology, basic chemistry, and gross anatomy and physiology of the body. This class includes a laboratory component featuring microscopic analysis of specimens, dissections, formal laboratory write-ups, and projects. This course requires a significant amount of memorization.

AP BIOLOGY

Available for students in grades 11-12

Prerequisites: B or better in both Biology and Chemistry, successful completion of Algebra II, Instructor approval

Credit: Successful completion of this year long course will result in 1 earned high school Science credit

This course is rigorous and requires dedication, extra time, and effort on the part of the highly motivated student. It will prepare students for college-level Biology classes and affords the student opportunity to earn college credit upon passing the AP Biology exam taken in May. This course will explore basic biochemistry, ecology, cellular processes, genetics, molecular biology, biotechnology, evolution, botany, and zoology. This course will follow the AP Biology program as designed by the College Board. The AP Biology syllabus proposed by OL has been approved by the College Board. In order to earn credit equivalent to a college-level Biology course, students must pay for and pass the AP Biology exam in May.

BUSINESS & FINANCE

INTRODUCTION TO BUSINESS

Available for students in grades 9-12

Credit: Successful completion of this semester long course will result in 0.5 earned Elective credit

This course provides opportunities to learn and experience a variety of topics in the field of business. Students are exposed to various economies, their roles in our economy, entrepreneurship, marketing, managing financial and technological resources, business operations, accounting, and the use of social media. Course activities involve students in writing, investigating, problem-solving, demonstrating, and reporting. Students will also utilize an online learning environment. This course will also look at the importance of ethics and social responsibility. Students will build a foundation for further studies in business and develop the business knowledge and skills they will need in their everyday lives.

GLOBAL TRADING

Available for students in grades 9-12

Credit: Successful completion of this semester long course will result in 0.5 earned high school Elective credit or grade 12 Math. May be repeated.

The Finance Lab provides students with a hands-on learning environment to examine the principles of market structure which drive the financial marketplace. Students will work with software simulation programs to provide a real-world experience. Dual-screen monitors at each station as well as LED tickers winding along the lab will provide continuous live feed of current stock processes. Students will work in breakout spaces designed for group projects and classroom meetings.

MARKETING I

Available for students in grades 9-12

Credit: Successful completion of this year-long long course will result in 1.0 earned high school Elective credit

This course examines the business function of Marketing. Students will learn how marketers deliver value in satisfying customer needs and wants, determine which target markets the organization can best serve, and decide upon appropriate products, services, and programs to serve these markets.

PERSONAL FINANCE

Available to students in grades 9-12

Credit: Successful completion of this semester long class will result in 0.5 earned high school Elective credit

In this introductory finance course, students learn basic principles of economics and best practices for managing their own finances. Students learn core skills in creating budgets, developing long-term financial plans to meet their goals, and making responsible choices about income and expenses. They gain a deeper understanding of capitalism and other systems so they can better understand their role in the economy of society. Students are inspired by experiences of finance professionals and stories of everyday people and the choices they make to manage their money.

SOCIAL STUDIES

US HISTORY & GEOGRAPHY

Available to students in grades 9-11

Credit: Successful completion of this year long course will result in 1 earned high school Social Studies credit

This course covers the period from 1870 through today. The political, social, and economic foundations of modern America are studied in an effort to understand the fast paced changes that affect us today. The first semester will review early American history and then cover 1870 through present day. Geography, economics, civics and current events will be incorporated into the class.

WORLD HISTORY & GEOGRAPHY

Available to students in grades 9-11

Credit: Successful completion of this year long course will result in 1 earned high school Social Studies credit

This course is a survey of world history from early civilizations to the present day. The class takes both a chronological and thematic approach, giving students both a sense of historical progression and the ability to see global patterns among various societies. A strong emphasis will be on current global issues, giving students an understanding of the connection between world history and what is happening in the world today. Developing geography skills and incorporating current events will be an important part of this course.

CIVICS

Available to students in grades 9-11

Credit: Successful completion of this semester long course will result in 0.5 earned high school Social Studies credit

This course will cover the form and function of federal, state, county, township, city, and village governments. The rights and responsibilities of citizens will be stressed. The course will emphasize the historical development of our nation's government and will also present the relationship between our government and economy.

ECONOMICS

Available to students in grades 10-11

Credit: Successful completion of this semester long course will result in 0.5 earned high school Social Studies credit

This course will provide students with a general introduction to the concepts of economics and the advantages of a capitalistic society. Students will be exposed to concepts of microeconomics, macroeconomics, and personal finance. Students will participate in stock market analysis and mock activities. This course will prepare students for college-level economic courses.

AP US HISTORY

Available to students in grades 10-12

Credit: Successful completion of this year long course will result in 1 earned high school Social Studies credit

This course is designed to prepare students for the AP US History Test and therefore is an opportunity for college credit. This course covers the period from early human migration patterns to the Current Era. It is an intensely comprehensive study of the history of the United States as it developed and eventually became a world power. Emphasis is placed on the social, economic, and political aspects of history.

AP EUROPEAN HISTORY

Available to students in grades 10-12

Credit: Successful completion of this year long course will result in 1 earned high school Social Studies credit

In AP European History, students investigate significant events, individuals, developments, and processes from approximately 1450 to the present. Students develop and use the same skills, practices, and methods employed by historians: analyzing primary and secondary sources; developing historical arguments; making historical connections; and utilizing reasoning about comparison, causation, and continuity and change over time. The course also provides seven themes that students explore throughout the course in order to make connections among historical developments in different times and places: interaction of Europe and the world, economic and commercial development, cultural and intellectual development, states and other institutions of power, social organization and development, national and European identity, and technological and scientific innovations.

PSYCHOLOGY

Available for students in grades 10-12

Credit: Successful completion of this year long course will result in 1 earned high school Social Studies credit

This intensive course is designed for students considering careers in the fields of medicine or applied sciences. Students will explore the structure of the human body as well as the functions of various body systems. Students will explore various topics including the biology of mind, consciousness, human diversity, development, sensation and perception, learning, thinking and language, intelligence, social psychology, emotions, stress, psychological disorders, and psychological therapies.

PHYSICAL & HEALTH EDUCATION

PHYSICAL & HEALTH EDUCATION

Available to students in grades 9-12

Credit: Successful completion of this semester long course will result in 1.0 earned high school Physical & Health Education credit

This course is required to meet Michigan Merit Curriculum graduation guidelines. Physical

education is a sequential, developmentally appropriate educational program that provides students with the knowledge, skills, fitness, and attitudes necessary to lead a healthy lifestyle. All students will show competence in the following six physical education content standards: motor skills and movement patterns, understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities, regular participation in lifelong physical activity, achieving and maintaining a health-enhancing level of physical fitness, exhibiting responsible personal and social behavior that respects self and others in physical activity settings, and value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. Additionally, students enrolled in this course will learn about the health topics that will impact immediate and future development and motivate students to act on that health-enhancing information. Students learn the steps to healthy decision-making and practice refusal skills for a variety of risk behaviors. Personal safety and stress reduction techniques will also be taught. Building healthy relationships and understanding concepts that build self-esteem are emphasized while taking a comprehensive look at nutrition, fitness, mental health, challenging diseases and the dangers of alcohol, drugs, and tobacco.

INTRODUCTION TO STRENGTH AND CONDITIONING

Available for students in grades 10-12

Credit: Successful completion of this year long course will result in 1 earned high school Elective credit

This course is designed for students who have little or no experience with weight and plyometric training. The course engages students in a beginning level readiness program that will prepare them for our advanced course, Power Training. This course introduces students to the training techniques and terminology used within the Bigger, Faster, Stronger (BFS) program. Students will learn the factors and methods used by BFS to develop strength, power, speed, agility, quickness and explosiveness. Grades are based on daily participation and effort, evidence of improvement through periodic performance and technique testing. This course does **not** meet the Michigan Merit Curriculum graduation requirement for physical education.

SEMINAR

SEMINAR/RESOURCE

Available to students in grades 9-12

1 or 2 Semesters

Students are highly encouraged to schedule a seminar/resource period if they need time during the school day to work on schoolwork. Some students may be scheduled for a mandated seminar course for academic interventions and programming.