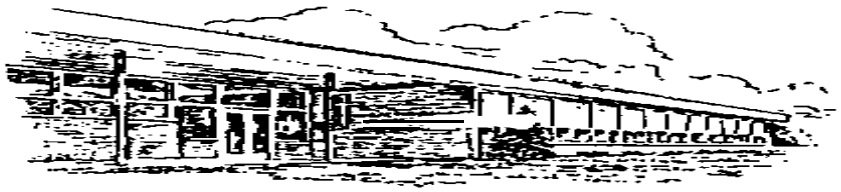
Sacred Heart School

Falls City, Nebraska

Course Offerings

2026-2027



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 REQURIEMENTS AT THE UNIVERSITY OF NEBASKA-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 must meet at least one of the following requirements: Be ranked in the top half of their high school class, have a 3.0 cumulative high school GPA, 20 or higher on the ACT (excluding the writing portion), or 1040 or higher on the SAT Critical Reading and Math sections.

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.

2026- 2027 GRADUATION REQUIREMENTS
SACRED HEART SCHOOL – FALLS CITY, NEBRASKA

A total of **26** credits are required for graduation. **Bold** courses indicate required courses.

		Sacred Heart Requirements	University Requirements
RELIGION DEPARTMENT		***4 Credits Required***	
Religion I		**1 credit**	
Religion II		**1 credit**	
Religion III		**1 credit**	
Religion IV		**1 credit**	
ENGLISH/COMMUNICATIONS DEPARTMENT		***4.6 Credits Required***	***4 Credits Required***
English I		**1 credit**	**1 credit**
English II		**1 credit**	**1 credit**
English III Composition/America Literature		**1 credit**	**1 credit**
English IV English Literature		**1 credit**	**1 credit**
Speech I	(2 days/week)	**.4 credit**	
Drama and Film (not offered '26-'27)	(2, 3 days/week)	.4, .6 credit	
Journalism I, II, II, IV (Publications)	(2, 3 days/week)	.4, .6, or 1 credit	
Novels and Film	(2 days/week)	.4 credit	
MATHEMATICS DEPARTMENT		***4 Credits Required***	***4 Credits Required***
Algebra I	(5 days/week)	**1 credit**	**1 credit**
Geometry	(5 days/week)	**1 credit**	**1 credit**
Algebra II	(5 days/week)	**1 credit**	**1 credit**
Pre-Calculus	(5 days/week)	1 credit	1 credit
Calculus	(5 days/week)	1 credit	

Students may fulfill the Sacred Heart requirements by completing Nebraska Math Readiness or a college credit math course. These courses may not fulfill university requirements, however. NDE requirements is three years – Algebra I, Geometry, and Algebra II. Sacred Heart requires a math course in the final senior year as well.

SCIENCE DEPARTMENT		***3Credits Required***	***3 Credits Required***
Physical Science	(5 days/week)	**1 credit**	**1 credit**
Biology	(5 days/week)	**1 credit**	**1 credit**
Chemistry I	(5 days/week)	**1 credit**	**1 credit**
Earth Science	(5 days/week)	**1 credit**	1 credit
Chemistry II **(Not offered 26-27)**	(5 days/week)	1 credit	1 credit
Physics	(5 days/week)	1 credit	
Anatomy	(3 days/week)	.6 credit	

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. **NDE/Sacred Heart requirements are three years – Physical Science, Biology, and Chemistry/Earth Science or Physics.**

SOCIAL STUDIES DEPARTMENT		***3 Credits Required***	***3 Credits Required***
World Studies		**1 credit**	**.5 credit**
American History, 1865 - Present		**1 credit**	**1 credit**
Civics		**1 credit**	**1 credit**
World Issues	(2/3 days/week)	.4 or 6 credit	

FINE & PERFORMING ARTS DEPARTMENT		***1 Credit Required***
Art I	(2/3 days/week)	.4 or .6 credit (fine art)
Advanced Art	(2/3 days/week)	.4 or .6 credit (fine art)
Concert Choir	(2 days/week)	.4 credit (performing art)
Show Choir	Arranged	Arranged
Concert Band	(2/3 days/week)	.4 or .6 credit (performing art)
Jazz Band	Arranged	Arranged
Priv. vocal lessons	(1 or 2 day/week)	.2 credit (performing art)
Priv. instrumental lessons	(1 or 2 day/week)	.2 credit (performing art)
Music Appreciation	(3 days/week)	.6 credit

PHYSICAL EDUCATION DEPARTMENT		***1 Credit Required***
Physical Education/Health		**1 credit**
Weight Training	(2/3 days/week)	.4 or .6 credit
Advanced Weight Training	(2/3 days/week)	.4 or .6 credit
Lifetime Fitness	(3 days/week)	.6 credit

FOREIGN LANGUAGES		***1 Credit Required***
Spanish I	**(5 days/week)**	**1 credit**
Spanish II	(5 days/week)	1 credit
Spanish III	(5 days/week)	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, criminal justice, accounting, plant science, animal science and project construction, etc.

SOUTHEAST COMMUNITY COLLEGE CAREER ACADEMY

The Career Academy offers classes at the SCC Learning Center in Falls City and at Falls City Public. These courses are offered at a reduced rate for students which saves them money while also allowing students to complete degrees faster upon graduation from high school. Most importantly, this program allows students to take courses in curriculum areas that are not available at Sacred Heart. Career Academy pathways include agriculture, construction, education, nursing, and welding. Juniors and seniors in good standing may visit with Mrs. Dunn about enrolling in this program.

COURSE OFFERINGS
SACRED HEART SCHOOL – FALLS CITY, NEBRASKA
2026-2027

A total of 26 credits are required for graduation. **Bold** courses indicate required courses.

Sacred Heart Requirements **University Requirements**

RELIGION DEPARTMENT ***4 Credits Required***

Religion I Old Testament/New Testament 1 credit

Introduction to Scripture/Old Testament

This course will introduce the student to the Old Testament and, in particular, to the unfolding of salvation history as lived by God's chosen people. The important events in the Old Testament that foreshadow and explain our Catholic beliefs will be emphasized. Comparison of the problems encountered by Old Testament figures to our modern situation will help the students to grasp the significance of the Old Testament in their lives.

New Testament

This course presents an overview of the physical and cultural geography and history of the Holy Land at the time of Jesus. The course will familiarize the students with the New Testament origins of our Catholic devotional practices. The students will also be given opportunities to develop a deeper personal relationship with Jesus and to become aware of the universal call to holiness that is shared by all who are a part of the Mystical Body of Christ, the Church.

Religion II Church History/Sacraments 1 credit

Church History

The students will engage in a study of the history of the Catholic Church, with and emphasis on knowing the reasons behind their faith. To know history is to know more about oneself. If we know where we came from, we can know better where we are going. The time period covers from the Roman Empire before Christ until the present day, with an emphasis on early and medieval Church history.

Catholic Worship

This course will examine the seven great Sacraments of the Church as God's chosen means to sanctify His people. Students will be encouraged to lives of deeper prayer, especially sacramental prayer, and to becoming true witnesses of the Gospel. The institution, matter, and form of each sacrament will be discussed as well as graces imparted by that sacrament.

Religion III Moral Life/Questions & Answers 1 credit

Catholic Moral Life

This course will discuss the rational foundations for a Catholic moral life. The students will learn that to do good and avoid evil requires not only strength of conviction but also the spiritual helps given to us by God. By drawing on the example of Mary and the Saints, students will be shown that heroic response to God's call leads us through difficulty to the blessing of eternal life.

Catholic Questions and Answers

This course will study more critically the truths and doctrines of the faith. By looking at the questions and protest raised by the Church's antagonists, the students will be readily able to defend their faith. The students will also be encouraged to develop the proper internal dispositions which correspond to the truths which have been learned.

Sacred Heart Requirements **University Requirements**

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 challenges students to improve their written and oral communication skills, while strengthening their ability to understand and analyze literature in a variety of genres. Students will read a broad array of short stories, poetry, drama, novels, autobiographies, essays, and famous speeches. The course guides students in the close reading and critical analysis of classic works of literature and helps them appreciate the texts and the contexts in which the works were written. Literary selections range from classic works such as Shakespeare's Romeo and Juliet to contemporary pieces by authors such as Maya Angelou.

Students will broaden their composition skills by examining model essays in various genres by student and published writers. Through in-depth planning, organizing, drafting, revising, proofreading, and feedback, they will hone their writing skills. Students will build on their grammar, usage and mechanics skills with in-depth study of sentence analysis and structure, agreement, and punctuation. Vocabulary development, spelling, and writing conventions will be emphasized.

English II World Literature **1 credit** **1 credit**

English II is a course covering the study of world literature, vocabulary, grammar, speaking, and writing. World literature will be studied from the Elizabethan era 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 and practice of grammar will continue throughout the year. During the year, creative and formal writing will include varied practices of basic plot and theme, expository writing, persuasive writing, a research paper, and a speech project.

English III 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 17th century 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, including expository writing, persuasive writing, a research paper, and a speech project.

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

English IV will provide students with opportunities to engage in using texts of appropriate complexity through an integrated language arts study to provide college and career preparation and readiness. Through a sequential and challenging curriculum, students will become proficient readers, effective writers, active listeners and articulate speakers. Students will learn to respect various points of view while displaying creative, collaborative, and critical thinking skills. The course will emphasize British literature from the Anglo-Saxon time period to the present.

This course will incorporate experiences that will prepare students to participate effectively in a technological, complex and ever-changing world. Students will broaden their composition skills by examining model essays in various genres by student and published writers. Through in-depth planning, organizing, drafting, revising, proofreading, and feedback, students will hone their writing skills. In addition, students will reflect upon and respond to print and non-print texts, conduct research and analyze text, as well as apply conventions of grammar and language usage through oral and written communication.

OR

College English **1 credit** **1 credit**

Enrollment will be granted with permission by administration.

The first semester of the course (Composition I) provides instruction and practice in the principles of written composition. The major emphasis is improving the ability to organize and express thoughts clearly and effectively. Students will be expected to write coherent essays that declare and support a thesis, as well as use and document research material. Reading texts are used for criticism and discussion. The second semester of the course (Composition II) continues to emphasize improving the ability to organize and express thoughts in clear, effective writing. The course will use literature study as a basis for improving and extending research, critical analysis, and writing skills. The forms, elements, and techniques of literature will be examined in terms of how literature affects readers. Students wanting to earn college credit must pay the fees for three credit hours for the first semester and for three credit hours for the second semester.

Speech I **.6 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 research and prepare speeches for the upcoming competitive speech season. The students will also work on acting techniques and impromptu speeches and performances. During the 2nd and 3rd Quarters, students will select, prepare, practice and present at speech meets, in front of the class, and for other classrooms. During the 4th Quarter, students will continue to research for the next speech season. The students will also continue to master their speaking skills with a variety of classroom activities and projects.

Journalism I, II, II, 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/Advanced Video Production (2 days/week) .4 credit

A study of broadcasting that includes role in contemporary society, artistic dimensions, production techniques, principals, genres, etc. The students will produce a variety of videos that may be published on the school website and/or social media accounts. Students may be allowed to take Advanced Video Production with the permission of the instructor.

Novels and Film (2 days/week) .4 credit

This course focuses on film adaptations of novels and short stories, paying special attention to similarities and differences in narrative technique. Students view various types of film adaptations and consider reasons for changes from the works of fiction.

MATHEMATICS DEPARTMENT

Sacred Heart Requirements ***4 Credits Required*** **University Requirements** ***4 Credits Required***

Algebra I (5 days/week) **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 (5 days/week) **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 derivates. 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.

Nebraska Math Readiness *(5 days/week)* *1 credit*

Nebraska Math Readiness Project (NMRP) is an early academic intervention program to help prepare high school students for college-level math. Students find mastery and success in an individualized and self-paced course with instruction by a high school instructor using MyLabsPlus. With successful and full completion of the course, students will be able to enroll in any NE community college and not be required to take a math placement exam or be enrolled in any developmental math courses. This course is recommended for seniors who have a GPA lower than 3.0 or an ACT math score less than 19 during his/her junior year. Teacher recommendation will also allow a student to enroll in this course. Please visit https://chatt03.wixsite.com/nmrp to learn more about the program.

SCIENCE DEPARTMENT

Sacred Heart Requirements — ***3 Credits Required***

University Requirements — ***3 Credits Required***

Physical Science — **1 credit** — **1 credit**

Physical Science is an introductory chemistry and physics course which prepares students for regular chemistry and physics courses later in high school. In the chemistry portion students will learn about matter and the changes that matter undergoes under different conditions. Physics is about the motion of matter, energy, and force.

Biology — **1 credit** — **1 credit**

Biology presents concepts learned in Life Science at a deeper level. Topics are the characteristics of life, cell structure and function, classification, genetics, evolution, viruses, bacteria, protists, plants, and animals.

Chemistry I (5 days/week) 1 credit **1 credit**

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.

Anatomy (3 days/week) .6 credit

This science elective, which is a branch of biology, will focus on the structure and relationship between body parts and the relationship between the function of body parts and the body as a whole. This course is open to juniors and seniors with teacher and administration permission after successfully completing biology.

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.**

SOCIAL STUDIES DEPARTMENT

Sacred Heart Requirements *3 Credits Required*

University Requirements *3 Credits Required*

World Studies **1 credit** **.5 credit**

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.

American History, 1865 - Present **1 credit** **1 credit**

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.

Civics **1 credit** **1 credit**

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.

World Issues (2/3 days/week) .4 or .6 credit

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.

FINE & PERFORMING ARTS DEPARTMENT

Sacred Heart Requirements *1 Credit Required*

University Requirements

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 K-12 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 K-12 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 K-12 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.

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.

Music Appreciation/Introduction to Music (3 days/week) .6 credit

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?"

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.

Strength & Conditioning (as part of weights) (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.

Lifetime Fitness (3 days/week) . .6 credit

This course includes basic skills, knowledge and strategies of lifetime activities that contribute to a healthy, active adult lifestyle. Students will participate in a variety of lone, duo, and group lifetime activities.

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.

Spanish III (5 days/week) 1 credit 1 credit

This course expands on the topics of Spanish II with more verb tenses and vocabulary used in well-rounded conversations. Skill appropriate novels will be read and discussed as well as deeper discussions on culture in Latin America. Students will continue developing their skills in the areas of reading, writing, listening, and speaking.

Sacred Heart Requirements **University Requirements**

OTHER ELECTIVES

Independent Online Course Study (2/3 days/week) .4 or .6 credit

Students may enroll in one or more sections of Independent Online Course Study (depending on number of courses in which the student enrolls) with permission from Mrs. Dunn. During this period, the student will work alone to take an elective online course through Southeast Community College or another approved online course option. All costs for the course and materials are the responsibility of the student. Students do not need to decide on the course prior to enrollment. However, this must be decided within the first two days of the semester or another class will be substituted in place of this. A proctor teacher will oversee daily/weekly progress monitoring, which will determine the grade earned in the course. Final grades from a college course will NOT be listed on the high school transcript or impact the high school GPA.

Video Board Production and Operation (Digital Media) (2 days/week) .4 credit

Students will learn the basics of Display Studio, which is the Daktonics Show Control System used to create and display items for the video board in the Roh Activity Center. Students will be asked to spend time outside the classroom collecting information and photos and signing up for times to run the board during school events.