

Important Information

The following pages contain descriptions for courses offered at Holy Spirit Preparatory School during the 2020-2021. In addition, please be aware of the following policies regarding specific classes:

Advanced Placement (AP) Course Enrollment

All students enrolled in an Advanced Placement (AP) course will be required to take the AP Exam in May. Payment for the exam will be collected during the Fall 2020 semester.

Midterms & Final Exams for Elective Courses

A midterm and final exam or project may be required in any elective course at the discretion of the teacher and Department Chair. Elective courses are defined as any course that a student is enrolled in that exceeds a graduation requirement.

Elective Courses by Grade

<u>9th Grade Electives</u>		<u>10th Grade Electives</u>	
Meteorology	Beginning Band	Intro to Computer Science	3D Art - 1st Sem
Intro to Computer Science	Advanced Band	Astronomy	Ceramics I - 2nd Sem
City Lab	Choral Music	Meteorology	Intro to Photo/ Photo II
Spanish I-AP	Musical Theatre	History of Medicine	Beginning Band
Greek I	Strength & Conditioning	Communications	Advanced Band
3D Art - 1st Sem	Team Sports	City Lab	Choral Music
Ceramics I - 2nd Sem	Publication - Yearbook	Spanish I-AP	Musical Theatre
Intro to Photo/ Photo II		Latin I – IV	Strength & Conditioning
		Greek I	Team Sports
		Mythology	Publication - Yearbook
		Intro to Art/Studio Art I	ACT/SAT Prep - 2nd Sem
		Studio II: Advanced Drawing	Intro to Computer Science
		Studio II: Advanced Painting	
<u>11th Grade Electives</u>		<u>12th Grade Electives</u>	
Short Stories	Intro to Art/Studio Art I	Short Stories	Intro to Art/Studio Art I
Film & Literature	Studio II: Advanced Drawing	Film & Literature	Studio II: Advanced Drawing
Statistics of Sports	Studio II: Advanced Painting	Statistics of Sports	Studio II: Advanced Painting
Financial Planning	Studio III: 2-D Design	Financial Planning	Studio III: 2-D Design
Astronomy	3D Art - 1st Sem	Anatomy and Physiology	Studio IV: Portfolio Prep
Organic Chemistry	Ceramics I - 2nd Sem	Astronomy	AP Studio Art: 2-D
AP Biology	Intro to Photo/ Photo II	Marine Biology	3D Art - 1st Sem
AP Human Geography	Beginning Band	Organic Chemistry	Ceramics I - 2nd Sem
Mythology	Advanced Band	AP Biology	Intro to Photo/ Photo II
Meteorology	Orchestra	AP Human Geography	Beginning Band
History of Medicine	Choral Music	Mythology	Advanced Band
Communications	Musical Theatre	History of Medicine	Orchestra
AP Psychology	Strength & Conditioning	Communications	Choral Music
Spanish I-AP	Team Sports	AP Psychology	Musical Theatre
Latin I – IV	Publication - Yearbook	Spanish I-AP	Strength & Conditioning
Greek I	ACT/SAT Prep - 1st Sem	Latin I – IV	Team Sports
	Intro to Computer Science	Greek I	Publication - Yearbook
			Intro to Computer Science

Course Descriptions

English Department

English 8 (Full Year)

Prerequisite: None

This course focuses on the continued study of the writing process and aims to guide students toward a more mature and complex analysis of fiction and nonfiction texts across the curriculum. Students will learn to use research and analysis to strengthen their writing across every discipline and will demonstrate understanding and control of the rules of the English language. Using shared inquiry, students will delve deeper into literary texts, identifying and discussing themes as well as literary techniques. Vocabulary instruction is integrated within the context of each thematic unit and incorporates the study of Greek and Latin roots and affixes.

Accelerated English 8 (Full Year)

Prerequisite: Department Chair Recommendation

This course focuses on the continued study of the writing process and aims to guide students toward a more mature and complex analysis of fiction and nonfiction texts across the curriculum. Students will learn to use research and analysis to strengthen their writing across every discipline and will demonstrate understanding and control of the rules of the English language. Using shared inquiry, students will delve deeper into literary texts, learning to communicate their ideas and opinions in a variety of written and spoken forms. Students in the Accelerated course will engage in analysis of more challenging texts and themes and will produce writing that integrates more sophisticated structures and techniques. Vocabulary instruction is integrated within the context of each thematic unit and incorporates the study of Greek and Latin roots and affixes.

Literature of the Western World (Full Year)

Prerequisite: None

This course focuses upon classics of the Western World from Ancient Greece through contemporary times. Students are guided to recognize universal themes, symbolic patterns, and social values within classical Western literature as well as its historical context and influence. The course integrates the study of literature and the practice of essay writing, both in and out of class, with further study of the writing process. Students will strengthen their understanding of the characteristics of narrative, informative, and argumentative writing, composed for a variety of purposes and audiences. Vocabulary instruction is integrated within the context of each thematic unit.

Accelerated Literature of the Western World (Full Year)**Prerequisite: Department Chair Recommendation**

This course focuses upon classics of the Western World from Ancient Greece through contemporary times. Students are guided to recognize universal themes, symbolic patterns, and social values within classical Western literature as well as its historical context and influence. The course integrates the study of literature and the practice of essay writing, both in and out of class, with further study of the writing process. Students will further their understanding of the characteristics of narrative, informative, and argumentative writing. Using inquiry-based Essential Questions as the foundation of each thematic unit, students in the Accelerated course will engage in a deeper analysis of the grade-level texts as well as more challenging texts. Vocabulary instruction is integrated within the context of each thematic unit

American Literature (Full Year)**Prerequisite: None**

American Literature focuses upon classics of American literature from the colonial to the modern period, guiding students to recognize the historical context and influence of American Literature. The course integrates the study of literature and the practice of essay writing, both in and out of class, with further study of the writing process. Students will learn to develop their style while reviewing and practicing the form, organization, and flow of the analytical and research essay writing. Throughout the year, the students will be responsible for vocabulary development, outside reading, and two term papers examining the history of American Literature.

Accelerated American Literature (Full Year)**Prerequisite: None**

Accelerated American Literature focuses upon classics of American literature from the colonial to the modern period. The course integrates the study of literature and the practice of essay writing, both in and out of class, with further study of the writing process. Students will formulate in-depth analyses and criticism of literary works, examining extended themes and the use of style and voice of American authors in preparation for Advanced Placement English classes. Students will learn to refine their style while focusing on essay writing. Throughout the year the students will be responsible for vocabulary development, outside reading, and two term papers examining the history of American Literature.

Advanced Composition (Full Year)**Prerequisite: None**

Advanced Composition is designed to enhance students' proficiency in writing across every discipline and for a variety of purposes. Through an in-depth study of the writing process and authors' techniques, students will refine their ability to produce coherent, organized, and well-developed essays. In examining both literary and non-literary texts, written for different purposes and in varying styles and contexts, students will analyze and reflect upon their own writing. Vocabulary and grammar instruction is integrated in order to strengthen students' understanding and application of the conventions of the English language.

AP English Language and Composition (1 Year)**Prerequisite: Department Chair Recommendation**

The AP English Language and Composition course is designed to help students become skilled readers of prose written in a variety of periods, disciplines, and rhetorical contexts and to become skilled writers who can compose for a variety of purposes. Through their writing and reading in this course, students will become aware of the interactions among a writer's purposes, audience expectations, and subjects, as well as the way generic conventions and the resources of language contribute to effective writing. The course aims to guide students in defining and recognizing the techniques applied to non-fiction and rhetorical writings and to prepare students for the AP English Language Exam.

British Literature (1 Year)**Prerequisite: None**

This year-long course is a comprehensive survey of British literature in all its brilliant diversity. Students will read, study, and analyze various plays, poems, and novels emanating from the United Kingdom, recognizing the historical context and influence of British literature. In addition to refining their narrative, argumentative, and informative writing, students will begin to conduct sophisticated research culminating in an extensive, college-level research paper.

AP English Language and Composition (1 Year)**Prerequisite: Department Chair Recommendation**

The AP English Literature and Composition course is designed to engage students in the careful reading and critical analysis of imaginative literature. Through the close reading of selected texts, students can deepen their understanding of the ways writers use language to provide both meaning and pleasure for their readers. As they read, students will consider a work's structure, style, and themes, as well as such smaller-scale elements as the use of figurative language, imagery, symbolism, and tone. As they work to read and analyze fiction writing at a college level, students will gain experience in using literary critiques as sources in writing, as well as developing their own literary criticisms.

Short Stories (1 Semester)**Prerequisite: None**

This course focuses on content, themes, literary techniques and creative artistry related to the short story. Working in a small group setting, students will analyze works by various authors and, while developing creative writing skills, create their own short stories throughout the semester. Students will also study film adaptation techniques as they relate to short stories. Additionally, students will identify connections between literature and their own lives and ideas. This elective is open to juniors and seniors.

Film and Literature (1 Semester)**Prerequisite: None**

This course centers upon in-depth reading and lively discussions in a small group, allowing students to see the connections between literature and the world in which they live. The Film and Literature course focuses on the connections between literary works and film adaptation, as well as timeless themes such as “We can, but should we?” regarding cloning in Jurassic Park, or “Honor and Word” regarding promises made and promises broken in The Princess Bride to name just a few. This elective is open to juniors and seniors.

Production: Yearbook**Prerequisite: None**

In this year long course, students will become well-versed in the following skill areas: Adobe InDesign and Adobe Photoshop, graphic design, photo selection, cropping and editing; layout and visual presentation, teamwork and communication, organization of large amounts of data, maintenance, and comprehension and planning of an intensive, year-long project – the HSP Yearbook. This elective class can be taken multiple times.

Social Studies Department**United States Survey 8 (1 Year)****Prerequisite: None**

This course will offer a study of our history as Americans from the colonization era up to the Cold War. Throughout the course, there will be lessons on politics, economics, law, religion, growth and minority struggles in the United States. A focus will be to connect and explain contemporary U.S. policies in light of their historical context. Each unit will begin with exploration of the contemporary theme by way of news and journal articles, historical context, activities and simulations. These will ground the students in an understanding of how history led to current policy. The goal of this course is to present the history of the United States and gain an understanding of how the American identity developed.

Accelerated United States Survey 8 (1 Year)**Prerequisite: Department Chair Recommendation**

The Accelerated course covers the same topics as United States Survey 8 but goes further in depth and includes more challenging assignments.

World History (1 Year)**Prerequisite: None**

This course will offer a general overview of the major periods of history from the earliest of times. Mixed in throughout the course will be lessons on politics, law, religion, and minority struggles throughout the world. Debates, topical discussions, lectures, presentations, writing assignments, and weekly reading homework will be used to facilitate student learning. Students will learn how to write expository essays throughout the course to prepare them for the next levels of Social Studies courses at Holy Spirit Preparatory School. The goal of this course is to present the history of the world starting with the ancient Middle East and ending with the Middle Ages.

Accelerated World History (1 Year)**Prerequisite: Department Chair Recommendation**

This course will offer a general overview of the major periods of history from the earliest of times. Mixed in throughout the course will be lessons on politics, law, religion, and minority struggles throughout the world. Whenever possible, primary documents and point of view analysis will be incorporated to increase the students' understanding of the material. In addition, movie clips, as well as debates, topical discussions, lectures, presentations, writing assignments, and weekly reading homework will be used to aid the student in understanding the material. Students will learn how to write expository essays throughout the course with emphasis on document based and free response questions to prepare them for the advanced placement courses at Holy Spirit Preparatory School. The goal of this course is to present the history of the world starting with the ancient Middle East and ending with the Middle Ages.

Western Civilization (1 Year)**Prerequisite: None**

Modern Western Civilization examines the political, social, religious, economic, and cultural development of Western nations. Major topics include the rise of nation-states, the Age of Exploration, the Age of Revolution and Reaction, the Industrial Revolution, the Age of Imperialism and the world wars.

Accelerated Western Civilization (1 Year)**Prerequisite: Department Chair Recommendation**

Accelerated Western Civilizations is an advanced course which will prepare students for the rigors of Advanced Placement Social Sciences. The course covers the time periods from the Renaissance through the fall of the Berlin Wall. Specific emphasis will be placed on the economic, political, and philosophical movements that altered the course of European History. Students must be self-motivated to go above and beyond the material presented during class time, as this course simulates a college seminar style class. Instructional practices include Socratic teaching, point of view instruction, student debates and simulations, as well as a focused effort on historical writing skills. At the completion of this course, students will be prepared to learn, write, and study in a style similar to that of a college student.

United States History (1 Year)

Prerequisite: None

United States History examines our nation's history from the discovery of the new world to the modern era. This course provides students with a topical understanding of the nation's social and economic history as well as a history of the nation's involvement in foreign affairs. Major topics/areas include the colonial period, the establishment of the constitutional government, the federalist era, the age of Jackson, the Civil War and Reconstruction, Gilded Age and progressivism, the Great Depression, World Wars, Civil Rights, and the Cold War.

AP United States History (1 Year)

Prerequisite: One accelerated or AP Social Science Course and Dept. Chair Recommendation

This course is designed to provide a college-level experience and preparation for the Advanced Placement (AP) Examination in May 2015. An emphasis is placed on interpreting documents, mastering a significant body of factual information, and writing critical essays. The nation's history is broken into nine periods: 1491-1607 (Spanish colonization), 1607-1754 (English colonization), 1754-1800 (revolution and the new republic), 1800-1848 (the market revolution and reform), 1844-1877 (Manifest Destiny and Civil War), 1865-1898 (the development of industrial America and imperialism), 1898-1945 (the first half of the 20th Century), 1945-1980 (the Cold War era), and 1980 to the present.

U.S. Government (1 Semester)

Prerequisite: None

U.S. Government provides students with an understanding of the structures and functions of the federal government. Students will explore the principles of government established by the Constitution and will examine the ways those principles are enacted by the legislative, executive, and judicial branches of government.

AP U.S. Government and Politics (1 Year)

Prerequisite: One accelerated or AP Social Science Course and Dept. Chair Recommendation

Advanced Placement United States Government and Politics is the study of the political process, the study of the structure and functions of the federal government as well as the study of the groups which influence and affect the policy making process. As this is a college level course, students must be self-motivated, self-directed learners who are willing to complete substantial research, reading, and writing outside of the classroom environment. At the completion of this course, students will be prepared to take the Advanced Placement exam.

Economics (1 Semester)**Prerequisite: None**

This one semester of economics will provide students with an introduction to macro-economics. Topics will include the basic economic concepts, the measurement of economic performance of a nation, the financial sector, employment, inflation and the critical factors responsible for the U.S, and world economic growth or recession.

AP Human Geography (1 Year)**Prerequisite: Dept. Chair Recommendation**

This course is an introductory college class in human geography, designed to provide students with a learning experience equivalent to that obtained in most first year college human geography classes. It introduces students to the systematic study of patterns and processes that have shaped human understanding and assesses the use and alteration of the Earth's surface. Students will be able to employ spatial concepts and landscape analysis to examine human-social organization and its environmental consequences. The units taught include population, migration, culture, language, religion, ethnicity, political geography, economic development, industry, and economic systems. Students are introduced to a range of geographic models, theories, and concepts.

AP Psychology (1 Year)**Prerequisite: Dept. Chair Recommendation**

This course is designed to introduce students to the systematic and scientific study of the behavior and mental processes of human beings and other animals. Students are exposed to the psychological facts, principles and phenomena associated with each of the major subfields within psychology. They also learn about the ethics and methods psychologists use in their science and practice. At the completion of this course, students will be prepared to take the Advanced Placement exam.

City Lab (1 Semester)**Prerequisite: None**

This course introduces the CityLab Project, in collaboration with Georgia State University or Georgia Institute of Technology-The Urban Morphology and Ecology Experience-Project is a research-based study of the structure, activities, and issues relating to the city of Atlanta. Through this project we provide the opportunity for students to explore an exciting educational initiative developed in partnership with the local research universities.

Communications (1 Semester)**Prerequisite: None**

This course will focus on public speaking and persuasion as a tactic used in everyday life. Students will learn the basic principles of oral communication to then design and deliver speeches on topics they deem meaningful to their lives. Multiple examples from history and film will be used as inspiration. Students will also gain practical experience in utilizing visual aids to assist in their presentations. At the end of the course, students will have more comfort with public speaking and be better prepared to present themselves and their ideas moving forward.

History of Medicine and Disease (1 Semester)

Prerequisite: None

Focusing on the key turning points in the history of western medicine, this course examines revolutions in medical knowledge and clinical practice, transformations in how the human body and disease have been conceptualized, and inventions of tools to treat sick people. It also explores ways that people have experimented on other human beings, the role of public health, and the history of institutions such as medical schools and hospitals. You will learn about one of the most famous innovations of the 19th century, vaccination, and why it became controversial over the next century. You will also learn how cholera shaped public health, and ultimately lead to innovations that made cities livable. Additionally, you will learn about diseases such as malaria, tuberculosis, cancer, AIDS, bubonic plague, the Spanish flu, typhoid, and typhus and the impact they have had on human affairs, including geopolitics.

Mythology (1 Semester)

Prerequisite: None

The ancient Greeks and Romans used storytelling to organize their thoughts, express their values, and understand their place on earth and in the universe. Material discussed in this course will include Greek and Roman myths of the creation of the world, the birth of the gods and their individual areas of expertise, and the crises, journeys and challenges faced by heroes and heroines. You will learn these challenging, thought-provoking, dangerous and beautiful stories and how generations of people have thought about and been inspired by them. Some of the questions we will ask while doing so include whether free will exists, whether the heroic code of honor pertains to the rest of us, whether it might be ethically permissible for a hero or a god to lie, cheat, steal, and even murder, and what political, social, and moral functions myths themselves serve. Although the myths we focus on are thousands of years old, our inquiry is not simply historical, but rather one that ought to shed light on how we continue to use and be affected by myth today.

Mathematics Department

Pre-Algebra 8 (1 Year)

Prerequisite: Math 7

In this 8th grade on-level Pre-Algebra course, students will learn the foundations of problem solving, algebra, and geometry. There will be an emphasis throughout the course on the development of the abstract reasoning skills needed for success in Algebra 1. Students will be introduced to the basic algebraic topics, including rational numbers, real numbers, functions, graphing, and polynomials. Students will also learn to use proportion and percent, apply proportional reasoning, explore number patterns, and begin studying statistics and data analysis. Students will be introduced to the basic geometric topics of investigating patterns, using area and volume. Students will also investigate discrete math and probability.

Accelerated Algebra I (1 Year)**Prerequisite: Acc. Pre-Algebra and Dept. Chair Recommendation**

This is the accelerated 8th grade math course; however, it counts as a high school course. The course incorporates the consistent use of real numbers and a problem solving approach. It emphasizes the principles of algebra, including algebraic symbolism, simplifying complex expressions, solutions to linear and quadratic equations, and graphic representations associated with variables. Students will apply algebraic representations to word problems and analyze the nature of changes in linear and non-linear relationships. Skills taught in the course serve as a bridge from the concrete to the abstract study of mathematics, lay groundwork for upper level math and science courses, and have practical uses in everyday life.

Algebra I (1 Year)**Prerequisite: Pre-Algebra 8**

This on-level 9th grade Algebra 1 course is a bridge from the concrete to the abstract study of mathematics. This course introduces basic algebraic skills in a logical order, including relations, functions, graphing, systems of equations, radicals, factoring polynomials, rational equations, probability and statistics, and quadratic functions. It emphasizes practical methods of solving first- and second-degree equations and inequalities. This course emphasizes the language, concepts, and techniques that will prepare students to approach and solve problems following a logical succession of steps. Skills taught in the course lay groundwork for upper level math and science courses and have practical uses in everyday life.

Geometry (1 Year)**Prerequisite: Algebra I**

Covered in this course are the concepts of right triangle trigonometry, vectors, solving triangles, two-dimensional and three-dimensional figures and their properties, logical reasoning and the development of formal proof using theorems and postulates, transformations, congruence, symmetry, and linear functions. The instruction emphasizes visualizing and understanding Euclidean geometric properties and mathematical relationships, making and verifying conjectures, and applying geometric concepts to real-world situations. The student will make extensive connections between geometry and algebraic properties learned earlier.

Accelerated Geometry (1 Year)**Prerequisite: Acc. Algebra I and Dept. Chair Recommendation**

This course covers all of the topics in the Geometry course in greater depth and at a more abstract level. In addition, students are given the opportunity to explore non-Euclidean geometries and an introduction to circular trigonometry. Greater attention is given to proofs as well as making and verifying conjectures and using algebraic techniques to develop geometric concepts.

Algebra II (1 Year)

Prerequisite: Geometry

This course emphasizes facility with algebraic expressions and forms, powers and roots, and functions. Functions (linear, quadratic, polynomial, radical, exponential, and logarithmic) are studied both for their abstract properties as well as their usefulness as tools for modeling realistic situations. These functions are analyzed in their algebraic (symbolic) forms and their graphical representations. This course also includes linear modeling, linearizing data, and introduction to sequences and series, and conic sections.

Accelerated Algebra II (1 Year)

Prerequisite: Acc. Geometry and Dept. Chair Recommendation

This course covers all of the topics in the Algebra II course in greater depth with room for additional topics as time allows. This course will cover quadratic, polynomial, radical, exponential, and logarithmic functions, nonlinear systems of equations, conic sections. This course also includes linear modeling, linearizing data, and introduction to sequences and series, conic sections, optimization and matrices. Students will be asked to combine and apply ideas, tools and reasoning from across their mathematical foundation to address a variety of questions.

Pre-Calculus & Trigonometry (1 Year)

Prerequisite: Algebra II

This course furthers the study of the algebra, properties and graphs of functions and their inverses. Trigonometric functions and their graphs and inverses, along with trigonometric identities and solving trigonometric equations form a large portion of the course. Additional topics covered include rational functions, vectors, parametric functions, polar functions, and probability. Continued application of the topics covered in Algebra II is prevalent throughout the course.

Accelerated Pre-Calculus & Trigonometry (1 Year)

**Prerequisite: Acc. Algebra II and
Dept. Chair Recommendation**

This course furthers the study of the algebra, properties and graphs of functions and their inverses. Trigonometric functions and their graphs and inverses, along with trigonometric identities and solving trigonometric equations form a large portion of the course. Additional topics covered include rational functions, vectors, parametric functions, polar functions, and probability. This course studies the topics of Pre-Calculus with additional depth in rigor in preparation for taking AP Calculus.

Calculus I (1 Year)

Prerequisite: Pre-Calculus or Acc. Pre-Calculus

This course is a study of one-dimensional calculus designed to introduce students to concepts within three broad fields: limits and continuity, differential calculus, and integral calculus. Emphasis is placed on understanding and applying the conceptual foundations of calculus. Students tackle complex applications of the mathematics while leveraging technology to complete the computations. Topics include limits and continuity, differentiation of functions, extrema and optimization, the fundamental theorem of calculus, Riemann sums, and volumes of solids of revolutions and known cross sections. While not leading to college credit, this course will leave students well-prepared to pursue calculus-based mathematics in college.

AP Calculus AB (1 Year)

**Prerequisite: Pre-Calculus or Acc. Pre-Calculus
and Dept. Chair Recommendation**

This course is a study of one-dimensional calculus designed to prepare students for the AP Calculus AB exam. The course can be broadly broken into three major sections: limits and continuity, differential calculus, and integral calculus. Topics include limits and continuity, differentiation of functions, extrema, related rates, the fundamental theorem of calculus, Riemann sums, volumes of solids of revolutions and known cross sections, separable differential equations, and slope fields. Applications to physics and economics are also considered. This course uses analytical, graphical, and numerical approaches to calculus. Problem solving, logical reasoning, and critical thinking skills will be emphasized throughout the course.

AP Statistics (1 Year)

**Prerequisite: Pre-Calculus or Acc. Pre-Calculus and
Dept. Chair Recommendation**

This year-long study of statistical analysis is designed to prepare students for the AP Statistics exam. The course will introduce students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students are exposed to four broad conceptual themes: exploring data, sampling and experimentation, anticipating patterns, and statistical inference. This course will provide an excellent foundation in statistics applicable to any course of study in college involving the collection and analysis of data, including the physical sciences, biology, psychology, engineering, business, and political science.

Statistics of Sports (1 Semester)

Prerequisite: Algebra II

This course teaches students the principles of statistical reasoning by focusing on the statistical process in some of the most popular sports. This class uses the stats of current sports teams and players to teach data collection and analysis, using multiple methods to appropriately display results and analysis. Appropriate statistical tests will be used to test claims, as well as analyze and identify errors made in the tests. Students will use these concepts to investigate questions such as 'Does James Harden choke in playoff games?', or 'Do the Packers have a greater ability to win at home than on the road?'

Financial Planning (1 Semester)**Prerequisite: Geometry**

The goal of this course is to provide students with the tools they need to successfully manage money as an adult. This course is designed to teach students the value of money management and controlling individual cash flow. Students will learn how to control personal credit and get the most out of a paycheck. The class will also investigate the power of investing, the usefulness of financial services, and the importance of varying insurance coverages.

Science Department**Science 8 (1 Year)****Prerequisite: None**

The 8th grade science course emphasizes hands-on learning with the integrated Lab Learner curriculum. A primary focus is on preparation, execution, and analysis of experiments and investigations to provide a foundation of critical thinking in a scientific methods. Units of study in this course include heat, friction, electricity and magnetism, sound waves and pressure, light, photosynthesis, ecosystems, and watersheds.

Biology with Lab (1 Year)**Prerequisite: None**

Biology introduces the principles and concepts related to living organisms. The course will cover basic biological chemistry, cell structure and function, metabolism and energy transformation, genetics, evolution, classification, and other related topics. Upon completion, students should be able to demonstrate understanding of life at the molecular and cellular levels. Laboratory exercises are used to reinforce lecture topics and include microscope techniques.

Accelerated Biology with Lab (1 Year)**Prerequisite: Dept. Chair Recommendation**

Accelerated Biology is intended for highly motivated students who wish to prepare for AP Biology. In addition to the course objectives covered in Biology, students independently design and implement inquiry-based investigations, read and report on current research and topics in biology, and demonstrate a greater conceptual and in-depth understanding of course material. This course includes additional units of study to prepare students for the AP Biology course.

Physical Science (1 Year)**Prerequisite: None**

Students spend the first semester of Physical Science studying physics and learn about the nature of scientific thought, Newton's Laws of motion, gravity, energy, and fluid dynamics. The second semester focuses on atomic structure, bonding, chemical nomenclature, and reactions. Students who complete this course will have met their Physical Science/Physics graduation requirement and will not need to take Physics.

Chemistry with Lab (1 Year)**Prerequisite: None**

Chemistry is the study of atoms and molecules and their interactions with each other. The first semester of Chemistry covers atomic structure, the Periodic Table, bonding, scientific measurements and calculations, chemical nomenclature, and reactions. In the second semester, students study chemical composition, stoichiometry, energy, gas laws, solutions, acids and bases, kinetics, equilibrium, electrochemistry, and nuclear reactions. A variety of laboratory experiments provide students with hands-on experience with these chemical principles.

Accelerated Chemistry with Lab (1 Year)**Prerequisite: Dept. Chair Recommendation**

The Accelerated course covers some additional topics (e.g., quantum numbers, resonance) and takes a more mathematical and in-depth approach. The Accelerated course prepares students for AP Chemistry.

Physics with Lab (1 Year)**Prerequisite: None**

Physics is the study of natural phenomena occurring in the physical world. Students learn about motion, forces, momentum, work, power, energy, waves, light, sound, electricity, and magnetism. Physics is learned through observation, experimentation, critical thinking, and problem solving. Mathematics is the language of physics and is relied upon heavily throughout the course.

Anatomy and Physiology (1 Semester)**Prerequisite: None**

This one-semester senior elective provides an introduction to anatomy and physiology. Students gain a basic understanding of the anatomy and physiology of the eleven major organ systems of the body. Throughout the course, students complete basic dissections of mammalian organs in order to understand the structures of these organs. This class does require significant memorization, so students should be prepared to spend time outside of class learning anatomical and physiological terms.

Astronomy (1 Semester)**Prerequisite: Physical Science or Physics**

This one-semester elective surveys the known universe with a focus on exploring our own solar system. The course will include the origin and history of the universe and the formation of the Earth. Students will develop a sense of the enormity of scale of both time and space as well as the relationship between time and space. The course will provide a description of major astronomical phenomena such as black holes and supernova.

Marine Biology (1 Semester)

Prerequisite: None

The course will emphasize the biological, ecological, and structural principles that govern marine life throughout all environments within the world's oceans. The major areas of study will include basic oceanography, properties of water, comparison of terrestrial and marine ecosystems, composition of the oceanic nekton, deep-sea biology, subtidal zones, intertidal zones, estuaries, coral reefs, symbiotic relationships, human impact on the sea, and the use of current biological collecting and sampling techniques. Extensive lab time will also be devoted to the organisms that populate the marine systems studied. Dissection and keying of specimens will be used extensively.

Meteorology (1 Semester)

Prerequisite: None

Meteorology is a one-semester elective that explores the processes that resulted in Earth's atmosphere. Students will learn about the composition and characteristics of the atmosphere and how they cause short and long term changes in Earth's atmospheric conditions. The course will focus on helping students be aware of and explain atmospheric phenomena they observe daily, such as changes in humidity, temperature, and pressure, as well as weather-related natural disasters such as tornadoes, hurricanes, and drought.

AP Biology (1 Year)

Prerequisite: Biology and Dept. Chair Recommendation

AP Biology is equivalent to a first-year college course in biology. The primary emphasis in this course is on developing an understanding of concepts and the examination of science as a process rather than memorizing terms and technical details. This course is structured around the four Big Ideas (Evolution, Energy Processes, Information, and Interactions) that are described in the AP Biology Course Description. The topics covered include biochemistry, cell structure and function, cellular energetics, genetics, molecular basis of inheritance, DNA technology, evolution, microbiology, plants, animals, and ecology. Of particular importance to this class and each topic that is covered is the role of the modern theory of evolution. This theory will serve as the unifying theme across the entire scope of this class, and at the end of each unit all material will be tied to this theory.

**Prerequisite: Chemistry and
Dept. Chair Recommendation**

Organic Chemistry (1 Year)

This course introduces students to the field of organic chemistry. The importance of organic chemistry in the world today cannot be overstated. Students will learn that they are surrounded by organic molecules and reactions: foods, artificial flavors, perfumes, plastics, clothes, pharmaceutical drugs, biological molecules and processes, etc. College students in chemistry, biology, pre-medical, or related programs often find Organic Chemistry to be one of the most difficult courses they take in college. The knowledge gained in this introductory course at HSP enables students to feel comfortable and confident in their college Organic course. This class is therefore recommended for students who are interested in pursuing these areas in college. Topics include organic structures and nomenclature, chirality, the major mechanisms (radical chain reactions, electrophilic addition, nucleophilic substitution, elimination, electrophilic aromatic substitution), spectroscopy (IR and NMR), functional group transformations, carbon-carbon bond formation, and using retrosynthetic analysis to design multi-step syntheses. Students will perform over a dozen laboratory experiments including basic identification, characterization, and purification techniques; polymerization reactions; and a multi-step synthesis that is completed over a period of several weeks.

Theology Department

Theology 8: Sacraments & Prayer (1 Year)

Prerequisite: None

This course is a study of those outward signs instituted by Christ to give grace: the seven Sacraments. Each of the Sacraments is discussed and studied, considering both their basis in Sacred Scripture and Sacred Tradition and with reference to the second part of the Catechism of the Catholic Church. There will be a particular study of the topic of vocation in the context of both Holy Orders and religious life, along with Holy Matrimony and the family. The class spends time with a study of prayer (based on the fourth part of the Catechism), sacred art, sacred music, and the most notable sacramentals and devotions of the Catholic faith, especially the Holy Rosary. Students should complete the course with a thorough knowledge of the Sacraments, ceremonies, prayer life, and religious practices of the Catholic Faith.

Theology 9: Sacred Scripture (1 Year)

Prerequisite: None

Divine Revelation is comprised of two uniquely intertwined parts: Sacred Tradition and Sacred Scripture. This course will be a detailed examination of the latter in the hopes of furthering the students' knowledge of the Bible. St. Jerome wrote in the prologue of his commentary on Isaiah: "...ignorance of Scripture is ignorance of Christ" (Nn. 1.2: CCL 73, 1–3); this statement impresses upon us the importance of understanding God's Word in order to deepen our knowledge of our Savior (Matt 11:27; cf. John 14:25–26). On account of this, we will explore critical moments in Salvation History to show God's plan of redemption for humanity, focusing particularly on proper modes of interpretation (literal & spiritual sense, cf. CCC 116–17) and the interconnected, unitive nature of the two Testaments (Covenants). This will include examining the socio-political contexts in which these books were composed, authorship, dating, canon, and how these texts have been understood through the centuries (interpretation history). Ultimately, the purpose of this survey is to foster in the students an awareness of the major themes & structure of the Bible, an appreciation for Scripture's fundamental place in the Faith & liturgy, and the skills necessary for proper exegesis—interpretation—of the Divine Word.

Theology 10: Church History & Creed (1 Year)

Prerequisite: None

This course presents the history of the Catholic Church and the principle beliefs of the Faith as outlined in the Apostles' and Nicene Creeds and discussed in the first part of the Catechism of the Catholic Church. The study of the Creed and Catholic belief will be made in the context of the history of the Church and the ecumenical councils. Beginning from the Gospel account of Christ's founding of the Church, to the Church in our present day, students will see the guidance of the Holy Spirit at work, the institutional continuity provided by Apostolic Succession, and the consistency of Catholic faith and morals. Students should complete the course with a clear sense of Catholic Church's history, its doctrines, and why the Church is still just as necessary to the modern world 2,000 years after its establishment.

Theology 11: Moral Theology & the Human Person (1 Year)

Prerequisite: None

Moral Theology is a study of the morality of human actions. This class focuses on how to live one's life in such a way as to receive eternal salvation; it seeks to answer the question posed by the young man: "what must I do to inherit eternal life." The course begins the discussion of what is good for man by established what it means to be a human person and how that relates to identity, family, community, and the moral life. Once establishing the first principles of the moral life, the class will proceed to study the Ten Commandments as discussed and presented in the third part of the Catechism of the Catholic Church. Students will discuss the implications of the moral life on the individual person, the family, and on society itself. Finally, the course will emphasize the beauty of moral truth and virtue, and the connection between morality, love, and happiness. Students should complete this course with a thorough understanding of what a life with Christ demands and what a truly human life of love looks like in practice.

Theology 12: Philosophy & Apologetics (1 Year)

Prerequisite: None

This class has as its purpose introducing the student to intellectual life and rational explanation of the Catholic Faith. The year begins with a preliminary study of logic and philosophy as taught in the Catholic intellectual tradition, especially as presented in the realist philosophy of St. Thomas Aquinas. With that intellectual foundation, students will study the art of engaging in Apologetics – a rational defense – of the Catholic Faith and its principle doctrines. This course will, in particular, study and engage with the ideas of the secular world and the fundamental beliefs of the major world religions. The class will culminate with students composing a paper in the format of an article of the Summa Theologiae in which they defend some aspect of the Faith by articulating a thesis while both presenting and answering substantial objections to it. Students should complete this course with a strengthened ability to reason and confidence in explaining the truths of the Catholic Faith.

Classics Department

Latin I (1 Year)

Prerequisite: None

Using Ecce Romani, Book I, students will learn vocabulary, grammar, and culture by reading stories about a patrician Roman family of the first century of the Roman Empire. **Language:** Students will learn how to conjugate indicative verbs in all 6 tenses and decline 1st-3rd declension nouns. They will write simple sentences and answer comprehension questions about paragraphs and stories. By the end of the year, students should be able to recognize over 250 vocabulary words & phrases. **Culture/History:** Students will be able to discuss ancient Roman attire, households, entertainment, practices such as slavery, and features of the city of Rome. **Mythology:** Students will be able to match the Greek Olympians with their Roman counterparts. They will be able to tell the foundational stories of Rome and of its early heroes. **Christianity:** Students will pray the Lord's Prayer, the Hail Mary, the Glory Be, and they will learn to sing several parts of the Mass.

Latin II (1 Year)

Prerequisite: Latin I

Using *Ecce Romani*, Books I and II, students will learn vocabulary grammar and culture by reading stories about a patrician Roman family of the first century of the Roman Empire. This includes their travels around Europe and daily lives in rural and urban settings. **Language:** Students will learn how to parse 1-4th conjugation verbs and recognize tense and mood. They will write complex sentences and answer comprehension questions about stories and grammar. By the end of the year, the students should be able to recognize 400 vocabulary words as well as important phrases. **Culture/History:** Students will be able to discuss the political developments of Rome. They will be familiar with inherited Greek traditions as well as become familiar with Roman expansion. They will recognize the names of key individuals and places in the Roman world. **Mythology:** Students will study the major Greek and Roman mythological stories as well as cover the heroic traditions and worship practices of the people of Rome. **Christianity:** Students will pray the Lord's Prayer, the Hail Mary, the Glory Be, and continue to study several parts of the Mass.

Latin III (1 Year)

Prerequisite: Latin II

Continuing in *Ecce Romani*, Book II, students will learn vocabulary, grammar, and culture by reading stories about a patrician Roman family of the first century of the Roman Empire. This includes their travels around Europe and daily lives in rural and urban settings. **Language:** Students will learn how to parse all nouns and verbs as well as recognize tense, mood, clauses, and the varying functions of different cases. They will write complex sentences and answer comprehension questions about stories and grammar. By the end of the year, the students should be able to recognize 600 vocabulary words as well as important phrases. They should be comfortable reading and recognizing participles and the passive voice. **Culture/History:** Students will have a working knowledge of the history of ancient Rome up to the reign of Hadrian. This will include important political and military events with an expanded focus on Rome's relationships to its neighbors in the Mediterranean. **Mythology:** Students will study the major Greek and Roman mythological stories as well as ceremonies of the ancient Romans. They will cover a wide range of Greek tales which influenced Roman beliefs and practices. **Christianity:** Students will pray the Lord's Prayer, the Hail Mary, the Glory Be, and continue to study several parts of the Mass.

Latin IV (1 Year)

Prerequisite: Latin III

Using Ecce Romani, Book III, students will engage important primary texts from Rome's Golden age, including works from Cicero, Caesar, Pliny, Plutarch and Eutropius. **Language:** Students will continue their studies of Latin grammar, especially with regard to subjunctive verbs, impersonal constructions, and gerunds, as they encounter them in the context of the authentic writings. They will continue to expand their Latin vocabulary and will create sophisticated translations of the texts they encounter. **Culture/History:** Students will study the transition from Republic to Empire in detail, paying special attention to the personalities that shaped that process. **Mythology:** Students will analyze the stories Romans enjoyed hearing with the goal of better understanding the people of ancient Rome. **Christianity:** Students will compare the culture and values of ancient Romans with those of the early Christians and will consider the ways Christianity made an impact on Roman life.

Greek I (1 Year)

Prerequisite: None

Using Athenaze, Book I, students will work through Chapters 1-7. They will be introduced to the ancient Greek language, as well as the culture and mythology of the classical age (5th century BC) of Athens. **Language:** Students will learn the present tense, active and middle voice, of regular, epsilon-contract, and alpha-contract verbs; first, second and third declension nouns; adjective-noun agreement; and the rules governing Greek accents. By the end of the year, students will have mastered a vocabulary of about 220 words in ancient Greek. **Culture:** They will learn about the daily life of a typical 5th century BC Athenian farm family. **Mythology:** They will learn about the rise of the Olympian gods and goddesses and will read selected stories about each of the major deities. They will also begin reading in Greek stories from Homer's Odyssey. **Christianity:** Students will memorize the Lord's Prayer in the original Greek and will begin to read easy passages from St. Luke's Gospel.

Modern Language Department

Spanish I (1 Year)

Prerequisite: None

Spanish I is designed for high school students with little to no Spanish language background. In this course, students will learn how to conjugate regular and irregular verbs in the present and the preterite tense. They will also learn about gustar verbs, object pronouns, and how to form numbers. Students will practice talking about topics including family, hobbies, shopping, and food and be exposed to cultural information about Cuba, Peru, Guatemala, Chile, Spain, Ecuador, Mexico, and Puerto Rico. The homework for this course is completed online. As a part of the course, students take the National Spanish Exam.

Spanish II (1 Year)**Prerequisite: Spanish I**

This course will review and expand upon vocabulary and grammar introduced in Spanish I. Topics covered include the preterite and imperfect, the subjunctive mood, commands, present and past perfect, future and future perfect, conditional and conditional perfect tenses and cultural information about Costa Rica, Argentina, Panama, Colombia, Venezuela, Bolivia, Nicaragua. Students will discuss topics related to technology, nature, health, work, and current events. The homework for this course is completed online. As a part of the course, students take the National Spanish Exam.

Spanish III (1 Year)**Prerequisite: Spanish II**

This course will review and expand upon vocabulary and grammar introduced in Spanish II. Topics covered include the preterite and imperfect tenses, present and past subjunctive, and perfect tenses. Students will discuss topics like the media, the environment, science and technology, and family. They will also watch chapter themed short films, read literary selections, study current events, and take the National Spanish Exam. The homework for this course is completed online.

AP Spanish (1 Year)**Prerequisite: Spanish III**

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. (Course description via College Board website)

Visual Arts Department

Introduction to Art (1 Semester)**Prerequisite: None**

This one semester course serves as an introduction to studio art and the elements of art. This course is the foundation course to all Visual Art classes at HSP. Content is covered in small unit based projects and a variety of media and technique will be explored. Media will include: pencil, acrylic, watercolor, collage, charcoal, block printing and colored pencil. No previous art experience is required to take this course.

Studio Art I: Art Techniques Survey (1 Semester)**Prerequisite: None**

This one-semester course is for those who intend on continuing their studies in studio art. Elements discussed in the intro class will be explored further and intermediate drawing, printmaking and painting techniques will be taught. Emphasis will be placed on composition, drawing rules, and major art movements from history.

Studio Art II: Advanced Drawing (1 Semester)

In this semester long course students explore more advanced techniques in a variety of drawing media: pencil, charcoal, pastel, Illustration Marker. Emphasis is placed on mark making and mastery of skill in a multitude of traditional media with a focus on portraiture and anatomy. Students also study the progression of style and technique throughout the history of art with close attention to classical applications. This course is intended for students who want to take their art to the next level and prepare for future studio classes. This class easily couples with Advanced Painting.

**Prerequisite: Intro to Art or
Dept. Chair Recommendation**

Studio Art II: Advanced Painting (1 Semester)

In this semester long course students explore a full range of painting approaches with projects in acrylic, oils, watercolor and spray-paint. Emphasis is placed on technical approaches to the media and focus on the progression of wet media throughout history. This course is intended for students who want to take their art to the next level and prepare for future studio classes. This class easily couples with Advanced Drawing.

**Prerequisite: Intro to Art or
Dept. Chair Recommendation**

Studio Art III: 2D Design and Composition (1 Year)

This year long course is highly suggested for anyone wishing to take AP studio Art or prepare a portfolio for college admittance. The course focuses on the formation of concept and design. Projects are loosely structured and alternative processes are explored. Projects include: action painting, plaster carving, illustration and ink work. All assignments are assessed based on theme, concept and the ability to express ideas and social issues. The overarching goal of the course is for each student to develop their own artistic voice. Please note that the research portion of this class requires frequent gallery visits.

**Prerequisite:
Studio Art II**

Studio Art IV: Portfolio Prep (1 Year)

This semester long course is intended to serve the senior art student not enrolled in AP Art. The course focuses on the formation of a focused series of art. Students will work towards creating a singular body of work based on individual interests and with heavy focus on peer critique. This course does require students to purchase materials based on their selected media.

**Prerequisite: Studio Art III and
Teacher Recommendation**

**Prerequisite: Studio Art III and
Teacher Recommendation**

AP Studio Art (1 Year)

AP Studio Art is for serious art students who wish to study art after high school or whom seek the challenge of a very demanding class; Students explore all 3 sections of the portfolio: Quality, Concentration, and Breadth through a variety of assigned and proposed projects. The course emphasizes making art as an ongoing process that involves the student in informed and critical decision making. Preparation for this course begins in the Studio 3 class; by the time students enter into the AP Studio Art course in their senior year, they have already developed a mastery over a variety of concepts, executions, compositions and media design; this is only to be further addressed in the actual AP course. This course emphasizes making art as an ongoing process. Students will complete a minimum of 15 related works AND document their process through written prompts.

Introduction to Photography (1 Semester)

Prerequisite: None

This one semester course is an introduction to the medium of photography. The course will integrate photographic storytelling, documentary style photography, studio & outdoor portraiture, and the artistic side of photography. Students will learn to examine images critically through weekly critiques, as well as, the historical significance of photography. Simple black and white darkroom procedures will be explored. **Students are REQUIRED to have a MANUAL CAMERA for the class.**

Photography II (1 Semester)

Prerequisite: Intro to Photography

This course builds on skills acquired in the Introduction to Photography class and provides opportunities to apply more complex photographic processes, digital manipulation, and more student driven projects. By exploring photographic and digital media with the camera and computer, students will be able to develop a body of work that reflects a range of problem solving and ideation, and develop versatility with techniques to demonstrate their abilities. **Students are REQUIRED to have a MANUAL CAMERA for the class.**

3D Studio Art (1 Semester)

Prerequisite: None

This one semester art course deals with art in its 3-Dimensional form. A variety of mediums will be explored (including paper, clay, textiles, wire, plaster) and the importance of craftsmanship will be emphasized. Students will explore a wide range of sculptural techniques using additive, subtractive, modeling, and casting processes to complete projects designed to build artistic and creative confidence. Projects are designed to teach critical thinking and problem solving skills and to include useful art experiences that will complement the student's overall education.

Ceramics (1 Semester)

Prerequisite: None

This course is an introduction to medium of clay, including methods for forming clay objects, pinching, coiling, and slab. Students will create as well as appreciate expressive, three dimensional clay forms, and understanding of other cultures and periods of human expression in clay. The relationship of pottery and ceramics in the history of mankind will be studied. The second half of the course involves introduction to the pottery wheel. Projects are open-ended enough for students to develop their own styles and modes of expression and work is expected to be of high quality in thought, process, and product.

Performing Arts Department

Beginning Band (1 Semester)

Prerequisite: None

Band is a performance based class for woodwinds, brass, percussion and piano. Band students participate in several performances per semester. Students will develop in the areas of instrument technique, tone production, tuning, fundamentals of music theory, music reading, and listening skills. Students will also learn to compose and perform original pieces. Students will perform music from multiple genres, including jazz, rock and classical music.

Advanced Band (1 Semester)

Prerequisite: 1 year of previous study or permission of instructor

Band is a performance based class for woodwinds, brass, percussion and piano. Band students participate in several performances per semester. Students will develop in the areas of instrument technique, tone production, tuning, fundamentals of music theory, music reading, and listening skills. Students will also learn to compose and perform original pieces. Students will perform music from multiple genres, including jazz, rock and classical music.

Orchestra (1 Year)

Prerequisite: 1 year of previous study or permission of instructor

Band is a performance based class for strings, woodwinds, brass, percussion and piano. Band students participate in several performances per semester. Students will develop in the areas of instrument technique, tone production, tuning, fundamentals of music theory, music reading, and listening skills. Students will also learn to compose and perform original pieces. Students will perform music from multiple genres, including jazz, rock, with a particular emphasis on classical music. This class can be taken multiple times.

Musical Theatre (1 Semester)

Prerequisite: None

Students will learn acting and singing techniques specific to the musical theatre genre. Students will learn to sing solos, duets and large ensemble songs and scenes. Student will develop a toolkit of acting strategies and techniques. Students will have the opportunity to perform in HSP's music concerts. No prior experience is necessary, just be ready to have a good time on stage! Students in class do not need to participate in the Fall, Winter or Spring play.

Chorus (1 Semester)

Prerequisite: None

Upper School Chorus students will learn proper solo and choral singing techniques for a variety of musical styles, as well as music theory and sight singing skills. Upper School Chorus will sing both popular and classical music. Students will also sing for weekly school Masses. Students will perform in several concerts per semester. Open to all Upper School students.

Other

8th Grade Art (1 Semester)

Prerequisite: None

This is an introductory course in world cultures as they pertain to art production. The course provides a survey across several diverse realms of populations around the world. Students will be introduced to the elements of art as well as art production. The purpose of this course is to demonstrate how the arts bridge all cultures. The second quarter will focus on recycled art and the reuse of materials to create aesthetically pleasing artwork.

8th Grade P.E. (1 Semester)

Prerequisite: None

This course is an introduction to fitness and weight lifting while working on speed and agility. We begin by understanding how to approach a gym and a weight room appropriately. We build confidence in students so that when they graduate high school they are comfortable going to a gym with the goal of maintaining a healthy lifestyle.

8th Grade Study Skills (1 Year)

Prerequisite: None

This course is intended to teach students various academic strategies and studying techniques in support of academic success. Instruction will focus on research-based strategies to include use of student planners, materials organization, and data reflection. Students will put into context the use of these practices in order to support student ownership over academic performance, the efficiency and effectiveness of study habits, and improvement of assessment data.

Strength and Conditioning (1 Semester)

Prerequisite: None

This course is for any individual from beginner to advanced, interested improving in fitness, strength, speed, and agility. Students will focus weight room safety, exercise integration, program planning, and performance development. Athletes will have modified programs for in-season and off-season training. This course may be taken multiple times for credit and is available to any 9th through 12th grade students.