

Kennedy Catholic Family of Schools
Kennedy Catholic High School
Kennedy Catholic Middle School
Grades 7-12



Course Catalog
2023-2024

Preparing students for exceptional lives...

Kennedy Catholic Middle and High School
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<https://www.kennedycatholicschools.org>

Welcome

Welcome to Kennedy Catholic Middle/High School!

The Kennedy Experience

The Kennedy Catholic Family of Schools offers your child exceptional academic programs that prepare them to achieve and succeed in college and beyond. As a student at KCFS your child will engage in exceptional academic programs, obtain spiritual guidance, and benefit from religious instruction. Combining academics with spirituality is at the heart of Kennedy experience. Additionally, your child will have access to a vast array of extracurricular activities and athletic programs, and the opportunity to enrich and enhance their community by serving others. These benefits are what allow our graduates to excel in their fields and assume leadership positions in communities both here in the United States and abroad.

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Contacts

The Most Reverend Lawrence T. Persico, J. C. L.	<i>Bishop of Erie</i>
Mrs. Karen A. Ionta	<i>President</i>
Mrs. Janet Halicki	<i>Principal</i>
Mr. Ray Bianco	<i>Director of Finance</i>
Ms. Cathy Cathcart	<i>Assistant Finance Director-AP/AR</i>
Sr. Margaret Pellerite, SSJ	<i>Director of Campus Ministry</i>
Mrs. Nicole Perry	<i>Director of Enrollment</i>
Mrs. Janet Taylor	<i>Director of Athletics</i>
Mrs. Nicole Popovitch	<i>Executive Assistant/ Main Office</i>
Ms. Allison Zreliak	<i>Director of Guidance</i>

Mission and Vision Statement

Our Mission

The Kennedy Catholic Family of Schools is a regional college preparatory Roman Catholic school system of the Diocese of Erie, from Preschool through Grade 12. We are committed to providing spiritual inspiration, exceptional academics and extra-curricular activities as all of us strive “to serve Christ” (*Christo Servire*).

Our Vision

The Kennedy Catholic Family of Schools is a Christ-centered faith community that exists as a response to Jesus’ mandate: “Go and teach all nations.” In fulfilling this mandate, we open our doors to a population of diverse racial, ethnic, religious and economic backgrounds and thereby live our motto *Christo Servire*, to serve Christ. We strive to provide students with an exceptional educational experience that encompasses academic excellence, outstanding extracurricular activities and continual spiritual growth. We guide our students in their spiritual, moral, intellectual, emotional, social and physical development by providing an atmosphere conducive to acquiring and increasing knowledge on all levels.

As a Catholic community, we celebrate liturgies and unite our prayers in response to the needs of the wider community. We also provide for the broadening of our views so the students may seek social justice in a global society.

Our total commitment to our mission and vision enables the KCFS to provide what is, without question, the most exceptional primary and secondary education available in our region—an education that has enabled thousands of our students to excel in their fields and assume leadership positions in communities both here in the United States and abroad.

Bell Schedule

Schedule #1 / Regular School Day Schedule

PERIOD MINUTES	TIME	#
Tardy Bell	7:55	
Homeroom(A)	7:55-8:05	10
1 (B)	8:08-8:50	42
2(C)	8:53-9:35	42
3(D)	9:38-10:20	42
4(E)	10:23-11:05	42
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1 st Lunch	11:08-11:38	30
5(GH)	11:41-12:23	42
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5(FG)	11:08-11:50	42
2 nd Lunch (H)	11:53-12:23	30
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6(I)	12:26-1:08	42
7(J)	1:11-1:53	42
8(K)	1:56-2:38	42
Announcements	2:38-2:45	7
Dismissal	2:45 p.m.	

Schedule #2 / 1:30 Dismissal / Mass Schedule

PERIOD MINUTES	TIME	#
Tardy Bell	7:55	
Homeroom(A)	7:55-8:05	10
1	8:08-8:41	33
2	8:44-9:17	33
3	9:20-9:53	33
4	9:56-10:29	33
5	10:32-11:05	33
<hr/>		
1 st Lunch	11:08-11:38	30
6	11:41-12:14	33
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6	11:08-11:41	33
2 nd Lunch	11:44-12:14	30
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7	12:17-12:50	33
8	12:53-1:26	33
Announcements	1:26-1:30	

Schedule #3 / Noon Dismissal Schedule

PERIOD MINUTES	TIME	#
Tardy Bell	7:55	
Homeroom (A)	7:55-8:05	10
1	8:08-8:35	23
2	8:38-9:04	26
3	9:07-9:33	26
4	9:36-10:02	26
5	10:05-10:30	25
6	10:33-10:59	26
7	11:02-11:27	25
8	11:30-11:55	25
Announcements	11:55-12:00	

Schedule #4 / Delayed Start (10:00 AM) Schedule

PERIOD MINUTES	TIME	#
Tardy Bell	9:55	
Homeroom	9:55-10:05	10
1	10:05-10:32	27
2	10:35-11:02	27
3	11:05-11:32	27
<hr/>		
4 or 1 st Lunch	11:35-12:05	30
2 nd Lunch or 4	12:08-12:38	30
<hr/>		
5	12:41-1:08	27
6	1:11-1:38	27
7	1:41-2:08	27
8	2:11-2:38	27
Announcements	2:38-2:45	

Community Service Hours Requirement

Refer to the student handbook for complete requirements.

Prior to graduation, students must complete the following service hours:

7th Grade - 15 hours	8th Grade - 15 hours
9th Grade - 25 hours	10th Grade - 25 hours
11th Grade - 25 hours	12th Grade - 25 hours

College Visits

Senior students are excused from two school days to visit colleges during the fall semester and two school days during the spring semester. Junior students are excused from two school days to visit colleges during the spring semester. For some extenuating circumstances more excused school days may be allotted. If a student needs more than the allotted days, excused absences will be given at the discretion of the administration. A college visit is considered an excused absence when it is approved at least seven days in advance. College visit forms are available in the guidance office.

Report Cards

Report Cards are given at the end of every quarter and school year. Please allow 1-2 weeks after the end of the quarter for a report card to be received.

Transcripts

A transcript is a cumulative reflection of the students' courses, grades, and credits received while a student in high school. It is an official document to show proof of graduation and credits earned. Transcripts are sent to universities/colleges, schools, and programs during the admissions process. To request a transcript for yourself or to be sent to a school, workplace, etc. students will need to complete a transcript request form. Transcript request forms are available in the guidance office.

National Honors Society

Junior and Senior students earning a grade of 93% or above are eligible for enrollment in Christo Servire Chapter of the National Honor Society (NHS). The purpose of the Christo Servire Chapter of the National Honor Society is to encourage scholarship, promote leadership, provide opportunities for service within the school and require the demonstration of the highest character by its members. Membership in the organization is an honor bestowed upon a student. Selection for membership is by a Faculty Council and based on outstanding scholarship, character, leadership and service through use of a rubric. Students who enroll at Kennedy Catholic and have previously been inducted into National Honor Society are able to maintain their membership status.

National Junior Honors Society

Middle School students earning a grade of 93% or above in either 7th or 8th grade are eligible for enrollment in the Kennedy Catholic Middle School chapter of the National Junior Honor Society. The purpose of the Christo Servire Chapter of the National Junior Honor Society is to encourage scholarship, promote leadership, provide opportunities for service within the school and require the demonstration of the highest character by its members. Membership in the organization is an honor bestowed upon a student. Selection for membership is by a Faculty Council and based on outstanding scholarship, character, leadership and service through use of a rubric. Once selected, members have the responsibility to continue demonstrating these qualities. Membership in National Junior Honor Society does not automatically give a student membership in high school National Honor Society.

Student Assistance Program (SAP)

Through the Student Assistance Program (SAP), KCFS faculty members are trained to identify students who are experiencing emotional, behavioral, academic or chemical difficulties that pose a barrier to their learning and success in school. SAP offers support resources to those students and their families. This program is mandated through the Commonwealth of Pennsylvania. The primary goal of the program is to help students overcome barriers in order that they may achieve, remain in school and advance.

Anyone can refer a student to SAP—any school staff, a student’s friend, a family member. The students themselves can go directly to the SAP team to ask for help. The SAP team then contacts the parent for permission to proceed with the SAP process. To refer a student to SAP, please contact the Guidance Counselor or Principal.

Intermediate Unit 4

The Intermediate Unit 4 offers services to non-public schools. For more information, visit <https://www.miu4.org/domain/42>

Honor Roll

Honor Roll is awarded to both middle and high school students after the completion of each quarter and school year. Quarterly honor roll is determined by each weighted quarterly average and final honor roll is determined by calculating the weighted cumulative final average of the year. Students have the opportunity to achieve three levels of honor roll.

Honor Roll	90.00% - 94.49%
High Honor Roll	94.50% - 97.99%
Highest Honors	98.00% and above

Class Standing, Rank, and Graduation

Students are ranked using the final cumulative weighted averages of each completed school year starting with the students' 9th grade year and ending with the students' 12th grade year. All graded courses are included in rank. Ranking for graduation, will be calculated by averaging the final averages from the students' 9th, 10th, and 11th grade years and an average of the first three quarter of the students 12th grade year. This ranking will determine the Valedictorian, Salutatorian, and Top Ten. Students who have not completed all four years of high school in the United States will not be eligible for class rank.

The Valedictorian will be the student at Kennedy Catholic who has the highest cumulative weighted average at the end of his or her third quarter of senior year and has met all requirements for graduation.

The Salutatorian will be the student at Kennedy Catholic who has the second highest cumulative weighted average at the end his or her third quarter of senior year and has met all requirements for graduation.

Starting with the Class of 2022, to be eligible to be recognized as the Valedictorian, Salutatorian, or in the Top Ten of your graduating class, students must be a Day One Junior. This means only those students who were enrolled beginning on the first day of school of their junior year and stayed enrolled through their junior and senior year will be eligible to be recognized as Valedictorian, Salutatorian, or in the Top Ten at commencement.

Graduating with Honors

Students who display outstanding academic achievement are eligible to graduate with honors from Kennedy Catholic High School. The status of graduating with honors is awarded to students who achieve a cumulative average of 90% or better at end senior year.

Students Transferring Out

Withdrawal - If a student wishes to withdraw from Kennedy Catholic Family of Schools, the student and their parents/guardians, must arrange to meet with the Principal to officially announce their decision. All school materials must be promptly returned to the Main Office and all fines and obligations cleared at the Finance Office before transcripts can be released.

Course Placement and Add/Drop/Transferring classes

Students have one week/5 days after the start of the school year to make a schedule change. After the first week of classes, schedules will only be changed for extenuating circumstances and at the discretion of the administration.

To ensure proper academic placement for our students, some courses and electives require a subject instructor's signature for course placement. Course placement will be based on current academic progress and demonstrated mastery of content. Students who wish to take a course outside of the recommendation will need to complete a signed parent consent form. Parent Consent forms are available in the guidance office.

Failed Courses

Students are required to pass a course with a 69% or better. If a student's grade in a course falls below the marking at the end of the school year, then the student is required to make up that course. In this circumstance, information will be provided to the student and his or her parents/guardians.

Dual Enrollment Program

To qualify for Dual Enrollment students must possess a cumulative GPA of 3.0 or higher and be in Junior or Senior standings. Students may take a course or courses at a local accredited college if they meet the entrance requirements of the college and course times are compatible with Kennedy Catholic's schedule. Dual Enrollment students are responsible for all tuition/costs, other related expenses, and/or responsibilities at the college/university. College credits will be used towards an elective credit, not for a required course. Dual Enrollment students must be enrolled in 5 credits minimum (English, Math, Science, Social Studies, Theology) at Kennedy Catholic. Students are required to have an official transcript sent from the college/university to the KCHS so that the course and grade can appear on the high school transcript. If a student is eligible and plans to do dual enrollment, the student must meet with the counselor to express their decisions. It is the responsibility of the student to apply to the college/university, receive all necessary information and documentation, and rely all information to the counselors. The administration must approve the student's dual enrollment course before completing enrollment. Other programs include the eAcademy and the Mercer County Career Center.

Academic Opportunities

Ask about other academic opportunities offered at Kennedy Catholic.



Course Levels

- **Advanced Placement (AP)**
Advanced Placement courses are formatted off the syllabus created by the *College Board*. Advanced Placement courses are considered a college level course. Teachers are expected to base the course off the guidelines and instructions of the *College Board*. At the end of the course students have the opportunity to take the AP Exam. Students may receive college credit for his or her score on the AP Exams. Receiving college credit is unique for each college/university and is at the discretion of the college/university.
- **Honors Courses (HN)**
These classes are designed for the academically gifted, high-above-average and very highly motivated student. Admission to honors courses are based on standardized testing, performance and recommendation of the department.
- **College Preparatory Courses (CP)**
The college preparatory level is for the strong-average to above-average student. It is designed to challenge and prepare the student for admission to and success in college. It is a well-rounded liberal arts education on the secondary level.

Grading

Grades are calculated using a weighted scale that reflects the difficulty of each course. The weighted values are:

- Advanced Placement (AP): x1.05
- Honors (HN): x1.03
- College Preparatory (CP): x1.00

*Academic Weighing Scale available on page 29

**Weight not applied to middle school courses

A	100 – 93
B	92 – 85
C	84 – 76
D	75 – 69
F	68 and below

Graduation Requirements

Students are required to earn a minimum of 28 credits for graduation.

Students must earn at least 7 credits per school year to advance to the next grade.

Required Courses:

English - 4 credits

Mathematics - 4 credits

Science - 4 credits

Social Studies - 4 credits

Theology - 4 credits

World Language - 2 credits (3-4 strongly encouraged)

Physical Education - 1 credit (2 – 0.5 credit courses)

Other Required Courses and Electives - 5 Credits

Suggested Course Outline:

	Freshman	Sophomore	Junior	Senior
<i>Theology</i>	Theology 9	Theology 10	Theology 11	Theology 12 HN Western Traditions
<i>English</i>	CP English 9 HN English 9	CP English 10 HN English 10	CP English 11 HN English 11 AP English 11	CP English 12 HN English 12 AP English 12
<i>Social Studies</i>	CP World History	CP American History I	CP American History II AP U.S. History	CP Government AP Psychology AP Government and Politics
<i>Science</i>	CP Biology HN Biology	CP Chemistry HN Chemistry	CP Environmental Science CP Forensics HN Physics HN Anat./Physiology AP Biology AP Chemistry AP Chemistry	CP Environmental Science CP Forensics HN Anat./Physiology HN Physics AP Biology AP Chemistry AP Physics 2
<i>Mathematics</i>	CP Algebra I CP Algebra II HN Algebra II	CP Algebra II HN Algebra II CP Geometry HN Geometry	CP Geometry CP Algebra II HN Algebra II CP Trigonometry HN Precalculus HN Statistic AP Calculus AB	CP Trigonometry CP Business/Consumer Math HN Precalculus HN Statistics AP Calculus AB AP Calculus BC
<i>Language</i>	CP French I CP Spanish I	CP French II CP Spanish II	HN French III HN Spanish III	HN French IV HN Spanish IV
<i>Electives</i>	Freshman Physical Education and Health Public Speaking	Physical Education		

<i>Other Electives</i>			
Freshman	Sophomore	Junior	Senior
Chorus	Chorus	Chorus	Chorus
Concert Band	Concert Band	Concert Band	Concert Band
Engineering: Design	Engineering: Design	Engineering: Design	Engineering: Design
Engineering: Programming	Engineering: Programming	Engineering: Programming	Engineering: Programming
Business Rotation	Business Rotation	Business Rotation	Business Rotation
Art	Art	Art	Art
Publications	Publications	Publications	Publications
	High School Phys. Ed.	CP Psychology	CP Psychology
	Lifetime Sports	High School Phys. Ed.	Humanities
	Team Sports	Lifetime Sports	High School Phys. Ed.
General Business (21-22)/ Business Law (22-23)/ Sales and Marketing (23-24)		Team Sports	Lifetime Sports Team Sports

<i>Middle School Schedule Courses</i>	
7th Grade	8th Grades
US History 7	World History 8
English 7 Reading 7	English 8 Reading 8
Life Science 7	Physical Science 8
Theology 7	Theology 8
Math 7 - PreAlgebra/HN PreAlgebra	Math 8 - Algebra 1/HN Algebra 1
Physical Education and Health	Physical Education and Health
Technology 7	Intro to World Language (Spanish and French)
Art 7	Art 8
Academic Studies	PJAS (PA Junior Academy of Science)
Music 7	Music 8

New Potential Elective Offerings for the 2023-2024 School Year

Creative Writing - The Creative Writing course is designed for students who enjoy writing as a form of art and personal expression. In this course, students will explore the elements of numerous literary genres (short fiction, poetry, drama, film).

Art (Level 1,2,3, Independent Study) – Multiple art levels will help the instructor to scaffold foundation skills. This will allow students to build on and learn new skills.

Drawing – Students will advance their technical, observational, and design skills in drawing media. This course will benefit students who wish to advance their drawing skills and desire solely to draw in art class.

Digital Media and Graphic Design – Students will advance their technical and design skills in digit media.

Art History (previously humanities)

History through Film – This class is an opportunity to have a modern spin on history. It includes watching different movies that can reflect a time period, historical event, biography, or other historical significant topics that will give students a “real-life” view on history. Writing and application skills will be used.

Sociology - The study of social life, social change, and the social causes and consequences of human behavior

Anthropology - Students acquire an understanding of the differences and similarities, both biological and cultural, in human populations. Students recognize the characteristics that define their culture and gain an appreciation for the culture of others.

Painting – Students will advance their technical, observational, and design skills in paint media. This course will benefit students who wish to advance their painting skills and desire solely to paint in art class.

Sculpting - Students will advance their technical, observational, and design skills in sculpting. This course will benefit students who wish to advance their sculpting skills and desire solely to paint in art class.

Theater – Students will do monologues, dialogues, improvisations, theater games and scenes with their classmates.

Course Offerings:

ENGLISH DEPARTMENT

CP English 9

Level: Freshman

Prerequisites: None

Summer Reading: Will be assigned as required

Course Rationale and Description: Students will be instructed in grammar, literature, and writing.

Grammar – sentence elements, punctuation mechanics and usage, capitalization, diagramming

Literature – introduction to literary genres including Shakespeare, novels

Writing – sentence structure, development of topic sentence and paragraphs, essay (descriptive, creative, and expository), research paper, MLA format

Course Number: ENG100

Credits: 1 **Weight:** 1.00

HN English 9

Level: Freshman

Prerequisites: 8th grade English grade/exam scores; teacher recommendation

Summer Reading: Will be assigned as required

Course Rationale and Description: Students will be instructed in grammar, literature, and writing.

Grammar – sentence elements, punctuation mechanics and usage, capitalization, diagramming

Literature – introduction to literary genres including Shakespeare, novels

Writing – development of topic sentences and paragraphs, essays (descriptive, creative, and expository), research paper, MLA format

Course Number: ENG101

Credits: 1 **Weight:** 1.03

CP English 10

Level: Sophomore

Prerequisites: English 9

Summer Reading: Will be assigned as required

Course Rationale and Description: This course is designed to upgrade and supplement 9th-grade study of genres: short stories, nonfiction, drama (including one Shakespeare play), novels and poetry. Vocabulary is studied in 20-word units with emphasis on vocabulary for SAT and ACT (meanings, spelling, and usage). Students practice writing in various forms using correct format, spelling, punctuation and grammar. Worksheets and interactive lessons reinforce grammar and reading comprehension. A research paper (MLA format) and oral presentations are required.

Course Number: ENG200

Credits: 1 **Weight:** 1.00

HN English 10

Level: Sophomore

Prerequisites: English 9

Summer Reading: Will be assigned as required

Course Rationale and Description: This course is designed to upgrade and supplement 9th-grade study of genres: short stories, nonfiction, drama (including one Shakespeare play), novels and poetry. Honors English challenges students beyond the usual course of study, requiring in-depth interpretive reading, additional and more lengthy reading selections, a three-unit vocabulary grouping of 20 words each, and additional writing assignments, projects, and oral presentations. The Honors student is expected to write with correct grammar, spelling and punctuation and to write a more detailed research paper.

Course Number: ENG201

Credits: 1 **Weight:** 1.03

CP English 11

Level: Junior

Prerequisites: English 9 and 10

Summer Reading: Will be assigned as required

Course Rationale and Description: This course is designed to give students an understanding of the chronological development of American Literature from the Native Americans to modern times. Prominent American authors and significant documents of American history are studied for understanding and interpretation. Career shadowing is required for primary sources for paper, which is written in MLA format. Periodic writing assignments require correct grammar, spelling, and format. Independent reading of novels requires interpretive skills. Fifteen vocabulary units (20 words per unit).

Course Number: ENG300

Credits: 1 **Weight:** 1.00

HN English 11

Level: Junior

Prerequisites: English 9 and 10

Summer Reading: Will be assigned as required

Course Rationale and Description: This class is more rigorous than the CP level, requiring more in-depth reading and complex writing assignments. Students are expected to understand the development of American Literature from the writings of the Native Americans to writings of modern authors. Students are expected to understand and interpret complex texts and write competently in classes across the curriculum. Students will write in a variety of forms (expository, persuasive, etc.) with correct grammar, spelling, punctuation and appropriate vocabulary. Students are required to do research (including career shadowing) and write a research paper in MLA format.

Course Number: ENG301

Credits: 1 **Weight:** 1.03

AP English 11 (AP English Language and Composition)

Level: Junior

Prerequisites: English 9 and Honors English 10 or special permission and instructor approval

Summer Reading: Will be assigned as required

Course Rationale and Description: The AP class is more demanding and rigorous than Honors; its controlling purpose is to enable students to read complex texts with understanding and to write effectively and competently in all courses across the curriculum, as well as their personal and professional lives. Students are required to write regularly in a variety of forms (descriptive, expository, etc.) with correct grammar, spelling, punctuation and mature vocabulary. Students will write a research paper on a chosen career using MLA format.

Course Number: ENG500

Credits: 1 **Weight:** 1.05

CP English 12

Level: Senior

Prerequisites: English 9, 10, and 11

Summer Reading: Will be assigned as required

Course Rationale and Description: Students will be instructed in grammar, literature, and writing.
Grammar – mechanics reviewed in conjunction with compositions
Literature – study of the development of British literature, along with excerpts from French, German, Italian and Spanish literature, four novels and two Shakespeare plays
Writing – research paper, MLA format and college/SAT writing

Course Number: ENG400

Credits: 1 **Weight:** 1.00

HN English 12

Level: Senior

Prerequisites: English 9 and 10, AP or HN English 11

Summer Reading: Will be assigned as required

Course Rationale and Description: Students will be instructed in grammar, literature, and writing.

Grammar – elements of style rather than basic elements taught in conjunction with writing

Literature – literary works of every genre read and analyzed with emphasis on literary criticism; British and World literature

Writing – themes about literature concerned with the analytical process in literary interpretation, argumentative research paper, MLA format, writing journals for weekly directed essays

Course Number: ENG401

Credits: 1 **Weight:** 1.03

AP English 12 (AP English Literature and Composition)

Level: Senior

Prerequisites: English 9 and 10, HN/AP English 11 or special permission and instructor approval

Summer Reading: Will be assigned as required

Course Rationale and Description: Students will be instructed in grammar, literature, and writing.

Instructor signature is required for placement in this course.

Grammar – elements of style rather than basic elements taught in conjunction with writing

Literature – literary works of every genre read and analyzed with emphasis on literary criticism; British and World literature

Writing – themes about literature concerned with the analytical process in literary interpretation, argumentative research paper, MLA format, writing journals for weekly directed essays

Course Number: ENG501

Credits: 1 **Weight:** 1.05

MATHEMATICS DEPARTMENT

CP Algebra 1

Level: Freshman

Prerequisites: None

Course Rationale and Description: This course lays the foundation for all higher math studies. It prepares students to solve problems in Science and Physics. Vocabulary, equations and problem-solving are areas of focus. The course employs a step-by-step approach that enables students to gain the basic knowledge needed to transition to higher-level math classes.

Course Number: ALG100

Credits: 1 **Weight:** 1.00

CP Algebra II

Level: Freshman - Sophomore

Prerequisites: CP Algebra I

Course Rationale and Description: This course is designed to build on algebraic and geometric concepts. It develops advanced algebra skills such as inequalities, graphing linear equations, systems of equations, polynomials, quadratics and radical expressions. Course content is important for students' success on both the ACT and SAT.

Course Number: ALG200

Credits: 1 **Weight:** 1.00

HN Algebra II

Level: Freshman - Junior

Prerequisites: Grade of A or B in CP Algebra I

Course Rationale and Description: Problem-solving is emphasized throughout this course. Applications are presented early with interesting and varied word problems. Reasoning skills such as analyzing information, making conjectures and giving convincing arguments are developed. The course is designed to make Algebra accessible as a tool to a wide range of students, without sacrificing complete content and challenge for competent students.

Course Number: ALG201

Credits: 1 **Weight:** 1.03

CP Geometry

Level: Sophomore - Junior

Prerequisites: CP Algebra I and CP Algebra II

Course Rationale and Description: This course is the study inductive/deductive reasoning and elements of plane geometry, including: lines, angles, triangles, circles, volume, area.

Course Number: GEO300

Credits: 1 **Weight:** 1.00

HN Geometry

Level: Sophomore - Junior

Prerequisites: HN Algebra II

Course Rationale and Description: This course is an in-depth study inductive/deductive reasoning and elements of plane geometry, including: lines, angles, triangles, circles, volume, area. Proof completion enhances students' ability to think logically

Course Number: GEO301

Credits: 1 **Weight:** 1.03

CP Trigonometry (Previously Algebra 3)

Level: Junior - Senior

Prerequisites: CP Algebra I, CP Algebra II, CP Geometry

Course Rationale and Description: A thorough review of topics covered in Algebra II with an emphasis on fundamental skills and repetition and building confidence in students' math skills. All topics covered in a standard Algebra II course are presented and built upon. The second semester is an introduction to base definitions and applications of trigonometry. The right triangle will be discussed and students will solve trigonometric equations, graph trig functions, and work with fundamental identities.

Course Number: ALG300

Credits: 1 **Weight:** 1.00

HN Pre-Calculus

Level: Junior - Senior

Prerequisites: Grade of A or B in HN Algebra II and HN Geometry

Course Rationale and Description: In-depth use of algebra concepts applied to utilizing trigonometric functions and their properties to find sides, angles, areas and heights of triangles. Also, Applying these concepts to real-life situations. Concepts such as logarithms, exponentials and limits lead into Calculus.

Course Number: PCL100

Credits: 1 **Weight:** 1.03

CP Consumer/Business Math

Level: Senior

Prerequisites: Senior Status; completion of 3 math courses

Course Rationale and Description: Applying mathematics to real world concepts such as taxes, business, and finance.

Course Number: MTH400

Credits: 1 **Weight:** 1.00

HN Statistics

Level: Junior - Senior

Prerequisites: CP Algebra III, HN Pre-Calculus, or HN/AP Calculus

Course Rationale and Description: This course teaches methods of descriptive and inferential statistics. Topics include data collection and description, hypothesis testing, correlation and regression, the analysis of variance, and contingency tables (chi square).

Course Number: MTH401

Credits: 1 **Weight:** 1.03

AP Calculus AB

Level: Junior - Senior

Prerequisites: Grade of A or B in HN Pre-Calculus and instructor approval

Course Rationale and Description: This course takes a step-by-step approach to calculus, beginning with a review of the fundamental concepts of college algebra, extending through differential and integral calculus. The course utilizes an extensive number of illustrated problems involving applications to real-life situations. This course is faster-paced and more in-depth than HN Calculus. Students will be eligible to take the AP Calculus exam.

Course Number: CLC500

Credits: 1 **Weight:** 1.05

SCIENCE DEPARTMENT

CP Biology

Level: Freshman

Prerequisites: None

Course Rationale and Description: This course will develop a solid foundation in biology and an understanding of basic scientific principles and laboratory methods.

Course Number: BIO100

Credits: 1 **Weight:** 1.00

HN Biology

Level: Freshman

Prerequisites: None

Course Rationale and Description: This course will develop a solid foundation in biology and an understanding of basic scientific principles and laboratory methods.

Course Number: BIO101

Credits: 1 **Weight:** 1.03

CP Chemistry

Level: Sophomore

Prerequisites: Biology

Course Rationale and Description: This course will study the structures of atoms, how their arrangement on the periodic table determines the interaction and the results of specific chemical reactions. Students will be introduced to nuclear, electrical, and organic chemistry. A specific laboratory notebook (~\$20) is required.

Course Number: CHM200

Credits: 1 **Weight:** 1.00

HN Chemistry

Level: Sophomore

Prerequisites: Biology, instructor approval

Course Rationale and Description: This course will study the structures of atoms, how their arrangement on the periodic table determines the interaction and the results of specific chemical reactions. Students will be introduced to nuclear, electrical, and organic chemistry. A specific laboratory notebook (~\$20) is required.

Course Number: CHM201

Credits: 1 **Weight:** 1.03

CP Environmental Science

Level: Junior and Senior

Prerequisites: Biology & Chemistry

Course Rationale and Description: This course will develop a solid foundation in environmental sciences including ecology and meteorology while building upon a growing understanding of basic scientific principles and laboratory methods.

Course Number: ENS100

Credits: 1 **Weight:** 1.00

HN Physics

Level: Junior and Seniors

Prerequisites: Biology, Chemistry, and instructor approval

Course Rationale and Description: This course studies the fundamental laws of nature on which all science is based. It is designed to enable students to appreciate the role of physics in today's society and technology. Physics is the study of matter and its motion through space and time, along with related concepts such as energy and force. Introductory course covers classical mechanics.

Course Number: PHY300

Credits: 1 **Weight:** 1.03

AP Physics 2 w/ Lab

Level: Senior

Prerequisites: HN Physics and instructor approval

Course Rationale and Description: This course is equivalent to most college-level introductory physics courses. It focuses on the following topics: Fluid Statics and Dynamics, Thermodynamics, PV diagrams and probability, Electrostatics, Electrical Circuits with capacitors, Magnetic fields and forces, Electromagnetism, Physical and Geometrical Optics, and other topics in modern physics today. Students are encouraged to take the AP Physics Exam in May. To take this course, the student must be registered by July 1st with their name, phone number, and email address given to the instructor by email from the school administrator. Students must agree to attend one required summer meeting in June, date to be determined in May so students can schedule accordingly. No make-up meetings will be offered.

Course Number: PHY500

Credits: 1.5 **Weight:** 1.05

AP Biology w/ Lab

Level: Junior, Senior

Prerequisites: Biology and Chemistry, instructor approval; Anatomy/Physiology Recommended

Summer Assignments: See Instructor

Course Rationale and Description: The AP Biology course is a college level course that parallels the initial college course for a Biology major. Biochemistry, cell structure and function, genetics (Mendelian and molecular,) energetic along with photosynthesis and respiration are emphasized in the course sequence. The course will examine the processes of evolution that drive the diversity and unity of life as well as the information, energy, and molecular building blocks that operates biological systems. Experiments are coordinated with lectures to reinforce basic theory, and are structured around the four big idea science practices also delineated in the AP Biology curriculum framework provided by the College Board. There will be summer coursework with deadlines. Students are strongly encouraged to take the College Board AP Biology Exam in May. A specific laboratory notebook (~\$20) is required.

To take this course, the student must be registered for the class by July 1st with their name, phone number, and email address given to the instructor by email from the school administration. Students must agree to attend one required summer meeting in June, date to be established in May so students can schedule accordingly. No make-up meetings will be offered.

Course Number: BIO500

Credits: 1.5 **Weight:** 1.05

AP Chemistry w/ Lab

Level: Junior, Senior

Prerequisites: Biology, Chemistry, complete a “B” or higher in Algebra II, and instructor approval.

Summer Assignments: See Instructor

Course Rationale and Description: This AP Chemistry course is a second year course equivalent to a first-year college level general chemistry course. It is structured around the six big ideas detailed in the AP Chemistry curriculum framework provided by the College Board. Fundamental principles presented in first year chemistry are reviewed and applied to more complex problems. More advanced topics are also presented including: chemical kinetics, chemical equilibrium, thermodynamics, electro-chemistry, nuclear chemistry, and an introduction to organic chemistry. Laboratory exercises emphasize qualitative/quantitative analysis and are intended to develop proficiency in classical techniques and critical observation. Experiments are coordinated with lectures to reinforce basic theory, and are structured around the seven science practices also delineated in the AP Chemistry curriculum framework provided by the College Board. There will be summer coursework with deadlines. Students are strongly encouraged to take the College Board AP Chemistry Exam in May. A specific laboratory notebook (~\$20) is required.

To take this course, the student must be registered for the class by July 1st with their name, phone number, and email address given to the instructor by email from the school administration. Students must agree to attend one required summer meeting in June, date to be established in May so students can schedule accordingly. No make-up meetings will be offered.

Course Number: CHM500

Credits: 1.5 **Weight:** 1.05

HN Human Anatomy/Physiology

Level: Junior or Senior

Prerequisites: Biology, Chemistry, and instructor approval.

Course Rationale and Description: This course is designed for students interested in pursuing a medically-related career. This accelerated course focuses on the biochemistry of cellular processes, as well as the functions of body cells and tissues. The course takes a systems approach to studying physiology and pathology of the body systems. Students will learn the functions and dysfunctions of the human body by studying structures and processes at a variety of levels including molecular, cellular, tissue, organ and organ system. Dissection will be a required part of this course.

Course Number: ANP300

Credits: 1 **Weight:** 1.03

CP Forensics

Level: Sophomore, Junior, Senior

Prerequisites: Biology

Course Rationale and Description: Forensic Science is a course designed to introduce the student to practical applications of chemistry, physics, psychology, earth science, and biology in the study of forensics. This course will provide students with an introduction to the theoretical understanding and practical application of forensic science techniques from the crime scene investigation to the laboratory and courtroom. The culmination of the course will include the analysis of a mock crime scene.

Course Number: FOR300

Credits: 1 **Weight:** 1.00

SOCIAL STUDIES DEPARTMENT

CP World History

Level: Freshman

Prerequisites: None

Course Rationale and Description: This course studies the development of civilization in Europe from 1500 to present. Topics include Revolutions in Europe and America, World War I, World War II, The Great Depressions, and the Cold War.

Course Number: HIS100

Credits: 1 **Weight:** 1.00

CP American History I

Level: Sophomore

Prerequisites: None

Course Rationale and Description: This course will introduce students to Prehistoric America to 1877 ending with the post-Civil War Reconstruction. Students will use primary sources to determine how historic events transpired.

Course Number: HIS200

Credits: 1 **Weight:** 1.00

CP American History II

Level: Juniors

Prerequisites: CP American History I

Course Rationale and Description: This course will introduce students to the time period of American History that has come to define our modern political and social era. From the end of World War II and the ensuing Cold War, up to our present-day history in the years of the War on Terror after September 11th. Along the way, students will consider important movements that define who we are, notably those involving Women's and Civil Rights for all Americans. Through examining great successes and tragedies, students will better understand their own role in America's unfolding narrative.

Course Number: HIS300

Credits: 1 **Weight:** 1.00

AP U.S. History

Level: Junior

Prerequisites: Instructor approval

Summer Assignments: Historical Period 1 Readings and Evidence-Based Essay Assignment

Course Rationale and Description: This course will take students along the entirety of the history of the United States, from pre-Columbian native societies to the present day. The course will prepare students for the spring AP exam by examining content and skills vital to historians at the early collegiate level. Students will analyze the themes proposed by the College Board in order to evaluate the links between historical time periods spanning the entirety of American history.

Course Number: HIS500

Credits: 1 **Weight:** 1.05

CP American Government

Level: Senior

Prerequisites: None

Course Rationale and Description: This course is a practical study of the features and functions of U.S. government and political systems. All levels of government will be studied in order to familiarize students with their rights and responsibilities as citizens. Students will be able to evaluate the purpose and role of each component of the system of government in America.

Course Number: HIS400

Credits: 1 **Weight:** 1.00

AP Psychology

Level: Senior

Prerequisites: Instructor Approval

Summer Assignments: See Instructor

Course Number: PSY500

Credits: 1 **Weight:** 1.05

Course Rationale and Description: The AP Psychology course introduces students to the systematic and scientific study of human behavior and mental processes. While considering the psychologists and studies that have shaped the field, students explore and apply psychological theories, key concepts, and phenomena associated with such topics as the biological bases of behavior, sensation and perception, learning and cognition, motivation, developmental psychology, testing and individual differences, treatment of abnormal behavior, and social psychology. Throughout the course, students employ psychological research methods, including ethical considerations, as they use the scientific method, analyze bias, evaluate claims and evidence, and effectively communicate ideas.

THEOLOGY DEPARTMENT

Theology 9- Intro to Scripture and Christology

Level: Freshman

Prerequisites: None

Course Rationale and Description: This course offers an introductory, in-depth study of Sacred Scripture and the person of Jesus Christ. It explores the meaning, compositions, genres, and importance of biblical manuscripts and texts, beginning with the Old Testament and the course of salvation history, which begins in Genesis. This course also focuses on the history of covenant relationships in the Old Testament between God and Israel. The course then ends with the New Testament and a delicate analysis of the Paschal Mystery, paying special attention to the identity of Jesus Christ in the Holy Trinity and the duality of His human and divine nature.

Course Number: THE100

Credits: 1 **Weight:** 1.00

Theology 10-Introduction to Moral Theology

Level: Sophomore

Prerequisites: None

Course Rationale and Description: This course offers an introduction to traditional Catholic moral teaching. From the intrinsic dignity of the human person to the Ten commandments, God's commandments, and living a life of virtue. This course is divided into 2 distinctive semesters. The first semester the students will be using the *Theology of the Body for teens, discovering God's plan for love and life*. The second semester the students will use the text *Christian Morality, Our Response to God's Love, Living in Christ*. The instructor will encourage conversation and discussion among peers with the intention to foster a well formed conscience and sense of morality.

Course Number: THE200

Credits: 1 **Weight:** 1.00

Theology 11-Sacramental Theology & Ecclesiology

Level: Junior

Prerequisites: None

Course Rationale and Description: This course offers a detailed study of the Sacraments and the role of the Church in Christian practice, starting right after the Ascension of Jesus Christ. The class explores the meaning and practice of the Sacraments, focusing on the depth of each and its correlations to Jesus' life and lessons in the New Testament. The course also explores the Mass and additional rituals that are fundamental to Christian life, while studying their parallels in the Bible. Additionally, this course follows and examines historical origins and development of these aforementioned practices.

Course Number: THE300

Credits: 1 **Weight:** 1.00

Theology 12-Social Teaching

Level: Senior

Prerequisites: None

Course Rationale and Description: Catholic Social Teaching, Learning and Living Justice. This course offers a comprehensive look into the social teaching and action of the Catholic Church. Students will be called to recognize and name some of the injustice in our midst. They will also discover how our Catholic faith and tradition allows one to identify some causes of injustice within communities. The text is primer on Catholic social justice, an essential and central part of our Catholic faith and life.

Course Number: THE400

Credits: 1 **Weight:** 1.00

HN Western Traditions

Level: Junior or Senior

Prerequisites: None

Course Number: THE401

Credits: 1 **Weight:** 1.03

Course Rationale and Description: The Philosophical Journey, An Interactive Approach. This course offers an interactive approach into the Philosophical influence on Western Traditions. The students will explore the great western thinkers and disciplines of traditions and culture. It offers a steady introduction of philosophy, both in terms of major philosophers and the activity of doing philosophy, by covering the major periods of philosophy in history (ancient, medieval, modern and post-modern.) By examining major texts and connecting ideas and systems of thought, the course provides an insightful and sophisticated look at the meaning of nature, life, knowledge, politics, and other universally important realities.

WORLD LANGUAGES DEPARTMENT

CP French I

Level: Freshman

Prerequisites: None

Course Rationale and Description: Students will begin to develop the ability to speak, listen, read, and write in French. Spoken French will involve using short sentences containing learned words, phrases, and basic grammatical structures. Additionally, students will be able to comprehend the language when it is spoken in short, simple phrases and sentences supported by visual cues/gestures. Similarities and differences between French and American cultures will be highlighted, along with a basic comprehension of French geography.

Course Number: FRN100

Credits: 1 **Weight:** 1.00

CP French II

Level: Sophomore

Prerequisites: CP French I

Course Rationale and Description: Students will continue to develop the ability to speak, listen, read, and write in French. Materials from French I will be reviewed and will provide a foundation for the continuation of their study of French grammar and vocabulary. In addition to studying the language, students will take part in more in-depth lessons of French/Francophone cultures and geography.

Course Number: FRN200

Credits: 1 **Weight:** 1.00

HN French III

Level: Junior

Prerequisites: CP French I & II and instructor approval

Course Rationale and Description: Students will continue to develop the ability to speak, listen, read, and write in French. Students will be able to participate in simple conversational situations, write simple messages, read authentic texts, and understand the main ideas when listening to conversations dealing with familiar topics or themes. Students will continue their study of French/Francophone cultures, geography, and history.

Course Number: FRN300

Credits: 1 **Weight:** 1.03

HN French IV

Level: Senior

Prerequisites: CP French I & II, HN French III and instructor approval

Course Rationale and Description: Students will continue to develop their French language skills. Students will be expected to participate in more complex conversational situations and become more creative and spontaneous in their usage of the language. Students will participate in individual studies of areas of French/Francophone cultures. Additionally, students will continue to develop their ability to read and comprehend original French texts.

Course Number: FRN400

Credits: 1 **Weight:** 1.03

CP Spanish I

Level: Freshman

Prerequisites: None

Course Rationale and Description: Students will begin to develop their Spanish accent, build vocabulary, and utilize verbs in the present tense. Basic Spanish expressions will be used in the classroom setting. The students will be reading and writing in Spanish to internalize the language. Students will also get a taste of the Spanish culture.

Course Number: SPN100

Credits: 1 **Weight:** 1.00

CP Spanish II

Level: Sophomore

Prerequisites: CP Spanish I

Course Rationale and Description: Students will strengthen their fundamental Spanish skills in speaking, listening, reading, and writing. Students' vocabulary will continue to be enhanced. Verb usage will move from the present tense to the preterite tense. Students will manipulate the language by writing and speaking with greater frequency. Cultural awareness will become more prominent.

Course Number: SPN200

Credits: 1 **Weight:** 1.00

HN Spanish III

Level: Junior

Prerequisites: CP Spanish I & II and instructor approval

Course Rationale and Description: Students will continue to extend their Spanish skills. Students will incorporate communication, culture, and comparison components. Reading and writing in the Spanish language will become more diverse. Vocabulary will be further enhanced along with greater verb tense usage in order to cultivate Spanish fluency and dialog

Course Number: SPN300

Credits: 1 **Weight:** 1.03

HN Spanish IV

Level: Senior

Prerequisites: CP Spanish I & II, HN Spanish III and instructor approval

Course Rationale and Description: Students will further expand all their Spanish skills. The students will integrate culture, communication, comparisons, connections, and communities into their Spanish repertoire. Verb usage will be varied from the present tense to the subjunctive mood. Vocabulary and verb usage will be demonstrated both in oral and written dialog. Reading in Spanish will demonstrate fluency, comprehension, and cultural awareness.

Course Number: SPN400

Credits: 1 **Weight:** 1.03

ADDITIONAL REQUIRED COURSES

Freshmen Cycle

Level: Freshmen

Prerequisites: None

Courses:

- Public Speaking

Course Number: PBS100 **Credits:** 0.25

Course Rationale and Description: This class is a practical course designed to offer students a number of opportunities to organize and prepare public speaking assignments. Students are required to research, prepare, and present one speech per quarter.

- Academic Skills

Course Number: ACS100 **Credits:** 0.25

Course Rationale and Description: This course will cover effective study skills such as: time management, note taking, effective reading and oral presentation. The students will use Chromebooks to create presentations that will be presented to the class in conjunction with Public Speaking.

- Freshman Physical Education

Course Number: PE100 **Credits:** 0.25

Course Rationale and Description: Students will participate in monthly sport units including: Soccer, Flag Football, Team Handball, Basketball, Hockey Dance, Aerobics and Weights, Volleyball, Table Tennis, Badminton, Pickle-ball, Baseball, and Kickball. They will also have a monthly emphasis on a fitness skill, such as September is distance running with assessments on completing a mile run under 12 minutes. Then we will have skill testing in agility, flexibility, speed, sit-ups, push-ups and vertical jump. The purpose of physical education is to gain the ability for your heart, blood vessels, lungs and muscles to all work together to meet your body's needs. As well as to execute a higher level of skill than you possessed previously and to understand the rules of the various sports and games while demonstrating appropriate sportsmanship.

- Health Education

Course Number: HPE100 **Credits:** 0.25

Course Rationale and Description: Students will cover: Making Healthy Choices, Self-Esteem and Managing Stress, Mental Disorders and Suicide, Building Healthy Relationships, Violence Prevention, Food and Nutrition, Making Healthy Food Choices, Body Systems, Personal Hygiene, Exercise Importance, Alcohol, Drug and Tobacco Prevention, Reproduction and Heredity, Diseases, Healthy Environment, First Aid and CPR. The purpose of health is to provide a comprehensive program of wellness, safety, disease prevention, and healthy choices while students demonstrate knowledge of healthy skills by deciding to act responsibly and take control of their health and wellness.

ELECTIVES

Concert Band

Level: Freshman – Senior

Prerequisites: Previous experience on instrument of choice

Course Rationale and Description: This course meets three days per week all year and focuses on the teaching of music. Students will explore a variety of music styles including jazz, classical and marches.

Course Number: MUS100

Credits: 0.5/1 **Weight:** 1.00

Chorus

Level: Freshman – Senior

Prerequisites: None

Course Rationale and Description: This course meets twice per week all year and provides students with the opportunity to develop their theoretical and vocal musical skills. Students will explore choral literature from many different genres and time periods, all the while strengthening their music theory skills and musical literacy.

Course Number: MUS101

Credits: .05 **Weight:** 1.00

Business Rotation

Level: Freshman – Senior

Prerequisites: None

Course Rationale and Description: Classes offered in a rotation every three years. The courses include Business Law, Sales and Marketing, and General Business.

Course Number: BUS100-102

Credits: 1 **Weight:** 1.00

Engineering: Design

Level: Freshmen - Senior

Prerequisites: None

Course Rationale and Description: This course provides an in-depth exploration of solid modeling using two different professional level computer software; SolidWorks and SpaceClaim. Along with an introduction to the Engineering Design Process the students get hands-on experience of working collaboratively inside an Engineering classroom. Students learn the basics of accurately sketching in 2-D and transforming and designing the sketch into an accurate representation of the 3-D object. The students turn their new 3-D design into real-life 3-D printed object from the MakerBot replicator out of plastic filament. The course is designed to motivate and inspire students into a possible Engineering-focused career path.

Course Number: ROB100

Credits: 1 **Weight:** 1.00

Engineering: Programming

Level: Freshman-Senior

Prerequisites: None

Course Rationale and Description: Through the Amazon Future Engineering grant the students are utilizing the Python programming language. The students are mastering the language through a rigorous Edhesive set curriculum. Students learn through a self-motivated curriculum that enhances and challenges their abilities to code in a variety of ways. The students produce successful Algorithms, calculations, and design programs (such as; games, chat bots, etc.). This course is designed to motivate and inspire students into a possible Computer Science or Engineering-focused career path.

Course Number: ROB101

Credits: 1 **Weight:** 1.00

Art

Level: Freshman – Senior

Prerequisites: None

Course Rationale and Description: This course is designed to give students a background in mixed media. Students will work with pencil, paint, pastels, air-dried clay and crafting material. Students will apply the elements and principles of design to produce creative projects which reflect their understanding of each concept. Projects include portrait drawing, watercolor and acrylic painting, advertising art, clay work, and crafts.

Course Number: ART100

Credits: 0.5/1 **Weight:** 1.00

CP Psychology

Level: Junior, Senior

Prerequisites: None

Course Rationale and Description: This course introduces students to the study of psychology. The course will follow the development of psychology from its beginnings in ancient Greece to the way it is practiced today. Psychology will be explored as an empirical science. Students will learn how the many schools of psychology have merged and explore some of the traditional areas in the study of psychology.

Course Number: PSY101

Credits: 1 **Weight:** 1.00

Publications

Level: Freshman – Senior

Prerequisites: Instructor approval

Course Rationale and Description: The students in this course are responsible for the creation and publication of the school yearbook, *Aquila* and the high school newspaper, *The Eagle Eye*. Topics include design and layout, photography, photo editing, journalistic writing, and marking. There is limited space in this course, a teacher signature is required.

Course Number: PUB100

Credits: 0.5/1 **Weight:** 1.00

Physical Education

Level: Sophomore, Junior or Seniors

Prerequisites: Freshman Education

Course Rationale and Description: Students will participate in activities and sport units including Soccer, Flag Football, Team Handball, Basketball, Hockey, Dance, Step Aerobics and Weights, Volleyball, Table Tennis Badminton, Pickleball, Baseball and Kickball. Students will also cover fitness skills such as the mile run for cardiovascular fitness, agility skills, flexibility testing, sit-ups, push-ups, vertical jump, speed work, and pull-ups. Other lifetime sports such as Cornhole, Kan Jam, Frisbee golf, and Ultimate Frisbee will be introduced. The purpose of physical education is to improve the ability for your heart, blood vessels, lungs and muscles to work together to meet your body's needs throughout your life. To execute a higher level of fitness than you possessed previously in school and to understand ways to remain physically active throughout your life. To demonstrate knowledge of lifetime sports that can be played throughout life with limited athletic abilities.

Course Number: PE101

Credits: 0.25/0.5 **Weight:** 1.00

Lifetime Sports

Level: Sophomore, Junior or Seniors

Prerequisites: Freshman Physical Education

Course Rationale and Description: This class is graded on participation in individual activities and fitness skills. Sophomore, Juniors, or Senior students are permitted to participate in this course to stay active and improve their fitness and skills in lifetime activities. They will experience a wide variety of individual and partner lifetime fitness and skills specifically designed to improve the students emotional, social, and physical well-being. Course Content will include Walking, Jogging, or Running; Yoga, Meditation and Mental Power Work; Step Aerobics, Circuit Training, Weight Lifting, Pilates and Stretching, Table Tennis, Badminton, Bowling, Golf Skills, Tennis Skills, Pickleball, Line Dancing, Social Dancing, Self-Defense, Boot Camp and Hiking.

Course Number: PE102

Credits: 0.5/1 **Weight:** 1.00

Team Sports

Level: Sophomore, Junior or Seniors

Prerequisites: Freshman Physical Education

Course Rationale and Description: This is a class graded on participation in team sport activities. Sophomore, Junior, and Senior students are permitted to participate. In the class to stay active and fit, while improving their skills through practice and game situations. They will experience at least nine sports throughout the school year that are specifically designed to improve the students emotional, social, and physical wellness. Course Content will include Soccer, Football, Team Handball, Floor Hockey, Basketball, Indoor Lacrosse, Volleyball, Kickball, Softball, Baseball, Dodgeball, and Physical Fitness Testing (optional).

Course Number: PE103

Credits: 0.5/1 **Weight:** 1.00

* Courses listed in this catalog are subject to change based on student interest and availability. *

Academic Weighting Scale

General Studies	College Prep	Honors	Advanced Placement
x 1.00	x 1.00	x 1.03	x 1.05
100.00	100.00	103.00	105.00
99.00	99.00	101.97	103.95
98.00	98.00	100.94	102.90
97.00	97.00	99.91	101.85
96.00	96.00	98.88	100.80
95.00	95.00	97.85	99.75
94.00	94.00	96.82	98.70
93.00	93.00	95.79	97.65
92.00	92.00	94.76	96.60
91.00	91.00	93.73	95.55
90.00	90.00	92.70	94.50
89.00	89.00	91.67	93.45
88.00	88.00	90.64	92.40
87.00	87.00	89.61	91.35
86.00	86.00	88.58	90.30
85.00	85.00	87.55	89.25
84.00	84.00	86.52	88.20
83.00	83.00	85.49	87.15
82.00	82.00	84.46	86.10
81.00	81.00	83.43	85.05
80.00	80.00	82.40	84.00
79.00	79.00	81.37	82.95
78.00	78.00	80.34	81.90
77.00	77.00	79.31	80.85
76.00	76.00	78.28	79.80
75.00	75.00	77.25	78.75
74.00	74.00	76.22	77.70
73.00	73.00	75.19	76.65
72.00	72.00	74.16	75.60
71.00	71.00	73.13	74.55
70.00	70.00	72.10	73.50
69.00	69.00	71.07	72.45
68.00	68.00	70.04	71.40
67.00	67.00	69.01	70.35
66.00	66.00	67.98	69.30
65.00	65.00	66.95	68.25
64.00	64.00	65.92	67.20
63.00	63.00	64.89	66.15
62.00	62.00	63.86	65.10
61.00	61.00	62.83	64.05
60.00	60.00	61.80	63.00
59.00	59.00	60.77	61.95
58.00	58.00	59.74	60.90
57.00	57.00	58.71	59.85
56.00	56.00	57.68	58.80
55.00	55.00	56.65	57.75