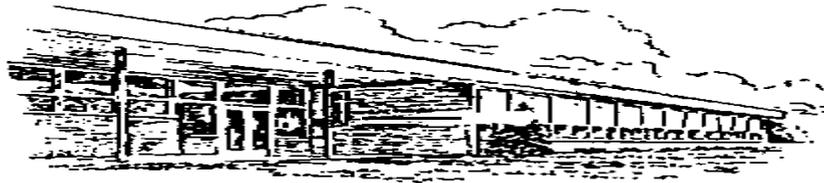


Sacred Heart School

Falls City, Nebraska

Course Offerings **2019-2020**



**A family educating
Heart, mind, body, and spirit
for this life and the next.**

SUGGESTED COURSE OF STUDY FOR COLLEGE-BOUND STUDENTS:

The University of Nebraska at Lincoln has admission requirements. Sacred Heart School is in no way bound to these requirements but feels that these requirements reflect the future push of most four-year universities. Hence, we suggest that college-bound students work hard to fulfill the requirements which the University of Nebraska sets forth.

ADMISSION REQUIREMENTS AT THE UNIVERSITY OF NEBRASKA-LINCOLN

FULL STANDING

In order to be admitted in full standing to the University of Nebraska as an undergraduate freshman, an applicant must meet the following requirements.

- A. Be a high school graduate and have completed the following subjects:
 1. English: 4 credits or units required. All units must include intensive reading and writing experience. Innovative interdisciplinary courses and courses in speech and journalism may be substituted if they include substantial amounts of reading and writing.
 2. Mathematics: 4 credits or units required. Must include Algebra I, II, Geometry, and one additional unit that builds on knowledge of algebra.
 3. Social Sciences: 3 credits or units required. At least one unit of American and/or World History and one additional unit of history, American government, and/or geography.
 4. Natural Sciences: 3 credits or units required. At least two units from biology, chemistry, physics, and earth sciences. One of the units must include laboratory instruction.
 5. Foreign Languages: 2 credits or units required. Students who are unable to take two years of foreign language in high school may still qualify for admission. Such students will be required to take two semesters of foreign language at the University of Nebraska. These students are still required to complete 16 units of academic courses for admission.

- B. All the colleges at the University of Nebraska-Lincoln require students to meet the minimum core course and performance admission requirements. Some colleges have additional prerequisites that students must meet before they can be admitted into that college. If you are not admitted into the college you request on your application for admission, it is because you have not met the prerequisites listed for the college you indicated.

- C. In addition to meeting the above core course requirements, students applying for admission to the University should: be ranked in the upper one-half of their high school class **or** have received an ACT composite score of 20 or higher **or** have received an SAT total score of 950 or higher.

- D. Students who do not meet the above requirements for assured admission may still apply for admission. Each application will receive individual review for demonstration of potential for success at university-level work.

SOCIAL STUDIES DEPARTMENT

World Studies

American History, 1865 - Present

Civics

Psychology (5 days/week)
World Issues (2/3 days/week)

3 Credits Required

1 credit

1 credit

1 credit

1 credit

.4 or 6 credit

3 Credits Required

.5 credit

1 credit

1 credit

FINE & PERFORMING ARTS DEPARTMENT

Art I (2/3 days/week)

Advanced Art (2/3 days/week)

Concert Choir (2 days/week)

Show Choir Arranged

Introduction to Music (2 days/week)

Concert Band (2/3 days/week)

Jazz Band Arranged

Priv. vocal lessons (1 or 2 day/week)

Priv. instrumental lessons (1 or 2 day/week)

1 Credit Required

.4 or .6 credit (fine art)

.4 or .6 credit (fine art)

.4 credit (performing art)

Arranged

.4 credit (fine or performing art)

.4 or .6 credit (performing art)

Arranged

.2 credit (performing art)

.2 credit (performing art)

.4 credits required in performing arts; .4 credits required in fine arts. Exceptions by permission of principal & guidance counselor.

BUSINESS/COMPUTERS DEPARTMENT

Business Math (5 days/week)

Media/Web Design I, II (2/3 days/week)

1 credit

.4 or 6 credit

PHYSICAL EDUCATION DEPARTMENT

Physical Education/Health

Weight Training (2/3 days/week)

Advanced Weight Training (2/3 days/week)

1 Credit Required

1 credit

.4 or .6 credit

.4 or .6 credit

FOREIGN LANGUAGES

Spanish I (5 days/week)

Spanish II (5 days/week)

1 credit

1 credit

OTHER ELECTIVES TAKEN AT FALLS CITY PUBLIC SCHOOL

Falls City Public School offers several courses open to Sacred Heart students, if these courses fit into Sacred Heart's schedule. Some of these classes would include: Welding I & II, Woods, Plant Science, Animal Science and Project Construction, etc.

Religion IV Social Justice/Vocations**1 credit***Catholic Social Justice*

This course will present the students with a description of God’s design for a just society, including the necessary role of service that each Christian must play. Major emphasis is placed on understanding natural law, epistemology, and the role of reason in the discovery of truth. The students will look to Sacred Scripture, Sacred Tradition, and the Magisterium as authoritative guides for our actions in the social, political, economic, and cultural spheres. The Church’s role in promoting a just society will also be examined.

Catholic Vocations

This course will study the duties, responsibilities, joys, and benefits of living out of God’s particular call for them in the single life, the married life, the religious life, or the priesthood. The importance of prayer, both personal and communal, is the essential element in each person’s call to holiness. In order to listen to God’s call and choose their own vocation, the student will be challenged to live out the Ten Commandments in the spirit of the evangelical counsels.

Sacred Heart Requirements**University Requirements****ENGLISH/COMMUNICATIONS DEPARTMENT****4.4 Credits Required****4 Credits Required****English I****1 credit****1 credit**

English I is a survey course emphasizing grammar, usage, composition, and world literature. Vocabulary development, spelling, and writing conventions will be emphasized. Compositions, essays, and reaction papers will be completed and assessed using the Six Trait of Writing model. Literary selections studied will include works of fiction and non-fiction to include representative short stories, novels, dramas, essays, and poetry.

English II**1 credit****1 credit**

Most classes will begin with “the word of the day” which the student will enter into a vocabulary journal with the meaning of the word. The journal is checked periodically throughout the year and the student will receive a grade. Students will also be taking a short vocabulary quiz weekly. Essays will be assigned from time to time. The students are graded on the Six Traits format. Students will be responsible for four AR books for the year (one per quarters) and can do extra credit book reports. A schedule of a course of reading different types of literature on Mondays, Wednesdays and Fridays and English on Tuesdays and Thursdays is followed.

English III Composition/America Literature**1 credit****1 credit**

English III is a survey course covering the study of American Literature, vocabulary, grammar, and writing. American literature will be studied from the Colonial Period into the 21st Century. Literary selections studied will include works of fiction and non-fiction, including short stories, novels, dramas, essays, and poetry. A study of grammar throughout the year will include ACT preparation. During the year, creative and formal writing will include varied practices of the basic theme, persuasive writing and a research, speech project. All writing is graded on the Six Traits rubric.

English IV English Literature**1 credit****1 credit**

This course includes a study of Anglo-Saxon, Medieval, and the period from 1600-1900. Selections include: The Canterbury Tales, Macbeth, Antigone, and various selections including plays and poetry. Daily reading assignments, writing projects, including a formal research paper, and daily participation are required by the students. The students will also be responsible for reading at least four classic works. Students also will read novels and plays which may include: The Screwtape Letters, The Picture of Dorian Gray and Other Writings, The Power and the Glory, The Brothers Karamazov, and Three by Flannery O’Connor. A vocabulary journal is also worked on daily.

Creative Writing**.4 credit**

Students will study the literary elements of fiction, poetry, drama and create non-fiction. They will write a short story, a variety of poems, a play or screen play and several articles in creative non-fiction. Students will write, present and create a booklet of their creative work.

Speech I

.4 credit

This course stresses the speaking and listening skills of the student, and introduces the student to public speaking. Students will learn the fundamentals of speech organization and effective use of language and performance skills. This performance oriented class will introduce students to many different types of speeches and train them as effective listeners as they write evaluations of their own and others' speeches.

Advanced Speech

.4, .6 credit

During the 1st Quarter, students will prepare and present four of the eight types of speeches presented at speech competitions. During the 2nd and 3rd Quarters, students will select, prepare, practice and present at speech meets two or more speeches. This is also a time to present speeches for other classes. During the 4th Quarter, students will study and present various forms of speeches for general public occasions, including but not limited to speaking at a graduation ceremony and introducing a speaker.

Modern Novels

(3 days/week)

.6 credit

Each class will begin with "the word of the day" which the student will enter into a vocabulary journal with the meaning. The journal is checked periodically throughout the year and the student will receive a grade for the work he/she is responsible for at the end of each quarter. Essays and research papers will be assigned throughout the course in conjunction with the array of novels and topics being read and discussed. Students will be two major projects (one at the end of each semester) which count for their semester test grade. Students will also do vocabulary lessons from a book called Vocabulary for Achievement. There are 30 lessons.

Drama and Film

(2, 3 days/week)

.4, .6 credit

This class is an exploratory course examining the development of drama from ancient Greek writings through modern movies and films. Modern films that have influenced our country and the world will be viewed and analyzed. Suggested films may include: The Birth of a Nation, Judgment at Nuremberg, Casablanca, and Glory Road. The role of media as a reflection of social, political, and religious views will be emphasized. The importance and influence of drama and film as entertainment will also be discussed. Students will write a report for each movie including a survey of the year the movie was produced and a summary of the movie plot.

Journalism I, II, III, IV (Publications) (2, 3 or 5 days/week)

.4, .6, or 1 credit

Emphasis will be placed upon the journalistic writings skills, journalistic layout designs, and photography skills needed to create the high school annual and issues of the high school newspaper. Students will conduct interviews, write columns and articles, design layout elements, and develop advertising strategies to help finance these publications. Students will hold staff and editorial positions to assume responsibility for the publication of the annual and school newspaper.

Video Production

(2 days/week)

.4 credit

A study of broadcasting that includes its history, role in contemporary society, artistic dimensions, production techniques, principals, genres, etc.

MATHEMATICS DEPARTMENT

4 Credits Required

4 Credits Required

Algebra I

1 credit

1 credit

This course is a traditional introductory algebra course that provides a foundation for advanced math courses. While studying algebraic concepts, students will develop the ability to solve mathematical problems, think critically, work cooperatively with others and express mathematical ideas in writing. Topics studied include: linear equations and inequalities, graphing, systems of equations, properties of exponents, operations with polynomials, and beginning quadratic equations.

Geometry

1 credit

1 credit

In this course, the study of plane geometry helps develop inductive and deductive reasoning skills. Students will learn to use geometric terms to describe the physical world, identify two and three dimensional shapes, and use the computations associated with plane and solid geometry. Tools used in this class include traditional construction tools as well as technology.

Algebra II

(5 days/week)

1 credit

1 credit

Designed for students who plan to continue their study of mathematics throughout high school and into college, this course will review and extend concepts learned in Algebra I as well as introduce more advanced concepts. Students will improve their accuracy and ability to apply already learned skills and gain new knowledge of topics including; matrices, operations with functions, exponential and radical equations, right triangle trigonometry, quadratic equations, complex numbers, logarithms and operations with rational expressions. Use of graphing technology such as graphing calculators is integrated into this course.

Pre-Calculus

(5 days/week)

1 credit

1 credit

This course is designed for those who plan to continue the study of mathematics or science in college or for those who need four years of mathematics as a prerequisite for college. Trigonometric topics studied include, right triangle trigonometry, the unit circle, trigonometric identities, graphs and applications of trigonometric functions. The use of graphing calculators allows students to see the connections that exist between algebra and geometry and provides them with methods to solve problems difficult to solve with algebraic methods alone. Other topics studied include sequences and series, functions, quadratics, rational expressions and equations, exponential and logarithmic functions and a review of algebraic skills needed for calculus.

Calculus

(5 days/week)

1 credit

Calculus is the next progression in mathematical studies after pre-calculus. Areas of study include functions, limits, and derivatives. Sacred Heart's high school calculus class is primarily designed as a preparation for college calculus. For the high school student interested in physics, chemistry, mathematics, or engineering in college, this class will expose the student to some of the mathematics needed to successfully complete their studies in college. To be eligible to study calculus at Sacred Heart, the student will need to enroll in both geometry and Algebra II their sophomore year.

College Prep Math

(5 days/week)

1 credit

Students will investigate advanced algebraic topics such as systems of equations, higher-ordered polynomials, advanced functions, and discrete math topics, functions, and matrices, including modeling for real world application problems. This will prepare students for introductory college level mathematical courses. Students planning to take Calculus in college should enroll in Precalculus.

Business Math

(3 and 5 days/week)

1 credit or .6 credit

This class is ideal for a student needing math credit, but who is not mathematically inclined. Business Math is a course designed to provide the tools necessary to be a wise consumer. We discuss the mathematical applications of everyday life, as well as the concepts, knowledge, and methods needed to make informed decisions. Topics discussed include gross pay, net pay, payroll deductions, personal banking, investments, loans, credit cards, income taxes, buying a car, utilities, renting, buying a house, public transportation, insurance, and budgeting. Other topics may be discussed, time permitting.

Students may fulfill the Sacred Heart requirements by completing Business Math and Accounting courses as well. These courses do not fulfill University requirements however. Sacred Heart students are required to take Algebra, Geometry, and Algebra II according to NDE requirements.

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| | Sacred Heart Requirements | University Requirements |
| <i>SCIENCE DEPARTMENT</i> | <i>3 Credits Required</i> | <i>3 Credits Required</i> |

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|-------------------------|-----------------|-----------------|
| Physical Science | 1 credit | 1 credit |
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This course is a continuation of concepts learned in Life Science, with an emphasis on laboratory exercises. Topics include the basis of life, cell structure, cellular growth and reproduction, genetics, the classification of living things, and a broad introduction to human anatomy.

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| Biology | 1 credit | 1 credit |
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This course is a continuation of concepts learned in Life Science with an emphasis on laboratory exercises. Topics include: basis of life, cell structure, classification, cellular growth and reproduction, genetics, and a broad introduction to human anatomy.

Advanced Biology

Advanced Biology reviews concepts learned in the first course regarding cells, genetics, classification, and human anatomy and physiology. It examines ecology, microbiology (viruses, bacteria, protists), fungi, botany (plants), and human diseases in greater detail.

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|--------------------|---------------|----------|-----------------|
| Chemistry I | (5 days/week) | 1 credit | 1 credit |
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This course builds upon and expands concepts learned in physical science. Emphasis will be placed on the metric system, stoichiometry, energy transfer, the gas laws, atomic structure, acids and bases. Chemistry is recommended for students interested in architecture, engineering, medicine, nursing, and veterinary science.

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|----------------------|---------------|----------|-----------------|
| Earth Science | (5 days/week) | 1 credit | 1 credit |
|----------------------|---------------|----------|-----------------|

Earth Science is the study of the Earth and its neighbors in space. It is an exciting science with many interesting and practical applications. Some Earth scientists use their knowledge of the Earth to locate and develop energy and mineral resources. Others study the impact of human activity on Earth's environment and design methods to protect the planet. Some use their knowledge about Earth processes such as volcanoes, earthquakes and hurricanes to plan communities that will not expose people to these dangerous events.

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| Physics | (5 days/week) | 1 credit | |
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This course expands the concepts learned in physical science. The topics include motion, energy, momentum, simple machines, and electricity. Physics is recommended for students who are interested in science, engineering, architecture, agriculture, aviation, and medical careers.

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| Chemistry II (not offered at SH) | (5 days/week) | 1 credit | 1 credit |
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Chemistry II is a continuation of the principles learned during Chemistry I. The year begins with a quick review of the basic chemistry principles then progresses to acids, bases, and salts. The next topics include solutions of electrolytes and oxidation-reduction reactions. The second semester topics are: nuclear chemistry and organic chemistry. For the high school student interested in studying chemistry, biology, or pre-med in college, this class will expose the student to some of the chemistry needed to earn a bachelor's of science degree in these areas.

To satisfy UNL requirements, students need at least three credits from biology, chemistry, physics, or earth science. One of the units must include laboratory instruction. **Sacred Heart students are required to take Physical Science and Biology. A third year is required by the NDE and Sacred Heart and would include Chemistry I/Earth Science as a Junior or Physics as a Senior.**

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| | Sacred Heart Requirements | University Requirements |
| <i>SOCIAL STUDIES DEPARTMENT</i> | <i>3 Credits Required</i> | <i>3 Credits Required</i> |

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| World Studies | 1 credit | .5 credit |
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Demonstrate an understanding of the state of the world about 1000 C.E. Analyze the impact of European expansion into the America's, Africa, Asia, and Australia. Compare and contrast Judaism, Christianity, Islam, Hinduism, and Confucianism. Analyze the scientific, political, and economic changes of the 16th, 17th, 18th, and 19th centuries. Describe the 19th century political developments in Europe, and their impact on the world. Analyze and explain the effects of the Industrial Revolution. Analyze major 20th century historical events. Demonstrate historical research and geographical skills, by studying various regions of the Earth. Analyze how selected physical and ecological processes impact the earth's surface. Compare and contrast the distribution, growth rates, and characteristics of human population, e.g., settlement patterns and the locations of natural and human resources. Analyze the regional development of Asia, Africa, the Middle East, Latin America, and the Caribbean, such as physical, economic, and cultural characteristics and historical evolution from 1000 A.D. to the present. Analyze the forces of conflict and cooperation. Apply geography to interpret the past, understand the present, and plan the future.

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| American History, 1865 - Present | 1 credit | 1 credit |
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This course is a study of the development of the American form of democratic government. The goal is to help students gain a greater appreciation of their country and community by seeing the process through which our nation's development has taken place and to help students better know the people who have worked to make our nation succeed. American History – 1865 is studied in 8th grade Social Studies.

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| Civics | 1 credit | 1 credit |
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Classroom discussion of each of the 29 chapters emphasizes helping students understand the political framework of our government on the local, state, and national levels. Each chapter is completed with daily quizzes, vocabulary quizzes, and chapter tests.

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| Psychology | (5 days/week) | 1 credit |
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Students will be given a vocabulary word and its meaning each day that pertains to the chapter currently being studied. We also form time to time read and discuss articles from *Psychology Today* and will write a short reaction to the article. This is a great course for any student that plans to attend college because it will help him/her to become familiar with the terms of psychology. Students going into any field that will have them working with other people will be taking psychology courses in college. Students that have taken the class have commented that it has helped considerably to have had psychology in high school.

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| World Issues | (2/3 days/week) | .4 or .6 credit |
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This course is designed to acquaint student with the many issues confronting society today. Topics will include current issues at the local, state, national, and world levels.

Sacred Heart Requirements

University Requirements

FINE & PERFORMING ARTS DEPARTMENT

1 Credit Required

Art I - Intro to Art (2/3 days/week) .4 or .6 credit (fine art)

Introduction to Art is open to students in grade 9-12. This course is designed to familiarize the beginning art student with the elements and principles of design and basic art vocabulary. Several art techniques and mediums will be demonstrated and introduced. The first semester will focus on drawing & painting mediums such as pencil, colored pencil, oil pastels, watercolor and acrylic. The second semester will focus on clay, painting and printmaking. Students will participate in the Pioneer Conference Art Contest and the GFWC Local Art Exhibit. Students are encouraged to participate in various other competitive exhibits.

Art II (2/3 days/week) .4 or .6 credit (fine art)

Advanced Art is open to students in grades 10-12 who have completed Intro. to Art. This course is designed to review the design basics and introduces the student to the principles of design. Several art techniques, medium and artists will be reviewed and new ones introduced. The main objective is to build upon what the student has learned in Art I and take the student a step further with techniques in which they are familiar. Problem solving and creative thinking skills are increased. The first semester will focus on drawing and painting projects and the second semester will focus on 3-dimensional projects including clay. Students will participate in the Pioneer Conference Art Contest and the GFWC Local Art Exhibit. Students are encouraged to participate in various other competitive exhibits.

Art III & IV (Independent Study) (2/3 days/week) .4 or .6 credit (fine art)

Open to students in grades 11-12 who have completed Intro. to Art and Advanced Art. This course can be taken during any Advanced Art class period. This course is designed to build upon elements, principles and an understanding of design reviewed in previous art classes. The main objective is to motivate, introduce and encourage the advanced art student to explore new ideas, expand old techniques and experiment with new media. The student will also be encouraged to explore and discover their own style and the style of master artists. Students will complete at least one project in eight different media. Students will participate in the Pioneer Conference Art Contest and the GFWC Local Art Exhibit. Students are encouraged to participate in various other competitive exhibits.

Concert Choir (2 days/week) .4 credit (performing art)

Concert Choir is open to all students in 9-12 grades. The major emphasis is to recall and expand upon the theory and history learned in Junior High Chorus to enhance their individual abilities to perform advanced choral literature from all eras. The requirements for this course are to perform in two concerts a school year, participate in a small group in mass at least once in the year. This group will attend the Pioneer Conference Choral Clinic and attend two choral competitions during the year. Students have the opportunity to either take a solo or small group piece to MUDECAS or District music. Although it is not required, it is strongly encouraged to take lessons before/after school or during the summer. To letter in Choral Music one must perform outside the regular scheduled concerts. Take a solo or small group to MUDECAS and Districts, sing something extra for a concert or volunteer to sing for mass more than five times.

Introduction to Music (2 days/week) .4 credit (fine or performing art)

The basics of music will be introduced to the students. We will cover music theory basics, abstract musical concepts, genres, eras, styles, and finally write a paper answering “What is music?” This class may be taken for a Performing Arts credit.

Sacred Heart Requirements

University Requirements

Concert Band (2/3 days/week) .4 or .6 credit (performing art)

Concert band is open to all students in 9-12 grades. Each member is required to attend all pep band events selected at the beginning of each semester. The Concert Band puts on 2 concerts per school year, attends 3 street marching events, and 2 concert band contests. Open to all members are honor bands around the state. The main function of the Concert Band is to study a wide variety of concert wind band literature and come up with effective programs for concerts and contests. The secondary function is to help enhance school spirit by attending pep rallies, attending home athletic events, and work in conjunction with the cheerleaders to support the athletic teams and get/keep the crowd “in the game”! All sophomores through seniors have the opportunity to audition for Class D All State Band, and all students have the opportunity to either take a solo or small group piece to MUDECAS or District music contests. Although it is not required, it is strongly encouraged to take lessons before/after school or during the summer. Those students who are in concert band are “de facto” members of the Pep Band (see the Pep Band Policy for requirements). (Pep Band and Marching Band)

Priv. vocal lessons (1 or 2 day/week) .2 credit (performing art)

The students in this course will learn the basic fundamentals to “good” singing. Students will work one on one with the instructor to improve their singing ability. Material that will be covered in these lessons will be material the student is preparing for contest or personal satisfaction.

Priv. instrumental lessons (1 or 2 day/week) .2 credit (performing art)

The students in this course will learn the basic fundamentals to “good” instrumental play. Students will work one-on-one with the instructor to improve their instrumental play ability. Materials that will be covered in these lessons will be material the student is preparing for contest or personal satisfaction.

1 credit total required. .4 credits required in performing arts; .4 credits required in fine arts. Exceptions by permission of principal.

Sacred Heart Requirements

University Requirements

BUSINESS/COMPUTERS DEPARTMENT

Media/Web Design (2/3 days/week) .4 or .6 credit

The different types of media include print media, electronic media and new age media. Print media includes newspapers, books and pamphlets. Electronic media includes television and radio while the new age media include the internet and mobile phones. Beginning with photography and moving into videography, students will learn the technical and aesthetic skills to take great photographs and create stunning videos. Students will design web pages using the grab and drop method and learn the basics of web design using html. Students will write and edit copy to accompany their images and will produce a variety of media, for newspaper, radio, television and the Internet. During this class, students will explore careers, and will also research and discuss the power of media by learning about the history, current trends, and ethical standards of media. Advanced Media students will collaborate to create media for publication in the community.

Media/Web Design II (2/3 days/week) .4 or .6 credit

This is a course which the students learn to create dynamic Web pages using the popular Dreamweaver web software incorporating JavaScript and CSS! This course is perfect for beginning programmers with prior knowledge of HTML. A popular scripting language that is widely supported in Web browsers and other Web tools, JavaScript adds interactive functions to web pages. This course focuses on the complete web creation process—from concept to finish. Students will

use Dreamweaver web design software to build a web site. This class will consist of lecture and demonstration reinforced through computer based assignments. Skills will be developed and demonstrated through the execution of computer based projects.

Sacred Heart Requirements

University Requirements

PHYSICAL EDUCATION DEPARTMENT

1 Credit Required

Physical Education/Health

1 credit

This course will show the importance of a balance between physical, mental, and emotional health as part of human development. The course will attempt to instill in the student, a lifelong sense of recreation, activity, and general health. Written assignments involving nutrition, personal health, and fitness will be given throughout the course. Three days of the week will be devoted to text material and the study of major health topics. The other two days will involve workouts that promote improvement in the areas of human performance.

Weight Training (2/3 days/week) .4 or .6 credit

The purpose of this course is to improve endurance, strength, power, agility and coordination. This class will be designed with the athlete in mind with regard to strength and conditioning: active warm-up, plyometric/agility drills, weightlifting workout. Teacher approval is required for enrollment.

Advanced Weight Training (2/3 days/week) .4 or .6 credit

The purpose of this course is to improve endurance, strength, power, agility and coordination. This class will be designed with the athlete in mind with regard to strength and conditioning: active warm-up, plyometric/agility drills, weightlifting workout. This class is for those who have already completed one year of Weight Training. Teacher approval is required for enrollment.

Strength & Conditioning (2/3 or 5 days/week) .4, .6, or 1 credit

Over the year, students will improve their endurance, strength, power, agility, coordination, and speed through the performance of proper technique on a variety of exercises or drills. Students will also discuss the importance of proper technique and safety on multiple exercises as well as how training different ways affects each of the human body's specific energy systems. Students will be required to track their progress throughout the year.

Sacred Heart Requirements

University Requirements

FOREIGN LANGUAGES DEPARTMENT

2 Credits Required

Spanish I (5 days/week) 1 credit

1 credit

This course introduces the student to the basic skills of a foreign language. The general topics covered include numbers, colors, the family, the house, the city, school, conversation, and personal data with an emphasis in these four areas: listening, speaking, reading, and writing. This is required for admission to some colleges and universities.

Spanish II (5 days/week) 1 credit

1 credit

This course expands on the topics of Spanish I. More attention is given to grammar especially with verb tenses and idioms. The students will continue to use the basic four skills of listening, speaking, reading, and writing. This is required for admission by some colleges and universities.

OTHER ELECTIVES

Modern Living

(2/3 days/week)

.6 credit

Students will receive 65 vocabulary words that they are responsible for and we are used quite frequently during cooking times. What is taught in this class truly varies by the amount of knowledge the class already has. We do work from three workbooks that I have bought for the class. We also do a large amount of cooking so that the students can survive as they go on to school or out into the work force for themselves. We also use some adults from the community to better inform us on insurances we will need to purchase, investing money and renting or buying real estate.

First Quarter and Second Quarter

We work from two workbooks: Language Exercises and Everyday Writing. The books sharpen their writing skills and are a good review for those that will be taking ACT tests throughout their junior year. The writing workbook also teaches how to take responsible notes for employers and tips to help organize day to day tasks.

Students will do an array of cooking beginning with easy breakfast menus and will move onto more involved one dish meals and using a crock pot so a meal can be prepared while one is at work.

The final is a complete meal prepared during the semester test period.

Third and Fourth Quarter

The students continue to work in the language book as well as a workbook called Filling out Forms which contains an array of different forms one fills out during one's life time. The forms include: rental applications, applications for employment, credit applications, W-2's, etc. The students continue to cook and move toward harder dishes which include: pies, rolls, complete meals, meal planning, and a study of the new food pyramid. Students also plan, shop for, prepare and serve the banquet for the National Honor Society Induction.

We invite guests to the classroom to discuss car insurance, life insurance and health insurance. He also touches on insurance for personal belongings while attending school, or in one's apartment, house, etc. Steve Kottich comes for many days to discuss investments and when to start and when to back off the stock market. Agents take us on a tour of a local house and points out the problems or positives of the house and explains the steps taken to rent or buy a home and how homes can be financed.

The semester final is a complete meal prepared during the semester test period.