

Health, Fitness, and Nutrition A

Course Number 10632

Course Summary

This is the first of two courses that comprise Health, Fitness, and Nutrition. In this course, the student will study a variety of health-related topics and learn the benefits of fitness. The student will gain a new awareness of his own fitness level and nutritional needs. The student will also learn how to adopt long-term, healthy habits and lifestyle changes to improve and inspire his overall state of well-being.

This course will also teach the student how fitness can influence one's self image and will help him to understand the value of respecting his own body. The student will explore the dangers of alcohol and drug use and develop social strategies to avoid peer pressure. The student will also examine such things as eating disorders, prevention of injury, and first aid.

Students will also complete specific activity log to complete a physical component to the course.

Course Objectives

- Explain the meaning of fitness and wellness; describe the factors that may affect both
- Describe and discuss the importance of training to maintain and improve fitness
- Identify the anatomy and physiology of the circulatory, respiratory, and muscular systems of the body
- Describe the effects of exercise on the systems of the body

Credits: 0.50

German I

Course Number 10411

Course Summary

This is a beginning level course that will introduce the student to a variety of areas of language learning. In this course, the student will learn listening, speaking, reading, and writing skills through a variety of activities. Throughout the five units, or themes, of material (greetings, the date, weather, time, and colors), the student will learn to express himself using an ever-increasing vocabulary, present-tense verbs, articles, and adjectives. Grammar is introduced and practiced in innovative and interesting ways with a variety of learning styles in mind. Culture is presented throughout the course to help the learner focus on the German-speaking world, people, geographical locations, and histories. This course will introduce the student to a variety of areas of language learning. In this course, the student will learn listening, speaking, reading, and writing skills through a variety of activities. Throughout the five units, or themes, of material (city, family, food, leisure time, and school and chores), the student will learn to express himself using an ever-increasing vocabulary, present-tense verbs, articles, and adjectives. Grammar is introduced and practiced in innovative and interesting ways with a variety of learning styles in mind. Culture is presented throughout the course to help the learner focus on the German-speaking world, people, geographical locations, and histories.

Course Objectives

- Identify historical and cultural influences of Germany and other German-speaking countries
- Recognize and say common German vocabulary, such as greetings, farewells, colors, and places
- Recognize and say numbers 0 to 31, and apply this knowledge to talk about the time and date
- Use common adjectives; use common regular and irregular verbs
- Order words effectively to phrase questions and responses
- Identify cultural influences of Germany and other German-speaking countries
- Compare and contrast characteristics of German and American culture
- Use basic German vocabulary and grammar to speak and write about a variety of topics
- Apply the nominative, dative, and accusative cases
- Identify how to express preferences
- Identify how to extend, accept, and decline invitations

Credits: 1.00

Sign Language I

Course Number 10449

Course Summary

In this course, the student will be introduced to the fundamental concepts of American Sign Language. The student will explore vocabulary, grammar, and conversational skills using basic signing and fingerspelling techniques, and will be exposed to activities and exercises that help him or her understand the culture of deaf and hard-of-hearing people. The goal of this course is for the student to become a confident signer by mastering American Sign Language grammar and building vocabulary. Lessons incorporate the various important components of signs including handshape, position, movement, palm orientation, and non-manual markers. The student's vocabulary is strengthened by studying special categories such as lexicalized signs, classifiers, and topic-related signs. The student will learn to translate from Standard English into American Sign Language gloss. Videos and interactive websites provide abundant practice. A unit on Deaf Culture and Community provides a good perspective and context for practicing American Sign Language.

Objectives:

- Examine the history of deaf culture and community
- Identify elements of signed language
- Sign the alphabet
- Fingerspell words
- Use ASL to greet others
- Identify key vocabulary
- Recognize and use at least 25 new signs and American Sign Language phrases
- Develop skills with fingerspelling and lexicalized fingerspelling
- Produce clear signs
- Identify the parts of each sign
- Compare/contrast classifiers
- Recognize and use classifiers
- Recognize the purpose of and convey meaning with non-manual markers in American Sign Language
- Engage in American Sign Language conversation by giving and receiving information
- Examine the characteristics of Deaf Culture
- Compare and contrast Hearing and Deaf Cultures
- Distinguish between different groups within Deaf Culture
- Show skill in glossing English sentences into American Sign Language

- Define and use non-manual markers including mouth morphemes and negation
- Recognize negation techniques in American Sign Language
- Recognize the difference between gestures and actual signs
- Identify non-manual markers associated with Yes or No and WH- questions
- Set up American Sign Language questions and statements with correct grammar
- Explain how to set up questions, declarative, conditional, rhetorical, command, and topicalized sentences in American Sign Language
- Use new vocabulary in various sentence and question structures

Credits: 1.00

Reading for College Success

Course Number 10096

Course Summary

How will reading impact your future? How does reading shape the world around us? This course will help you answer that question and prepare you for college and career success.

Reading is a vital skill in the information age where we are constantly bombarded with a stream of information. Being able to determine and comprehend the main idea in this constant flow is imperative to success in both the academic world, and in the world of work. Discerning fact from opinion and bias from objectivity will empower you to make better life and work decisions and effective note taking and summarizing will help you achieve your goals in higher education and in the career of your choosing.

This course will provide you with the necessary tools to be an active member of a 21st century world where success in reading often equates with success in life.

Objectives:

- Discerning the Main Idea
- Identifying Clues Within Texts
- Effective Summarization
- Note Taking Applications
- Choosing Your Note Taking Style
- Free Choice Reading
- Web 2.0 Skills
- Recognizing Organizational Patterns
- Decoding Signal Words
- Understanding Cause and Effect
- Compare and Contrast
- Styles of Analysis
- Implications of Tone
- Recognizing Bias and Opinion
- Persuasive Language Tools
- Making an Inference
- Predictions, Questioning and Context
- Connotations and Allusions
- Hidden Hints in Writing
- Preparing for the CPT and College Entrance Tests

Credits: 0.50

Sports Management

Course Number 10566

Course Summary

This course will introduce you to the fast-growing field of sports management. You will explore topics such as sports marketing, branding, ticket sales, public relations, broadcasting, and breaking into the business of sports management. This course will also discuss the role of sports in society and the importance of an ethical approach to sports management.

Units

1. Introduction to Sports Management
2. Sports Marketing and Sales
3. Media and Public Relations
4. Ethics in Sports Management
5. Careers in the Sports Industry

Credits: 0.50

Fundamentals of Art Syllabus

Course Number 10704

Course Description

What words can you use to describe the parts that make up great art? What terms do artists apply to their creations in order to achieve their intended results? Fundamentals of Art, introduces you to the theory and practice of art. You will begin your study with intensive application of the terms of art to give you the vocabulary you need to critically and insightfully discuss—and eventually write about—art. This course discusses and demonstrates the elements (line, color, shape/form, space, value, and texture) and principles (balance, harmony, unity, emphasis, repetition, rhythm, contrast, and composition) of art through the incorporation of famous works of art, as well as with the use of interactive graphics and activities. You will study classic representations of art that demonstrate particular elements and principles, such as paintings by Pissarro, da Vinci, Cimabue, Manet, Van Gogh, Gauguin, Renoir, and Monet. This course focuses on teaching you to analyze works of art rather than to create art. Before enrolling in this course, you should have basic skills in analysis and writing about subjects using evidence to support your ideas.

Objectives:

- Define and identify examples of each of the elements of art (line, color, shape/form, space, value, and texture)
- Define and identify examples of each of the principles of art (balance, harmony, unity, emphasis, repetition, rhythm, contrast, and composition)
- Identify various famous works of art
- Identify various types of perspective

Credits: 1.00

Career and Tech Skills

Course Number 10056

Course Summary

We all have talents and aptitudes that we can develop to prepare for our future. In this course, you will explore your interests and skills and discover your individual learning style in order to find possible career matches. Career and Technology Skills A is the first course in a two-semester series that covers skills that will prepare you for workplace success. As you consider your own values and expectations, you will learn to set goals and plan to achieve them. You will explore a variety of career options, discuss opportunities for achieving career goals, and learn to work through a decision-making process to develop your own career plan. You will prepare to enter the work force by creating and evaluating job application materials, learning to search for job opportunities, and conducting a practice job interview. This course also presents basic technology skills vital to workplace success, including the use of word processing, spreadsheet, presentation, and database software. Finally, this course discusses the role of government in business, global, national, and local economic trends, and how these factors affect working people.

Course Objectives

- Acquire, evaluate, interpret, and communicate information related to your career plan
- Predict and make decisions to allocate the required time to achieve your career plan
- Communicate your career plan to a targeted audience
- Implement technology skills to create effective and professional word documents, spreadsheets, presentations, databases, and e-mail messages
- Use the Internet appropriately and efficiently for a multitude of purposes
- Demonstrate understanding of the employment system by acquiring and evaluating information required to conduct a successful job search, given available resources
- Analyze and predict how the global economy affects your career and personal life
- Through research and observation activities, analyze resources, evaluate technical and communication skills, and understand the systems of your chosen career

Credits: 0.50

Career Planning and Skill Development

Course Number 10057

Course Summary

As a high school student, it may seem like entering the workforce is right around the corner. It's important that you're prepared. The Career Planning and Skill Development course will introduce you to the workforce by having you explore your interests, values, and skills. Knowing yourself better in this way will help you plan for your future career. As part of this planning process, you will learn about a variety of career fields—from business, to education, to public service. Many career fields may interest you. The course also teaches you the important task of finding a job. You will learn how to write a cover letter and resume, fill out a job application, and act in an interview. You will learn the qualities of a successful employee, and additional career-related skills, such as problem-solving and communication.

Credits: 0.50

Units

1. Introduction to Career Planning
2. Self-Assessment
3. Career Exploration
4. Planning Your Future
5. Searching for a Job
6. Starting a New Job
7. Workplace Skills

Art 6

Course Number 10703

Course Summary

The middle school art program is organized around the three artistic processes of creating, presenting, and responding. In addition, the program emphasizes how art and design can drive innovation in the same way science, technology, engineering, and mathematics do. Throughout the courses, students use various media and techniques to construct projects, collaborate with peers, and critique their own work as well as the work of other artists.

In Semester A, students explore the wide range and variety of visual arts. They learn the basic elements of art and principles of design and apply them in their own creative ways. The semester culminates in a study of factors involved in evaluating and critiquing art.

In Semester B, students consider the preservation and protection of art. They then explore how international, national, and local art influences ideas, actions, cultures, and environments. Using this information, students build their own ideas of the role art plays in their lives.

Units

1. Course Overview
2. What Is Art?
3. The Elements of Art
4. Principles of Design
5. Responding to Art
6. Protecting and Respecting Art
7. The World of Art
8. Art In Your Community
9. Art in Your Life

Art 7

Course Number 10704

Course Summary

The middle school art program is organized around the three artistic processes of creating, presenting, and responding. In addition, the program emphasizes how art and design can drive innovation in the same way science, technology, engineering, and mathematics do. Throughout the courses, students use various media and techniques to construct projects, collaborate with peers, and critique their own work as well as the work of other artists.

In Semester A, students explore the wide range and variety of visual arts. They learn the basic elements of art and principles of design and apply them in their own creative ways. The semester culminates in a study of factors involved in evaluating and critiquing art.

In Semester B, students consider the preservation and protection of art. They then explore how international, national, and local art influences ideas, actions, cultures, and environments. Using this information, students build their own ideas of the role art plays in their lives.

Units

1. Course Overview
2. What Is Art?
3. The Essentials of Visual Arts
4. The Application of Art
5. Responding to Art
6. Protecting and Respecting Art
7. The World of Art
8. Art in Your Community
9. Art in Your Life

Art 8

Course Number 10707

Course Summary

The middle school art program is organized around the three artistic processes of creating, presenting, and responding. In addition, the program emphasizes how art and design can drive innovation in the same way science, technology, engineering, and mathematics do. Throughout the courses, students use various media and techniques to construct projects, collaborate with peers, and critique their own work as well as the work of other artists.

In Semester A, students explore the wide range and variety of visual arts. They learn the basic elements of art and principles of design and apply them in their own creative ways. The semester culminates in a study of factors involved in evaluating and critiquing art.

In Semester B, students consider the preservation and protection of art. They then explore how international, national, and local art influences ideas, actions, cultures, and environments. Using this information, students build their own ideas of the role art plays in their lives.

Units

1. Course Overview
2. What Is Art?
3. The Essentials of Visual Arts
4. Art Connections
5. Responding to Art
6. Protecting and Respecting Art
7. The World of Art
8. Art in Your Community
9. Art In Your Life

Exploring Music I

Course Number 10803

Course Summary

Designed for students in grades 6–8, this course teaches fundamental musicianship skills approached from a Western-Classical style, while aligning to National Core Arts Standards. The course challenges the student to improve listening, notation, analysis, performance, and improvisation skills. With audio, visual, and interactive technologies, the course provides a unique and advanced learning experience for the student.

Course Directions and Tips

As students move through Exploring Music, they will have opportunities to practice what they are learning through two interactive tools. Brief descriptions and locations of downloads are noted below.

Virtual Music Tools: A virtual instrument, sampler, and metronome will help students perform, compose, and practice music. Students are asked to download Virtual Music Tools the first time they use the tool in each music course. The first instance of Virtual Music Tools is found in Unit 1, Lesson 1, Page 10.

Finale NotePad®: Students will use notation software to compose music and practice musical notation. Students are asked to download Finale NotePad the first time they use the tool in each music course. The first instance of Finale NotePad is found in Unit 2, Lesson 4, Page 8.

Units

1. Feel the Pulse
2. Building Blocks
3. What Is an Orchestra?
4. Time Travel

Exploring Music II

Course Number 10805

Course Summary

Designed for students in grades 6–8, this course reviews and expands fundamental musicianship skills approached from a Western-Classical style, while aligning to the National Core Arts Standards. The student will review and expand basic skills and concepts of rhythm and notation that were introduced in Exploring Music I. The student will use classic repertoire to analyze compositional style and improve listening, notation, analysis, performance, and improvisation skills. With audio, visual, and interactive technologies, the course provides a unique and advanced learning experience. Exploring Music I is a prerequisite for this course.

Course Directions and Tips

As students move through Exploring Music, they will have opportunities to practice what they are learning through two interactive tools. Brief descriptions are noted below.

Virtual Music Tools: A virtual instrument, sampler, and metronome will help students perform, compose, and practice music. Students are asked to download Virtual Music Tools the first time they use the tool in each music course.

Finale NotePad®: Students will use notation software to compose music and practice musical notation. Students are asked to download Finale NotePad the first time they use the tool in each music course.

Units

1. Cool Pulsations
2. Absolute-ly
3. Stylistic Imprints
4. Architecturally Sound

Exploring Music III

Course Number 10807

Course Summary

Designed for students in grades 6–8, this course enhances the student's knowledge of musical cultures as he or she discovers a musical identity. Aligning to the National Core Arts Standards, this course provides the student with engaging opportunities to combine musical knowledge with an exploration of different art forms to create new personal works. The student will apply foundational knowledge of music to a variety of musical styles and cultures. With audio, visual, and interactive technologies, this course provides a unique and advanced learning experience. Exploring Music I and Exploring Music II are prerequisites for this course.

Units

1. Creative Foundations
2. A Musician's Role
3. The Art of Music
4. Musical Cultures