

**WEST VALLEY**  
**HIGH SCHOOL**



**2018-19**

**Course Catalog**

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# ENGLISH

## Freshman English 101 and 102

2 semester 1.0 credit

### Fees and Costs

None

### Course Overview

In this course students will analyze a wide assortment of reading materials to gain understanding of how authors communicate ideas about the world. We will also write for a variety of purposes, going beyond the “five paragraph essay” to engage mature readers through rich and complex essays. Students will develop literacy skills that will prepare them for the rigors of both English 102 and other courses throughout high school and beyond.

In this course students will analyze a wide assortment of reading materials to gain understanding of how authors communicate ideas about the world. We will also write for a variety of purposes, going beyond the “five paragraph essay” to engage mature readers through rich and complex essays. Students will develop literacy skills that will prepare them for the rigors of both English 102 and other courses throughout high school and beyond.

## Honors Freshman English 101 and 102

2 semester 1.0 credit English 9<sup>th</sup> Grade

### Prerequisite

8th Grade LA Teacher Recommendation

### Fees and Costs

None

### Course Overview

Advanced readers read beyond simple comprehension using a critical lens. This in depth reading work greatly impacts their writing development. In this honors course, students will continue to hone their literary analysis skills with a wide assortment of reading materials. They will evaluate how authors communicate ideas about the world and work to develop communicative skills of their own. We will also write for a variety of purposes, including synthesis of literature and argumentative writing that engages mature readers. Students will develop literacy skills that will prepare them for the rigors of 10th grade Honors English, high school and beyond.

## Sophomore English 201 & 202

2 semester 1.0 credit

### Fees and Costs

None

### Course Overview

Through the study of short stories, novels, poetry, and drama, students build reading comprehension and literary

analysis skills and show their understanding through oral discussion and written work. The course will build vocabulary, writing, and critical thinking skills. Persuasive and Expository writing will be emphasized.

## **Honors Sophomore English 201 & 202**

2 semester 1.0 credit Sophomore English

### **Prerequisite**

Grade A on LA 9-A and LA 9-B and teacher recommendation.

### **Fees and Costs**

None

### **Course Overview**

Through the study of short stories, novels, poetry, and drama, students build reading comprehension and literary analysis skills and show their understanding through oral discussion and written work. The course will build vocabulary, writing, and critical thinking skills. Writing will include literary argument, argument about social issues, and literary explication. We will also read, unpack, and write poetry.

This course differs from English 201 and 202 in its rigor and expectations. Students are expected to be self-motivated, self-directed, be skilled in reading comprehension and be proficient in writing mechanics and fluency.

## **Junior English 301**

1 semester .5 credit English

### **Fees and Costs**

None

### **Course Overview**

Junior English will build upon the foundational skills of Language Arts per the Common Core State Standards. The units will include Reading Informative Text, Reading Argumentative Text, Argumentative Writing, and Reading and Analyzing Literature with novels and/or plays. Junior English will use Junior level appropriate texts. Junior English will prepare students for all post-secondary plans.

## **American Studies English 307**

1 semester .5 credit English Junior

[Must Also be enrolled in American Studies History 307](#)

### **Fees and Costs**

None

### **Prerequisite**

Junior standing

### **Course Overview**

American Studies is **a full year paired English and History class** focused on United States History from 1880 to the present. The class will explore historical events, the historical impact of these events, and the literature (short stories, poems, songs, essays, speeches, etc.) that was created in response to these events. Students will be required to continually link historical events to the literature that these historical events produce, synthesizing history and literature into complex ideas. This connection between history and literature will create a deeper understanding of history and literature, of where the United States has been, and why the United States is the way it is now. As a paired class, students will be enrolled in English one class period and will transition to History the next period (or vice versa); the class will, at least once per week but possibly up to five days per week, meet in a block format where all students enrolled in American Studies will be together for the purpose of seminar, discussion, extended lessons, tests, etc.

## Senior English 401

1 semester .5 credit English

### Fees and Costs

None

### Course Overview

Senior English will build upon the foundational skills of Language Arts per the Common Core State Standards. The units will include Reading Informative Text, Reading Argumentative Text, Argumentative Writing, and Reading and Analyzing Literature with novels and/or plays. Senior English will use Junior level appropriate texts. Senior English will prepare students for all post-secondary plans.

## Advanced Placement English 506 and 606

2 semester 1.0 credit English

Take both AP English 506 and 606 for 1 credit

### Prerequisite

Junior or Senior standing, successful completion of required summer reading, a grade B+ or better in Honors English 201 and 202 or an A in Language Arts 201 and 202 and teacher recommendation.

### Fees and Costs

None

### Course Overview

This course is a special college-level class that will give students the ability to analyze literary works, to write about those works directly in essay form and to use the themes and ideas in a variety of writing assignments. Students will explore novels, the short story, plays and essays. Students will prepare for the A. P. English exam to be taken in May. If the student receives an acceptable grade on the test, he or she may receive 4-10 hours of college credit.

### Texts Used

The teacher will select from the list below and may add additional books:

*Hamlet*

*Pride and Prejudice*

*The Mayor of Casterbridge*

*The Importance of Being Earnest*

*The Stranger*

*1984*

*Oedipus*  
*Antigone*  
*Invisible Man*  
*Waiting for Godot*  
*No Exit*  
*Sound and Sense (poetry)*

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Analyze literature without constant teacher guidance.*
2. *Organize and develop multi- paragraph essays on subjects that require the synthesis of ideas.*
3. *Write, using varied techniques and forms.*
4. *Organize and write in a timed setting.*

## **CHS ENGL 101 WR (English 101 Written Communication)**

1 semester .5 credit English

### **Prerequisite**

Junior or Senior standing, A Score of a 3 or 4 on the Smarter Balanced Test

No previous Honors or AP coursework necessary.

### **Fees and Costs**

Fee determined by Eastern Washington University

### **Course Overview**

Provides opportunities for students to develop and enhance their written communication skills. Stresses the organization, development and support of ideas and perspective in exposition and argumentation as public discourse, familiarization with library resources and application of the rules and conventions of standard American English. Students write three major essays that are commonly assigned in colleges: Essay Exam, Researched Argument and Narrative.

### **Course Texts:**

*Everybody's an Author*

*They Say/ I Say*

## **CHS ENGL 170 LT (English Literature)**

1 semester .5 credit English

### **Prerequisite**

Junior or Senior Standing; A score of a 3 or 4 on the Smarter Balanced Test

No previous Honors or AP coursework necessary.

**Fees and Costs**

Fee determined by Eastern Washington University

**Course Overview**

An examination of literary approaches in human experience including short fiction, poetry and drama. Principal attention to the elements that make up literature, with supporting discussion of ideas, attitudes, problems and values.

**Core Texts:**

1. *Fellowship of the Ring*
2. *Dracula*
3. *Othello*
4. *The Fifth Child*

## English Electives

### Creative Writing

1 semester .5 credit English Elective

**Prerequisite**

Junior or Senior standing

**Fees and Costs**

None

**Course Overview**

Creative writing is designed for the self-motivated student who wants to improve his or her writing and explore writing a variety of genres. Students write poetry, brief creative non-fiction, and short fiction stories. We don't write novels. Emphasis is on reading and analyzing written work, and on improving writing through the use of sensory detail, imagery, and figurative language.

Students write daily in a writing workshop environment, constructively critique each others' work, and read a weekly piece aloud to the class. Major projects include a Poem of the Day presentation, a poetry chapbook, and spoken word poetry.

**Texts Used**

None

### Current World Problems in Literature

1 semester .5 credit English Elective

**Prerequisite**

Junior or Senior standing

**Fees and Costs**

None

**Course Overview**

Contemporary World Problems through Literature is a class that will explore issues that face us right now through literature. The class will feature independent reading, literature circles, and full class reads. The goal of the class is to explore these issues through experiences with these problems in the eyes of both fictional and real characters. This lens will give students a human view of the complexity of these issues that moves beyond the facts & policies that surround these issues.

**Texts Used:**

TBD

**Science Fiction Literature**

1 semester .5 credit English Elective

**Prerequisite**

Junior or Senior standing

**Fees and Costs**

None

**Course Overview**

This class is designed to introduce and foster a love of all things intra-, extra-, and juxta-terrestrial. The class will be heavy on the literature, but still incorporate writing and speech skills. In this class we will explore classic science fiction, modern science fiction, and fantasy literature.

**Texts Used:**

TBD

**Speech**

1 semester .5 credit English Elective

**Prerequisite**

Junior or Senior standing

**Fees and Costs**

None

**Course Overview**

Helping students to communicate effectively and to overcome their fear of public speaking are the objectives of this course. Students will survey the types of public speaking, recognize, demonstrate, and evaluate the components of successful public speaking, and employ the steps of the speech preparation and presentation process. Students will give seven to eight oral presentations during the class.

Writing is an important component of this class. Speeches go through the writing process and must be written as essays and revised into polished draft form. Among other assignments, students will give impromptu informative and persuasive speeches, and study and present a famous speech. In addition, the teacher may assign a Shakespearean soliloquy, recite a poem, tell a classic tale, sell an ordinary object, and persuade an audience to adopt a new policy. Speeches vary from 2 - 5 minutes in length.

**Texts Used**

None

**MATH**

## Algebra I 101 and 102

2 semester 1.0 credit Math

### Prerequisite

None

### Fees and Costs

None

### Course Overview

The program is designed to build a foundation in linear, exponential and quadratic equations. Other topics include variables and expressions, proportions and percents, operations with polynomials, factoring, inequalities, rational and irrational numbers, data analysis and an emphasis on problem solving. **Algebra I is a fundamental math class and essential to success in more advanced math course work. It is recommended that students who have taken Algebra I prior to 9<sup>th</sup> grade and earned less than a B grade REPEAT the course to improve their success rate in Algebra II/Trig and other advanced math courses.**

**\*In some cases, students who are struggling but showing diligence may be recommended for a program stretching the 2 years of Algebra 1 and Geometry into a 3 year course beginning in the 9<sup>th</sup> grade. We refer to these as Algebra A,B,C and Geometry A,B,C**

## Geometry 201 & 202

2 semesters 1.0 credit Math

### Prerequisite

Passing grade in Algebra 1

### Fees and Costs

At a minimum, a student must have a scientific calculator. Purchase of a TI-83+ or TI-84+ is recommended, as it will play a major role in all math classes at WVHS. Some graphing calculators will be available for use in the classroom only, and only for units that require their extra features.

### Course Overview

Following Algebra 1, Geometry is the next step in the foundational high school mathematics instructional material to meet the state's required curriculum. While maintaining much of the approach of the previous courses, Geometry marks a turning point for the student by beginning a transition to increased emphasis on geometric processes. This course deals primarily with foundations of geometry, geometric reasoning, parallel and perpendicular lines, triangle congruence, properties and attributes of triangles, polygons and quadrilaterals, similarity, right triangles and trigonometry, extending perimeters, circumference, and area, spatial reasoning, circles, and extending transformational geometry.

### Student Learning Objectives

As a result of required instruction, the student will be able to:

1. *Measure and construct segments and angles.*
2. *Apply geometric formulas including distance and midpoint, and Pythagoras.*
3. *Perform geometric transformations in the Euclidean plane.*
4. *Understand the structure of logical statements and reason inductively and deductively.*
5. *Construct basic geometric proofs from theorems, definitions, and postulates.*
6. *Name and know the relationships of angles formed by transversals.*

7. *Prove triangles congruent and similar.*
8. *Identify parts and properties of triangles and other polygons.*
9. *Use proportional reasoning to solve problems.*
10. *Solve problems using basic right triangle trigonometry.*
11. *Find perimeter, area and volume of polygonal and circular shapes.*
12. *Solve problems involving circles, arcs, chords, tangents, secants and angles in a circle*

## Honors Geometry 201 and 202

1 semester .5 credit Math

### Prerequisite

"B" or better in Algebra 101-102

### Fees and Costs

None

### Course Overview

This course emphasizes spatial perception and development of deductive and inductive reasoning. Topics include points, lines, planes and angles, parallel lines and planes, congruent triangles, quadrilaterals, similar polygons, right triangles, circles, constructions, areas, volumes, coordinate geometry and transformations. **Students who do not meet the criteria are expected to attend a 2 week math boot camp in August to improve their skills before moving to the next level.**

## Algebra II/Trigonometry 301 & 302

2 semesters 1.0 credit Math (3<sup>rd</sup> Year)

### Prerequisite

C- or better in Geometry as a sophomore, Passing grade in Geometry as a freshman

### Fees and Costs

At a minimum, a student must have a scientific calculator. Purchase of a TI-83+ or TI-84+ is recommended, as it will play a major role in all math classes at WVHS. Some graphing calculators will be available for use in the classroom only, and only for units that require their extra features.

### Course Overview

Following Geometry, Algebra 2 is the next step in the foundational high school mathematics instructional material to meet the state's required curriculum. While maintaining much of the approach of the previous courses, Algebra 2 marks a turning point for the college bound student by beginning a transition to increased emphasis on algebraic processes. This course deals primarily with foundations for functions, linear functions, linear systems, quadratic functions, polynomial functions, exponential and logarithmic functions, rational and radical functions, properties and attributes and functions, probability and statistics, sequences and series, trigonometric functions, and trigonometric graphs and identities.

### Student Learning Objectives

As a result of required instruction, the student will be able to:

1. *Understand and use proper notation and vocabulary to describe sets of numbers.*
2. *Distinguish between a relation and a relations that is also a function.*
3. *Transform a variety of parent functions in the coordinate plane.*

4. *Curve fit linear, quadratic, polynomial, trigonometric, exponential and logarithmic functions.*
5. *Solve problems involving linear, quadratic, polynomial, rational, radical, trigonometric, exponential and logarithmic functions.*
6. *Graph linear, quadratic, polynomial, rational, radical, trigonometric, exponential and logarithmic functions.*
7. *Solve quadratic equations by factoring, completing the square, graphing and the quadratic formula.*
8. *Perform basic probability computations and interpret results.*
9. *Compute and interpret measures of central tendency and variation.*
10. *Work with and use the notation of sequences and series.*
11. *Solve problems with right triangle trigonometry, law of sines and law of cosines.*

## CHS MATH 153 PRCALC & CHS MATH 154 PRCALC (Pre-Calculus)

1 semester .5 credit

### **Prerequisite**

C Grade or better in Algebra 2

### **Prerequisite for College Credit**

Student must score 66+ on the Compass Algebra, or 31+ on the Compass College Algebra, or 148+ on the APTP General Math, or 35+ on the Accuplacer College Math Exam, or 85+ on the Accuplacer Elementary Algebra Exam, or 51% on the ALEKS.

### **Fees and Costs**

Central Washington University credits (fee determined by Central Washington University).

At a minimum, a student must have a scientific calculator. Purchase of a TI-83+ or TI-84+ is recommended, as it will play a major role in all math classes at WVHS. Some graphing calculators will be available for use in the classroom only, and only for units that require their extra features.

### **Course Overview**

Pre-calculus is the final step in the transition from the contextual-based program with broad applications to the mathematics requires for success in calculus. The class follows the CWU Pre-calculus syllabus. Topics include: functions in multiple representations, exponential and logarithmic functions, polynomials, trigonometric functions, right triangle trigonometry, alternate logarithmic functions, polynomials, trigonometric functions, right triangle trigonometry, alternate coordinate systems, vectors, matrices, analytic geometry, and basic combinatorics.

### **Student Learning Objectives**

As a result of required instruction the students will be able to:

1. *Recognize and represent functions in written, graphical and algebraic forms*
2. *Be able to transform functions and combinations of functions*
3. *Construct exponential and logarithmic models*
4. *Construct and analyze inverses of functions*
5. *Model oscillations and right triangles with trigonometric functions*
6. *Recognize and exploit connections between complex numbers, polar coordinates, and vectors*
7. *Use matrices to solve systems of equations*
8. *Explore and solve equations involving conic sections*

## Financial Algebra

NOTE: This course counts as either an occupational education or a math credit.

2 one-semester independent courses, 0.5 credits each.

**Prerequisite**

Sr. standing, Geometry 201/202, sophomores with a grade of C in Algebra 2 or lower.

**Fees and Costs**

None

**Course Overview**

This is an algebra 2 level course that builds on your prior knowledge of math concepts from other courses (algebra 1, geometry), taking you step-by-step through strategies to help you expand your understanding of the application of these concepts through practical, financial problem settings. The applications-based practice problems use real-life scenarios that have been researched and field-tested by students over many years.

**Student Learning Objectives**

As a result of required instruction the student shall be able to:

1. *Model with and solve equations involving linear, quadratic, cubic, exponential, rational, square root and piecewise functions*
2. *Apply and compute statistical information including: measures of central tendency, quartiles, and expected value.*
3. *Construct and interpret representations of data including: histograms, line graphs, bar graphs, circle graphs, frequency tables, stem-and-leaf plots and box plots.*
4. *Use spreadsheets to store information and apply formulas.*
5. *Use vocabulary from geometry and geometric formulas to compute distance, area and volume.*
6. *Recognize when to use and how to solve inequalities.*
7. *Compute basic probabilities.*

**Bridges to College Mathematics 402**

2 semesters 1 credit Math

**Prerequisite**

College-bound seniors who score below “college-ready” on the 10th grade Smarter Balanced assessment.

**Fees and Costs**

None

**Course Overview**

Bridge to College Mathematics is a year-long course focusing on the key mathematics readiness standards from Washington State’s K-12 Learning Standards for Mathematics (the Common Core State Standards, CCSS-M) as well as the eight Standards for Mathematical Practices. The course is designed to prepare students for entrance into non-calculus pathway introductory college level mathematics courses. The course addresses key learning standards for high school including Algebra I, statistics, geometry, and Algebra II standards essential for college- and career-readiness.

Course Name and Code: Bridge to College Mathematics - #02099

**CHS Math 170 CALC & CHS MATH 173 CALC (Calculus)**

2 semesters 1.0 credit (3<sup>rd</sup> Year)

**Prerequisite**

B Grade or better in Pre-Calculus 401 and 402

**Prerequisite for College Credit**

Student must have already passed MATH 154 with a grade of a C or higher, or score 152+ on the APTP Advanced Math, or 46+ on the Compass Trigonometry, or 100+ on the Accuplacer College Math Exam, or 76% on the ALEKS.

**Fees and Costs**

Central Washington University credits (fee determined by Central Washington University).

At a minimum, a student must have a scientific calculator. Purchase of a TI-83+ or TI-84+ is recommended, as it will play a major role in all math classes at WVHS. Some graphing calculators will be available for use in the classroom only, and only for units that require their extra features.

**Course Overview**

This class follows the CWU calculus syllabus. It is a standard calculus class that covers the following topics: limits, derivatives of polynomials, power functions, trigonometric functions, inverse trig functions, exponential functions, logarithmic functions, and combinations and compositions of the former functions and parametric functions, applications of derivatives, anti-derivatives, definite integrals, fundamental theorem of calculus, and applications of anti-derivatives.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Evaluate limits by a variety of methods*
2. *Compute derivatives - by definitions, numerically, and by derived patterns*
3. *Apply chain rule, quotient rule and product rule appropriately*
4. *Evaluate derivatives of parametric functions*
5. *Apply techniques to evaluate derivatives of inverse trig, exponential and logarithmic functions*
6. *Model functions and use derivatives to evaluate critical points*
7. *Apply anti-differentiation techniques including integration by parts, trig substitution, and partial fractions*
8. *Understand and apply the fundamental theorem of calculus*

**CHS Math 101 (Mathematics in the Modern World)**

1 semester .5 credit Math

**Prerequisite**

C Grade or better in Algebra 2

**Prerequisite for College Credit**

Student must score 500+ on the SAT Math, or 19+ on the ACT Math, or 50+ on the Compass Pre-Algebra, or 26+ on the Compass Algebra, or 31+ on the Compass College Algebra, or 31+ on the Compass Trigonometry, or 60+ on the Accuplacer Elementary Algebra exam, or 100+ on the Accuplacer Arithmetic Exam, or 3+ on the Smarter Balance Exam, or 51% on the ALEKS, or have already passed a higher level math course.

**Fees and Costs**

Central Washington University credits (fee determined by Central Washington University).

At a minimum, a student must have a scientific calculator. Purchase of a TI-83+ or TI-84+ is recommended, as it will play a major role in all math classes at WVHS. Some graphing calculators will be available for use in the classroom only, and only for units that require their extra features.

**Course Overview**

This is a project oriented course covering a variety of mathematical concepts from the modern world. Topics covered include finance, voting, and mathematical modeling.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Understand the power of compound interest and its applications in finance (including investing and credit).*
2. *Identify problems in context.*
3. *Understand and interpret large numbers and index numbers*
4. *Understand and apply exponential and mixed growth*
5. *Analyze and quantify fairness in voting and apportionment methods*
6. *Construct mathematical models for real-life situations*

## **CHS Math 130 (Finite Mathematics)**

1 semester .5 credit Math

### **Prerequisite**

C Grade or better in Algebra 2

### **Prerequisite for College Credit**

Student must score 500+ on the SAT Math, or 19+ on the ACT Math, or 50+ on the Compass Pre-Algebra, or 26+ on the Compass Algebra, or 31+ on the Compass College Algebra, or 31+ on the Compass Trigonometry, or 60+ on the Accuplacer Elementary Algebra exam, or 100+ on the Accuplacer Arithmetic Exam, or 3+ on the Smarter Balance Exam, or 51% on the ALEKS, or have already passed a higher level math course.

### **Fees and Costs**

Central Washington University credits (fee determined by Central Washington University).

At a minimum, a student must have a scientific calculator. Purchase of a TI-83+ or TI-84+ is recommended, as it will play a major role in all math classes at WVHS. Some graphing calculators will be available for use in the classroom only, and only for units that require their extra features.

### **Course Overview**

This is a project oriented course. Material covered includes: introduction to probability; mathematical decision making; introduction to statistics; introduction to logic and reasoning.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Read and generate a variety of graphs*
2. *Use and interpret basic statistical summaries*
3. *Explain the limitations of statistics*
4. *Interpret and explain relationships expressed through symbols*
5. *Identify problems in context*
6. *Interpret quantitative data in a specific context*
7. *Analyze and construct arguments using symbolic logic*
8. *Understand the differences between inductive and deductive reasoning*

### **Important Notes:**

- The Bridge to College Mathematics course can qualify as a 3rd credit of math if the student has already attempted Algebra 2 or is credit-deficient.
- Baccalaureate Requirements: To meet the minimum admissions requirements for state baccalaureate institutions, students need to pass Algebra 2 for their 3rd credit of math. The
- Bridge to College Mathematics Course does meet the baccalaureate senior year requirement for a math or quantitative reasoning course as determined by the Washington Student
- Achievement Council (College Academic Distribution Requirements (CADR), 2014).

## AP Statistics 503 & 504

2 semesters 1.0 credit Math (3<sup>rd</sup> Year)

### Prerequisite

B or better in Algebra 2 (both semesters), or passing grade in Pre-Calculus

### Fees:

This is an A.P. course - college credit will vary with the institution and requires a score on the A.P. Statistics Exam, which has an associated fee of around \$94.

### Recommended tools

In order to efficiently deal with the large data sets that are used in the class, it is recommended that students own either or both of the following: TI-nSpire graphing calculator (~\$140) or Fathom computer software - available through KeyPress.com (~\$40). In preparation for the A.P. Statistics Exam, we also recommend purchase of an A.P. Statistics Test Guide for additional practice (instructor will have recommendations).

### Course Overview

Curriculum for this course follows the AP Statistics curriculum set by the College Board and is intended to prepare students for the AP Statistics exam. The purpose of the AP course in statistics is to introduce students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. This course draws connections between all aspects of the statistical process, including design, analysis, and conclusions. This course will help students to learn how to use and interpret the statistical data on graphing calculators and computers.

### Student Learning Objectives

As a result of required instruction the student will be able to:

1. *Explore data by describing patterns and departures from patterns*
2. *Construct and interpret graphical displays of distribution of univariate data*
3. *Model sampling, experimentations, planning and conducting a study*
4. *Explore random phenomena using probability and simulation*
5. *Understand and apply statistical inference by estimating population parameters and testing hypothesis*
6. *Apply statistics by modeling real world data*

## SCIENCE

### Biology 101 and 102

2 semesters 1.0 credit Science

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

**All Bio 101:** An inquiry (hands-on) approach to understanding cell structure, molecular movement, cell division and DNA structure. Discusses how there are many different compartments that do different jobs in order to keep an internal balance (homeostasis). Also explores how genetic traits are passed on throughout generations.

**Honors Bio 101:** In addition to the topics in Biology 101 students will explore basic chemistry concepts including atomic theory, atomic structure, and forming and naming compounds (binary and tertiary).

**All Bio 102:** An inquiry (hands-on) approach to understanding evolution, ecology, taxonomy and classification. Discusses how all organisms change and adapt to their specific environment in order to pass their genes on to their offspring. Explores factors that affect the input and output of ecological systems; including practical applications based on sustainability.

**Honors Bio 102:** In addition to the topics in Biology 102 students will explore DNA replication and expand on chemistry by introducing stoichiometry.

**Text Used**

Biology, Miller & Levine, Pearson.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Plan and conduct scientific investigations*
2. *Understand cell theory, cell organelles and their functions, and cell division*
3. *Apply genetic principles to solve problems*
4. *Create and interpret scientific models*
5. *Understand inputs and outputs of a variety of biological systems*
6. *Demonstrate the process of change over time*
7. *Develop understanding of sustainability through a practical application project*

**\*\*Note:** To fulfill the science requirement students may choose Honors Biology instead of this course

**Honors Biology 101 and 102**

2 semesters 1.0 credit Science

**Prerequisite**

“B” or better in 8<sup>th</sup> grade science class, “B” or better in Algebra I.  
MSP and MAPS testing Scores

**Fees and Costs**

None

#### **Course Overview**

**All Bio 101:** An inquiry (hands-on) approach to understanding cell structure, molecular movement, cell division and DNA structure. Discusses how there are many different compartments that do different jobs in order to keep an internal balance (homeostasis). Also explores how genetic traits are passed on throughout generations.

**Honors Bio 101:** In addition to the topics in Biology 101 students will explore basic chemistry concepts including atomic theory, atomic structure, and forming and naming compounds (binary and tertiary).

**All Bio 102:** An inquiry (hands-on) approach to understanding evolution, ecology, taxonomy and classification. Discusses how all organisms change and adapt to their specific environment in order to pass their genes on to their offspring. Explores factors that affect the input and output of ecological systems; including practical applications based on sustainability.

**Honors Bio 102:** In addition to the topics in Biology 102 students will explore DNA replication and expand on chemistry by introducing stoichiometry.

#### **Text Used**

Biology, Miller & Levine, Pearson.

#### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Plan and conduct scientific investigations*
2. *Understand cell theory, cell organelles and their functions, and cell division*
3. *Apply genetic principles to solve problems*
4. *Create and interpret scientific models*
5. *Understand inputs and outputs of a variety of biological systems*
6. *Demonstrate the process of change over time*
7. *Develop understanding of sustainability through a practical application project*

## **Physical Science Motion**

1 Semester .5 Credit Science

#### **Prerequisite**

None

#### **Fees and Costs**

None

#### **Course Overview**

Explores the areas of motion and forces. Basic algebraic applications will also be included. Much of the instruction is in the form of laboratory activities emphasizing scientific principles, problem solving, and energy transfers of systems, and practical applications.

**Text Used**

Conceptual Physics, Paul Hewitt, Prentice Hall.

**Student Learning Objectives:**

As a result of required instruction the student will be able to:

1. *Describe motion: using graphs diagrams and data - explain how distance, displacement, speed, velocity and acceleration describe the motion of an object.*
2. *Energy of motion: describe and calculate the KE, PE and TME of an object and how Work can change the motion of an object and the energy present*
3. *Causes of motion: describe and calculate how balanced and unbalanced forces of friction, tension, weight, gravity and applied forces affect the motion of objects*

## Physical Science Energy

1 Semester .5 Credit Science

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

Explores the areas of energy, waves, light, sound, and also topics within electricity and magnetism. Basic algebraic applications will also be included. Much of the instruction is in the form of laboratory activities emphasizing scientific principles, problem solving, and energy transfers of systems, and practical applications.

**Text Used**

Conceptual Physics, Paul Hewitt, Prentice Hall.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Understand the basic properties of mechanical waves.*
2. *Compare and contrast transverse and compression of waves.*
3. *Understand the basic properties of sound waves*
4. *Compare and contrast mechanical and electromagnetic waves.*
5. *Describe the different wavelengths of the Electromagnetic Spectrum*
6. *Understand the basic properties of light.*
7. *Describe the phenomenon of reflection in flat, concave, and convex mirrors.*
8. *Understand basic concepts of refraction of light.*
9. *Describe the refraction of light through concave, and convex lenses.*
10. *Explain the basic principles of magnetism.*
11. *Describe and measure the energies associated with moving electrons causing both magnetism and electricity.*
12. *Identify and use the correct terms and units used to describe electricity.*

## Physical Science Geology

1 Semester .5 Credit Science

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

This course is designed to explore the fundamental concepts of Earth science and geology. Topics covered include origin and history of the universe, structure and features of galaxies, our solar system, Earth/moon system, Earth's geologic history, Earth's composition, plate tectonics, volcanism, erosion and deposition, minerals, rock types, rock cycle, Pacific Northwest Geology, biogeochemical cycles, Earth's atmosphere, and climate.

## Physical Science Chemistry

1 Semester .5 Credit Science

This course DOES NOT meet requirements for Algebra-based Science.

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

This course is designed to introduce the basic concepts of chemistry. Topics covered will include atomic structure, elements and isotopes, physical and chemical properties of matter, phases of matter, types of mixtures, the periodic table and periodic properties, ionic and covalent bonding, molecules and compounds, chemical reactions, chemical equations, chemical formulas and nomenclature, the mole, acids, bases and salts.

## CHS CHEM 101 & CHS CHEM 102 (Through the University of Washington)

2 semesters 1.0 credit Science

This course meets requirements for Algebra-based Science.

**Prerequisite**

Grade of B- or better in previous Science classes

Grade of B or better in Algebra I

**Fees and Costs**

None (Unless students wish to receive college credits)

**College Credit**

Students who pay the U.W. fees in the fall, and receive a C- (average between the two semesters) or better, will earn 5.0 credits and a P (passing grade) on their U.W. Transcript for the Chem 110 Course. (These credits are also accepted by many other colleges.) Their high school transcript will show the letter grade that was earned.

### **Course Overview**

In this course the basic scientific principles which underline chemical changes are explored. Specifically, we study such topics as atomic structure, the periodicity of atoms, chemical substances and reactions, stoichiometry, molecular structure, phases of matter, gas laws, energy changes, acids and bases, chemical kinetics, and equilibrium. Environmental, industrial and any other practical applications will be dispersed throughout the class. Also, a heavy emphasis is put on math, and laboratory skills.

### **Text Used**

Chemistry, Pearson, 2012.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Understand the present theory of atomic structure.*
2. *Understand and apply the information within the periodic table of the elements.*
3. *Become familiar with naming compounds, writing formulas, writing and balancing equations, and knowing as well as predicting physical and chemical properties of substances.*
4. *Perform the many mathematical applications in the areas of moles and molecular mass, stoichiometry, gas laws, concentration, graphing, chemical kinetics and thermodynamics, and equilibrium.*
5. *Safely perform basic chemical laboratory procedures and technique.*
6. *Understand and apply basic chemical principles to every day types of situations.*
7. *Communicate in writing, the understanding of the various concepts that are covered.*

## **AP Biology 401 and 402**

2 semesters 1.0 credit Science

This course is offered in rotation with AP Chemistry

### **Prerequisite**

C+ or higher in CHS Chemistry 301 and 302. Alternatively, students may be concurrently enrolled in Chemistry (with approval of the AP Biology instructor only)

### **Fees and Costs**

Students electing to take the AP Biology exam in the spring will be required to pay the test fee

Students may take this course for CWU credit (5 credits for the entire year)

The CWU course is "BIO 101: Fundamentals of Biology"

Costs must be paid to CWU (per credit fee and CWU student registration)

### **Text Used**

Reece, Jane et al., Campbell Biology, 9th Edition. Benjamin Cummings, 2011.

### **Course Overview**

AP Biology is a challenging and rewarding course that provides students an opportunity to experience science as a process and not just a collection of unrelated facts. This course focuses on inquiry-based laboratory work and the use of science practices in both lab and non-lab activities. AP Biology is structured around four big ideas of biology:

1. The process of evolution drives the diversity and unity of life
2. Biological systems utilize free energy and molecular building blocks to grow, to reproduce, and to maintain dynamic homeostasis
3. Living systems store, retrieve, transmit, and respond to information essential to life processes

4. Biological systems interact, and these systems and their interactions possess complex properties

## **AP Chemistry 401 and 402**

2 semesters 1.0 credit Science

This course meets requirements for Algebra-based Science.

This course is offered in rotation with AP Biology.

### **Prerequisite**

B- or better grades in Math 101/102, Basic Biology, and Chemistry. Chemistry instructor's approval. This course is offered in rotation with AP Biology.

### **Fees and Costs**

If students elect to take it, there is a cost for the national AP exam.

### **Course Overview**

The class will involve in depth studies in the areas of measurement, matter, atomic structure, molecular structure, the periodic table, chemical bonds, stoichiometry, states of matter and their behaviors, gas laws, descriptive chemistry, predicting products, reaction kinetics, equilibrium, thermodynamics, oxidation-reduction, electrochemistry and the chemistry of acids and bases. There will be a heavy emphasis on laboratory work, data collection, data analysis, writing, algebraic manipulation and problem solving.

### **Text Used**

Chemistry, Fourth Edition, Zumdahl, 1997.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Plan and conduct scientific investigations.*
2. *Apply chemical principles and mathematical skills to problem solving.*
3. *Clearly communicate through writing, the results of scientific experiments and approaches to problem solving.*
4. *Successfully complete "AP type" testing as a regular part of the course.*
5. *Successfully operate all of the basic and technical equipment used in the course.*
6. *Apply the uses of computers in laboratory situations.*

## **CHS ENST 201 & CHS ENST 202 (Environmental Science)**

2 semesters 1.0 credit Science

### **Prerequisites**

C grade or better in College Prep Chemistry 301 and 302 (or instructor permission)

(Additional requirements may exist for CWU Credit)

This course is offered in rotation with CHS Physics

### **Fees and Costs**

Fees are only for students opting to take these courses for CWU credit

These two non-sequential CWU courses (ENST 201, ENST 202 at CWU) are 5 credits each

Costs must be paid to CWU (per credit fee and CWU student registration)

### **Course Overview**

CHS Env Sci 401 (CWU course ENST 201): Introduction to the concept of our planet as a finite environment with certain properties essential for life. The dynamic nature of the earth's physical, chemical, geological, and biological processes and their interrelated "systems" aspects furnishes the thrust of this treatment

CHS Env Sci 402 (CWU course ENST 202): The physical and cultural dimensions of environmental problems with particular emphasis given to the interaction between ecosystems, basic resources, population dynamics, and culture

### **Text Used**

Miller and Spoolman. *Living in the environment*. 17th edition. 2011.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Apply a broad understanding of Earth systems to problem solving*
2. *Cultivate an understanding of environmental challenges through a framework of sustainability*
3. *Recognize and demonstrate sensitivity to diverse points of view*
4. *Seek principled solutions to environmental problems*
5. *Monitor a community's environmental health status using epidemiological tools, laboratory techniques, and field methods appropriate to individual issues*
6. *Participate in developing and implementing plans and/or policies to improve environmental health using scientific and technical knowledge*
7. *Communicate effectively with diverse stakeholders individually and in group settings using verbal, written, and electronic modes of communication*
8. *Describe basic principles of ecology*

## **CHS PHYS 111 & CHS PHYS 112 (Physics)**

2 semesters 1.0 credit Science

Meets requirements for Algebra-based Science

### **Prerequisite:**

Grade of B- or better in Biology and Geometry (Math 201/202)

### **Fees and Costs:**

None

### **College Credit**

Students who pay the C.W.U. fees in the fall, and in the spring, can receive college credit from Central Washington University PHYS 111 and PHYS 112.

### **Course Description:**

This first semester explores the areas of mechanics, which includes velocity, acceleration, Newton's laws, force diagrams, friction, circular motion and simple machines. (CWU's PHYS 111)

While the second semester focuses on forms of energy, which includes electrostatics, electricity, waves, light and sound. (CWU's PHYS 112)

Much of the instruction is in the form of laboratory activities emphasizing scientific principles and problem solving.

**Text Used**

*Holt Physics*, Serway / Faughn, 1999.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Understand and apply the basic principles in the areas of energy, forces and motion.*
2. *Design and conduct scientific investigations.*
3. *Perform many mathematical applications and problem solving.*
4. *Safely perform basic laboratory procedures and technique.*
5. *Understand and apply basic principles of physics to every day types of situations.*

## Career and Technical Science Classes

### **Anatomy and Physiology 301/302**

2 Semesters 1.0 Credit Science and/or Occupational Ed

**Prerequisite**

Biology (passing grade).

**Fees and Costs**

Possible cost for field trips; will be determined on class by class basis

**Course Overview**

This course introduces the student to medical, science, and health concepts regarding human anatomy and physiology. The student will learn about the human body systems, diseases and system processes. This class is key for students looking into post secondary education in the field of medicine including, but not limited to: physician, nursing, physical therapy, personal fitness, dental care, medical assisting, and paramedic/fire fighting/emergency medical technician.

This is an introductory course to help students prepare for additional anatomy/physiology courses in college.

**Text Used**

*Essentials of Human Anatomy & Physiology*, Marieb 2012.

**Student Learning Objectives**

As a result of the instruction, the student will be able to:

1. *Demonstrate proper use of medical terminology regarding the human body.*
2. *Understand function of and be able to identify structures related to the 11 human body systems.*
3. *Demonstrate knowledge of various diseases or conditions that may affect structures and systems within the human body.*
4. *Demonstrate proper dissection techniques.*
5. *Apply physiology concepts learn in the classroom to real world medical and healthcare applications/techniques.*
6. *Explore and research medical, science, and health occupations using various computer programs/internet.*
7. *Understand patient privacy concepts in the medical/health care workplace.*

- 8. Demonstrate effective work habits and effective communication skills needed in the medical and health care workplace.*

Demonstrate 21<sup>st</sup> century leadership skills in the classroom.

## **Animal Biology 201 and 202**

2 Semester 1.0 credit Science and/or Occupational Ed

**Prerequisite:** None

**Fees and Costs:** None

**Course Overview:** This class introduces students to a survey of genetics, reproductive physiology, growth and development, nutrition and digestive physiology, anatomy, meat science, animal classification, current issues and overviews of the dairy, poultry, equine, beef, sheep, swine, and aquaculture industries.

Opportunity is provided for students to earn 5 credits of tech Prep through Yakima Valley Community College for Intro to Animal Science.

Content may be enhanced by utilizing appropriate computer applications. Leadership development will be provided through FFA. Each student will be expected to have an agricultural experience program.

### **Student Learning Objectives:**

As a result of required instruction the student will be able to:

- 1. Understand basic livestock physiology, the application of this physiology, and the industries surrounding each species, as well as the evaluation of live animals.*
- 2. Understand basic cell structure and the various systems within an animal's body.*
- 3. Explain basic concepts of animal behavior, welfare, and skills necessary for anyone working with animals.*
- 4. Examine and identify each species of livestock from breeds to feeding programs to housing and common health concerns.*
- 5. Discuss each species' industry and how they deal with the ever changing biological, economic, and regulatory hurdles.*
- 6. Recognize differences between individual animals, carcasses, and cuts of meat.*

## **Forensic Science 301 & 302**

2 semester 1.0 credit Science and/or Occupational Ed

This course does not meet requirements for Algebra-based Science.

### **Prerequisite**

Junior or Senior Standing

### **Fees and Costs**

None

### **Course Overview**

Forensics is an investigative science and technology course that is lab-based and hands-on. You will explore what

forensic scientists do. You will learn modern forensic methods and use scientific methods to solve legal problems.

This course will focus on collection and analysis of crime scene evidence. Students will learn how to observe, collect, analyze and evaluate evidence found at crime scenes. Some of the many topics covered are fingerprint analysis, hair and fiber comparison, DNA fingerprinting, blood spatter and crime scene analysis, toxicology, anthropology, ballistics, impressions, entomology, determining time of death, and psychology (look into minds of serial killers). The culmination of the course will include the creation and analysis of a crime scene.

#### **Text Used**

Forensic Science: Fundamentals & Investigations (Chapters 1-17), South-Western CENGAGE Learning, 2009

#### **Student Learning Objectives**

As a result of required instruction the student will be able to analyze and understand the basics of forensics as it applies to all of the units outlined above.

*Unit 1: Crime Scene and Eyewitness Basics*

*Unit 2: Power of Evidence*

*Unit 3: Blood Basics*

*Unit 4: Forensic Entomology*

*Unit 5: Fire Science*

*Unit 6: Crash Science*

## **Horticultural Science 101 & 102**

2 Semester 1.0 credit Science and/or Occupational Ed

**Prerequisite:** None

**Fees and Costs:** None

#### **Course Overview:**

This course is designed to introduce students to areas and concepts involved in Horticulture Science. Students will learn to apply scientific principles and concepts through classroom and hands-on experiments. This course will strengthen the students' knowledge of science and give them a better understanding of the environment, plant growth, plant classification and identification, and the importance of soil. It will also introduce students to the careers and opportunities available in the field of Horticulture.

Opportunity is provided for students to earn 5 credits of tech Prep through Yakima Valley Community College for Introduction to Plant Science.

Content may be enhanced by utilizing appropriate computer applications. Leadership development will be provided through FFA. Each student will be expected to have an agricultural experience program.

#### **Student Learning Objectives**

As a result of required instruction the student will be able to:

- 1. As a result of required instruction the student will be able to:*
- 2. Analyze the historical development of horticulture*
- 3. Identify horticultural plants*
- 4. Knowledge of plant parts and their functions*
- 5. Analyze the benefits of plants*

6. *Understand general plant anatomy*
7. *Utilize a various skills in plant propagation*
8. *Analyze plant growth requirements*
9. *Utilize horticultural practices*
10. *Grow and market a horticultural crop*
11. *Identify plant pest and apply pesticides*
12. *Apply principles of floral design and management*

## **Sports Therapy 101/102 and 201/202**

2 semesters 1.0 credit Science and/or Occupational Ed

This course does not meet requirements for Algebra-based Science. This course may be used for either a Laboratory Science or an Occupational Education credit.

### **Prerequisite**

Advanced Sports Therapy requires a "C" or better in Introduction to Sports Therapy. Practicum requires current enrollment in Advanced Class or current enrollment in Intro Class with Instructor approval

### **Fees and Costs**

First aid cards certification is available for a fee, but not required.

### **Texts Used**

*Essentials of Athletic Injury Management*, 6th Edition, Prentice Arnheim 2005

*Principles of Athletic Training*, 14th Edition, Prentice 2011

*Heart Saver First Aid/CPR*, American Heart Association

*BLS Healthcare professional rescuer*, American Heart Association

### **Course Overview**

This career & technical/science course introduces the student to medical, science, and health concepts while combining academic coursework with hands-on practical application skills. The student learns Standard First Aid/ CPR, and Sports Medicine techniques that prepare students for post-secondary education in the medical, science, and health professions, or work in health/fitness professions. \*The West Valley Sports Therapy Practicum involves 90 hours of a supervised, clinical lab in the area of Athletic Training working with WVHS athletes and/or clinical outreach in the area of Physical Therapy.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate Standard First Aid/ CPR skills/Adult AED and utilize universal precaution procedures in relation to Blood Borne Pathogens.*
2. *Understand the importance of injury prevention, proper emergency care, acute treatment, and medical referral of the injured.*
3. *Understand, demonstrate, and evaluate various taping/bracing/wrapping techniques and apply in a sports setting.*
4. *Understand and demonstrate the concept of injury evaluation, injury rehabilitation and treatment.*
5. *Understand nutrition concepts, design nutrition plans for a specific need/activity/population*

6. *Explore and research medical, science, and health occupations using various computer programs/internet.*
7. *Demonstrate appropriate workplace ethics in a professional manner.*
8. *Demonstrate effective work habits and effective communication skills with Sports Therapy staff, coaches, athletes/clients, and instructor.*
9. *Demonstrate 21<sup>st</sup> century leadership skills both in the classroom and practicum.*

## **SOCIAL STUDIES**

### **Pacific Northwest History 101**

1 semester .5 credit History Freshman

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview:**

Pacific Northwest History is a course designed to give students an overview of their region through the study of five main components of the social studies: Geography, History, Government, Economics, and Culture. The Pacific Northwest History curriculum is divided into five units according to those components. Students will also complete a Washington State Classroom Based Assessment (CBA).

### **Honors Pacific Northwest History 102**

1 semester .5 credit History Freshman

**Prerequisite**

“B” or better in most recently completed 8<sup>th</sup> grade U.S. History course AND Language Arts.

**Fees and Costs**

None

**Course Overview**

Pacific Northwest History is a course designed to give students an overview of their region through the study of five main components of the social studies: Geography, History, Government, Economics, and Culture. The Pacific Northwest History curriculum is divided into five units according to those components. Students will also complete a Washington State Classroom Based Assessment (CBA).

Honors class includes an additional requirement above and beyond the classroom work in a regular PNW class. Honors students will complete the regular coursework plus an additional research project, which could be, but is not limited to, a National History Day project.

### **World History**

1 semester .5 credit History Sophomore

**Prerequisite**

Sophomore standing

**Fees and Costs**

None

**Course Overview**

The emphasis in this course is on the history of Western civilization. Students trace the development of human culture from prehistoric man to early civilizations, culminating in the ancient era with the Greeks and Romans. From there, they examine the European Middle Ages, the development of nations, and the Renaissance and Reformation.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate the ability to arrange events chronologically.*
2. *Demonstrate the ability to draw inferences from ideas by explaining conditions and events.*
3. *Distinguish between economic, political, social, and geographic pressures and ideas and their effects.*
4. *Develop a proficiency in the vocabulary of the social studies discipline.*
5. *Gain an appreciation for the contributions of historical cultures to Western and particularly American Civilization.*

## Honors World History

1 semester .5 credit History Sophomore

This course substitutes for World History

**Prerequisite**

Sophomore standing and teacher recommendation

**Fees and Costs**

None

**Course Overview**

The emphasis in this course is the same as in the regular World History course: it is on the history of Western civilization. Students trace the development of human culture from prehistoric man to early civilizations, culminating in the ancient era with the Greeks and Romans. From there, they examine the European Middle Ages, the development of nations, and the Renaissance and Reformation. Honors students use the same text as the regular course; however, there is a big difference in the speed and depth that can be covered. Additional readings, projects, and papers are an important part of the class. Tests are geared to higher level thinking.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate the ability to arrange events chronologically.*
2. *Demonstrate the ability to draw inferences from ideas by explaining conditions and events*
3. *Distinguish between economic, political, social, and geographical pressures and ideas and their effects.*
4. *Develop a proficiency in the vocabulary of the social studies discipline.*
5. *Gain an appreciation for the contributions of historical cultures to Western and particularly American civilization.*

## U.S. History 101 & 102

2 semesters 1.0 credit History Junior

**Prerequisite**

Junior standing

**Fees and Costs**

None

**Course Overview**

United States History is divided into two semesters. The first semester begins at the turn of the twentieth century and continues through World War II. Second semester takes the student from the beginning of the Cold War era directly after World War II to the present. This is accomplished through the use of text, lectures, class discussion, films, and active student participation in simulations.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Create and interpret graphs, charts and maps regarding historical situations and change.*
2. *Develop note-taking techniques from films, lectures, and reading of text and other supplemental materials.*
3. *Determine the concept of cause and effect in historical occurrences.*
4. *Develop a proficiency in the vocabulary of social studies.*
5. *Develop a working knowledge of American government and the political process.*

**CHS HIST 144 (CWU – US History)**

2 Semesters/1.0 Credit History Junior

This course substitutes for U.S. History 101 & 102 or it may be taken as an elective for seniors who have completed U.S. History 102. 5 credits available from CWU for taking the class the full year. (\$350)

**Prerequisite**

Junior or Senior standing, B+ or better in Honors World History, A- or better in World History and teacher recommendation.

**Course Overview**

This course will introduce you to the history of the United States in the era since the conclusion of the Civil War. First Semester will track the American Experience starting with Reconstruction, followed by a look at the American West, Gilded Age, Progressive Era, Imperialist Expansion, World War, Booming 20's, and the depths of the Depression. 2<sup>nd</sup> Semester will focus on the time period between the Presidential Administrations of Franklin Roosevelt and Ronald Reagan, concluding with some reflections on our own time. The second half of the course covers the major domestic and international events of the last eighty years, including the New Deal, WWII, the Cold War, the rise of suburbia, the Civil Rights Movement, the Vietnam War, the cultural revolution of 1960s, the Reagan "Revolution" of the 1980s, up to 9/11 and the current "War on Terror."

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Be able to link cause and effect with historical events from 1865 to the present, understand the causal relationship that events have on society as a whole.*
2. *Recognize patterns in history, ultimately identify the ebbs and flows of history in the 20<sup>th</sup> Century.*

3. *Analyze secondary and primary documents in order to recognize different viewpoints in history and be able to determine bias.*
4. *Develop your own opinion of historical events armed with evidence to support your positions.*
5. *Be able to write thoughtfully and effectively in order to demonstrate the objectives above.*

## **American Studies History 307**

1 semester .5 credit History Junior

[Must also be enrolled in American Studies English 307](#)

### **Fees and Costs**

None

### **Prerequisite**

Junior standing,

### **Course Overview**

American Studies is a full year paired English and History class focused on United States History from 1880 to the present. The class will explore historical events, the historical impact of these events, and the literature (short stories, poems, songs, essays, speeches, etc.) that was created in response to these events. Students will be required to continually link historical events to the literature that these historical events produce, synthesizing history and literature into complex ideas. This connection between history and literature will create a deeper understanding of history and literature, of where the United States has been, and why the United States is the way it is now. As a paired class, students will be enrolled in English one class period and will transition to History the next period (or vice versa); the class will, at least once per week but possibly up to five days per week, meet in a block format where all students enrolled in American Studies will be together for the purpose of seminar, discussion, extended lessons, tests, etc. Themes and units will most likely be presented chronologically; themes and units addressed in this class will include, but are not limited to, the following:

- Turn of the Century—Reform on the Mind
- Progressive Era- Government stepping in
- Imperialism/WWI—U.S. on the International Stage
- The Roaring 20's—Post War "Normalcy"
- 1930's/1940's—The Welfare State v. The Warfare State

## **ROTC CHS HIST 314 (American Military History)**

2 semester 1.0 credit History Junior

### **Prerequisite**

Junior or Senior status (can be used as US History requirement)

### **Fees and Costs**

None

### **Course Overview**

This class is a survey of the development of the American military spanning the colonial period to present day. The course includes an introduction to the development of the western warfare from pre-Hellenistic conflict through

the middle ages in Europe. It includes an examination of Technological innovation, evolution of the levels of warfare, and the relationship between military development, national policy, and societal expectations. This course meets a History credit OR an elective credit for graduation requirements.

### **Student Learning Objectives**

As a result of required instruction the student will be able to: Employ American military history as a tool for studying military professionalism and for applying critical thinking skills and decision-making skills to military problems. Develop an analytical framework for applying critical thinking skills to the study of historical military operations. Analyze Anglo-American warfare from 1607-1763 as the emergence of the people in arms. Analyze American military policy from 1783-1860 as the beginnings of professionalism. Analyze the Civil War from 1861-1862 as the lethal face of battle. Analyze the Civil War in 1863 as moving democracies toward total war. Analyze the Civil War from 1864-1865 as a total war. Analyze making war more lethal from 1871-1914. Analyze Germany's triumph early in World War II as constituting the restoration of mobility to war. Analyze victory in Europe as constituting the application of brute force in the air and on the ground. Analyze victory in the Pacific as constituting the application of naval, amphibious, and air war on the operational level. Analyze the Cold War and the nuclear era as a process of adjusting to weapons of mass destruction. Analyze the process of limiting the Korean War to avoid Armageddon. Analyze the Vietnam War from 1961-1975 as constituting revolutionary and conventional warfare in an era of limited war. Analyze the age of interventions as constituting projecting military power while maintaining peace.

## **U.S. Government 101**

1 semester .5 credit

### **Prerequisite**

Senior standing

### **Fees and Costs**

None

### **Course Overview**

U.S. Government involves the study of the structure and function of government at all levels. Special emphasis is placed on the federal system and its basis in the constitution. An integral part of the course is the political party system of this country and its function in responsibility and current political problems.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Understand the basic organization of the U.S. Government.*
2. *Gain an appreciation for the American system of government.*
3. *Become aware of the citizens obligation to government.*
4. *Gain an understanding of the government obligation to the citizen.*

## **AP U.S. Government 201**

1 semester .5 credit

This course substitutes regular US Government 101

### **Prerequisite**

Senior standing, grades of "B" or better in previous English and Social Studies classes and teacher recommendation

**Fees and Costs**

If students elect to take it, there is a cost for the national AP exam. Tuition of \$350 for 5 EWU credits. Students have the option to do both, neither, or one of the two.

**Course Overview**

United States Government and Politics will give students an analytical perspective on government and politics in the United States. This course includes both the study of general concepts used to interpret U.S. government and politics and the analysis of specific examples. It also requires familiarity with the various institutions, groups, beliefs, and ideas that constitute U.S. government and politics. Students should become acquainted with the variety of theoretical perspectives and explanations for various behaviors and outcomes.

There are 2 essential goals within this course. (1) Prepare you to take the AP exam, and (2) Prepare you to be an active, educated, and well-spoken scholar of our Political System.

**CHS POLY SCI 100 (EWU)**

1 semester .5 credit History Senior

This course substitutes regular US Government 101

**Prerequisite**

Senior standing, grades of "B" or better in previous English and Social Studies classes and teacher recommendation

**Fees and Costs**

Tuition of about \$350 for 5 EWU credits.

**Course Overview**

United States Government and Politics will give students an analytical perspective on government and politics in the United States. This course includes both the study of general concepts used to interpret U.S. government and politics and the analysis of specific examples. It also requires familiarity with the various institutions, groups, beliefs, and ideas that constitute U.S. government and politics. Students should become acquainted with the variety of theoretical perspectives and explanations for various behaviors and outcomes.

**Contemporary World Problems**

1 semester .5 credit

**Prerequisite**

Senior standing

**Fees and Costs**

None

**Course Overview**

Contemporary World Problems is divided into two broad areas, foreign and domestic. Foreign situations involving the interests of the U.S. and its citizens will be studied. A wide range of domestic concerns will be included. Specific subjects in either area may change from time to time depending on events.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate the ability to draw inferences from ideas by explaining conditions and events.*

2. *Distinguish between economic, political, social and geographical pressures and ideas and their effects.*
3. *Develop a proficiency in the vocabulary of social studies.*
4. *Develop a proficiency at using the print and visual media to understand and analyze contemporary events and issues.*

## LET 2-4 American Government

2 semesters 1.0 credit History Senior

### Prerequisite

None -- However, must take both semesters in order to get Government 101 credit

### Fees and Costs

None

### Course Description

Builds the basic skills and interest for participating in civic and political life. Emphasis is placed on topics such as the importance of the United States Constitution and the Bill of Rights; responsibilities of U.S. citizens; basic national values; the US Federal Justice System; and service to the community. Cadets actively engage in the We the People curriculum to explore the origins, structure, rights, and responsibilities of the American constitutional government. Actively engages cadets in applying problem solving strategies to current political and social issues. This course meets physical education/health graduation requirements or occupational education requirements as well as Senior Government 101 requirements.

### Student Learning Objectives

1. *Examine Key ideals of United States democracy.*
2. *Examine the origins and continuing influence of key democratic ideals of the US Government.*
3. *Analyze why democratic ideals demand that people work together to reduce the disparity between those ideals and realities.*
4. *Examine representative government and citizen participation.*
5. *Examine and evaluate how citizens use and influence governmental institutions and processes to solve problems.*
6. *Understand and explain the organization of federal, state, and local government including the executive, legislative, and judicial branches at and among the three levels of government and explain the constitutional principles that establish and limit government.*
7. *Analyze problems and solutions related to the distribution of power between the legislative, executive, and judicial branches of government.*

## Psychology

1 semester .5 credit Social Science

### Prerequisite

None

### Fees and Costs

None

### Course Overview

Psychology is the study of human behavior! Students will be introduced to the following broad topics: scientific

method, perception, learning, thinking, memory, states of consciousness, intelligence, the brain, behaviors and outcomes.

## **Student Leadership 101**

1 semester .5 credit

### **Prerequisite**

Elected ASB Officer or interest in learning leadership skills and improving culture of our school.

### **Fees and Costs**

None

### **Course Overview**

Student Leadership is designed to assist the associated student body officers in leadership techniques and provide time for officers to meet the responsibilities of their offices. The units to be studied and the length of time each unit is studied are determined by the needs of class members. The basic curriculum covers student council orientations, the leader's responsibilities, discussion techniques and group dynamics.

## **WORLD LANGUAGES**

### **German 101 and 102**

2 semesters 1.0 credit World Language

### **Prerequisite**

None

### **Fees and Costs**

German 102 students need to purchase a German/English dictionary.

### **Course Overview**

German 100 introduces students to speaking, listening, writing and reading skills. Comprehension and speaking are emphasized at the beginning, so as to start the language learning process the "natural" way. Later on reading and writing are added. The teacher presents the class in the target language as much as possible to assist in the acquisition process. Topics essential to basic communication are covered.

Classroom work is supplemented by video and cultural topics of German speaking countries to enliven language skills. The students should be prepared to purchase a German-English dictionary and other essential classroom supplies.

### **German 201 and 202**

2 semesters 1.0 credit World Language

### **Prerequisite**

Passing grade in German 101 and 102

### **Fees and Costs**

None

#### **Course Overview**

This course continues to emphasize the skills developed in German 100. New material will be covered at a slightly faster rate and dealt with in greater depth. The topics presented help the student to communicate relevantly with other speakers of the language. Students will learn to express themselves in past, present, and future tenses. The course will explore in greater detail the history, culture, and geography of German speaking countries.

### **German 301 and 302**

2 semesters 1.0 credit World Language

#### **Prerequisite**

Passing grade in German 201 and 202

#### **Fees and Costs**

None

#### **Course Overview**

In German 300 the four language skills (comprehension, speaking, reading and writing) continue to be developed. German is the primary language of the classroom. The topics presented further expand the students' ability to communicate with speakers of the language. More complex grammatical structures are also introduced. Class projects, the introduction of literature and the use of media are used to maintain a high interest rate among students.

### **CHS German 151/152 and 153 (German 4 & 5)**

"College in the High School" (CHS)

2 semesters 1.0 credit World Language

#### **Prerequisite**

Passing grade in German 301 and 302

#### **Fees and Costs**

\$275 for Central Washington University credits (fee determined by Central Washington University).

#### **Course Overview**

This course is offered for Central Washington University credit on a two-year rotating basis. German 401 students can earn five credits for German 151, German 402 students can earn five credits for German 152 and German 500 students can earn five credits for German 153. A fee is required for those credits. The course offers a review of some of the topics covered in German 100-300 and introduces new material as well.

The writing and speaking processes are emphasized and students gain the experience of college level challenges. Projects might include working with video, skits and literature. The development of good writing is also continued throughout the year.

### **Spanish 101 and 102**

2 semesters 1.0 credit World Language

#### **Prerequisite**

To qualify for Spanish 102 a student must earn a D Grade (60%) or better in Spanish 101.

#### **Fees and Costs**

1. The student should be prepared to purchase a Spanish-English dictionary.
2. Students will be asked to keep a Spanish-only notebook. (3 ring binder)

#### **Course Overview**

Spanish 1 introduces students to speaking, listening, writing, and reading skills. Though conversational and listening skills are emphasized, a considerable amount of written work will reinforce oral work. The class is presented both in Spanish and English by the teacher to expose students to an intensive amount of native spoken Spanish. Classroom work will be supplemented by flash cards, PowerPoint presentations, and cultural presentations on the history, geography, climate, customs, food, music, dance, and art of Spanish-speaking countries to enliven language skills.

#### **Special Requirements of Students**

Student will be asked to participate in a variety of speaking activities.

#### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate control of the sound system in listening and speaking activities.*
2. *Understand the language when spoken with the content scope of this level.*
3. *Participate in a simple conversation.*
4. *Read aloud a familiar text.*
5. *Demonstrate an introductory knowledge of the life customs, geography and culture of Spanish speaking peoples.*

## **Spanish 201 and 202**

2 semesters 1.0 credit World Language

#### **Prerequisite**

D Grade (60%) or better in Spanish 102. To qualify for Spanish 202 students must earn a D Grade (60%) or better in Spanish 201.

#### **Fees and Costs**

1. Students must purchase a Spanish-English dictionary.
2. Students will be asked to keep a Spanish-only notebook and include notes from Spanish 101 and 102. (3 ring binder)

#### **Course Overview**

This course is a continuation of the skills emphasized in Spanish 101 and 102. New material will be covered at a faster speed and dealt with in greater depth. Students will learn new vocabulary, work with the present and past tenses and study basic grammatical structures. Conversation, translation and writing skills will continue to be emphasized.

#### **Special Requirements of Students**

Student will be asked to participate in a variety of speaking activities.

#### **Students Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate control of the sound system in listening and speaking activities.*
2. *Demonstrate comprehension by appropriate verbal or written response.*
3. *Demonstrate ability to use different verb tenses and manipulate common grammatical and idiomatic structures.*
4. *Participate in classroom dialogues.*
5. *Demonstrate direct reading comprehension and appropriate verbal or written responses.*
6. *Demonstrate specific knowledge regarding the life, customs, geography, and culture of Spanish speaking peoples.*

## **Spanish 301 and 302**

2 semesters 1.0 credit World Language

### **Prerequisite**

C Grade (73%-76.99%) or better in Spanish 202. To qualify for Spanish 302 students must earn a C Grade (73%-76.99%) or better in Spanish 301

### **Fees and Costs**

1. Students must purchase a Spanish-English dictionary.
2. Students will be asked to keep a Spanish-only notebook and include notes from Spanish I and II. (3 ring binder)

### **Course Overview**

This class is designed to meet the needs of students interested in continuing their studies at the college level or in using the Spanish language for vocational or other personal reasons. Conversational skills will still be emphasized and Spanish will be the primary medium of classroom communication. Students will be asked to participate in oral, listening, reading and writing activities on a daily basis. Cultural understanding will also continue to be emphasized at this level. Students will read authentic texts, use the internet to conduct research on cultural topics and will study the traditions and customs of Spanish-speaking countries.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate accurate control of the sound system.*
2. *Attain increasing competence in understanding Spanish when spoken by a fluent speaker on topics within the scope of this level.*
3. *Demonstrate the ability to speak with sufficient clarity to be understood by a native on topics within the scope of this level.*
4. *Demonstrate accurate control of all basic vocabulary and speech patterns at this level.*
5. *Read new material in Spanish with direct comprehension.*
6. *Write correctly in brief original composition, without resorting to translation.*
7. *Develop aesthetic appreciation through a study of the art, music, cuisine, dance, literature, and contemporary art forms of Hispanic cultures.*
8. *Acquire specific knowledge regarding the geography, history, philosophy, and educational institutions of Spanish speaking countries.*

## **CHS Spanish 151/152 and 153 (Spanish 4 & 5)**

"College in the High School" (CHS)

2 semesters 1.0 credit World Language

### **Spanish 4 Prerequisite**

C Grade (73%-76.99%) or better in Spanish 302

#### **Spanish 5 Prerequisite**

C Grade (73%-76.99%) or better in Spanish 402

#### **Fees and Costs**

\$275 for Central Washington University credits (fee determined by Central Washington University)

Students will maintain a Spanish-only notebook including notes from Spanish I, II, and III. (3 ring binder)

#### **Course Overview**

Conversational skills in Spanish will continue to be emphasized and will be the only language used in class by the teacher and students alike. Instructional activities include the sharing of Spanish songs, poems, proverbs, sayings and jokes on a variety of cultural topics. Students will create a number of presentations aligned with curriculum goals and dealing topics such as history, literature, customs, arts and music. Students may also create several PowerPoint presentations.

This course may be taken for university credit. This 5 credit course offers the student the chance to do challenging work in a familiar setting, to obtain Central Washington University credit at an advantageous cost, and to fulfill college exit requirements. Spanish 401/402 will be the equivalent of College in the High School 151 and 152. Spanish 501/502 will be the equivalent of College in the High School 153.

#### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate continued accurate control of all basic functions of the language.*
2. *Demonstrate competence in understanding Spanish when spoken by natives on radio, television, etc.*
3. *Converse with a fluent speaker about real-life situations.*
4. *Read a text and then in writing summarize its contents and comment on the ideas expressed.*
5. *Demonstrate increased competence in reading selected short stories, plays, novels, and/or newspaper and magazine articles.*
6. *Demonstrate increased competence in writing free compositions, letters, summaries, etc.*
7. *Show evidence of increasing depth of aesthetic appreciation from study of the art, music, cuisine, literature, and contemporary art forms.*

## **Career and Technical Education - CTE**

### **Welding 101**

1 semester .5 credit Occupational Education

(Tech Prep Available - See Below)

#### **Prerequisite**

None

#### **Fees and Costs**

(Students are required to purchase coveralls)

#### **Course Overview**

Welding 101 is a CTE preparatory course aligning instruction to the American Welding Society, Certified Welding

assessment. Students will be learning advanced concepts in Welding meeting essentials skills to obtain employment as a welder.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate basic safety for each piece of shop equipment*
2. *Skillfully use taps, dies, and drill bits*
3. *Identify different types and purposes of metal*
4. *Demonstrate basic skills in metallurgy and soldering*
5. *Skillfully complete a variety of oxy-fuel cutting projects*
6. *Practice basic skills in arc, oxy-acetylene, and MIG welding*
7. *Properly use and adjust oxygen, acetylene, and MIG welding gasses*
8. *Read and use a variety of measuring tools*
9. *Complete a project that utilizes the above skills*

## **Welding 102**

1 semester .5 credit Occupational Education  
(Tech Prep Available- See Below)

### **Prerequisite**

B- or better in Welding 101

### **Fees and Costs**

(Students are required to purchase coveralls)

### **Course Overview**

This course is designed to build upon the content students learned in Welding 102 and to go more in depth into areas and concepts involved in industry production. Welding 102 allows students to gain, apply, and build upon the practical skills of using hand and power tools to weld, cut, and braze as appropriate, with arc, oxyacetylene, MIG welders, and other equipment. This courses main focus is to provide students with real world applications by means of projects like industry quality trailers and other small projects.

Opportunity is provided for students to earn 4 credits of tech Prep through Walla Walla Community College for Welding Basics.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

10. *Demonstrate basic safety for each piece of shop equipment*
11. *Skillfully use taps, dies, and drill bits*
12. *Identify different types and purposes of metal*
13. *Demonstrate basic skills in metallurgy and soldering*
14. *Skillfully complete a variety of oxy-fuel cutting projects*
15. *Practice basic skills in arc, oxy-acetylene, and MIG welding*
16. *Properly use and adjust oxygen, acetylene, and MIG welding gasses*
17. *Read and use a variety of measuring tools*
18. *Complete a project that utilizes the above skills*

## Marketing 101

1 semester .5 credit Occupational Education  
YVCC articulation for credit agreement

### Prerequisite

None

### Fees and Costs

None

### Course Overview

Students will develop their understanding of marketing and business concepts while working with local businesses and sometimes teams, to design a toy for 1st graders, design and market a new product, develop promotional campaign for a local charity organization, and develop clothing designs that they promote to the student body. As they work on these projects, students will compete and have the chance to be the next “Apprentice”. In addition, students will learn the basics of marketing and marketing careers, understand how the world of business operates and practice making wise management decisions. Students will work towards creative solutions to real world issues, develop creative marketing campaigns, and develop their market research skills. In the course students also build visual displays and creative promotions such as web and video advertisements. Our goal for this class is to make it real, relevant and of course enjoyable.

### Student Learning Objectives

As a result of required instruction the student will be able to:

1. *As a result of required instruction, the student will be able to:*
2. *Understand fundamental business, management, and entrepreneurial concepts that affect business decision making.*
3. *Understand concepts, strategies, and systems needed to interact effectively with others.*
4. *Understand the economic principles and concepts fundamental to marketing.*
5. *Understand concepts and strategies needed for career exploration, development and growth.*
6. *Understand the financial concepts used in making business decisions.*
7. *Gain confidence in leadership skills that will prepare you for the real world while participating in projects and*

## Marketing 102

1 semester .5 credit Occupational Education

### Prerequisite

None. It is recommended you take Marketing 101 first but not required.

### Fees and Costs

None

### Course Overview

Students will apply marketing concepts while working with real businesses professionals in the Yakima area on such projects as developing an advertising campaign, putting on a fashion show or developing a promotional plan for real products and/or services. Students will study the various world economies, International Trade, E-commerce and the functions of businesses. Students will study the role of government in our various economies, Business Management, Entrepreneurship and the forms of Business Ownership. Students will practice Event

Planning while putting on “West Fest” - West Valley Community Days event. This project plus others will help students gain confidence in their leadership skills, allow them to get involved in our community and some may even be extended outside of class time and used for a Senior Project.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Understand fundamental Business Management, and Entrepreneurial concepts that affect business decision making.*
2. *Understand concepts, strategies, and systems needed to interact effectively with others.*
3. *Understand the Economic Principles and concepts fundamental to marketing.*
4. *Understand the concepts and processes needed to move, store, locate, and/or transfer ownership of goods and services.*
5. *Understand the financial concepts used in making business decisions.*
6. *Understand the nature and forms of International trade and a Global Economy.*
7. *Develop Project Management and Event Planning Skills.*

## **Multimedia**

1 semester .5 credit Fine Art and/or Occupational Education

### **Prerequisite**

None

### **Fees and Costs**

None

### **Course Overview**

This course will focus on career exploration in the fields of Multimedia/Visual Communications. Students will explore the areas that cover graphic design, production, visual display, and presentation of material of all types (advertising, education, illustrative, etc.) using the media that best displays the illustration. Principles of Art & Design will be studied and applied throughout a variety of projects. Students will develop their Visual Literacy and understand and follow Copyright and Ethical standards.

Students will receive instruction in digital photography, animation, computerized graphics, video, audio, desktop publishing, methods of presentation and create a portfolio of their work. Emerging multimedia technologies such as podcasting, blogging, web banners will be studied along with the use software programs Adobe Photoshop, Illustrator, In-Design and Adobe Premiere.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Identify multiple arts/multimedia related career paths*
2. *Create a variety of animations for use in web and other multimedia applications.*
3. *Create electronic multimedia products (podcast, blog, web banner, ) incorporating appropriate graphics for each application.*
4. *Create a video using effective production techniques such as sound editing, music mixing, video editing, and transitions.*
5. *Create videos and podcasts using appropriate software for internet playback and website publishing.*
6. *Create products using illustrations, images, audio and animation in multiple media formats.*

7. *Create an ad campaign (or other project) using appropriate media/software applications;*
8. *Develop products using multiple media for a variety of audiences while using appropriate type style, purpose, measurement, differences, spacing and conversions.*

## **School Store 101**

1 semester .5 credit Occupational Education

### **Prerequisite**

None

### **Fees and Costs**

None

### **Course Overview**

The “School Store” provides an opportunity for students to operate a school-based retail store. Students develop employable skills including operating a cash register, managing a store budget, purchasing and controlling inventory, creating designs for store apparel, and developing visual displays and advertising campaigns for store products. Students also run a virtual retail store through a computer game simulation. Class members will also attend food trade shows and work with vendors to develop products for the store.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Understand fundamental business management, and entrepreneurial concepts that affect business decision making.*
2. *Understand concepts, strategies, and systems needed to interact effectively with others.*
3. *Understand the economic principles and concepts fundamental to marketing.*
4. *Understand the concepts and processes needed to move, store, locate, and/or transfer ownership of goods and services.*
5. *Understand the financial concepts used in making business decisions.*
6. *Understand the process for Cash Control in a small business.*
7. *Demonstrate proper operation of Cash Register and methods for inventory control in a small business.*

## **School Store 102**

1 semester .5 credit Occupational Education

### **Prerequisite**

1 semester of School Store 101

### **Fees and Costs**

None

### **Course Overview**

Experienced School Store students manage and operate the school-based retail store, “The DECA Store”. Student store managers receive experience supervising employees, managing daily store operations, maintaining accounting records, and making purchasing decisions. Managers will study retail principles and practices, types of retail outlets, franchising, develop policies, organization, buying and selling functions, profit planning, staffing and

controlling. Students will conduct a School Based Enterprise (SBE) project and work with the instructor on all facets of store operations and management. Students will assume one of the following manager positions: General Store Manager, Shift Manager, Purchasing Manager, Receiving Manager, Promotions Manager, Store Accountant and more.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Understand fundamental business management, and entrepreneurial concepts that affect business decision making.*
2. *Understand concepts, strategies, and systems needed to interact effectively with others.*
3. *Understand the economic principles and concepts fundamental to marketing.*
4. *Understand the concepts and processes needed to move, store, locate, and/or transfer ownership of goods and services.*
5. *Understand the financial concepts used in making business decisions.*
6. *Understand the process for Cash Control in a small business.*
7. *Demonstrate proper operation of Cash Register and methods for inventory control in a small business.*

## **Web Design 101**

1 semester .5 credit Fine Arts and/or Occupational Education

### **Prerequisite**

None

### **Fees and Costs**

None

This course will fulfill Fine Arts graduation requirement for High School, but may not count as Fine Arts requirement for college entrance.

### **Course Overview**

A course that prepares individuals to apply HTML, Macromedia Dreamweaver for web authoring, Fireworks for graphic design and Flash for web animation. Students will design and publish the high school sports, clubs and staff web sites. Also included in this course will be an introduction to Internet theory, web page standards and policies, elements of web page design, user interfaces, special effects, interactive and multimedia components, search engines, navigation, morphing, ecommerce tools, and emerging web technologies.

### **Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate basic design principles.*
2. *Demonstrate proper research and communication while working on a client web site.*
3. *Demonstrate resource and time management and collaboration for a web site project.*
4. *Demonstrate proper use of web authoring tools.*

## **Web Design 102**

1 semester .5 credit Fine Arts and/or Occupational Education

### **Prerequisite**

Web Design 101

**Fees and Costs**

None

**Course Overview**

A course that extends the learning of Web Design 101 and prepares individuals to apply HTML, XML, JavaScript, graphics applications, and other authoring tools to the design, editing, and publishing of documents, images, graphics, sound, and multimedia products on the World Wide Web. The main focus is on design, research and communication, project management and collaboration. Further skills in using Macromedia Dreamweaver, Fireworks and Flash will be developed with a focus on Flash, audio and video web productions.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate basic design principles.*
2. *Demonstrate proper research and communication while working on a client web site.*
3. *Demonstrate resource and time management and collaboration for a web site project.*
4. *Demonstrate proper use of web authoring tools.*
5. *Demonstrate proper use of Flash Animation skills and HTML/XML skills to enhance a web site.*
6. *Demonstrate the ability to teach web development skills.*

**Yearbook 101, 102**

2 semesters 1 credit Fine Arts and/or Occupational Education

**Prerequisite**

None

**Fees and Costs**

None

This course will fulfill Fine Arts graduation requirement for High School, but may not count as Fine Arts requirement for college entrance.

**Course Overview**

Students who enroll in this class carry the responsibility of marketing and producing the school yearbook. Units will be taught in yearbook layout and design, and photography. Students will be expected to spend additional time after school, in the evenings, and on weekends to complete assignments and meet deadlines when necessary.

**Special Requirement of Students**

Students must sell two advertisement spaces in the yearbook.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Demonstrate an awareness of yearbook processing and products.*
2. *Identify various printed products in the industry.*
3. *Show an understanding of concepts involved with the printing industry.*
4. *Demonstrate an interest for craftsmanship by using basic skills to evaluate work.*
5. *Demonstrate proper cooperation techniques with peers to complete assignments.*
6. *Demonstrate an understanding of the language employed in the field.*
7. *Demonstrate knowledge pertaining to good printing layout and layout procedures.*

8. *Demonstrate judgment in utilization of materials.*

## IT Academy

1 semester: .5 credit Occupational Education

**Prerequisite:**

none

**Cost and Fees:**

none

**Course Overview**

West Valley IT Interns work on projects that matter – and rely on skills and insights to help support the one to one initiative around West Valley High School. Students will get the opportunity to work on real projects and have fun along the way. This is your chance to earn Information Technology certifications and skills and show off those skills and in a support position with the MS Chromebooks.

## Computer Science

1 semester: .5 credit Occupational Education

**Prerequisite:**

TBD

**Cost and Fees:**

TBD

**Course Overview**

Computer Science introduces students to the foundational concepts of computer science and challenges them to explore how computing and technology can impact the world. More than a traditional introduction to programming, it is a rigorous, engaging, and approachable course that explores many of the foundational ideas of computing so all students understand how these concepts are transforming the world we live in.

## Fire Science

2 semester 1.0 credit PE and/or Occupational Education

**Prerequisite**

Juniors and Seniors with “C” or better in biology and Algebra I

[DOES NOT COUNT AS SCIENCE CREDIT](#)

**Fees and Costs**

None

**Course Overview**

If you are looking to be a volunteer Firefighter, Wildland Firefighter, or are just curious about a career in the fire service, then sign up for West Valley High Schools Fire Science course. In this course you will develop your self-confidence, leadership, and team work skills. The class follows the I.F.S.T.A (International Fire Service Training Association) Essentials Curriculum and allows for hands on firefighting training. Class begins at 0710 and will run

until the end of 1st period Monday-Thursday, there is no class of Friday. Students are responsible for their own transportation to class and must be there on time.

Along with in class instruction, students will also be utilizing our fire training ground and will have the opportunity to work with Members of West Valley Fire Department. A good attitude, the willingness to work hard, and being respectful to all of the instructors is a must. The class is physically demanding at times. The course is a yearlong course, and those who complete it will receive a CPR/ First Aid certification through the American Heart Association, they will be certified as NWCG Wildland Firefighter 2, and have the opportunity to receive 17 credits at Walla Walla Community college toward their Fire Science Degree.

## **Woods Technology 101**

1 semester .5 credit Occupational Education

### **Prerequisite:**

None

### **Fees and Costs:**

None

### **Course Overview**

Woods Technology 101 introduces students to woodworking. This course is designed to provide students with an opportunity to learn basic woodworking skills and techniques, to safely use tools commonly used in woodworking, and to accurately plan and create projects. The goals of the program are to give students experiences in the various components of technology used today and to explore the variety of career paths available in the field of woodworking and the educational opportunities and resources available to students interested in pursuing these career paths.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Read a tape measure to the 16<sup>th</sup> of an inch.*
2. *Identify and use standard layout tools.*
3. *Create a layout stick (story pole).*
4. *Create a sketch and cut list.*
5. *Identify and safely operate the following stationary tools: table saw, overhead panel saw, band saw, drill press, jointer and planer.*
6. *Safely operate the following portable power tools: router, belt sander, hand drill, vibrating sander, jig saw and plate joiner.*

## **Woods Technology 201**

1 semester .5 credit Fine Arts and/or Occupational Education

### **Prerequisite:**

Woods Technology 101

### **Fees and Costs:**

None

### **Course Overview**

Woods Technology 201 expands upon basic woodworking skills. This course is designed to provide students with an opportunity to improve their woodworking skills and techniques, to safely use tools commonly used in woodworking, and to accurately plan and create projects. The goals of the program are to give students experiences in the various components of technology used today and to explore the variety of career paths available in the field of woodworking and the educational opportunities and resources available to students interested in pursuing these career paths.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Read a tape measure to the 16<sup>th</sup> of an inch.*
2. *Identify and use standard layout tools.*
3. *Create a layout stick (story pole).*
4. *Create a sketch and cut list.*
5. *Identify and safely operate the following stationary tools: table saw, overhead panel saw, band saw, drill press, jointer and planer.*
6. *Safely operate the following portable power tools: router, belt sander, hand drill, vibrating sander, jig saw and plate joiner.*
7. *Create a materials take-off.*
8. *Create a cost list.*

## **Woods Technology 301**

1 semester .5 credit Fine Arts and/or Occupational Education

### **Prerequisite:**

Woods Technology 201

### **Fees and Costs:**

None

### **Course Overview**

Woods Technology 301 progresses into more advanced woodworking skills. This course is designed to provide students with an opportunity to learn more advanced woodworking skills and techniques, to safely use tools commonly used in woodworking, and to accurately plan and create projects. The goals of the program are to give students experiences in the various components of technology used today and to explore the variety of career paths available in the field of woodworking and the educational opportunities and resources available to students interested in pursuing these career paths.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Read a tape measure to the 16<sup>th</sup> of an inch.*
2. *Identify and use standard layout tools.*
3. *Create a layout stick (story pole).*
4. *Create a sketch and cut list.*
5. *Identify and safely operate the following stationary tools: table saw, overhead panel saw, band saw, drill press, jointer and planer.*
6. *Safely operate the following portable power tools: router, belt sander, hand drill, vibrating sander, jig saw and plate joiner.*
7. *Create a materials take-off.*

8. *Create a cost list.*
9. *Read shop drawings and blueprints.*
10. *Create an estimate take-off.*

## **Child Psychology/Basics in Child Care**

1 semester .5 credit Occupational Education

### **Prerequisite**

Junior or Senior standing

### **Fees and Costs**

Students are responsible for their own transportation to area elementary/middle schools.

### **Course Overview**

This course provides a study of a child's physical, social, emotional and mental development from prenatal to birth to school age. First aid will be reviewed. Parenting styles and discipline techniques will be practiced. Students may participate in the empathy belly pregnancy simulation and the Real Care Baby parenting simulation. Because of the component where students are placed one day a week in an elementary or child-care facility, this is a good course for fields where your careers involves children. It also requires transportation to and from the elementary school. Students need to be 16 and able to drive themselves, usually a junior standing. A community service project may be planned and implemented. By adding the Basics in Child Care competencies, the students will earn their STARS credentials to work in licensed child care when they complete 10 assessments in the curriculum with 70% accuracy. Students earning a B grade may receive 8 credits through YVCC for course ECED& 105 Early Childcare Basics and ECED& 100 STARS.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Read text and complete assessments on course content, approximately 16 chapters.*
2. *Present mini-reports on safety and birth defects, child development theorists.*
3. *Compare and contrast the developmental milestones of a baby, toddler, preschooler and school-aged child by creating poster boards*
4. *Participate in 14-15 experiences with children in the elementary schools one day a week and complete the paperwork for a job shadow if needed. Will write an observation using an anecdotal record.*
5. *Complete exercises demonstrating understanding of appropriate guidance practices.*
6. *Generate a sample newsletter summarizing attributes of diversity and the value of respecting cultural differences, recognizing that the family is the primary educator of their child.*
7. *Demonstrate the understanding of proper food handling by completing the on-line practicum. They can get a food handler's card if they pay the \$10 fee.*
8. *Demonstrate proper hand-washing and diapering techniques after compiling a check sheet.*
9. *Students can identify healthy physical environments indoors and outdoors for children and understand the need for child proofing a home for infants and toddlers.*
10. *Students summarize the fundamentals of professional behavior using NAEYC Code of Ethics and policies that comply with Washington rules for licensing.*
11. *Students will articulate child abuse reporting laws based on scenarios.*
12. *Students will complete a career investigation using Career Bridge materials, WOIS or MERIT.*

## Child Psychology/Field Experience

1 semester .5 credit Occupational Education

### Prerequisite

Junior or Senior standing, previous enrollment in Child Psychology.

### Fees and Costs

None

### Course Overview

This course will focus on current issues that impact early childhood education. The topics will include multicultural education and issues, including diversity and anti-bias curriculum; special-needs children (education) and inclusion; family systems today; and child abuse/violence. Emphasis will be placed on the current issues and trends in each area as well as resources available to ECE professionals.

The intent of this course is to address the content and skill development required to work with children Birth to Age 8 and meet the required Washington State Core competencies which are identified through the listed course student outcomes and the National standards. This course is required in Early Childhood Education programs, exclusively preparing professionals to work in Early Learning Programs.

Attendance and participation in this course is scored by completion of weekly assignments, course projects and class discussion. If you have an excused absence, SIA or pre-arranged absence, your work will be due when you return depending on the time missed. No late assignments will be accepted. No make-up or extra credit assignments will be given.

Depending on your 4 observation days per week, you will determine which 2 assignments you can do to turn in on the Mondays that we meet. There will be information to read and prepare for the next week's in-class assignment. There are 21 assignments.

### Student Learning Objectives

As a result of required instruction the student will be able to:

1. *Demonstrate appropriate practices that ensure and maintain the health, safety, and nutrition of children.*
2. *Establish supportive relationships with children; guide them as individuals and as part of a group using positive behavior guidance.*
3. *Serve children and families in a professional manner*
4. *Demonstrate cultural competence and responsiveness within and across cultures; creating an inclusive, welcoming and respectful environment where all children, youth, and families can take pride in their cultural identities, beliefs, and practices.*
5. *Perform duties of the assigned role as outlined in expectations by the site supervisor.*
6. *Collaborate at regular intervals with the site supervisor to further develop skills, realign expectations and duties or change responsibilities.*
7. *Apply specific child guidance strategies based on sound early learning theory.*

This course is currently not articulated with YVCC for 2 college credits, ECED& 120. Hopefully, this will change in the near future. It is advised to keep all of your work in a folder and appeal to audit this course at YVC since the work has been done and it was articulated before the fall of 2017.

## Nutrition

1 semester .5 credit Health and/or Occupational Education

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

This course allows students to prepare foods, beverages and plan meals. Emphasis will be on safety and sanitation as well as implementing nutritional information. The choosemyplate.gov super-tracker feature will be used to determine nutritional habits or an app like "my fitness pal". Then we will analyze diets, herbs and supplements, fast foods. We will prepare and learn about fruits and vegetables, breads, eggs, meats, and desserts. Tips for athletes will be included and each student will implement a lifestyle change project. Chinese, Mexican and Italian foods will be prepared as well as a foreign food demonstration and reports on countries from which the meals came. A guest meal will be part of the final assessment. Students will have the opportunity to get a food handler's permit in the class. The Art Institute of Seattle, if available, will present post-secondary opportunities in this area of study.

**Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Prepare various recipes safely and accurately.*
2. *Demonstrate appropriate clean-up.*
3. *Analyze their own nutritional eating habits using the five food groups.*
4. *Set a goal to work on their eating habits or exercise performance.*
5. *Participate in a group project on a foreign country.*
6. *Understand principles of food safety and successfully pass the Food Handler's test if desired.*
7. *Complete a brochure or newsletter on a nutrition-related topic including a one-day diet.*

If students want to earn tech prep credit for ECED& 107, (Health Nutrition and Safety, 5 credits, in addition to the above objectives, students will read chapters from the text, Health Safety and Nutrition for the Young Child, and complete a separate packet by the end of the semester. If they earn a B- or better, they will be enrolled in the tech prep course and earn 5 credits.

## **Machining 101/102 & 201/202**

2 semester 3 credit (each) English, Math, Science, and/or Occupational Education

**Prerequisite**

Junior standing

**Fees and Costs**

TBD

**Course Overview**

The first year of Machining curriculum teaches basic manufacturing skills that apply to industries across all Washington industrial sectors. This includes use and safety of shop equipment, precision measuring, material science, print reading, as well as extensive record keeping.

**Student Learning Objectives**

TBD

## **Machining Apprenticeship**

2 semester 3 credit (each) English, Math, Science, and/or Occupational Education

**Prerequisite**

Machining 101/102 & 201/202 and must be hired by local manufacturing partner to enroll.

**Fees and Costs**

TBD

**Course Overview**

The second year of Machining Curriculum is focused on AJAC's Production Technician (Youth) Apprenticeship. Machining Apprenticeship is a 2,000 hour program designed for high school juniors and seniors to develop career-ready skills in the aerospace and advanced manufacturing industries. This apprenticeship program combines paid on-the-job training at an AJAC employer and college-level classroom instruction which can lead to a high school diploma, journey-level card and short-term college certificate.

**LET 1 JROTC**

2 semesters 1.0 credit PE and/or Occupational Education

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

Builds essential skills cadets need to maximize learning potential and future success, and lays the groundwork for service learning. Recognizing the value of their varied learning styles and multiple intelligences, cadets apply learning strategies to improve critical thinking, study, and communications skills. Cadets extend their learning strategies by taking on the responsibilities for teaching younger cadets. Cadets also develop and expand their abilities to resolve conflict and prevent violence. This unit helps cadets prepare for life after high school as it focuses on career planning and engages cadets in personal financial planning as they work through the high school financial planning curriculum. This course meets physical education/health graduation requirements or occupational education requirements

**Student Learning Objectives**

As a result of required instruction the student will be able to:

*Analyze, refine and apply decision-making skills through classroom, family, community, business, and industry experience. Demonstrate oral, interpersonal, written and electronic communication and presentation skills and understand how to apply those skills. Demonstrate self-advocacy skills by achieving planned, individual goals. Conduct self in a professional manner in practical career applications, organizational forums, and decision making goals. Communicate, participate and advocate effectively in pairs, small groups, teams, and large groups in order to reach common goals. Demonstrate knowledge of conflict resolution and challenge management. Analyze the complex responsibilities of the leader and follower and demonstrate the ability to both lead and follow. Use knowledge, build interest, guide and influence decisions, organize efforts, and involve members of a group to assure that a pre-planned group activity is completed. Demonstrate the ability to incorporate and utilize the principles of group dynamics in a variety of settings. Demonstrate the ability to train others to understand the established rules and expectations, rationale, and consequences to follow those rules and expectations.*

**Marksmanship Team**

2 semesters 1.0 credit PE and/or Occupational Education

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

These courses teach basic skills in marksmanship and safety. This training provides an unequalled opportunity to improve self-confidence and self-discipline.

**Student Learning Objectives:**

As a result of required instruction, the student will be able to:

1. Describe the basic rules of target shooting as a sport.
2. Identify the main parts of a firearm that concern safety (muzzle, action, trigger).
3. Develop rules for safe firearm handling.
4. Demonstrate rules of safe firearm handling.
5. Recognize the basic equipment needed for target shooting.
6. Describe how the air rifle functions.
7. Recognize the first steps of cocking and firing an air rifle, including a correct trigger release.
8. Assume the standing (off-hand) position, kneeling and prone positions for target shooting.
9. Practice sight alignment on a blank target.
10. Dry fire by performing correct trigger release.
11. Learn how correct breathing enhances control and relaxation.
12. Score targets correctly.
13. Adjust sights so that shot groups are centered on targets.

**LET 2-4 Staff**

1 semester .5 credit PE and/or Occupational Education

**Prerequisite**

None

**Fees and Costs**

None

**Course Description**

Provides information and tools cadets need to take responsibilities for physical and mental wellness. Cadets assess their personal status and develop plans for improving nutrition/exercise habits and for controlling stress. This unit also helps cadets make responsible choices about substance use and to prevent substance abuse. In addition cadets develop proficiency in providing basic first aid. This course meets physical education/health graduation requirements or occupational education requirements.

**Student Learning Objectives:**

As a result of required instruction the student will be able to:

1. Compare the benefits of aerobic, anaerobic, isometric, and isotonic exercises.
2. List the benefits of regular exercise.
3. Define current and desired state for healthy lifestyles.

4. *Identify attitudes and actions that help you stick with an exercise program.*
5. *Develop a plan to reach your desired state for a healthy lifestyle.*
6. *Explain how calories consumed versus calories used affects body weight.*
7. *Examine varying viewpoints on vitamins and mineral supplement usage.*
8. *Explain the correlation between physical fitness and hygiene.*
9. *Explain how to keep clean in field conditions.*
10. *Recognize stress-reducing techniques.*
11. *Identify/recognize common causes of stress in young people as well as causes of stress in your own life.*
12. *Practice prevention of stress overload including relaxation and anger management techniques.*
13. *Apply first aid and techniques in emergency and non-emergency situations.*

## Performing Arts

### Marching Band & Color Guard

Course meets outside of the regular school day (August - October) each fall  
1 semester .5 credit Fine Arts

DOES NOT meet PE requirement.

#### Prerequisite

Previous successful participation in band. Beginning students are welcome to register for Marching Band with permission by the director. All participating students must attend the August Marching Band Camp before the beginning of the school year.

#### Fees and Costs

The fee for marching band at WVHS is \$175. \$50 will be paid as a deposit in the Spring; the remainder will be due in the fall.

#### Course Overview

Open to all band students in the West Valley School District band program grades 9-12 without audition. The West Valley High School Ram Marching Band is a competitive marching band participating in 3-4 regional marching competitions during the first semester of the year. Additionally, the marching band performs at all West Valley High School home football games and at two local parades (Yakima Sunfair Parade - September, and the Yakima VFW Veteran's Day Parade - November). The marching season begins in August with the required marching band camp and continues through the end of the month of October. Students are required to also be enrolled in the Freshman Concert Band, High School Concert Band, or the High School Wind Ensemble. Once the school year begins, the Ram Marching Band rehearses on Tuesday Evenings (5:30-8:00) and on Thursday Afternoons (2:45-5:00). The Color Guard meets for a weekly section practice on Wednesday afternoons (2:45-4:00).

### Symphonic Band 101/102

2 semester 1 credit Fine Arts

#### Prerequisite

None

#### Fees and Costs

\$40 district activity fee per semester

**Course Overview**

This is a performance-based class which is a continuation of the 9th grade band experience. A varied and more advanced level of music is performed (i.e. classical and modern), and continued mastery of technical studies of each instrument is emphasized. Attendance at performances is required for all members. Because this is a performance-based class, students will be expected to practice their instrument at home and will need to have a means to transport it to and from school regularly. Students in Freshmen Band have the option of participating in high school marching band and pep band, although they are not required to do so.

**Percussion Ensemble**

1 semester .5 credit Fine Arts

**Prerequisite**

None

**Fees and Costs**

\$40 district activity fee

**Course Overview**

This course offers group instruction for percussionists in an ensemble setting. Content for this course will focus on improved playing techniques, hand and stick control, rhythm reading, strengthening of sight-reading skills, musicianship, and rudimental drumming. Percussionists (battery and front ensemble) associated with the marching band will be instructed during Percussion Ensemble 101. Additionally, students will learn music and skills associated with the concert percussion requirements for the following musical ensembles: freshman concert band, high school concert band, and the high school wind ensemble. Instruction is focused solely on the percussionist and skill development for the percussion performer. During the spring semester, students will participate in their respective concert band course.

**Freshman Concert Band 098 and 099**

2 semester 1.0 credit Fine Arts

**Prerequisite**

None

**Fees and Costs**

\$40 district activity fee per semester

**Course Overview**

This is a performance-based class which is a continuation of the 8th grade band experience. A varied and more advanced level of music is performed (i.e. classical and modern), and continued mastery of technical studies of each instrument is emphasized. Attendance at performances is required for all members. Because this is a performance-based class, students will be expected to practice their instrument at home and will need to have a means to transport it to and from school regularly. Students in Freshmen Band have the option of participating in high school marching band and pep band, although they are not required to do so.

**Concert Band 101 and 102**

2 semesters – 1.0 credit Fine Arts

**Prerequisite**

Previous successful participation in band. Beginning students may register for Concert Band with permission by the director.

**Fees and Costs**

\$30 per semester West Valley School District participation fee

**Course Overview**

Open to band students in grades 10 - 12 in a large group setting. Music literature includes concert band music grades III -V, solo and small ensemble literature, and exercises to build individual musicianship skills through performance in band. Traditionally, there are 3-4 public performances per semester. Attendance at all performances is required for credit. Participation in regional solo and ensemble festival (or alternative assignment) is required. All students are required to make adequate musical progress on their instruments in attempt to be capable of being members of the WVHS Wind Ensemble by the time of their senior year (if not sooner). Participation in the Concert Band (or Wind Ensemble) is a pre-requisite for participation in Jazz Band, Marching Band, and/or Pep Band.

**Wind Ensemble 101 & 102**

2 semesters – 1.0 credit Fine Arts

**Prerequisite**

Previous successful participation in band. Students are only eligible for participation in Wind Ensemble through audition and / or invitation of the director.

**Fees and Costs**

\$30 per semester West Valley School District participation fee

**Course Overview**

Open to band students in grades 10 - 12 in a large group setting by audition / invitation only. Music literature includes concert band music grades III -V, solo and small ensemble literature, and exercises to build individual musicianship skills through performance in band. Traditionally, there are 4 - 5 public performances per semester. Attendance at all performances is required for credit. Participation in regional solo and ensemble festival is required. Musical excellence is expected from all members of the Wind Ensemble. Members of the Wind Ensemble frequently qualify as selected students for the State Solo and Ensemble competition, and WIBC or All-State Honor Bands Those desiring to participate in music at the collegiate level, or as part of their career choice, are encouraged to participate in the Wind Ensemble and to take private instruction on their instrument of choice. Participation in the Wind Ensemble (or Concert Band) is a pre-requisite for participation in Jazz Band, Marching Band, and/or Pep Band.

**Jazz Band 201 and 202**

.5 credits per semester Fine Arts

**Prerequisite:**

Year-long class by audition only

**Fees and Costs**

Some cost associated with traveling to regional jazz festivals

**Course Overview**

Open to band students in grades 9-12 by audition only. Auditions take place during the first two weeks of the fall

semester for acceptance and placement in the jazz program. Student performers on saxophone, trumpet, trombone, piano, bass, guitar, and drum set are eligible for audition. Jazz band I and II meet daily during zero hour (6:55-7:40am). All students in the jazz band must also be enrolled in the Freshman Concert Band, High School Concert Band, or High School Wind Ensemble. The jazz bands perform at all West valley High School evening instrumental music concerts, 3-4 regional jazz festivals each winter / spring, and at selected community events - TBA. Invited students must remain in the jazz band for the entire school year.

## **Concert Choir 201 and 202**

2 semester 1.0 credit Fine Arts

### **Prerequisite**

None

### **Fees and Costs**

Ladies are charged a \$15 dry cleaning fee for use of our choir dresses. For those who qualify, there is help available to cover this cost. Please see your School Counselor for details.

### **Course Overview**

The Ram Choir is a large mixed chorus. There will be a strong emphasis on performances as well as learning proper vocal and choral techniques, music theory and sight singing. Students will have the opportunity to sing in a variety of styles and will sing in large groups as well as have opportunities to sing in small ensembles and as individuals.

### **Special Requirements of Students**

Students are required to participate in performances during and after-school hours. For performances, choir uniform is choir dresses for girls, tuxedos for boys. They can be purchased, or borrowed from the music department. Students are strongly encouraged to participate for 2 or 3 trimesters to allow for continuity of musicianship.

### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *To sing and understand a variety of choral literature.*
2. *Learn to think, listen, and sing in musical ways. (This will involve learning basics of music theory, ear-training, sight-singing, and vocal sound production.)*
3. *Participate in Ram Choir concerts and other performances.*

## **Chamber Choir 301 and 302**

2 semesters – 1.0 credit Fine Arts

### **Prerequisite**

Students must audition to be part of this ensemble. Ability to read music is preferred. Prior enrollment in choir preferred.

### **Fees and Costs**

Members of this ensemble will need to purchase performance attire. There is a \$20 per semester fee as implemented by the WV School Board in August of 2011. For those who qualify, there is help available to cover this cost. Please see your School Counselor for details.

### **Course Overview**

The Chamber Choir is an auditioned smaller choir. There will be a strong emphasis on performances as well as learning proper vocal and choral techniques, music theory and sight singing. Students will be learning upper level music and musical concepts as well as performing in smaller ensembles. This ensemble will focus primarily on classical literature but will explore other genres throughout the school year. Students in this ensemble will be working on their fundamental musical theory and history.

#### **Special Requirements of Students**

Students are required to participate in performances during and after-school hours. For performances, choir uniform is choir dresses for girls, tuxedos for boys. They can be purchased, or borrowed from the music department. Students are required to enroll for the full school year to be part of this ensemble to allow for continuity of musicianship.

#### **Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *To sing and understand a variety of choral literature.*
2. *Learn to think, listen, and sing in musical ways. (This will involve learning basics of music theory, ear-training, sight-singing, and vocal sound production.)*
3. *Participate in concerts and other performances.*

## **CHS MUSIC 356 (History of Jazz – EWU)**

1 semester .5 credit Fine Arts

#### **Prerequisite:**

None

#### **Fees and Costs:**

No fee if taking for general high school credit. If taking for CWU credit the cost is around \$300 (5 college credits)

#### **Course Overview**

Open to all college bound (2-year or 4-year) juniors and seniors. Sophomore students are welcome to take the course with permission from the instructor. This course explores the area of jazz as a musical genre and historical topic from its roots at the start of the 20th century through today. Students learn to identify jazz greats from their style and sound and to trace the development of jazz throughout the years. The study of race, civil rights, and the fusion of musical and American culture is a constant theme in this course. College credit is available through CWU.

## **CHS MUSIC 202 (Music in the Humanities – EWU)**

1 semester .5 credit Fine Arts

#### **Prerequisite:**

None

#### **Fees and Costs:**

No fee if taking for general high school credit. If taking for CWU credit the cost is around \$300 (3 college credits)

#### **Course Overview**

Open to all college bound (2-year or 4-year) juniors and seniors. Sophomore students are welcome to take the course with permission from the instructor. This course explores the area of classical music genre and historical

topic from its roots at the start of the 13<sup>th</sup> century through today. Students learn to identify musical greats from their style and sound and to trace the development of music throughout the years. The study of race, civil rights, and the fusion of musical and world culture is a constant theme in this course. College credit is available through EWU.

## **Theatre Arts – 101**

1 semester .5 credit Fine Arts

### **Prerequisite**

None

### **Fees and Costs**

None

### **Course Overview**

This course covers the basic aspects of Theatre Arts. The course of study may include but is not limited to improvisation, creative drama, movement, creative and analytical writing, play analysis, character analysis, acting, directing, technical theater, advertising and general play production. What is more, because art reflects society, we will work to understand our history and selves and how it is reflected in topical performances. The nature of drama is that we take the learning opportunities as they emerge, however the course is structured to follow the 2014 Washington State EALRS for Theatre Arts.

### **Requirements:**

Participation is of the utmost importance, growth in this class only comes from experience, and that growth is lost with lack of participation. In order to participate, you must be in attendance, use time effectively and make up absences, at times you will need to do 'home-study' in preparation for class and performance. Having a positive learning attitude will also greatly affect your success.

There is reading and written work in this class. The taking of notes, completing short reports, and actively participating in individual and group projects demands your self-discipline and best effort. It is important to understand that an honest interest in learning about Theater and performance are necessary for success in this class.

### **Texts Used**

None

## **Theatre Arts – 201**

1 semester .5 credit Fine Arts

### **Prerequisite**

Theatre Arts 101

### **Fees and Costs**

None – Students will need to see two outside theatre productions to review, there is help available to cover this cost. Please see teacher for details.

### **Course Overview**

This class is a continuation of the 101 course, and continues to cover the basic aspects of Theatre Arts further in depth. The course of study may include but is not limited to improvisation, creative drama, movement, creative

and analytical writing, play analysis, character analysis, acting, directing, technical theater, advertising and general play production. What is more, because art reflects society, we will work to understand our history and selves and how it is reflected in topical performances. The nature of drama is that we take the learning opportunities as they emerge, however the course is structured to follow the 2014 Washington State EALRS for Theatre Arts.

**Requirements:**

Participation is of the utmost importance, growth in this class only comes from experience, and that growth is lost with lack of participation. In order to participate, you must be in attendance, use time effectively and make up absences, at times you will need to do 'home-study' in preparation for class and performance. Having a positive learning attitude will also greatly affect your success.

There is reading and written work in this class. The taking of notes, completing short reports, and actively participating in individual and group projects demands your self-discipline and best effort. Students are required to attend a minimum of two live full performance production and write a 1 page review, presented to the class. It is important to understand that an honest interest in learning about Theater and performance are necessary for success in this class.

**Texts Used**

None

## Fine Visual Arts

### Art 100

Freshman Art

1 semester .5 credit Fine Arts

**Prerequisite:**

None

**Lab Fee:**

\$10.00 – Payable no later than the 2nd week of the semester. For those who qualify, there is help available to cover this cost. Please see your school counselor for details.

**Course Overview**

This course will explore various mediums utilized in the creation of two-dimensional Art including: Pencil, Color pencil, Oil pastel, Charcoal, and Chalk pastel. Students will examine art styles such as Realism, Ukiyo-e, Impressionism, and Abstract Expressionism utilizing the knowledge gained in the creation of their own personal works of Art.

**Student Learning Objectives**

1. *Students will be able to demonstrate a proficiency in the use of different two-dimensional mediums through the completion of artwork reflecting topics covered during the course.*
2. *Students will demonstrate skills in the process of creative problem-solving through the completion of projects relating to topics covered during this course.*
3. *Students will gain knowledge and appreciation about different styles of two-dimensional Art through a combination of Art History and Art appreciation activities.*

## Art 101

1 semester .5 credit Fine Arts

### Prerequisite

None

### Fees and Costs

Lab Fee: \$20.00 – Payable no later than the 2<sup>nd</sup> week of the semester. For those who qualify, there is help available to cover this cost. Please see your school counselor for details.

### Course Overview

This introductory course includes a range of experiences in two dimensional art media focusing on the elements and principles of design, skill development with media, and knowledge of the larger world of art creation. Art and Design offers the beginning student an opportunity to explore many different approaches to drawing and painting in a variety of art mediums that include pencils, colored pencils, charcoal, chalk and oil pastels, inks, paints, collage and mixed media. Students will also be involved in art appreciation and history activities.

## Art 201

1 semester .5 credit Fine Arts

### Prerequisite:

Students in Art 201 MUST have completed **Art 101** at the HS or **Art 100** at the FC before registering for Art 201 (*Clay 100 or Ceramics 101 does **NOT** meet the prerequisite to be in ART 201*)

### Lab Fee:

\$20.00 – Payable no later than the 2<sup>nd</sup> week of the semester. For those who qualify, there is help available to cover this cost. Please see your school counselor for details.

### Student Learning Objectives

1. *Students will work with a wide variety of art media including charcoal and chalk, oil and chalk pastels, ink and watercolor.*
2. *Students will be challenged through a wide range of experiences in two dimensional art media focusing on the elements and principles of design, skill development with media, and knowledge of the larger world of art creation through involvement with art appreciation and history activities.*

## Art 301

1 semester .5 credit Fine Arts

### Prerequisite:

**ART 100 or 101 and 201.** Junior or Senior level with approval from the instructor.

### Lab Fee:

\$20.00 – Payable no later than the 2<sup>nd</sup> week of the semester. For those who qualify, there is help available to cover this cost. Please see your school counselor for details.

An art class focused on advanced techniques in painting, drawing, printmaking, graphic design, and mixed media arts. This class is intended for students who wish to push their art skills further, those who are developing individual portfolios for submission to universities and art schools, and students wishing to participate in AP

portfolio submissions. **Students who register for AP studio art will be enrolled in this section.** The final project will be to create a quality CD portfolio of the student's art work representing their "breadth" of experience, and their specialization in a "quality" portfolio of their own work.

## AP Art - 2D Studio Design

2 semesters 1.0 credit Fine Arts

**Prior summer work required**

### Prerequisite

Successful completion of Art 201  
Junior/Senior Standing

### Fees and Costs

Lab Fee: \$20.00. For those who qualify, there is help available to cover this cost. Please see your School counselor for details.

\$92 for cost of AP Test.

### Course Overview

Note: The course requirements follow those determined each year by the AP College board. Please see Mr. Johnston for a more detailed course description. **Students who register for AP studio art will be enrolled in the Art 301 section 1<sup>st</sup> semester.**

Advanced Placement 2-D Studio Design gives the serious art student the opportunity to explore deeper into the techniques and skills of design. Design involves purposeful decision making about using the elements and principles of art in an integrative way.

In the 2-D Design Portfolio, students are asked to demonstrate their understanding of design principles. The principles of design - unity/variety, balance, emphasis, contrast, rhythm, repetition, proportion/scale, figure/ground relationship – can be articulated through the visual elements – line, color, form, texture, mass, volume, space. For this portfolio, students are asked to demonstrate mastery of 2-D design through any two-dimensional medium or processes, including but not limited to: graphic design, digital imaging, photography, collage, fabric design, weaving, illustration, painting, and printmaking. The final project will be to create a quality CD portfolio of the student's art work representing their "breadth" of experience, and their specialization in a "quality" portfolio of their own work and sending this for review by AP examiners.

Portfolio Requirements to be submitted for AP 2-D Design: **(Submission fee required)**

Quality: 5 actual works that demonstrate mastery of design in concept, composition, and execution.

Concentration: 12 slides (some may be details) A body of work investigating a strong underlying visual idea in 2-D design.

Breadth: 12 slides, 1 slide each of 12 different works. Works that demonstrate a variety of concepts and approaches in 2-D design

## AP Art - Drawing

2 semesters 1.0 credit Fine Arts

**Prior summer work required**

### Prerequisite

Successful completion of Art 201  
Junior/Senior Standing

**Fees and Costs**

Lab Fee: \$20.00. For those who qualify, there is help available to cover this cost. Please see your school counselor for details.

\$92 for cost of AP Test.

**Course Overview**

Note: The course requirements follow those determined each year by the AP College board. Please see Mr. Johnston for a more detailed course description. **Students who register for AP studio art will be enrolled in the Art 301 section 1<sup>st</sup> semester.**

Advanced Placement Drawing gives the serious art student the opportunity to explore deeper into the techniques and skills of drawing. The Drawing portfolio is designed to address a very broad interpretation of drawing issues and media through which students are asked to demonstrate their understanding of design principles. The principles of design - unity/variety, balance, emphasis, contrast, rhythm, repetition, proportion/scale, figure/ground relationship – can be articulated through the visual elements – line, color, form, texture, mass, volume, space. For this portfolio, students are asked to demonstrate mastery of drawing through any two-dimensional drawing medium – charcoal, colored pencils, chalk pastels, oil pastels, ink, paint, etc. Final evaluation will involve photographing all work and sending a selected portion for review by AP examiners.

Portfolio Requirements to be submitted for AP Drawing: **(Submission fee required)**

Quality: 5 actual works that demonstrate mastery of drawing in concept, composition, and execution.

Concentration: 12 slides (some may be details) A body of work investigating a strong underlying visual idea in drawing.

Breadth: 12 slides, 1 slide each of 12 different works. Works that demonstrate a variety of concepts and approaches in drawing.

## Graphic Design and Printmaking

1 semester .5 credit Fine Arts

**Prerequisite**

Successful completion of Art 101 and approval of the instructor.

**Fees and Costs**

Lab Fee: \$25.00 – Payable no later than the 2<sup>nd</sup> week of the semester. For those who qualify, there is help available to cover this cost. Please see your School Counselor for details.

**Course Overview**

Graphic design is the visual communication of ideas and information. Printmaking involves the production of work using techniques including stencils, silk-screening and linoleum block carving. Students will be involved with design and illustration to communicate and solve problems. They will learn the techniques of illustration for publication, label, logo and packaging design, posters, and signs. Not a computer graphics course.

## Ceramics 100

Freshman Art

1 semester .5 credit Fine Arts

**Prerequisite:**

None

**Lab Fee:**

\$10.00 – Payable no later than the 2<sup>nd</sup> week of the semester. For those who qualify, there is help available to cover this cost. Please see your school counselor for details.

Students will explore hand-building techniques through the production of three-dimensional ceramic sculpture. Topics will include pinch, slab, and coil techniques and will encourage creative problem solving through the creation of unique three-dimensional Art. Projects will focus on Artistic as well as Utilitarian aesthetics in order for students to increase their mastery of this medium.

**Student Learning Objectives**

1. *Students will be able to demonstrate a proficiency in the use of different three-dimensional techniques through the completion of artwork reflecting topics covered during the course.*
2. *Students will demonstrate skills in the process of creative problem-solving through the completion of projects relating to topics covered during this course.*
3. *Students will gain knowledge and appreciation about different styles of three-dimensional Art through a combination of Art History and Art appreciation activities.*

## Ceramics 101

1 semester .5 credit Fine Arts

**Prerequisite**

None

**Fees and Costs**

Lab Fee: \$20.00 – Payable no later than the 2<sup>nd</sup> week of the semester. For those who qualify, there is help available to cover this cost. Please see your School Counselor for details.

This class is for those students who wish to explore the world of ceramics, **and have not taken a ceramics class at the secondary level**. Students will learn the basic hand-building techniques of pinch, coil and slab construction through a variety of topics explored in class. Opportunities to gain skill using the throwing wheel will also be available to the student taking this class.

## Ceramics 201

1 semester .5 credit Fine Arts

**Prerequisite**

Successful completion of **Ceramics 100 or 101**, or approval of the instructor.  
(ART 100 or ART 101 does **NOT** meet the prerequisite to be in Ceramics 201)

**Fees and Costs**

Lab Fee: \$20.00 – Payable no later than the 2<sup>nd</sup> week of the semester. For those who qualify, there is help available to cover this cost. Please see your School Counselor for details.

### **Course Overview**

Students will continue to explore and gain mastery of hand-building techniques in this media. Creative challenges will focus on the use of pinch, coils, and slab methods of construction through a variety of advanced topics presented in class. Opportunities to gain skill using the throwing wheel will also be available to the student taking this class.

## **Creative Photography**

1 Semester .5 Credit Fine Arts and/or Occupational Education

### **Prerequisite:**

None

### **Lab Fee:**

None

### **Course Overview:**

An introduction to the history of photography, equipment, and techniques for making digital photographs. Cameras, composition, studio techniques, and Photoshop techniques are covered. Exercises to demonstrate basic skills in photography are designed to push the student's abilities as a photographic artist. Students will present their three best works in the Photography class Show at the end of the semester. **Students must have a quality device to take pictures with for this class.**

## **HEALTH AND FITNESS**

### **Health and Fitness for Life 100**

Freshman PE

1 semester .5 credit Physical Education

### **Prerequisite**

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

### **Fees and Costs**

None

### **Course Overview**

This class is designed to give each participant a complete total body workout. You will experience many different types of cardiovascular fitness, flexibility, and challenge your muscles with muscle endurance and strength. You will also gain knowledge about health related topics such as eating disorders, diseases, drugs, alcohol, human sexuality, STD's, etc. This class is 60% health information and 40% fitness information. After taking this class, you will walk away with the ability to keep your body healthy and fit for the rest of your life.

### **Nutrition**

1 semester .5 credit Health and/or Occupational Education

### **Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

This course allows students to prepare foods, beverages and plan meals. Emphasis will be on safety and sanitation as well as implementing nutritional information. The choosemyplate.gov super-tracker feature will be used to determine nutritional habits or an app like "my fitness pal" . Then we will analyze diets, herbs and supplements, fast foods. We will prepare and learn about fruits and vegetables, breads, eggs, meats, and desserts.

Tips for athletes will be included and each student will implement a lifestyle change project. Chinese, Mexican and Italian foods will be prepared as well as a foreign food demonstration and reports on countries from which the meals came. A guest meal will be part of the final assessment. Students will have the opportunity to get a food handler's permit in the class. The Art Institute of Seattle, if available, will present post-secondary opportunities in this area of study.

**Student Learning Objectives**

As a result of required instruction, the student will be able to:

1. *Prepare various recipes safely and accurately.*
2. *Demonstrate appropriate clean-up.*
3. *Analyze their own nutritional eating habits using the five food groups.*
4. *Set a goal to work on their eating habits or exercise performance.*
5. *Participate in a group project on a foreign country.*
6. *Understand principles of food safety and successfully pass the Food Handler's test if desired.*
7. *Complete a brochure or newsletter on a nutrition-related topic including a one-day diet.*

If students want to earn tech prep credit for ECED& 107, (Health Nutrition and Safety, 5 credits, in addition to the above objectives, students will read chapters from the text, Health Safety and Nutrition for the Young Child, and complete a separate packet by the end of the semester. If they earn a B- or better, they will be enrolled in the tech prep course and earn 5 credits.

**Team Sports 101 & 102**

1 semester .5 credit Physical Education

**Prerequisite**

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

**Fees and Costs**

None

**Course Overview**

Team sports are a combination of court and field sports that were offered during the 8<sup>th</sup> grade year. Any of the following three week team activities can be included in the class (volleyball, football, soccer, softball, basketball, pickle ball, badminton, tennis, and floor hockey). The team activities will be determined by teacher expertise, student interest and weather conditions. This course can be taken more than once during the school year.

**Maximum Training 099**

Freshman PE

1 semester .5 credit Physical Education

**Prerequisite**

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

**Fees and Costs**

None

**Course Overview**

This course is a weight lifting and ply-metric program for students. Students will be involved in weight training and will learn how to prevent injuries as well as explore innovative workouts/techniques. This course can be taken more than once during the school year.

## **Aerobics and Cross Training 099**

Freshman PE

1 semester .5 credit Physical Education

**Prerequisite**

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

**Fees and Costs**

None

**Course Overview**

This is a non-competitive class that promotes a variety of physical fitness training techniques. The course will emphasize a daily aerobic workout, targeting heart rate zones. Tae-bo, jogging, speed walking, yoga, Pilates, dance and use of weight training in the Fitness Center are some of the training techniques that will be taught throughout the semester. This course can be taken more than once during the school year.

This course is a weight lifting and ply-metric program for students. Students will be involved in weight training and will learn how to prevent injuries as well as explore innovative workouts/techniques. This course can be taken more than once during the school year.

## **Weights 101 and 102**

1 semester .5 credit Physical Education

NOTE: This course satisfies .5 Health and Fitness or \*.5 Elective credit

**Prerequisite**

None

**Fees and Costs**

None

**Course Overview**

This course is for any student who wishes to improve their strength, speed, agility, quickness, and overall fitness level through a variety of activities which include: free weight Olympic lifts, dumbbell and machine exercises, low level plyometrics (jump training), form running, and low organized games.

This course will introduce students to proper lifting techniques, lifting terminology, weight room safety, and

nutrition. This course is required as a prerequisite for Advanced Strength Training 101.

\* This course may be taken as Pass/Fail for those students who have already met their Health and Fitness graduation requirement.

## **Athletic Training**

1 semester .5 Credit Physical Education

### **Prerequisites:**

Be a WVHS athlete (in or out of season) or instructor approval

### **Fees and Cost:**

\$15 for required PE uniform

### **Course Overview:**

This class is designed specifically for female athletes. Students will be involved in a functional strength and conditioning program, designed to increase overall athletic performance and decrease the risk of injury. Students will work to develop flexibility, strength, balance, agility, coordination, and core stability. Athletes will be trained in movements specific to sports. Sports nutrition as it is related to athletic performance will also be a focus in this class. This is an outstanding opportunity for lady athletes to stay in peak condition.

*If you're a female athlete wanting to take your game to the next level, then this is the class for you!*

## **Special Olympics Tutor 101 and 102**

Adaptive PE

1 semester .5 credit Physical Education

### **Prerequisite**

Individual Education Program or Counselor Approval

This course also accepts Unified Partners (Peer Tutors)

### **Fees and Costs**

Volunteers must provide their own transportation (i.e. to Bowling Alley, Swimming Pool, etc.).

### **Course Overview**

This course focuses on preparing our Special Olympics Athletes for competition in a variety of sports while also keeping them physically active. The Athletes have the opportunity to go with the team and compete in sports (i.e. Bowling, Basketball, and Swimming) at competitions from Spokane to Seattle.

## **Total Body Fitness 101 and 102**

1 semester .5 credit Physical Education

### **Prerequisite:**

None

### **Fees and Costs:**

\$15 for required PE uniform

**Course Overview:**

This class is filled with a variety of high energy workouts to help achieve health and fitness goals. This class is designed to be fun and challenging, giving students many fitness options to draw from after leaving this class. Students will learn specific health topics that will improve their overall wellness and life. Each day is something new to keep the class fun and energetic. Activities will include, but are not limited to:

1. Step Aerobics
2. Kickboxing
3. Yoga
4. Pilates
5. Spinning
6. Circuit Training
7. Walking
8. Zumba
9. Weight Lifting

## Walking for Fitness 101 and 102

1 semester .5 credit Physical Education

**Prerequisite:**

None

**Fees and Costs:**

\$15 for required PE uniform

**Course Overview**

This course is designed for the student who wants to improve their overall fitness level through low impact walking.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Develop an appreciation of physical activities for leisure time and pursuit.*
2. *Understand the importance of being fit and in a physical fitness program.*
3. *Gain knowledge about the health and fitness benefits that walking provides.*

## Walking and Yoga 101 and 102

1 semester .5 credit Physical Education

**Prerequisite:**

None

**Fees and Costs:**

\$15 for required PE uniform

**Course Overview**

This course is designed for the student who wants to improve their overall fitness level through low impact exercise. This physical education program consists of a combination of walking and yoga. We will walk on the outdoor track, indoor track, or outside. Yoga will be done inside or outside as weather permits.

**Student Learning Objectives**

As a result of required instruction the student will be able to:

1. *Develop an appreciation of physical activities for leisure time and pursuit.*
2. *Understand the importance of being fit and in a physical fitness program.*
3. *Gain knowledge about the health and fitness benefits that walking provides.*