

# Arizona Lutheran Academy - Curriculum Guide 2010 - 2011

## 020 Introduction to English

**Grade:** 9, 10, 11, 12

**Taught:** full year

**Teacher:** S. Hill

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Introduction to English is a course designed to reinforce basic skills in the areas of composition (sentence and paragraph development), grammar (parts of speech and sentence construction), and literature (short stories, poetry and novels).

## 021 Introduction to Literature and Composition

**Grade:** 9

**Taught:** full year

**Teacher:** S. Hill

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Introduction to Literature and Composition has a three-fold purpose: composition, grammar, and literature. Composition activities include sentence and paragraph development and short research papers. Grammar studies include the parts of speech and sentence construction. Literature includes popular short stories, poetry, and selected novel studies.

## 022 Introduction to World Literature and Composition

**Grade:** 10

**Taught:** full year

**Teacher:** S. Hill

**Credit:** .5 per semester

**Prerequisite:** Introduction to Literature and Composition or its equivalent

**Description:** Introduction to World Literature and Composition follows the same curriculum as Introduction to Literature and Composition but is more in-depth. Topics covered include literature, composition, grammar, and a more formal introduction to public speaking.

## 023 American Literature and Composition

**Grade:** 11

**Taught:** full year

**Teacher:** J. Tierney

**Credit:** .5 per semester

**Prerequisite:** Introduction to World Literature and Composition or its equivalent

**Description:** American Literature and Composition is a course that studies American literature in all its many forms, paying particular attention to historical context and its impact on ways of thinking. Writing and vocabulary skills are emphasized as are speaking skills, including a section on public speaking analysis and performance. Term papers are required.

## 024 British Literature and Composition

**Grade:** 12

**Taught:** full year

**Teacher:** J. Tierney

**Credit:** .5 per semester

**Prerequisite:** American Literature and Composition or its equivalent

**Description:** British Literature and Composition is a course that introduces the study of English literature along with increased writing emphasis, including creation of a full-length play by each student. Term papers are required.

## 025 Speech and Debate

**Grade:** 10, 11, 12

**Taught:** one year

**Teacher:** S. Hill

**Credit:** .5 per semester

**Prerequisite:** Introduction to Literature and Composition

**Description:** Speech and Debate is a course designed for students who desire to improve their communication skills and speech proficiency. This course also provides students opportunities to conduct research and analysis on debate topics, formulate case refutation strategies, and integrate support and evidence into speaking strategies.

## 102 Algebra I

**Grade:** 9, 10

**Taught:** full year

**Teacher:** J. Burmeister

**Credit:** .5 per semester

**Prerequisite:** Placement based on testing scores and elementary school recommendation.

**Description:** Algebra I is a constant review through the use of a textbook designed with problems to bring in all topics that students have previously learned. Short topics are introduced each day so the emphasis can be placed on review. Normal Algebra I topics such as number systems, solving equations, exponents (positive and negative), radicals, polynomials, with heavy emphasis on word problems and percent, quadratic equations, and graphing are included in this course.

## 103 Algebra II

**Grade:** 10, 11, 12

**Taught:** full year

**Teacher:** J. Burmeister

**Credit:** .5 per semester

**Prerequisite:** Algebra I, Geometry

**Description:** Foundational algebraic concepts learned in Algebra I are strengthened, extended, and enhanced in Algebra II. The coursework will begin building bridges necessary for a new world of mathematical understanding presented in calculus studies. Solving equations of all types numerically, algebraically, and graphically is a point of emphasis. Using functions of many families, many two-variable relationships will be modeled with the aid of technology.

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## 105 AP Calculus AB

\*Advanced Placement

\*\*Dual Credit with SMCC (MAT 221)

**Grade:** 12

**Taught:** full year

**Teacher:** M. Steiner

**Credit:** .5 per semester

**Prerequisite:** Algebra I, II, Geometry

**Description:** Students of AP Calculus will:

1. understand the meaning of the derivative in terms of rate of change and local linearity;
2. be able to work with functions represented graphically, numerically, analytically, or verbally and should understand the connections among these representations;
3. more fully understand God's creation by being able to model problem situations with functions, differential equations, and integrals;
4. represent differential equations with slope fields, solve separable differential equations analytically, and solve differential equations.

Students of AP Calculus will take the AP exam in the spring of the year. College credit is determined by successful completion of the exam.

## 108 Geometry

**Grade:** 9, 10, 11

**Taught:** full year

**Teacher:** J. Burmeister

**Credit:** .5 per semester

**Prerequisite:** Algebra I

**Description:** Geometry provides students with experiences that deepen the understanding of two and three-dimensional objects and their properties. Deductive and inductive reasoning as well as investigative strategies in drawing conclusions are stressed. Properties and relationships of geometric objects include the study of:

1. points, lines, angles, and planes;
2. polygons with a special focus on quadrilaterals, triangles, and right triangles;
3. circles; and
4. polyhedral and other solids.

An understanding of proof and logic is developed. Students will see that algebraic concepts are integrated throughout the geometry coursework.

## 109 Pre-Algebra

**Grade:** 9, 10

**Taught:** full year

**Teacher:** G. Gray

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Pre-algebra will prepare students for the rigors of algebra and geometry with a steady progression of lessons that deliver content in a manageable way. Interesting visuals and features create interest in math by emphasizing its importance in students' everyday lives while sharpening critical thinking skills.

## 112 Pre-Calculus

\*\*Dual Credit with SMCC (MAT 187)

**Grade:** 11, 12

**Taught:** full year

**Teacher:** M. Steiner

**Credit:** .5 per semester

**Prerequisite:** Algebra II

**Description:** After an introduction to number patterns and sequences, the course content delves into advanced mathematical topics with an emphasis on real-world applications. Base functions (linear, quadratic, exponential, logarithmic, trigonometric, etc) and their respective graphs are used to model relationships between two variables. A thorough study of trigonometry is included. An entire unit of study is devoted to analytic geometry as well as a study of matrices. Technology applications (graphing calculator, spreadsheets, *Geometer's Sketchpad*) are stressed in each unit of study.

## 113 Personal Finance

**Grade:** 11, 12

**Taught:** full year

**Teacher:** V. Steinmetz

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Personal finance is a hybrid course that will guide students through the concepts of banking, credit, mortgages, investments, insurance etc. It is a course intended for students who have completed their personal highest possible level of mathematics offered at ALA and still desire or need more math instruction. Enrollment in the course is by teacher or administration recommendation.

## 114 Statistics

**Grade:** 11,12

**Taught:** full year

**Teacher:** J. Burmeister

**Credit:** .5 per semester

**Prerequisite:** Algebra I, Geometry, Algebra II

**Description:** This course is an introduction to statistics. Topics include descriptive statistics, methods of sampling, tables, graphs, percentiles, concepts of probability, normal and chi-square distributions, sampling distributions, confidence intervals, hypothesis testing of one and two means, proportions, binomial experiments, sample size calculations, correlation, and regression. Applications in business, social sciences, and other fields are discussed.

## 115 Advanced Algebra

**Grade:** 10, 11,12

**Taught:** full year

**Teacher:** M. Steiner

**Credit:** .5 per semester

**Prerequisite:** Algebra I, Geometry

**Description:** Foundational algebraic concepts learned in Algebra I are strengthened, extended, and enhanced in Algebra II. The coursework will begin building bridges necessary for a new world of mathematical understanding presented in calculus

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studies. Solving equations of all types numerically, algebraically, and graphically is a point of emphasis. Using functions of many families, many two-variable relationships will be modeled with the aid of technology.

## 201 Physical Science

**Grade:** 9

**Taught:** full year

**Teacher:** M. Sonntag

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Physical Science will prepare the student for any of the other required and elective science courses offered at ALA. Physical Science is broken up by the two semesters; the first is a basic look at Chemistry, while the second semester looks at the basic laws and theories of Physics. Chemistry takes a look at physical, chemical, and nuclear reactions as well as the “why” and “how” of their occurrences. Physics looks at the natural laws around us, including gravitation, motion, acceleration, buoyancy concepts, and sound and light. Labs, reports, and quizzes are abundant. This course is taught in light of God’s inerrant Word.

## 202 Biology

**Grade:** 10

**Taught:** full year

**Teacher:** G. Gray

**Credit:** .5 per semester

**Prerequisite:** Physical Science

**Description:** Biology is the study of life as God created it. Therefore biology is taught in the light of God’s Word. The course will strongly emphasize the students’ problem-solving, critical-thinking, and inquiry skills. The curriculum allows learners to conduct investigations that are meaningful to them and that highlight experimental design, analysis, and the application of concepts.

## 203 Chemistry

(Available 2011-2012)

**Grade:** 11, 12

**Taught:** full year

**Teacher:** M. Sonntag

**Credit:** .5 per semester

**Prerequisite:** Physical Science, Algebra I

**Description:** This is a study of the theoretical basis of chemistry and the history of how conclusions have been reached. Laboratory time is provided for reinforcing theories and learning simple laboratory procedures. This course is offered in odd numbered years.

## 204 Physics

(Available 2010-2011)

**Grade:** 11, 12

**Taught:** full year

**Teacher:** M. Sonntag

**Credit:** .5 per semester

**Prerequisite:** Physical Science, Algebra I

**Description:** Physics is an elective course that deals with natural laws and theories that help to explain God’s creation around us. It is a college level introduction to physics. All types of teaching modes: demonstration, lecture, animations, labs, and sound. Physics looks at the natural laws around us, including gravitation, motion, acceleration, buoyancy concepts, and sound and light. Labs, reports, and quizzes are abundant. This course is taught in light of God’s inerrant Word.

## 205 AP Biology

\*Advanced Placement (Available 2011-2012)

**Grade:** 11, 12

**Taught:** full year

**Teacher:** G. Gray, mentor

**Credit:** .7 per semester

**Prerequisite:** Physical Science and Biology

**Description:** This is an online course offered through APEX Learning. Students build the conceptual framework necessary to understand science as a process. The course is divided into three sections with correlating laboratory exercises: molecules and cells; heredity and evolution; and organisms and populations. Students will also explore evolution, energy transfer, continuity and change, the relationship of structure to function, regulation, interdependence in nature, and the balance of science, technology, and nature. The equivalent of an introductory college-level biology course, AP Biology prepares students for the AP Exam and for further study in health sciences. This course has been authorized by Collegeboard to use the AP designation.

## 206 Anatomy & Physiology

(Available 2010-2011)

**Grade:** 10, 11, 12

**Taught:** full year

**Teacher:** G. Gray

**Credit:** .5 per semester

**Prerequisite:** Physical science and biology

**Description:** Anatomy studies the wonder of God’s most complex creation, living things and especially humans. The underlying theme of anatomy is that God has given us mechanisms that allow our bodies to do literally everything in our lives. Physiology describes the process by which that happens. Labs, reports, and quizzes are abundant. This course is taught in light of God’s inerrant Word.

## 207 Advanced Physics

**Grade:** 11, 12

**Taught:** full year

**Teacher:** M. Sonntag

**Credit:** .5 per semester

**Prerequisite:** Physical Science, Algebra I

**Description:** Advanced Physics is an elective course at an honors level that deals with natural laws and theories that help to explain God’s creation around us. It is a college level introduction to physics that will advance the class through more material than the alternate Physics course. All types of teaching modes: demonstration, lecture, animations, labs, and sound.

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Physics looks at the natural laws around us, including gravitation, motion, acceleration, buoyancy concepts, and sound and light. Labs, reports, and quizzes are abundant. This course is taught in light of God's inerrant Word.

## 208 Earth and Space Science

(Available 2010-2011)

**Grade:** 11,12

**Taught:** full year

**Teacher:** M. Sonntag

**Credit:** .5 per semester

**Prerequisites:** Physical Science, Biology

**Description:** This course will be taught in light of God's Word. Earth science offers a look at the makeup of the earth, including the minerals that make it up and the processes that go into shaping it. Units include forces, oceans, the atmosphere, materials of the earth, and sculpting the earth's surface. Space science shows us the earth's place in the universe, touching on subjects such as astronomy, the solar system, and astronomical observations.

## 303 U.S. History

**Grade:** 11

**Taught:** full year

**Teacher:** S. Indahl

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** United States History is a survey course on the history of our country from colonial times to the present. This is a study of "your" country with instruction centered on the fact that history is "His story." Students will recognize the cause and effect relationships of events while taking a broad overview of the historical events of the United States.

## 304 U.S. Government

**Grade:** 12

**Taught:** 1 semester

**Teacher:** S. Indahl

**Credit:** .5 per semester

**Prerequisite:** U.S. History

**Description:** This senior level course offers students an introduction to political science, sociology, and current events. The class will conduct an in-depth study of the U.S. Constitution and the workings of our government. Select topics will be covered appropriately.

## 305 Economics

**Grade:** 12

**Taught:** 1 semester

**Teacher:** K. Rosenbaum

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Free Enterprise is a one semester survey course. The goal of this course is to enable students to make reasoned judgments about both personal economic questions and broader questions of economic policy. Students will develop an economic way of thinking and problem solving to understand

and apply basic economic principles to decisions they will make as consumers, members of the workforce, citizens, voters and participants in global marketplace.

## 309 History/Geography

**Grade:** 9

**Taught:** full year

**Teacher:** S. Indahl

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** World Geography will examine the physical features of the earth and their effects on politics, economics, religions, and cultures of nations. In addition, the students will review basic social studies skills pertaining to geography and placing emphasis on the student's development of an understanding of international affairs and, as a member of the world community, the importance of individual responsibility.

## 310 AP European History

\*Advanced Placement (Available 2010-2011)

**Grade:** 11, 12

**Taught:** full year

**Teacher:** D. Meyer

**Credit:** .7 per semester

**Prerequisite:** Geography and/or World History

**Description:** This course will provide the student with an opportunity to acquire a general knowledge of European history (1450-present) as it is taught at the introductory level in most colleges and universities. Students will closely analyze political, social, cultural, intellectual, and economic events that set the stage for 19<sup>th</sup> century European imperialism and the world wars of the 20<sup>th</sup> century. Each student is required to take the AP exam and may receive credit or advanced standing at the college or university of his choice, depending on the AP exam score.

## 311 World History

(Available 2011-2012)

**Grade:** 10, 11, 12

**Taught:** full year

**Teacher:** D. Meyer

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** This course focuses on the major centers of civilization from Creation to 1300 A.D., with special emphasis on Egypt, China, Greece, and Rome. Students will examine the political, social, and economic events that shaped ancient and modern history. This course will also serve as an introductory course for AP European History.

## 313 AP Government

\*Advanced Placement

**Grade:** 11, 12

**Taught:** full year

**Teacher:** K. Rosenbaum

**Credit:** .7 per semester

**Prerequisite:** U.S. History

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**Description:** This course will take the place of 304 U.S. Government and prepare the student for taking the AP exam for college credit. Students will study political science, government structures, and the inner workings of government on all levels. Application will be made to current events. Work for the course will be at the college level, and students should be expected to work to earn their college credits.

## 406 Foundations of Christian Faith

**Grade:** 9

**Taught:** full year

**Teacher:** B. Bode

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** This course covers the Old Testament from Creation through the life of David, relating Biblical truths to basic questions of life, as well as discussing the following topical studies: "Reading the Bible: The Focus," and "Teenagers as Witnesses for Christ." Emphasis is placed on not just reading the Bible but also applying God's truth in our everyday lives.

## 407 Israel's Divided Kingdom

**Grade:** 10

**Taught:** 1 semester

**Teacher:** M. Sonntag

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** This course picks up following the life of David as Israel enters its period of the Divided Kingdom. The northern kingdom of Israel and the southern kingdom of Judah went their separate ways and separate from God's ways and endured tragic results. Applying wisdom from the Psalms and the Proverbs is also a portion of the course.

## 408 Life of Christ and Christian Living

**Grade:** 10

**Taught:** 1 semester

**Teacher:** D. Meyer

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Religion class is a chance to gain factual and practical knowledge in order to apply God's Word to our daily lives. The following topics are addressed through the course of the semester:

1. The Seven Habits of Highly Effective Christians
2. The Four Gospels/Life of Christ
3. God's Gift of Sexuality
4. Dealing with the Sins of Society

## 409 World Religions

**Grade:** 11

**Taught:** 1 semester

**Teacher:** K. Rosenbaum

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** Time is spent discussing the world's major and minor religions and cults. Application of Bible passages to

errors found in each religion is expected, and students will be guided to find a means of witnessing to people who have been misled by the erroneous teaching of these religions.

## 410 Spread of the Early Christian Church

**Grade:** 11

**Taught:** 1 semester

**Teachers:** B. Bode

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** This course covers the book of Acts in detail, tracking the spread and growth of the early Christian church. A brief overview of the Apostle Paul's letters is covered as well. Topical studies throughout the year include Christian Citizenship, Church Membership, and Spiritual Gifts.

## 411 Christian Doctrine

**Grade:** 12

**Taught:** full year

**Teacher:** B. Bode

**Credit:** .5 per semester

**Prerequisite:** None

**Description:** This course provides a summary and in-depth discussion of our Christian doctrine, the New Testament's general epistles, the book of Revelation and the following topical courses:

1. Christian Life Planning
2. Marriage and Sexuality
3. Gospel Outreach, and
4. Christian Stewardship/FPU (Financial Peace University), a practical guide in wisely using the blessings God has given us.

Emphasis is placed on not just reading the Bible but also applying God's truth in our everyday lives.

## 501 Spanish I

**Grade:** 9, 10, 11

**Taught:** full year

**Teacher:** J. Strassburg

**Credit:** .5 per semester

**Prerequisite:** Reading ability at grade level.

**Description:** Spanish I is an introduction to the Spanish language. A variety of everyday vocabulary and basic Spanish grammar will be taught. Students will also learn about some of the unique characteristics of Spanish-speaking cultures. The students will begin to speak, read, write, and listen to the Spanish language with basic comprehension.

## 502 Spanish II

**Grade:** 10, 11, 12

**Taught:** full year

**Teacher:** J. Strassburg

**Credit:** .5 per semester

**Prerequisite:** Spanish I with at least a "C"

**Description:** Spanish II is a continuation of Spanish I. We continue to study a variety of everyday vocabulary and more advanced Spanish grammar. Students will also learn more about

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the unique characteristics of Spanish-speaking cultures. The students will speak, read, write and listen to the Spanish language with better understanding and proficiency.

## 508 Spanish III

**Grade:** 11

**Taught:** full year

**Teacher:** J. Strassburg

**Credit:** .5 per semester

**Prerequisite:** Spanish II

**Description:** Spanish III is a course that uses what the students learned in Spanish I and Spanish II as a foundation for more advanced learning of the Spanish language. New vocabulary and grammar will be presented. The presentation of the new vocabulary and grammar will help the students speak, read, write, and listen to the Spanish language with a higher level of proficiency than Spanish II and will prepare students for Spanish IV.

## 509 Spanish IV

**Grade:** 12

**Taught:** full year

**Teacher:** J. Strassburg

**Credit:** .5 per semester

**Prerequisite:** Spanish III

**Description:** Spanish IV is a Spanish literature course in which students will improve their Spanish reading skills by reading short stories, poems, and other genre of Spanish literature written by Spanish-speaking authors and poets. The students will also improve their speaking, writing, and listening skills as they discuss, listen and write about the stories and poems they read. The main goal of this course is to introduce the students to the rich history of literature of the Spanish-speaking world. Students will also review the Spanish grammar that they have learned which will prepare them for college entrance exams.

## 604 Band

**Grade:** 9, 10, 11, 12

**Taught:** full year

**Teacher:** J. Pasbrig

**Credit:** .5 per semester

**Prerequisite:** Previous instrumental experience or consent of instructor.

**Description:** This is a concert band and pep band ensemble performance class. Students should be proficient in a concert band instrument. Orchestra members are welcome with approval from the director. Piano players are also welcome with prior approval and a willingness to learn mallet percussion instruments.

## 627 Basic Music

**Grade:** 9

**Taught:** full year

**Teacher:** J. Pasbrig

**Credit:** .3 per semester

**Prerequisite:** none

**Description:** This is an introductory music class that will review basic note reading and composition skills. The main goal is to read and understand the musical notation on a basic hymnal page. This course is a pre-requisite to participating in Concert Choir/A Cappella, and Concert Band (10<sup>th</sup>-12<sup>th</sup> grade).

## 643 A Cappella Choir

**Grade:** 10, 11, 12

**Taught:** full year

**Teacher:** J. Pasbrig

**Credit:** .2 per semester

**Prerequisite:** Selected by audition. Concurrent enrollment in Concert Choir or consent of instructor.

**Description:** The A Cappella is an auditioned choir selected from the Concert choir that also performs at all concerts, some chapels services, community events, participates in worship at ALA Sundays and is ALA's representative at the WELS Choral Festivals. A Cappella requires outside of the school day rehearsal and performances.

## 644 Concert Choir

**Grade:** 10, 11, 12

**Taught:** full year

**Teacher:** J. Pasbrig

**Credit:** .3 per semester

**Description:** Concert Choir is designed to give students the opportunity to prepare, experience and excel in ensemble choral music. It is a group learning course which counts on the cooperation of the group as a whole to learn the art of choral singing. Throughout the year the students will study/perform many different styles of music from Chant to Contemporary Music. The Concert Choir performs in four major concerts each year and also for chapel services throughout the year.

## 647 Accelerated Music Theory

**Grade:** 11, 12

**Taught:** Full Year

**Teacher:** J Pasbrig

**Credit:** .5 per semester

**Prerequisite:** Basic Music, or Band or Concert Choir

**Description:** Accelerated Music Theory is designed for students seeking knowledge and skills in how music is put together. The course will emphasize melody, harmony, texture, rhythm, meters (simple and complex), form, musical analysis, elementary composition, history, style and musicianship skills, such as listening skills, sight-singing, and keyboard harmony. This course assumes enrolled students have acquired (or are acquiring) at least basic performance skills in voice or on an instrument. The ultimate goal is to develop students' ability to recognize, understand, and describe the basic materials and processes of music that are heard or presented in a score. This course prepares students to take the AP Music Theory Exam.

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## 648 Creative Christian (Art)

**Grade:** 9,10,11,12

**Taught:** full year

**Teacher:** J. Brown

**Credit:** .5 per semester

**Prerequisite:** none

**Description:** Take a look at art created by masters. Master similar art projects you create. Look at applications of Christian art. Apply Christian “flavor” into your art. This class is for any grade and any level of art experience.

## 728 Computer Applications I

**Grade:** 10

**Taught:** full year

**Teacher:** V. Steinmetz

**Credit:** .5 per semester

**Prerequisite:** Keyboarding

**Description:** This course teaches the most important topics of Microsoft Office 2007. This is an online course using *Moodle*. All assignments and exams will be completed online. The final project will be a Capstone Simulation that incorporates all Microsoft Office 2007 applications.

## 732 Keyboarding

**Grade:** 9

**Taught:** full year

**Teacher:** V. Steinmetz

**Credit:** .2 per semester

**Prerequisite:** None

**Description:** Keyboarding is a required course for graduation; all students must complete the course by the end of their freshmen year; however, this course is being taught as a prerequisite or co-requisite. Coursework must be completed prior to enrollment at ALA or concurrently while working on the freshman curriculum; no class periods will be provided during the school day. This is an internet based program where students become familiar with the computer keyboard and develop typing skills.

## 734 Computer Publishing

**Grade:** 11, 12

**Taught:** full year

**Teacher:** V. Steinmetz

**Credit:** .5 per semester

**Prerequisite:** Computer Applications

**Description:** In Computer Publishing students will create the school yearbook using Jostens Yearthech software online. The school yearbook is created in an online environment giving the students the ability to work on the yearbook from home or anywhere they have an internet connection. The students will also do all of the digital photography and upload the photos to the Jostens site.

## 739 Computer Information Systems

\*\*\*Dual Credit with SMCC (CIS105)

**Grade:** 11, 12

**Taught:** Full Year

**Teacher:** V. Steinmetz

**Credit:** .5 per semester

**Prerequisite:** none

**Description:** Computer Information Systems introduces students to computer basics, word processing, spreadsheets, databases, presentation software, networking, programming, web page design and use of the internet. CIS105 is a prerequisite for most CIS college courses. It transfers to ASU as CSE180 and satisfies the Computer/Statistics (CS) requirement.

## 803 Weight Training

**Grade:** 10, 11, 12

**Taught:** full year

**Teacher:** D. Meyer

**Credit:** .5 per semester

**Prerequisite:** none

**Description:** Weight training class is designed for the serious athlete that cannot fit weight lifting into his/her busy sports schedule and students that are committed to a high level aerobic and weight training program. Free weights, plyometrics, and conditioning will be integrated to train the entire body and increase strength and speed.

## 808 Physical Education/ Health

**Grade:** 11, 12

**Taught:** full year

**Teacher:** M. Steiner

**Credit:** .5 per semester

**Prerequisite:** none

**Description:** Physical Education strives to give students knowledge and skills needed to improve and maintain healthy bodies now and in the future. Students are given the opportunity for physical activity and exercise while developing positive habits for a healthy lifestyle. Knowledge and understanding of the basic principles of good health allows students to care for their bodies.

## 809 Physical Education

**Grade:** 9

**Taught:** full year

**Teacher:** M. Steiner/S. Indahl

**Credit:** .4 per semester

**Prerequisite:** none

**Description:** Freshmen Physical Education will provide students with the opportunity to improve fitness and skills. Boys' activities will include basketball, track and field, football, baseball, soccer, and golf. Girls' activities will include basketball, track and field, softball, soccer, and volleyball. Boys and girls will also participate in moderate fitness activities throughout the year.

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## 901 Service

**Grade:** 11, 12

**Taught:** 1 semester or full year

**Teacher:** Various

**Credit:** .25 per semester

**Prerequisite:** none

**Description:** Service work on campus for credit may include assisting a teacher or working in the school office. This may not be used to fulfill required service hours, since school credit is given.

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### Notes:

- \* The Advanced Placement test may be taken in Spring 2011 as the culmination of this course. College credit can be earned, depending upon the test score and the college.
- \*\* Dual Credit with SMCC, based on a math placement test.
- \*\*\* Dual Credit with SMCC.