

Freedom High School

COURSE CATALOG

2016-2017



Freedom High School

1050 Neroly Road

Oakley, CA 94561

(925) 625-5900

libertyunion.schoolwires.net/freedom

Liberty Union High School District does not discriminate on the basis of race, color, national origin, sex, or disability.

Administration

Kelly Manke, *Principal*

B Building

Karen Cortez, *Assistant Principal*

Maria Sanchez, *Counselor*

Zohra Richardson, *Counselor*

C Building

Michael Falconer, *Assistant Principal*

Sandra Tang, *Counselor*

D Building

Omar Carreon, *Assistant Principal*

Tracy Carroll, *Counselor*

E Building

Bridget Spires, *Assistant Principal*

Nancy Yarbrough, *Counselor*

Erik Volta, *District Superintendent*

Principal's Message

Student success is best achieved by the student, parents and school staff working together to provide the best education possible. The purpose of the course catalog is to assist parents and students in the planning of the student's educational career. Students please make your selections carefully. We encourage parents to review all contents in this catalog, as the information presented will assist you in preparing your student for academic success. As our staffing allocation is based upon students' selections, it may not be possible to deviate from your course selections at a later date.

We are very proud of the educational program at Freedom High School. Once a student enrolls at FHS, they are assigned to a building where they remain throughout high school. Each building has a designated assistant principal, a counselor and a secretary. The goal of this model is to provide consistency for students and to work collaboratively to ensure the best educational support possible is provided. This helps students connect with other students as well as staff making smaller learning communities within a larger setting.

Students may also opt to join one of three academies. The academy a student chooses should be based on their interests and aspirations after completing high school. As you will notice in the beginning of this catalog, students have a choice of a variety of academy majors. This is to guide students through choosing electives related to majors. It is our hope that by the junior year, students will choose an academy emphasis and a major that supports their career and/or personal interests. Please notice all academies address the needs of all learners from college preparatory, to other post-secondary options.

Freedom High School's 8-period schedule ensures the success of the academic program in a number of key ways:

- [1] It allows students to enroll in an average of seven classes a year and to earn, in four years, total credits beyond the required 270.
- [2] It allows students the opportunity to insert a period of study hall into the school day, an academic practice common in college
- [3] It allows students who need additional academic support the opportunity to insert a variety of support classes into the school day.
- [4] It allows students who are credit deficient the opportunity to make up credits without leaving the Freedom school community.

The faculty and staff at Freedom High School strive to provide the best possible education for our students. We all need to continue to work together to ensure students reach their full potential. In order to make this happen, daily attendance, hard work and promptness to all classes are necessary for success. We hold high expectations, both in behavior and academics, for all of our students.

Kelly Manke

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Clubs and Advisors

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Studies show that students who are invested in their school outside of the classroom have a tendency to perform better academically. One of the best ways to invest in your school community is through membership in a school club. There are many choices. Take some time to investigate our club offerings and meet the club advisors.

Clubs	Advisor(s)
Yearbook:	Leslie Runzler
Journalism:	Leslie Runzler
Band:	George Chilcott
Marching Band:	George Chilcott
Color Guard:	Jessica McCuan
Choir:	Eli Souza
Centre Stage:	Eli Souza
Academic Decathlon:	Sean Clarke
PUSH:	Neil Boden
CSF:	S. Angelo
NHS:	C. Ochinerro
Speech & Debate:	TBD
Connect Crew:	Dana Johnston
Class of '17:	B. Gengler/L. Foehr
Class of '18:	F. Garcia/S. Apel
Class of '19:	K. Cruitt/L. Houston
Class of '20:	TBD
Cheer:	S. Torres/L. Runzler
Power of Unity:	G. Payette/C. Rodriguez
Latinos Unidos:	Anna Gonzalez-Ortega
Black Student Union:	Kim Rucker
French Club:	Francoise Boden
German Club:	J. Textor/A. Smith
Italian Club	Miles Macy
Interact Club:	Sean Clarke

Clubs	Advisor(s)
Activities:	Dana Johnston
FRESHH:	J. Sierra/S. Warren
Leadership:	Dana Johnston
Be the Change:	Jill Johnson
Anime Club:	Frank Beede
STEM:	S. Clarke/C. Bruins
Dance Club:	Leslie Runzler
GSA:	Ann Marlow-Rendler
P.A.W.S:	H. Emery/R. Kelleher
Redeemed:	N. Boden/V. Graves
Sports Medicine:	Glenn Briggs
ALOHA:	Alex Dalida
Art Club:	David Gautier
Math Club:	K. Burke/M. Gordon
Dance Line:	L. Runzler/S. Torres
The Zone:	Dana Johnston
Aerospace & Robotics:	Dave Harte
Fashion Club:	Dave Behling
Helping Hands:	Christy Brown
Best Buds:	Kristin Scott
Computer Programs:	Nicole Hooper
Deca Club:	Noureddine Lalami
Unicef	Kathy Burke

Athletic Programs

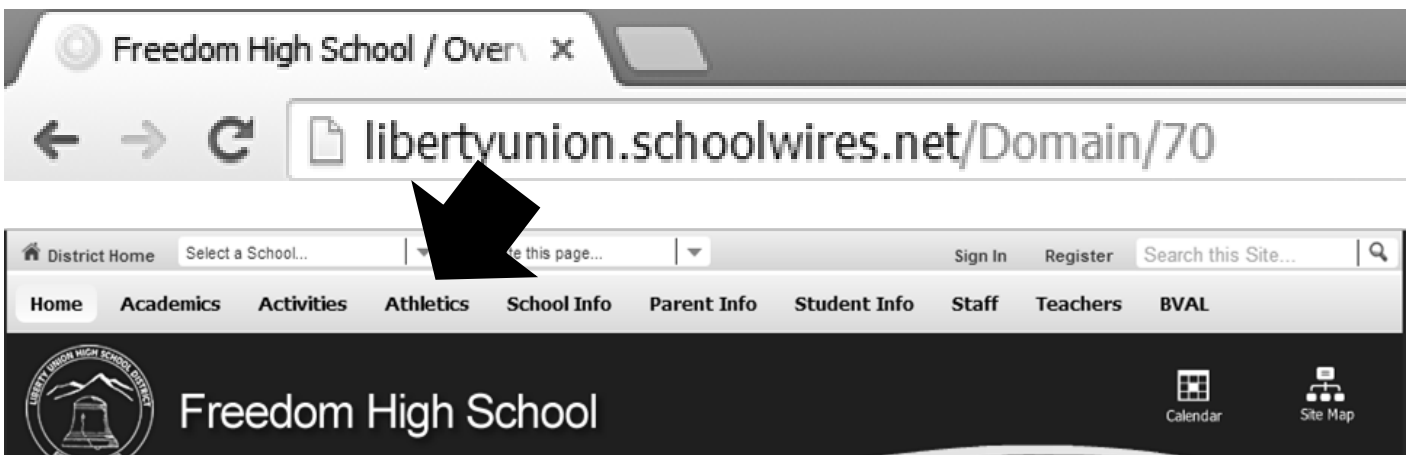
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Freedom offers at least five sports for our students through each of the fall, winter, and spring seasons and more are sure to come in the ensuing years. Like all public schools, Freedom is feeling the effects of state budget cuts and any additional financial support or donations are always greatly appreciated.

Fall [Aug-Nov]	Winter [Nov-Feb]	Spring [Feb-May]
Girls Volleyball Girls Tennis Girls Water Polo Girls Golf Cross Country Football Boys Water Polo Cheerleading Unified Sport (TBA)	Girls Basketball Girls Soccer Wrestling Boys Soccer Boys Basketball Cheerleading Coed Unified Bowling	Softball Baseball Boys Golf Boys Tennis Boys Volleyball Swimming Diving Track & Field Coed Unified Basketball

Freedom values creating the safest possible environment for our students; however, risk of physical injury exists when participating in extracurricular activities. To lessen this risk, all student athletes must have completed district physical forms before the first day of tryouts. In addition, all completed physical forms must be dated after July 1st of the school year as prior dates are not valid.

We encourage parents to sign up as a driver as many games are not covered for bus transportation. Please see the Athletic Director or your coach for more information. Please feel free to contact any of our coaches at their email addresses on our school webpage.



Finally, please come to our athletics preseason nights which offer valuable information and help make our athletic programs the best they can be.

Graduation Requirements

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Note: the following requirements must be met to receive a diploma from the Liberty Union High School District

Course Requirements (10 Units = 1 year)		
Course		Units
English:	Students must pass 9th, 10th, 11th and 12th grade levels	40
Social Studies:	a. One year of World History (10) b. One year of U.S. History (11) c. One semester of American Government (12) d. One semester of Economics (12)	30
World Cultures & Geography:	Freedom H. S. requires one year at the 9th grade level	10
Mathematics:	Students must pass three years of mathematics with completion of Algebra through Geometry.	30
Science:	a. One year of Life Science (Biology) b. One year of Physical Science (Earth Science, Chemistry or Physics.)	20
Fine Arts <u>or</u> World Language:	1 year	10
Physical Education:	a. One year of 9th grade P.E. b. One year of 10th grade P.E.	20
Health:	Students must take one semester of health education.	5
Electives		105
Total number of units required for graduation		270

Graduation Requirements
In order to graduate and earn a diploma, students must (1) pass the CAHSEE; (2) complete 270 credits; and (3) complete the required course of study as noted above. Students who do not fulfill all of these requirements are not eligible to graduate from Freedom High School.

Note: students must earn a “C” or better in these courses for the best chance to gain entrance to state colleges

University of California

a. History/Social Science: (2 years required).
1 year World History [gr], 1 year U.S. History [gr],
1 year American Government/Economics [gr].

b. English: (4 years required).
1 year each of 9th, 10th, 11th, 12th grade English [gr]

c. Mathematics: (3 years required; 4 recommend).
1 year Algebra 1 [gr], 1 year Geometry [gr], 1 year
Algebra 2 or Algebra 2/Trigonometry, AP Statistics
or Pre-Calculus

d. Lab Science: (2 years required; 3 recommended).
1 year Biology [gr], 1 year Chemistry or Physics

e. Language: (2 years required; 3 recommended).
2 years of the same language [other than English].

f. Visual and Performing Arts: (1 year required).
1 year of a visual or performing arts course [gr]

g. Electives: (1 year required).
1 year of an elective listed on the “a-g” course list.

California State University

a. History/Social Science: (2 years required).
1 year World History [gr], 1 year U.S. History [gr],
1 year American Government/Economics [gr].

b. English: (4 years required).
1 year each of 9th, 10th, 11th, 12th grade English [gr]

c. Mathematics: (3 years required).
1 year Algebra 1 [gr], 1 year Geometry [gr],
1 year Algebra 2 or Algebra 2/Trigonometry

d. Lab Science: (2 years required).
1 year Biology [gr], 1 year Chemistry or Physics

e. Language: (2 years required).
2 years of the same language [other than English].

f. Visual and Performing Arts: (1 year required).
1 year of a visual or performing arts course [gr]

g. Electives: (1 year required).
1 year of an elective listed on the “a-g” course list.

Note: students should refer to these courses if they are planning on attending college after graduation

a. History/Social Science: (2 years required)

World Cultures and Geography

World History or World Studies [pending]

AP World History

U.S. History or American Studies

AP US History

American Government

AP American Government

b. English: (4 years required).

English 1

English 2 or World Studies [pending]

English 3 or American Studies

English 4

AP Language and Composition

AP Literature and Composition

Science Fiction Literature

Expository Reading and Writing Course

c. Mathematics: (3 years required; 4 recommended).

Algebra 1♦

Algebra 2♦

Algebra 2 and Trigonometry

Geometry♦

Pre-Calculus

AP Calculus AB*

AP Statistics

d. Lab Science: (2 years required; 3 recommended).

Biology

AP Biology

Chemistry

AP Chemistry

Physics

AP Physics

Anatomy and Physiology

Biotechnology

e. Language: (2 years required; 3 recommended).

French 1♦, 2, 3, 4

AP French Language

German 1♦, 2, 3, 4

Spanish 1♦, 2, 3, 4

AP Spanish Language

Spanish for Spanish Speakers 1♦, 2

Chinese Mandarin 1♦, 2, 3

f. Visual and Performing Arts: (1 year required).

Beginning Art♦, Intermediate Art, Advanced Art, AP Studio Art, Introduction to Art History, AP Art History, Animation♦, Advanced Animation, Photography 1♦, Photography 2, Graphic Design 1, Graphic Design 2 [pending], ROP The Art of Video Production♦, ROP Advanced Video Production, ROP Digital Arts/Designs for the Web, A Cappella Choir, Concert Choir, Jazz Band, Orchestra, Select Singers, Women's Ensemble, Symphonic Band, Theatre Arts 1♦, Theatre Arts 2♦, Theatre Arts 3♦

g. Electives: (1 year required). All course listed "a-f" above qualify as a "g" elective unless marked with a [♦]

Economics, AP Economics, Creative Writing, Journalism, Peace and Conflict Studies, Speech and Debate, Earth Science, Environmental Science, AP Environmental Science, Forensic Science, PUSH 12 (pending), Psychology within Society, AP Psychology, ROP Sports Medicine, Child Development

Note: student athletes should familiarize themselves with this page and the resources listed here, as well.

English:

English 1, 2, 3, 4
American Studies (English)
World Studies (English)
AP Language and Composition
AP Literature and Composition
Science Fiction Literature
Speech and Debate
Creative Writing
Journalism

Social Science:

World Cultures/Geography
World History
US History
American Government
Economics
World Studies (World History)
American Studies (US History)
AP World History
AP U.S. History
AP American Government
AP Economics
Psychology Within Society
AP Psychology

Mathematics:

Algebra 1
Geometry
Algebra 2
Algebra 2 and Trigonometry
Calculus
AP Calculus
Intensified Algebra
Pre-Calculus
AP Statistics

Natural/Physical Science:

Anatomy & Physiology
Biology
AP Biology
Biotechnology
Chemistry
AP Chemistry
Earth Science
Environmental Science
Forensic Science
Geology
Physical Science
Physics
AP Physics

Additional Core Courses:

French 1, 2, 3, 4
AP French Language
German 1, 2, 3, 4
Spanish 1, 2, 3
AP Spanish Language
Spanish for Spanish Speakers 1, 2

After the start of sophomore year, student athletes should complete online registration at www.eligibilitycenter.org For ACT and SAT college tests use “9999” code, this sends official scores directly to the NCAA Eligibility Center.

The NCAA is made up of three classifications that are known as Divisions I, II and III. Each division creates its own rules governing recruiting and eligibility. Student athletes should download (pdf): A Guide for the College Bound Student Athlete. For more information regarding eligibility, NCAA customer service is 317-917-6222.

Core Program

Students are randomly enrolled in one of four core building communities (B, C, D or E) and remain throughout their tenure at FHS. The building communities consist of an assistant principal, counselor and secretary. This structure allows students to experience a smaller, more personal educational community while attending FHS.

Academy Program

There are currently three academies at FHS, each with a particular focus and career paths defined by majors. A major consists of a series of related courses within a career orientation. Enrollment in an academy is voluntary for students and staff. The goal is to provide the student, at the completion of the academy program, the option of entering the job market, enrolling at a community college or technical school, or pursuing collegiate studies with a clearly articulated academic background in a particular area. Students who complete an academy program are honored at graduation with a special designation, such as a stole, medallion or pin. Students are encouraged to explore our academy offerings and join the academy that best fits their personal interests and post-high school goals.

Students are encouraged to explore and learn about our academy offerings as freshmen and then join an academy during their sophomore or junior year, if they choose to do so. More academy information can be found on the following pages for our three academies: Professional Human Development (PHD); Communications; and Science Technology, Engineering and Mathematics (STEM).

ROP Program

Operated by the Contra Costa County Office of Education, the Regional Occupational Program is a primary source of career training for high school students in our county. State certified teachers, high tech equipment and a commitment to students ensure a positive learning experience. Located on high school campuses, ROP courses are part of a student's regular high school schedule. Students complete 90-540 hours of sequenced curriculum and earn high school graduation credits and/or college units. Students can earn Certificates of Proficiency. Students must be a 16-year-old junior or senior to be enrolled in ROP courses. For more information, go to www.cocoschools.org/rop.

ROP Advantages

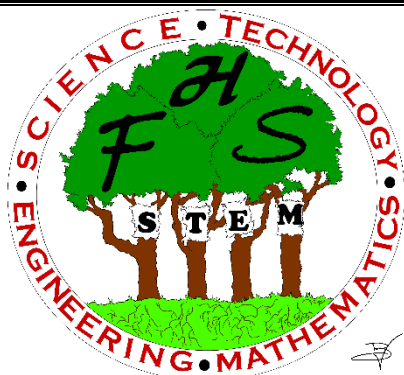
Students can use ROP courses to gain employment skills, explore a career field, get a head start on their college major, or "try out" a career choice through internships available in many classes. Many students use their newly acquired skills to work part-time after graduation to help pay college expenses.

ROP Goals

Students should leave an ROP class with the following skills:

- Demonstrate effective skills in oral and written **communication**.
- Demonstrate **job skills** and the behavior and work ethic valued by employers.
- Demonstrate the ability to be critical, complex and creative **thinkers**.
- Work productively both as individuals and as **team members**.

*Are you interested in a career in the sciences,
technology, engineering or mathematics?*



Science, Technology, Engineering and Mathematics Academy

The STEM Academy offers a range of electives in the areas of mathematics, engineering, technology and the sciences. Our focus is student success in high school and beyond. We offer certificates in many major pathways. In addition, the STEM Club organizes our annual science and technology fair, field trips and activities to enrich student's high school experience. The STEM Academy is currently coordinated by Mr. Clarke (P10) and Mrs. Bruins (C211)

STEM *is for you!*

To earn a STEM Certificate:

- Complete the requirements in your chosen pathway
- Meet the UC/CSU course requirements for graduation
- Participate in community service activities
- Present a senior project developed by you to the FHS community
- Maintain a GPA of 3.0 in core and STEM related courses

Earning a STEM Certificate is as easy as ABC and these are the benefits:

- You will get special recognition on graduation day.
- You will meet the course requirements for the UC/CSU systems.
- Demonstrate your commitment to your academic success when you apply for a job or college
- You have nothing to lose and a lot to gain if you try to earn the certificate

STEM Pathway	Career pathways
Engineering	<ol style="list-style-type: none"> Architectural and Structural Engineering Computer Hardware, Electrical, and Networking Engineering Engineering Design Engineering Technology Environmental and Natural Science Engineering Public utilities
Technology	<ol style="list-style-type: none"> Information Support and Services Media Support and Services Network Communications Programming and Systems Development
Research Sciences	<ol style="list-style-type: none"> Life sciences Physical sciences
Mathematics	<ol style="list-style-type: none"> Applied mathematics Theoretical mathematics



Freedom High School's Professional Human Development Academy (PHD) seeks students with a desire to make a difference in our world! Students selecting this academy will focus on careers that provide services to others in society. Elective courses in our academy give students the opportunity to have real life experiences. The PHD Academy prepares students to meet their future by exploring careers, offering exciting elective courses and allowing students to job shadow in their specific field or career.

Our Professional Human Development Academy elective courses focus on the following career choices...



All students involved in the PHD Academy must take the following courses: Psychology or AP Psychology and Algebra 2 or a 3rd year of Math or 3 years of a foreign language.

Majors	Courses
Fire Science 30 Units	<u>Required Courses:</u> ROP Fire Science, Strength & Fitness <u>Electives:</u> Chemistry, Peace & Conflict, Child Development
Law Enforcement/Armed Forces 30 Units	<u>Required Courses:</u> ROP Law Enforcement, Strength & Fitness <u>Electives:</u> AP Government, Peace & Conflict, Forensic Science, Child Development
Law 30 Units	<u>Required Courses:</u> AP Government <u>Electives:</u> Peace & Conflict, Speech & Debate, Forensic Science, ROP Law Enforcement
Medicine/Sports Medicine 30 Units	<u>Required Courses:</u> Anatomy & Physiology, Sports Medicine <u>Electives:</u> Chemistry, AP Biology, Biotechnology, Physics
Psychology 30 Units	<u>Required Courses:</u> AP Psychology <u>Electives:</u> Peace & Conflict, Anatomy & Physiology, Chemistry, AP Biology
Teaching 30 Units	<u>Required Courses:</u> Child Development, ROP Careers in Education, Job Shadowing <u>Electives:</u> Peace & Conflict
Veterinary Medicine 30 Units	<u>Required Courses:</u> Anatomy & Physiology, Zoology <u>Electives:</u> Chemistry, AP Biology, AG Science

COMMUNICATIONS ACADEMY

Our Mission:

The Communications Academy seeks to build a community of self-directed learners who specialize in communication, collaboration, and creative problem solving. Students view media with an intellectual and critical perspective, and they are encouraged to apply the skills they have gained from academy classes to higher education as well as future careers in design and communications.

Mass Communications/ Multimedia

- Animation
- Graphic Design I/II
- ✓ ROP Digital Arts (Web Design)
- Radio Broadcasting
- ✓ ROP Art of Video Production
- Advanced Video Production
- Photo I/II
- Computer Keyboarding
- Leadership

Business/Marketing

- Speech and Debate
- Business Communication
- ✓ Introduction to Marketing
- Journalism
- Radio Broadcasting
- ✓ Introduction to Business
- Graphic Design I/II
- Leadership
- Yearbook
- *4 Years Foreign Language
- Personal Finance

Journalism/ Photojournalism

- Yearbook
- ✓ Journalism
- ✓ Photo I/II
- Creative Writing
- Graphic Design I/II
- AP English 3/4
- Computer Keyboarding
- ROP Digital Arts

Fine Arts

- Photo I/II
- Beginning Animation
- Advanced Animation
- ✓ Beginning Art
- Intermediate Art
- Advanced Art
- AP Studio Art
- Intro to Art History
- ✓ AP Art History

Performing Arts

- ✓ Theater I, II, III
- Beginning Guitar
- Orchestra
- Concert Band
- Speech and Debate
- Symphonic Band
- ✓ Music Appreciation
- Women's Ensemble
- Select Singers
- Men's Chorus
- A'Cappella Choir
- Jazz Band

Speech Communications/ Rhetoric

- AP Art History
- Introduction to Art History
- ✓ Creative Writing
- Science Fiction
- *4 Years Foreign Language
- American Studies
- World Studies
- AP English 3/4
- ✓ Speech and Debate
- Poetry

To earn Academy honors upon graduation, a student must complete 70 units in their chosen pathway which includes the two capstone courses required in that major and a portfolio. In exchange, a student may opt to complete a large scale community outreach project their senior year (with academy approval).

Three years of world language classes are required in addition to the coursework listed above.

Four-Year Plan Samples

The following is a **SAMPLE** four-year plan meeting the minimum UC* and CSU entrance requirements:

9th Grade Courses (Core Program)	
Fall Semester	Spring Semester
1) English 1	1) English 1
2) Algebra 1/Geometry	2) Algebra 1/Geometry
3) World Cltrs/Geog	3) World Cltrs/Geog
4) Earth Sci./Biology	4) Earth Sci./Biology
5) Physical Education	5) Physical Education
6) Elective	6) Elective
7) World Language	7) World Language
8) Study Hall	

10th Grade Courses (Core Program)	
Fall Semester	Spring Semester
1) English 2	1) English 2
2) Geometry 1	2) Geometry 1
3) World History	3) World History
4) Biology	4) Biology
5) Physical Education	5) Physical Education
6) World Lang. 2	6) World Lang. 2
7) Health/Elective	
8) Study Hall	

11th Grade Courses (Core Program)	
Fall Semester	Spring Semester
1) English 3 or American Studies	1) English 3 or American Studies
2) U.S. History or American Studies	2) U.S. History or American Studies
3) Algebra 2	3) Algebra 2
4) World Lang. 3	4) World Lang. 3
5) Chemistry or Physics	5) Chemistry or Physics
6) Elective	6) Elective
7) Elective	7) Elective
8) Study Hall	

12th Grade Courses (Core Academy)	
Fall Semester	Spring Semester
1) English 4	1) English 4
2) Economics	2) American Gov't
3) Math Elective (Upper Level)	3) Math Elective (Upper Level)
4) World Lang. 4	4) World Lang. 4
5) Science Elective (Upper Level)	5) Science Elective (Upper Level)
6) U.C. Eligible Elective	6) U.C. Eligible Elective
7) U.C. Eligible Elective	
8) Study Hall	

The following is a **SAMPLE** four-year plan meeting the minimum Freedom High School graduation requirements:

9th Grade Courses (Core Program)	
Fall Semester	Spring Semester
1) English 1	1) English 1
2) Algebra 1	2) Algebra 1
3) World Cltrs/Geog	3) World Cltrs/Geog
4) Earth Sci.	4) Earth Sci.
5) Physical Education	5) Physical Education
6) Elective	6) Elective
7) Elective	7) Elective
8) Study Hall	

10th Grade Courses (Core Program)	
Fall Semester	Spring Semester
1) English 2	1) English 2
2) Geometry 1	2) Geometry 1
3) World History	3) World History
4) Biology	4) Biology
5) Physical Education	5) Physical Education
6) Health	6) Elective
7) Elective	7) Elective
8) Study Hall	

11th Grade Courses (Core Program)	
Fall Semester	Spring Semester
1) English 3 or American Studies	1) English 3 or American Studies
2) U.S. History or American Studies	2) U.S. History or American Studies
3) Algebra 2	3) Algebra 2
4) Visual/Performing Arts or World Lang.	4) Visual/Performing Arts or World Lang.
5) Physics or Elective	5) Physics or Elective
6) Elective	6) Elective
7) Elective	7) Elective
8) Study	

12th Grade Courses (Core Academy)	
Fall Semester	Spring Semester
1) English 4	1) English 4
2) Economics	2) American Gov't
3) Elective	3) Elective
4) Elective	4) Elective
5) Elective	5) Elective
6) Elective	6) Elective
7) Elective	
8) Study Hall	

Four-Year Plan Worksheet

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Grade	Required Courses	Student Courses	Grade	Credit	Career Information and Plans
9 (70 cr)	English 1				Career Goal/Major: Supporting Activities: (9-12)
	Math				
	Earth Science or Biology				
	Physical Education				
	World Cultures & Geog.				
	Elective				
	Elective				Total credits to date:
Study Hall					
10 (140 cr)	English 2				Career Goal/Major: Academy Emphasis: If college bound: PLAN High School Exit Exam: Math English/Language Arts Total credits to date:
	Math				
	World History				
	Biology				
	Physical Education				
	Elective				
	Elective				
Study Hall					
11 (210 cr)	English 3				Career Goal/Major: Academy Emphasis: If college bound: PSAT SAT SAT ACT High School Exit Exam: Math English Total credits to date:
	Math/Elective				
	U.S. History				
	Elective				
	Elective				
	Elective				
	Elective				
Study Hall					
12 (270 cr)	English 4				Career Goal/Major: Academy Emphasis: SAT ACT High School Exit Exam: Math English 20 hours community service: Total credits to date:
	Math/Elective				
	Amer. Govt./Economics				
	Elective				
	Elective				
	Elective				
Post High School Goal:					

As you read this catalog, carefully consider the following before selecting your courses for the next year:

1. **Graduation Requirements:** select the courses you need to meet district graduation requirements
2. **College Entrance Requirements:** select courses you need to meet college entrance requirements
3. **Career Plans:** select academy courses that can help you explore possible future career options
4. **Parent Approval:** talk with parents about your choices and have them sign the course request form
5. **Teacher Recommendation:** discuss course choices with teachers and get their recommendations

Note: courses repeated for a grade improvement may not earn credit. See your counselor for more information.

Freedom High School Class Change Policy

Student schedules may shift during the first ten days of the term to balance crowded classrooms. Requests for schedule changes will generally only be granted for the following reasons:

1. **Level Changes:** for example, Algebra 2 to Algebra 1 or Spanish 3 to Spanish 2.
2. **Graduation Requirements:** to makeup credits or fulfill graduation requirements.
3. **College Entrance Requirements:** to meet UC/CSU entrance requirements.

FYI: Teacher preference will not be considered when making schedule changes. Any courses dropped after three (3) weeks may result in a withdraw “F.”

The Homework Center at Home: Tips for Parents

When designing a home environment appropriate to your student’s learning style, consider the following:

1. Identify the physical space where studying and quiet reading can occur.
2. Secure the resources (e.g. paper, pens, dictionary, etc.) that your student will need.
3. Establish a routine time for homework and balance that with a routine time for play.
4. Promote effective time management skills (cover all subjects and long-range projects).
5. Encourage activities that require reasoning, computation, and problem-solving skills.
6. Encourage activities that require building things, fixing things, cooking, etc.
7. Monitor television and computer use and encourage viewing that is educational.
8. Two books some parents have said helped in raising adolescent children:

Raising Self Reliant Children in a Self-Indulgent World Authors: Nelson and Glenn

What Kids Need to Succeed: Proven Practical Ways to Raise Good Kids Authors: Benson, et al.

Beginning Art

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) requirement
Donation: \$20 per semester

A standards-based class for beginning art students. Previous art experience is not necessary. The students use a wide variety of materials to create art projects; e.g. pencils, charcoal, ink, colored pencils, acrylic paint, watercolors, chalk and oil pastels. Included in the first 18 weeks is an introduction to the elements and principles of art, contour line drawing, value and contrast, color theory, and painting. Included in the second 18 weeks will be painting, printmaking, an introduction to sculpture and graphic design, still life drawing, portraiture and perspective.

Intermediate Art

Level: 10-12
Length: Year (10 credits); repeat to 20 credits
Prerequisite: Beg. Art or instructor approval
Graduation: Fine Arts or elective credit
College Prep: VAPA (f) or elective (g) requirement
Donation: \$20 per semester

A standards based class, Intermediate Art expands concepts and skills gained in Beginning Art, such as design concepts and harmonious relationships between line, value, color, texture, and form. The student will use a wide variety of techniques and materials to create individual projects. Examples of assignments are figure drawing, still life, self-portrait, company logo, advertising design.

Advanced Art

Level: 11-12
Length: Year (10 credits); repeat to 20 credits
Prerequisite: Beg. Art, Int. Art, or instructor approval
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement
Donation: \$20 per semester

Advanced Art expands student knowledge of harmonious relationships between line, value, color, texture and form gained in Beginning and Intermediate Art. Students use a wide variety of techniques and materials to create silkscreen designs, compact disc covers, company trademark designs, etc. Additionally, students utilize various research skills to produce written and oral projects pertaining to art history and aesthetics.

Advanced Placement (AP) Studio Art

Level: 10-12
Length: Year (10 credits)
Prerequisite: Beg. Art, Int. Art and Adv. Art
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement
Donation: \$20 per semester

AP Studio Art is a college level course that enables students to do college-level work in studio art while still in high school. AP Studio Art is not based on a written examination, but instead candidates submit a portfolio of work for evaluation at the end of the school year. Three sections of the portfolio are: A. Quality – the development of a sense of excellence in art. B. Concentration – a commitment in depth to a particular artistic concern. C. Breadth – a variety of experiences in the formal, technical, and expressive means available to an artist. Students may select to do either a Drawing, 2-D, or 3-D Portfolio. Students may repeat the course for each of the 3 portfolio selections. A mandatory parent meeting is held in the Spring semester.

Animation

Level: 10-12
Length: Year (10 credits)
Prerequisite: Beg. Art
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) requirement
Donation: \$10 per semester

This course focuses on the computer applications of three dimensional design and animation. It introduces the basics of 3D animation and modeling using Animation Master. Students learn professional animation production techniques. Mastering these fundamental skills is essential for a career in the digital industry.

Advanced Animation

Level: 11-12
Length: Year (10 credits); repeat to 20 credits
Prerequisite: Animation and Beg. Art
Graduation: Fine Arts requirement or elective credits
College Prep: VAPA (f) or elective (g) requirement
Donation: \$10 per semester

This course will further explore the techniques of traditional, and computer animation techniques to help students build a strong portfolio for college/career goals in the field of animation.

Graphic Design 1

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Fine Arts requirement
College Prep: VAPA (f) requirement
Donation: \$20 per semester

This is an introductory course for students interested in pursuing a career in Graphic Design. Students will be introduced to the vocabulary and history of design as it pertains to print based media. They will build skills in Adobe Photoshop and Illustrator 6 while creating CD covers, menus, posters, logos and illustrations.

Graphic Design 2 (Pending)

Level: 10-12
Length: Year (10 credits)
Prerequisite: Graphic Design 1
Graduation: Fine Arts or elective requirement
College Prep: VAPA (f) requirement
Donation: \$20 per semester

This is an advanced level course for students interested in pursuing a career in Graphic Design. Students will further their knowledge of the vocabulary and history of design as it pertains to print based media.



Introduction to Art History

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Fine Arts or elective requirement
College Prep: VAPA ("f") requirement

This course is designed for any student that loves art, but feels they may not have the drawing or painting skills to feel comfortable in the traditional art program. This introductory art course will explore Art History from the Pre-Historic through Modern Times through art projects, research papers, slides, videos and group presentations. Students that are interested in architecture, archeology art criticism, painting, sculpture, geography and religious studies will enjoy this course. Students who may want to take AP Art History are encouraged to take this introductory course.

Advanced Placement (AP) Art History

Level: 10-12
Length: Year (10 credits)
Prerequisite: none
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement

An intensive course for the student interested in studying the effect of art on our world. Students participate in critiques and discussions of masterpieces. A research paper and field trip to a museum or gallery facilitate the students understanding of art as history. Serious students with strong writing skills should be able to pass the advanced placement exam for college credit. Students will be charged a fee for A.P. Testing. A mandatory parent meeting is held in the Spring Semester.

Photography I

Level: 10-12
Length: Year (10 credits); repeat to 20 credits
Prerequisite: None
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) requirement
Donation: \$20 per semester

An introduction to photography that exposes students to a variety of technical skills related to control of cameras, exposure meters, light, film, developers, enlargers, and print papers. Communication skills related to translation of ideas and concepts into effective visual images and communication design concepts are also elements of the course. Students study advanced technologies related to photography.

Photography II

Level: 10-12
Length: Year (10 credits)
Prerequisite: Photography I
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement
Donation: \$20 per semester

Photography II is an advanced photography course. This course will provide students with the opportunity to extend and advance their knowledge and skills in the field of photography. This course will familiarize the student with advanced photographic equipment, materials, methods and processes. It will require the student to produce digital images, using digital cameras, scanners, Photo Shop, Indesign, and other computer technology.

Publications/Graphic Art (Yearbook)

Level: 9-12
Length: Year (10 credits); repeat to 40 credits
Prerequisite: Application process
Graduation: Fine Arts requirement

This course teaches basic production techniques which focus on copy writing, placement, layout design and continuity, photographic processes, advertising, marketing, sales promotion, and how to meet deadlines. Opportunities in photography journalism, computer graphics and graphic design will be provided. The final product is the school yearbook.

Theater Arts I

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
College Prep: VAPA (f) requirement

Theater Arts I provides an introduction to theater as a discipline and art form. Students will study theater history and explore the way in which theater affects and is affected by its societal context. Through theater games and improvisation exercises, students will develop confidence, trust, and voice and movement skills. As they give and receive criticism on performances in and outside of class, students will apply evaluative criteria and appreciate excellence in performance.

Theater Arts II

Level: 10-12
Length: Year (10 credits)
Prerequisite: Theater Arts I or instructor approval
College Prep: VAPA (f) or elective (g) requirement

Theater Arts II is designed for the intermediate student who wants to build upon the skills learned in Theater Arts I. Through play analysis, scene work, and one-act play preparation and performance, students will build believable characters, apply basic technical theater skills, develop directing skills, and work effectively in an ensemble. Students will develop audition material.

Theater Arts III

Level: 11-12
Length: Year (10 credits)
Prerequisite: Theater Arts I and II or instructor approval
College Prep: VAPA (f) or elective (g) requirement

Theater Arts III builds upon the skills learned in Theater Arts I and II. Through participation in in-depth projects, students will apply directing, acting, technical, and dramaturgical skills. During these projects, they will write and adapt scripts. By exploring different theatrical genres, students will evaluate and appreciate a variety of production styles.

ROP The Art of Video Production

Level: 11-12
Length: Year (10 credits)
Prerequisite: Age 16
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) requirement

Video Production provides students the opportunity to develop basic video production techniques. Students design, shoot, edit, and produce video projects. Students use field and studio equipment to produce professional quality video programs.

ROP Advanced Video Production

Level: 11-12
Length: Year (10 credits)
Prerequisite: Video Production or instructor approval
Graduation: Elective credit
College Prep: VAPA (f) or elective (g) requirement

This is an advanced level course using computers and video equipment to plan, shoot, and edit video programs. Emphasis is on advanced level script writing, audio techniques, lighting, camera operation and editing. Computers are used as a creative and organizational tool for the purpose of producing high quality videos. Program styles include documentary, educational, and dramatic video production. Students use field and studio equipment to produce professional quality video programs.



Music Appreciation

Level: 9-12
Length: Semester (5 credits)
Prerequisite: None
Graduation: Fine Arts requirement or elective credit

Music Appreciation is a classroom music course designed to provide students with a source of aesthetic enjoyment through the study of music and its development - past and present. This course will include appreciation for music, dance, theatre, art and how these relate to the western world over the past two centuries. It will examine the effects each has had on the others and how conditions, political and social views and etiquette of the time compare with those of today.

Beginning Guitar

Level: 9-12
Length: Semester (5 credits); repeat to 10 credits
Prerequisite: None
Graduation: Fine Arts requirement or elective credit

Beginning Guitar introduces students to chords, theory, and accompaniment as well as notation, solos and ensembles. Performances are presented in class several times a quarter. Students must furnish their own equipment.

Beginning Band

Level: 9-12
Length: Semester (5 credits); repeat to 10 credits
Prerequisite: None
Graduation: One semester of Fine Arts requirement

Introduction to Band Instruments is an instrumental music class designed to introduce students to, and provide students with, a source of aesthetic enjoyment of, and an experience in ensemble playing. A number of extra-curricular performances are required part of this course. Students will need to have their own band instrument.

Orchestra

Level: 9-12
Length: Year (10 credits); repeat to 40 credits
Prerequisite: Instructor approval
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement

Designed primarily (but not solely) for students who play string instruments (i.e. violin, viola, cello, double bass) and/or experienced piano students. Students perform at various concerts, festivals, and occasions as well as the holiday and spring concerts. All performances are mandatory.

Concert Band

Level: 9-12
Length: Year (10 credits); repeat to 40 credits
Prerequisite: Instructor approval
Graduation: Fine Arts requirement or elective credit

Concert Band is a performance band for in-coming freshman and other musicians. Members of this group will become a Marching Band in the fall as they combine with Symphonic Band members to perform at all Freedom football games and local parades. Marching rehearsals will be held on Wednesday evenings from 6-8:30 p.m. Other performances will include holiday and spring concerts and music festival performances. All rehearsals and performances are mandatory.

Symphonic Band

Level: 10-12
Length: Year (10 credits); repeat to 30 credits
Prerequisite: Audition
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement

Symphonic Band is an advanced performance band for advanced high school musicians. Members of this group will become a Marching Band in the fall only, as they combine with Concert Band members to perform at all FHS football games and local parades. Marching rehearsals will be held on Wednesday evenings from 6-8:30 p.m. Other performances will include holiday and spring concerts as well as performances at other high schools, colleges, and festivals. All rehearsals and performances are mandatory.

Jazz Band

Level: 9-12
Length: Year (10 credits); repeat to 40 credits
Prerequisite: Concurrent enrollment in Orchestra, Symphonic or Concert Band and audition

Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement

Jazz Band is an advanced music and theory class for students wanting instruction and practice in the performance of jazz music. Many jazz styles are studied as well as music theory. All rehearsals and performances are required.

A'Cappella Choir

Level: 10-12
Length: Year (10 credits); repeat to 30 credits
Prerequisite: Audition
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement

A'Cappella Choir is an intermediate to advanced choral music class. Students must have had some vocal experience and be able to sing with a medium to high degree of skill. Emphasis will be on intermediate to advanced musicianship, vocal production and vocal/choral technique. At least one performance per quarter will be scheduled for the general public as well as performing/competing in various music festivals. All performances are mandatory.

Women's Chorus

Level: 9-12
Length: Year (10 credits); repeat to 20 credits
Prerequisite: None
Graduation: Fine Arts requirement

Women's Chorus is a choral music class designed for those students with little or no vocal experience. Emphasis is on musicianship, vocal production, and vocal techniques. All performances are required.

Men's Chorus

Level: 9-12
Length: Year (10 credits); repeat to 20 credits
Prerequisite: None
Graduation: Fine Arts requirement

Student must be able to match pitch. This will be determined by instructor during the first 2 weeks of the semester. Men's Chorus is a choral music class designed for young men with little or no vocal experience. Emphasis is on beginning musicianship, vocal production, and vocal technique. All performances are mandatory. At least one performance is scheduled per semester.

Select Singers

Level: 9-12
Length: Year (10 credits); repeat to 40 credits
Prerequisite: Concurrent enrollment in A'Cappella Choir or Women's Ensemble and audition

Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) or elective (g) requirement

Select Singers is an advanced choral music class designed for singers displaying a high degree of vocal/choral experience and skill. Emphasis is on more advanced facets of musicianship, vocal/choral production and vocal/choral technique. Participation in performances of the Select Singers is mandatory. *Students enrolled in this class must be concurrently enrolled in either A'Cappella Choir or Women's Ensemble.

Women's Ensemble

Level: 9-12
Length: Year Class (10 credits); repeat to 30 credits
Prerequisite: One year of Women's Chorus and audition
Graduation: Fine Arts requirements
College Prep: VAPA (f) or elective (g) requirement

Women's Ensemble is an intermediate choral music class designed for women with some vocal experience. Emphasis is on intermediate musicianship, vocal production, and vocal/choral technique. All performances are required. At least one performance is scheduled per semester.

Parent/Guardian and student must sign an Acceptable Use Policy contract prior to students using computers on campus. (Contract available at walk-thru registration.)



Computer Keyboarding I

Level: 9-12
Length: Semester (5 credits)
Prerequisite: None
Graduation: Elective credit

This class is intended to provide students who do not know the keyboard with basic keyboarding skills. Using the keyboard is essential for success in a majority of required classes for graduation and for future college/career requirements. Keyboarding I will focus on development of proper keyboard technique. Students are expected to learn the keyboard by touch. During this course, students will learn basic formatting of word processed documents.

Microsoft Office Basics

Level: 9-12
Length: Semester (5 credits)
Prerequisite: Keyboarding I or instructor approval
Graduation: Elective credit

This is a semester long course designed for students to learn the introductory aspects of Microsoft Office applications Word, Excel, Access and PowerPoint. Students produce complex word processing documents, spreadsheet layouts, multimedia presentations and databases. Students will create a personal web page and a fictitious business.

Computer Science with Java Programming

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Elective credit

This elective computer science course will introduce students to the fundamentals of computer programming using the Java language. Java is a modern, object-oriented language created by Sun Microsystems. The major advantage of Java includes its portability and use on the Internet. Emphasis is placed on event-driven programming methods, including creating and manipulating objects, classes, and using object-oriented tools such as the class debugger.

ROP Digital Arts/Designs for the Web

Level: 10-12
Length: Year (10 credits); repeat to 30 credits
Prerequisite: Age 16 and basic computer skills recommended
Graduation: Fine Arts requirement or elective credit
College Prep: VAPA (f) requirement

Students create, design and publish web pages from basic to interactive ones with talking characters, online games and animations. The class has its own web-server for students to place their web pages directly on the Internet. Students use professional programs like Dreamweaver, Flash, Fireworks, Photoshop, character animation, music creation, Podcasting programs. Students will use scanners, digital cameras and music programs to create multimedia projects for the web. Students learn HTML, CSS and all aspects of the web. Students will create a professional online portfolio. Students who complete the program successfully receive ROP certification for skills gained in this course.

Android Development Using Java Course

Level: 9-12
Length: Year (10 credits)
Prerequisite: Computer Science with Java Programming or approval teacher after preparedness test.
Graduation: Elective credit

Android Developments Using Java will introduce students to the highly sought after world of mobile app development using the Android platform. Students will gain a strong foundation in Java programming and the confidence to build successful mobile applications. The course will help reinforce students understanding of programming logic and Java tools for Android. As well as effectively prepare student programmers to meet growing business demand for mobile apps.

Design Drafting

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Fine Arts requirement or elective credit
Donation: \$20

Design Drafting is a one-year course designed to acquaint students with a pictorial language used throughout industry. The course teaches drafting fundamentals and provides hands-on experience for developing drafting skills and techniques. It is designed to provide the student with a background in basic mechanical and technical drawing. This course helps students develop problem-solving ability, interpret the ideas of others, and express themselves visually in an understandable manner. Drafting provides a wide range of skills that are transferable to many aspects of everyday life. Emphasis is on the basic use of traditional drafting equipment and the understanding of design/drafting principles as they apply, but are not limited to, future pursuits in the architectural and engineering career field.

Jumpstart to Engineering

Grades: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Elective credit
Donation: \$30

This is an introductory class designed to provide students with a hands-on approach to exploring the connections and relevance of science, engineering, and technology in science. The main component to the class is the design, construction, and analysis of several long term projects using computers as part of the design process.

Introduction to Business

Level: 10-12
Length: Semester (5 credits)
Prerequisite: Keyboarding or Practical Computing
Graduation: Elective credit

Introduction to Business is a survey of the private enterprise system. The course provides students with a broad background about the modern business world. It provides an in depth look at the basic business concepts, economics, types of ownership, organization and functions, the data and systems by which businesses are controlled. Topics include types of ownership, management principles, the internal organization, marketing, human resource management, finance and risk management.

Introduction to Marketing

Level: 11-12
Length: Semester (5 credits)
Prerequisite: None
Graduation: Elective credit

This is an introductory course to marketing activities in modern business firms. The major topics covered are: consumer behavior, market segmentation, marketing channels, marketing planning, marketing research, promotions, building customer relations, and execution of the marketing mix. The course emphasis is on the application of current marketing concepts pertaining to today's environment.

Exploring Computer Science

Level: 9-12
Length: Year (10 credits)
Prerequisite: Basic computer skills
Graduation: Elective credit

Exploring Computer Science is a yearlong course consisting of 6 units. The course was developed around a framework of both computer science content and computational practice. Assignments and instruction are contextualized to be socially relevant and meaningful for diverse students. Units utilize a variety of tools/platforms and culminate with final projects around the following topics: human computer interaction, problem solving, web design, programming, computing and data analysis and robotics.

Personal Finance

Level: 9-12
Length: Semester (5 credits)
Prerequisite: None
Graduation: Elective credit

This course introduces students to a way of thinking about personal financial decisions. Students learn to plan and manage their personal finances, achieve a financially successful life, and take responsibility as a citizen. Students think harder and farther about the larger and longer consequences of making financial decisions. Although many of the more practical aspects of personal finance will change over time, due to practices, technologies, customs, and laws, the fundamental awareness of ways to think about solving financial issues can always be useful.

Beginning Fashion Design and Construction

Level: 9-12
Length: Semester (5 credits)
Prerequisite: Concurrent enrollment in Beg. Art or instructor approval
Graduation: Fine Arts requirement or elective credit
Donation: \$20 per semester

This course will teach the basics of clothing construction and is designed as a prerequisite to intermediate/advanced Fashion Design and Theater Costume Design. Fundamentals of fabric composition and construction, pattern selection, layout and assembly will be taught. Students learn to use a sewing machine and will learn basic hand-sewing techniques. Students design the garments which they construct, combining their own ideas with resources on the Internet. Students are required to purchase their own fabric and patterns, as approved by the teacher.

Intermediate/Advanced Fashion Design and Construction

Level: 9-12
Length: Semester (5 credits); repeat to 20 credits
Prerequisite: Beg. Art, Beg. Fashion or instructor approval
Graduation: Fine Arts requirement or elective credit
Donation: \$20 per semester

This course is a continuation of Beginning Fashion Design and Construction. More emphasis will be placed on the creation of original designs. Emphasis will include color, line, texture and unique and individual styling. Students may use the Internet as well as computer programs to assist them with their designs. The class will culminate with a fashion show, which will be videotaped and may be broadcast. Students will be required to purchase their own fabric and patterns, as approved by the teacher.

Child Development

Level: 10-12
Length: Year (10 credits)
Graduation: Elective credit
College Prep: Elective (g) requirement

Child Development is a course which enables students to understand how to work with and care for children as they grow. Students learn how children from prenatal stages through age six grow physically, mentally, socially, and emotionally.

ROP Careers with Children

Level: 11-12
Length: Year (double-blocked class 20 credits)
Prerequisite: Age 16
Graduation: Elective credit

Students explore careers related to education through the study of child development, positive guidance techniques, curriculum development and health and safety. Active class participation is enhanced by fieldwork at school sites under the guidance of a mentor teacher. All students are required to observe and/or participate in a variety of settings and classrooms at the preschool, primary/elementary, middle/junior high, and secondary levels. Completion of this course with a B or better articulates with LMC courses Child Development 22 and 32 and may be worth up to 6 units of credit at LMC.

ROP Law Enforcement

Level: 11-12
Length: Year (10 credits)
Prerequisite: Age 16
Graduation: Elective credit

Students learn the structure and organization of the criminal justice system and gain knowledge of basic police procedures, regulations and responsibilities. Included is an overview of codified law and penal code, laws of arrest, search and seizure guidelines, patrol and investigations procedures, and emergency response, field trips to police stations and courtrooms. Emphasis is placed on developing awareness of citizens' rights and responsibilities, the realities of police work and the positive role of law enforcement in the community.

ROP Fire Science

Level: 11-12
Length: Year (10 credits)
Prerequisite: Age 16
Graduation: Elective credit

This class follows the California Firefighter 1 Curriculum and is also articulated with the Essentials of Firefighting 4th Edition Textbook. This class prepares students for future study of fire science, as well as providing them hands-on experience with firefighting equipment.

ROP Sports Medicine

Level: 11-12
Length: Year (10 credits)
Prerequisite: Age 16
Graduation: Elective credit
College Prep: Elective (g) requirement

Areas covered in this course are human anatomy, physiology, nutrition, equipment fitting, prevention, evaluation, and treatment of injuries. This course includes CPR certification and first aid. (Internship at sporting events is required.)

ROP Sports Medicine II

Level: 11-12
Length: Year (10 credits)
Prerequisite: Age 16, ROP Sports Medicine I, Anatomy and Physiology (may be concurrently enrolled)
Graduation: Elective credits

This course provides classroom instruction and practical experience in the field of sports medicine and fitness. Students learn human anatomy, first aid, CPR, taping and wrapping skills, injury prevention, rehabilitation and care, nutrition, and exercise physiology. This prepares students for careers in the field of sports medicine. Students complete five hours per week of classroom instruction, plus an additional five hours per week of internship. Students study advance course work in this area.

Basic Electronics

Level: 9-12
Length: Semester (5 credits)
Prerequisite: None
Graduation: Elective credit
Donation: \$20 per semester

Students learn the fundamentals of electricity and how it is used and controlled in electronic circuits. Students learn practical skills for solving real-life problems. Students write explanations of component and circuit functions as part of ongoing lab work. For the final project, students write in-depth reports detailing the construction and operation of their devices.

School To Career

English Fundamentals

Level: 9-12
Length: Year (10 credits)
Prerequisite: Low CST test results may require concurrent enrollment in this course and English 1
Graduation: Elective credit

English Fundamentals is a support class that students must take if they scored Far Below or Below Basic on their 8th grade California Content Standards Test. This class will review the fundamentals of grammar, word analysis, and improve students' reading comprehension.

English 1

Level: 9
Length: Year (10 credits)
Prerequisite: None
Graduation: Year 1 English requirement
College Prep: Year 1 English (b) requirement

English 1 is a core literature-based language arts course integrating literature, writing, grammar, mechanics, speaking and listening, vocabulary development, reading skills, and study skills.

English 2

Level: 10
Length: Year (10 credits)
Prerequisite: English 1
Graduation: Year 2 English requirement
College Prep: Year 2 English (b) requirement

English 2 is a core literature-based program integrating literature with writing, grammar, mechanics, speaking and listening, vocabulary development, reading skills, and study skills.

English 3

Level: 11
Length: Year (10 credits)
Prerequisite: English 2
Graduation: Year 3 English requirement
College Prep: Year 3 English (b) requirement

English 3 is a core literature-based program integrating the study of American literature with writing, speaking and listening, vocabulary development, reading skills, and study skills.

English 4

Level: 12
Length: Year (10 credits)
Prerequisite: English 3
Graduation: Year 4 English requirement
College Prep: Year 4 English (b) requirement

English 4 is a core literature-based program integrating the study of British literature with grammar, mechanics, speaking and listening, vocabulary development, reading skills, and study skills. This course is designed for the college bound student.

**World Studies Program**

Level: 10
Length: Year (double-blocked class 20 credits)
Prerequisite: English 1
Graduation: Year 2 English and World Hist requirement
College Prep: Year 2 English (b) and World Hist (a) requirement

World Studies integrates English 2 and World History, and is designed to explore world culture and the major turning points in world history to make connections between real life history and American literature. The course will review the rise of democracy through nation building of modern day.

American Studies Program

Level: 11
Length: Year (double-blocked class 20 credits)
Prerequisite: English 2
Graduation: Year 3 English and US History requirement
College Prep: Year 3 English (b) and US History (a) requirement

American Studies integrates English 3 and U.S. History, and is designed to explore American culture and the major turning points in U.S. history to make connections between real life American History and American literature. The course will review the rise of democracy and the industrial and technological transformations.

Advanced Placement (AP) Language and Composition

Level: 11-12
Length: Year (10 credits)
Prerequisite: English 2
Graduation: Year 3 English requirement
College Prep: Year 3 English (b) or elective (g) requirement

Advanced Placement Language and Composition is equivalent to a college or university Freshman Composition course and prepares students to take the Advanced Placement Language and Composition exam. Students will become skilled readers and analyzers of literary prose written from a variety of time periods. As a result of such analysis, students will become skilled writers who will be able to produce compositions for a variety of purposes. Through their writing and reading assignments, students learn the purpose and influence of literary prose. A mandatory parent meeting is held in the Spring Semester.

Advanced Placement (AP) Literature and Composition

Level: 12
Length: Year (10 credits)
Prerequisite: English 3
Graduation: Year 4 English requirement
College Prep: Year 4 English (b) or elective (g) requirement

Advanced Placement Literature and Composition is equivalent to a college or university Freshman Literary Survey course and prepares students to take the Advanced Placement Literature and Composition exam. A mandatory parent meeting is held in the Spring Semester.

Science Fiction Literature

Level: 12
Length: Year (10 credits)
Prerequisite: English 2 or English 3
Graduation: Year 4 English requirement, if student is a senior
College Prep: Year 4 English (b) or elective (g) requirement

Science Fiction will focus on the reading, analysis, interpretation, and evaluation of science fiction literature and film. The class stimulates students' interest in technology, fantasy, global thinking, and the future. Students will write analytical essays, book reviews, and creative stories. This English elective provides access to alternative literature.

Expository Reading and Writing Course

Level: 12
Length: Year (10 credits)
Prerequisite: English 3
Graduation: Year 4 English requirement
College Prep: Year 4 English (b) requirement

The goal of the Expository Reading and Writing Course is to prepare college-bound seniors for the literacy demands of higher education. Through a sequence of fourteen rigorous instructional modules, students in this yearlong, rhetoric-based course develop advanced proficiency in expository, analytical, and argumentative reading and writing.

English Language Development (ELD) 3

Level: 9-12
Length: Year (double-blocked class 20 credits)
Prerequisite: None
Graduation: 10 credits English and 10 credits elective

English Language Development 3 is a course designated for English Learners who score a 3 on the CELDT test. ELD 3 will advance a student's oral, listening, reading and writing skills and enhance their academic vocabulary. The goal is to prepare English Learners for mainstream academic curriculum.

Creative Writing

Level: 10-12
Length: Year (10 credits)
Prerequisite: English 1
Graduation: Elective credit
College Prep: Elective (g) requirement

Creative Writing is structured to build upon skills introduced in previous English courses. Focus is on the study of advanced composition, fiction, non-fiction, storytelling, poetry, and speech. The major project will be to produce a student literary magazine.

Speech and Debate

Level: 10-12
Length: Year (10 credits)
Prerequisite: English 1, 2, 3, or instructor approval.
Graduation: Elective credit
College Prep: Elective (g) requirement

Speech and Debate is a one-year course in oral communication with emphasis on public speaking. Research, writing, and oral techniques needed to develop effective oral presentations, debates, and oral interpretation intersperse the course.

Journalism

Level: 10-12
Length: Year (10 credits); repeat to 30 credits
Prerequisite: English 1 or instructor approval
Graduation: Elective credit
College Prep: Elective (g) requirement

Journalism provides an introduction to journalistic writing, non-fiction literature, and newspaper production, including news gathering, layout, advertising, and business management. The course focuses on the theoretical basis for scholastic freedom of press, the responsibilities of high school journalists, exclusion of First Amendment freedoms, and journalistic ethics.

Peace & Conflict Studies

Level: 10-12
Length: Year (10 credits)
Prerequisite: English 1 and World Cultures or World History
Graduation: Elective credit
College Prep: Elective (g) requirement

Peace & Conflict Studies explores the world of nonviolent solutions. Through readings and discussions, students will learn the skills of negotiation and conflict resolution. Students learn to view global human rights as part of their own cause, not something distinct from their personal life experience. Students learn why we need to end intolerance, racism, and violence in society. Topics like human rights, the environment, structural violence, justice, power, empathy, compassion, respect, tolerance, and freedom are covered

Poetry

Level: 10-12
Length: Year (10 credits)
Prerequisite: Successful completion of prior English class
Graduation: Elective Credit

Students explore the world of poetry, learn through a balance of formal study and creative writing, develop an appreciation for poetry and gain valuable experience in critiquing and analyzing literature. After learning a new element, students analyze published examples that employ the element, engage in discussions and write their own poetry. Students share poetry in formal and informal readings and critique and analyze their own as well as their classmates' writing.



French 1

Level: 9-12
Length: Year (10 credits)
Prerequisite: Enrolled in English 1 - 4
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

French 1 is a college-preparatory course that introduces students to the French language and culture. The course emphasizes basic communication skills, vocabulary building, reading and writing. A beginning key pal program and active cultural experiences are included. Students are able to relate to French teenagers' life through different media. French Internet sites are explored.

French 2

Level: 9-12
Length: Year (10 credits)
Prerequisite: French 1
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

Students will to communicate more fully in oral and written French. Students are able to expand their communications skills through interviews, oral presentations and an e-mail correspondence with French classes in the U.S.A. and the world. They maintain a class web page. They also plan and write (in French) an itinerary for a trip to Paris. A grade C or better in previous French class will assure greater success in this class.

French 3

Level: 10-12
Length: Year (10 credits)
Prerequisite: French 2
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

French 3 challenges students to speak, read and write at more advanced levels. Students "visit" French-speaking areas such as Africa, Canada, France, Switzerland, and Tahiti. They read about and discuss the culture and literature of these areas through various sources including the Internet. They write a journal of each trip and complete individual and group multimedia projects. Various folk and fairy tales are also part of the course of study. Students are encouraged to speak and write with greater fluency and detail. French is spoken most of the time in class.

French 4

Level: 10-12
Length: Year (10 credits)
Prerequisite: French 3
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

French 4 challenges students to speak, read and write at an advanced level and to learn more complex grammatical construction. Students read short stories, plays and other French literature and write short compositions to gain language ability and literary understanding. Instruction only is almost exclusively in French with minimal clarification in English. Students complete individual and group projects using multimedia technology and continue learning about French culture, geography and history from various sources. A grade of C or better in previous French class will assure greater success in this class.

Advanced Placement (AP) French Language

Level: 10-12
Length: Year Class (10 credits)
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

AP French 5 is a college level course emphasizing the use of language for active communication and helping students develop the following: the ability to understand spoken French in various contexts, a vocabulary sufficiently ample for reading newspaper and magazine articles, literary texts, and non -technical writing without dependence on a dictionary, the ability to express themselves coherently, resourcefully, and with fluency and accuracy in both written and spoken French. The course seeks to develop skills (reading, writing, listening, and speaking) used in various activities and disciplines rather than to cover any specific body of subject matter. Extensive training in the organization and writing of compositions is emphasized. A mandatory parent meeting is held Spring Semester.

German 1

Level: 9-12
Length: Year (10 credits)
Prerequisite: Enrolled in English 1 - 4
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

German 1 is a college-preparatory course that introduces students to the German language. Students achieve basic proficiency in speaking, reading, writing and comprehension, and begin building a German vocabulary. Instruction is provided in German with clarification in English to assure student understanding. Students complete individual and group projects. Students explore German culture, geography and history through German books, periodicals and internet sites.

German 2

Level: 10-12
Length: Year (10 credits)
Prerequisite: German 1
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

German 2 expands the student's ability to communicate in German. Students improve their skills in speaking, reading, writing and comprehension, and enlarge their German vocabulary. Students correspond via e-mail with other students in German classes, make oral presentations including visual aids, and maintain a class Internet site. Students continue learning about culture, geography and history from German-language books, periodicals and Internet sites. A grade C or better in previous classes will assure greater success.

German 3

Level: 10-12
Length: Year (10 credits)
Prerequisite: German 2
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

German 3 challenges students to speak, read and write at an advanced level and to learn more complex grammatical construction. Students read short stories, plays and other German literature and write short compositions to gain language ability and literary understanding. Instruction is almost exclusively in German with only minimal clarification in English. Students complete individual and group projects using multimedia technology and continue learning about German culture, geography and history from various sources including the Internet.

German 4

Level: 10-12
Length: Year (10 credits)
Prerequisite: German 3
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement

German 4 challenges students to speak, read and write at an advanced level and to learn more complex grammatical construction. Students read short stories, plays and other German literature and write short compositions to gain language ability and literary understanding. Instruction only is almost exclusively in German with minimal clarification in English. Students complete individual and group projects using multimedia technology and continue learning about German culture, geography and history from various sources including the Internet. Students in German 4 have the option of taking the German Advanced Placement examination.



Spanish 1

Level: 9-12
Length: Year (10 credits)
Prerequisite: Enrolled in English 1 - 4
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement
 Spanish 1 is an introduction to Spanish emphasizing basic vocabulary, grammar and sentence structure. Learning the basics of speaking and writing in Spanish could be integral to securing a better job in the future. It can also make travel in Spanish-speaking countries more enjoyable.

Spanish 2

Level: 9-12
Length: Year (10 credits)
Prerequisite: Spanish 1, or Spanish 1 in 8th grade.
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement
 Spanish 2 students continue to practice speaking, reading, and writing in Spanish. They learn some practical conversational skills as well as learn about some countries and cultures where Spanish is spoken. Students may be asked to keep journals with short entries and incorporate what they have learned into short essays. A grade C or better in previous Spanish class will assure greater success in this class.

Spanish 3

Level: 10-12
Length: Year (10 credits)
Prerequisite: Spanish 2 or SpSpSpeak or instructor approval
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement
 Students are challenged to read, write, and speak at more advanced levels. They read short stories and excerpts from Hispanic literature. They also write original compositions and conversations in Spanish, which may include informal productions of skits or the keeping of a journal. Hispanic culture is also interwoven into the course for greater cross-cultural understanding. Some new grammar is introduced and previously learned grammar is strongly reinforced. A grade C or better in previous Spanish class will assure greater success in this class.

Spanish 4

Level: 10-12
Length: Year (10 credits)
Prerequisite: Spanish 3 or SpSpSpeak or instructor approval
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement
 Spanish 4 will continue expanding students' ability to communicate in Spanish. Students will continue increasing their vocabulary and reading and writing skills. They will also continue to learn more about the culture of the countries where Spanish is spoken.

Advanced Placement (AP) Spanish Language

Level: 9 – 12
Length: Year (10 credits)
Graduation: Fine Arts/World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement
 This college-level course emphasizes Spanish for active communication, covering oral skills, reading comprehension, grammar, and composition. It develops useful language skills that can be applied to various activities and disciplines. It focuses on: comprehension of formal and informal spoken Spanish; acquisition of vocabulary; accurate reading of newspapers, magazines, and modern Spanish literature, composition of expository passages, and expression of ideas orally with accuracy and fluency. It provides extensive training in the organization and writing of compositions. A mandatory parent meeting is held Spring Semester.

Spanish for Spanish Speakers I

Level: 9-12
Length: Year Class (10 credits)
Prerequisite: Native Spanish speaker
Graduation: World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement
 This course is designed for fluent speakers in basic Spanish who need further development of academic Spanish. It emphasizes vocabulary development, listening comprehension, grammar, reading and writing skills. Students will be expected to read and analyze simple literature.

Spanish for Spanish Speakers II

Level: 10-12
Length: Year (10 credits)
Prerequisite: Native Spanish speaker. SpSpSpeakers I
Graduation: World Language requirement
College Prep: 1 year World Lang. (e) or elective (g) requirement
 This course is a continuation course of Spanish for Spanish Speakers I. Students continue to develop their skills in reading, writing, and speaking including writing an autobiography. Students study a variety of Hispanic literature (i.e. short stories, oral history, poetry and drama).



Algebra 1

Level: 9-12
Length: Year (10 credits)
Prerequisite: Placement based on LUHSD criteria
Graduation: Algebra 1 requirement
College Prep: Math (c) requirement

Algebra 1 is a college preparatory, standards based math course built around problems designed to teach concepts, short writing assignments, and routine review necessary to retain skills. It is the goal of this course to empower students to use mathematics as a problem-solving tool and to demonstrate the importance of mathematics in their futures. A grade C or better in previous math class will assure greater success in this class.

Algebra 1 Support

Level: 9-12
Length: Year (10 credits)
Prerequisite: Teacher recommendation
Graduation: Elective requirement
Grade: Pass or Fail

Algebra 1 Support is an elective course designed for students currently enrolled in Algebra 1 who need additional support.

Geometry

Level: 9-12
Length: Year (10 credits)
Prerequisite: Algebra 1 or Intensified Algebra
Graduation: Geometry requirement
College Prep: Math (c) requirement

Geometry is a college preparatory, standards based math course built to not only increase student's understanding of geometry, but to also act as an important transition from basic Algebra 1 to Algebra 2. A grade C or better in previous math class will assure greater success in this class.

Geometry Support

Level: 10-12
Length: Year (10 credits)
Prerequisite: Teacher Recommendation
Graduation: Elective requirement
Grade: Pass or Fail

Geometry Support is an elective course designed for students currently enrolled in Geometry who need additional support.

Algebra 2

Level: 9-12
Length: Year (10 credits)
Prerequisite: Algebra 1
Graduation: 1 year Math requirement
College Prep: Math (c) requirement

Algebra 2 is a second year course in algebra that reviews and broadens algebraic concepts introduced in Algebra 1 and Geometry. It meets university requirements and includes linear and quadratic equations, graphing, progression, real and complex number systems, relations and functions (exponential, logarithmic, and polynomial). A grade C or better in previous math classes will assure greater success in this class.

Algebra 2 Support

Level: 9-12
Length: Year (10 credits)
Prerequisite: Teacher recommendation
Graduation: Fulfills elective requirement
Grade: Pass or Fail

Algebra 2 Support is an elective course designed for students currently enrolled in Algebra 2 who need additional support.

Algebra II and Trigonometry

Level: 9-12
Length: Year (10 credits)
Prerequisite: Alg. 1 + Geom. + placement test or Algebra 2
Graduation: 1 year Math requirement
College Prep: Math (c) requirement

This course extends student knowledge of Algebra I and Geometry with additional algebraic and trigonometric content. Students gain experience with algebraic solutions of problems including the solution of systems of quadratic equations, logarithmic and exponential functions, the binomial theorem and the complex number system. The course also applies algebraic and geometric concepts to trigonometric analyses.

Pre-Calculus

Level: 9-12
Length: Year (10 credits)
Prerequisite: Algebra 2 (grade C or better)
Graduation: 1 year Math requirement
College Prep: Math (c) or elective (g) requirement

Pre-Calculus is a course that includes a semester of trigonometry, and a semester of math analysis. Studies of functions, logarithms, analytical geometry, mathematical inductions, and limits prepare students for Calculus. Students enrolled in this class are encouraged to own a graphing or scientific calculator. A grade C or better in previous math classes will assure greater success in this class.

Advanced Placement (AP) Calculus A/B

Level: 10-12
Length: Year Class (10 credits)
Prerequisite: Pre-Calculus (grade C or better)
Graduation: 1 year Math requirement
College Prep: Math (c) or elective (g) requirement

Calculus A/B is a college level course that is designed for the motivated math student who will likely pursue a career in a math-related field. Calculus extends the study of limits, functions and derivatives, considers applications of the derivative, including velocity and optimization, studies of integration including exponential functions, and applications of the definite integral, including volumes of solids of revolution and areas of surfaces of revolution. The course prepares students to take the Advanced Placement examination. A mandatory parent meeting in the spring prior to the course will be scheduled. Students may choose to take Calculus without the AP distinction. A grade C or better in previous math classes will assure greater success in this class. A mandatory parent meeting is held in the Spring Semester.

Advanced Placement (AP) Statistics

Level: 11-12
Length: Year (10 credits)
Prerequisite: Algebra 2
Graduation: 1 year Math requirement. Meets UC and CSU entrance requirement for mathematics.

AP statistics is designed for college-bound students who have completed Algebra 2. AP statistics covers the relationships between data and how it is used to influence decision-making in fields such as science, social science, and consumer affairs. The emphasis is on understanding both descriptive and inferential statistics, with a reduced emphasis on computation. Graphing calculators and/or computer software will carry out most computations, with the student being able to understand and apply the appropriate conclusions. Heavy emphasis will be placed on the use of statistics in current media.

Applied Career Mathematics

Level: 11-12
Length: Year (10 credits)
Prerequisite: Algebra 1 or Intensified Algebra; Geometry 1
Graduation: 1 year Math requirement

Applied Career Math is a course that integrates hands-on laboratory activities, cooperative learning opportunities and video programs with text materials that teach important math concepts by emphasizing problem-solving and decision-making through workplace applications. The students will investigate, construct and apply algebra, geometry, statistics and probability skills through contextual hands-on learning. The course will provide preparation for successful passing of the CAHSEE. This course uses the fundamental tools of basic arithmetic to solve every day business problems.



Students must successfully complete a full year of both 9th Grade Core and 10th Grade Core Physical Education to meet the graduation requirement.

9th Grade Core Physical Education

Level: 9
Length: Year (10 credits)
Prerequisite: None
Graduation: 9th grade Physical Education requirement

Physical Education is required in Grade 9. All Freshman Physical Education students take the California Physical Performance and Health Related Test during the third quarter. Some other things covered are: orientation, physical fitness, field games, weight training, plyometrics, wrestling, aquatics, various team sports, steroid and nutrition education. Students must complete the required standards and benchmarks (9th grade core Physical Education).

10th Grade Core Physical Education

Level: 10
Length: Year (10 credits)
Prerequisite: 9th Grade Core Physical Education
Graduation: 10th grade Physical Education requirement

The tenth grade program builds on the basic foundation of the ninth grade core program. Students must complete the required standards and benchmarks for the 10th grade core P.E. program.

Advanced Athletic Skills

Level: 10-12
Length: Semester (5 credits)
Prerequisite: PE 9 and PE 10; teacher recommendation
Graduation: Elective credit

Advanced Athletic Skills course will focus on the in and out-of-season physical training for the student athlete and is designed to help improve performance and minimize the potential for injury. Training will include progressive plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Health and nutritional issues specific to the student athlete will also be addressed.

Basketball Techniques and Tactics

Grade Level: 10-12
Length: Semester (5 credits); repeat for credit
Prerequisite: PE 9; teacher recommendation
Graduation: Elective credit

Basketball Techniques and Tactics is a designed physical education elective focusing on basketball. Throughout the semester students will learn and practice the game of basketball with the goal of learning lifelong athletic skills through basketball participation. In addition, students will learn the history of basketball to increase knowledge base.

Baseball/Softball Tactics

Level: 9-12
Length: Semester (5 credits); repeat for credit
Prerequisite: None
Graduation: Elective credit (Does not replace core PE classes)

Students will learn proper technique and tactics for baseball/softball, including conditioning, weight training, defensive, offensive, base running and hitting skills.

Bowling Fundamentals

Grade Level: 11-12
Length: Semester (5 credits)
Prerequisite: PE 9 and PE 10; transportation waiver; and teacher recommendation
Graduation: Elective credit

Bowling Fundamentals will an introduction to the discipline of Physical Education through the sport of bowling. The course will include a historical examination, styles of play and strategies of the sport. Students will strive to develop basic skills including approach, types of deliveries, strategy, etiquette, and league play associated with the sport of bowling. Adaptations related to gender, age and physical conditioning will be addressed.

Fitness in Motion

Level: 10-12
Length: Semester (5 credits); repeat for credit
Prerequisite: PE 9 and PE 10
Graduation: Elective credit

Students will be able to participate in aerobics, Tae Bo, yoga, walking, running and body shaping. Students will focus on setting personal fitness goals by tracking progress through a personal portfolio.

Net Sports

Level: 10-12
Length: Semester (5 credits); repeat for credit
Prerequisite: Teacher recommendation
Graduation: Elective credit

Net Sports is a designed physical education elective focusing on tennis, volleyball, badminton, and paddleball. Throughout the semester students will learn and practice the different net sports with the goal of learning lifelong athletic skills through net sport participation. In addition, students will learn the histories of the respective sports to increase knowledge base.

Team Sports

Level: 10-12
Length: Semester (5 credits); repeat for credit
Prerequisite: PE 9 and PE 10
Graduation: Elective credit

Students in team sports develop skills to play volleyball, football, softball, ultimate Frisbee, soccer and basketball.

Walking for Fitness

Level: 10-12
Length: Semester (5 credits); repeat for credit
Prerequisite: PE 9 and teacher recommendation
Graduation: Elective credit

This is a low-impact cardiovascular fitness class designed to improve overall fitness, promote weight management, improve nutritional habits, and explore the benefits of walking as an aerobic activity.

Strength and Fitness

Level: 10-12
Length: Semester (5 credits); repeat for credit
Prerequisite: PE 9 and PE 10
Graduation: Elective credit

Students focus on toning and building muscle through weight training, fitness, and speed development.

Athletics Management

Level: 10-12
Length: Semester (5 credits); repeat for credit
Prerequisite: GPA 2.5
Graduation: Elective credit

Athletics Management is a course which introduces students to the skills necessary for success in the athletic world. Students will learn steps necessary to run effective athletic programs and events. Course topics include philosophy, legal issues, game management including incorporation of technology such as press releases and webcasting, athletic field and physical plant management, and athletic survey of middle school, high school, college, and professional programs. Students will participate in a variety of projects throughout the course which will enhance the overall athletic and academic experience of the campus.



Biology

Level: 9-11
Length: Year (10 credits)
Prerequisite: Concurrently enrolled in Geometry
Graduation: Life Science requirement
College Prep: Life Science lab (d)

Biology is a one-year course designed for all students. This course emphasizes the study of the characteristics of life, cellular structure and function, genetics, evolution, ecology, and comparative anatomy and physiology. Connections are made with current issues and concepts from Earth Science, Chemistry and Physics. Laboratory work is a regular part of the course.

Advanced Placement (AP) Biology

Level: 11-12
Length: Year (10 credits)
Prerequisite: Biology and Chemistry
Graduation: Fulfills elective credits
College Prep: Life Science lab (d) or elective (g) requirement

AP Biology is a college level course designed for the advanced science student who is likely to pursue a career in a science-related field. This course is the equivalent of a college introductory biology course and completes preparation for the Advanced Placement Biology examination. The three general areas covered in this course are: Molecules and Cells, Heredity and Evolution, and Organisms and Populations. AP Biology expands on knowledge that the students have gained in their previous science courses. This course includes extensive use of modern biological research technology. A mandatory parent meeting is held in the Spring Semester.

Biotechnology

Level: 11-12
Length: Year (10 credits)
Prerequisite: Biology
One year of Chemistry (may be taken concurrently)
Graduation: Fulfills Life Science requirement.
College Prep: Fulfills on year Laboratory Science ("d") or elective ("g") requirement for UC/CSU.

This course prepares students for careers involving laboratory sciences and the biotechnology industry. This class is a student driven lab based class.

Students learn procedures and laboratory skills used in Biotechnology and Crime Scene Labs, including DNA manipulation and micropipeting, proper washing, sterilizing, plating and culturing techniques which make them effective lab technicians. Sound laboratory instruction and safety is stressed. Students learn to read protocols, complete technical writing, use resources and work in team-based learning. Background material regarding DNA methods and usefulness, science and societal issues, and portfolios are included in the curriculum. Career paths and opportunities for further education will be explored through associations with industry mentors and field trips to local lab sites when available.

Anatomy & Physiology

Level: 11-12
Length: Year (10 credits)
Prerequisite: Biology; Chemistry recommended
Graduation: Life Science requirement
College Prep: Life Science lab (d) or elective (g) requirement

Anatomy & Physiology is a one-year lab-oriented course, which is devoted to the study of the human body systems. Each system is discussed in relationship to its structure and function. Physical and mental health are given major consideration with respect to body functions, and all systems are demonstrated to interrelate in the total functioning of the human body.

Environmental Science

Level: 11-12
Length: Year (10 credits)
Prerequisite: Physical Science, Biology
Co-Requisite: Algebra 1
Graduation: Life Science or Physical Science requirement
College Prep: Elective (g) requirement

Environmental Science is a broadly based course designed to cover environmental issues on both a global and local perspective. Topics included are an understanding of ecosystems, dynamic interaction of air, water, atmosphere and climate, food, biodiversity, energy, waste, and population growth. A central focus highlights responsible growth for a sustainable future.

ROP AP Environmental Science

Level: 11-12
Length: Year (10 credits)
Prerequisite: Physical Science, Biology
Co-Requisite: Algebra 1
Graduation: Life Science or Physical Science requirement
College Prep: Elective (g) requirement

ROP AP Environmental Science is a college level course designed for the advanced science student who is likely to pursue a career in a science-related field. The ROP program requires additional instruction and research about a wide array of careers relating to Environmental Science. The goal of the AP Environmental Science course is to provide students with the scientific principles, concepts, and methodologies required to understand the interrelationships of the natural world, to identify and analyze environmental problems both natural and human-made, to evaluate the relative risks associated with these problems, and to examine alternative solutions for resolving and/or preventing them. This course prepares students to take the Advanced Placement examination. A mandatory parent meeting is held in the Spring Semester.

Zoology

Level: 10-12
Length: Semester (5 credits)
Prerequisite: Teacher approval
Graduation: Elective credit

Zoology is a one semester course designed to provide students with a general understanding of the animal kingdom, including the following: sponges & coelenterates; flatworms, rotifers, and roundworms; mollusks; segmented worms; arthropods; insects and echinoderms; fishes, amphibians; reptiles; birds; and mammals.



Earth Science

Level: 9-10
Length: Year (10 credits)
Prerequisite: None
Graduation: Physical Science requirement
College Prep: Elective (g) requirement

Earth Science is a course designed to meet the State of California content standards in the subject. It is open to all students but taught as an introductory level of high school science that emphasizes not only content but scientific literacy. In particular, major emphasis is placed upon helping students to become independent learners of science. In this effort, skill building in mathematical representation of science concepts, active scientific inquiry, and writing about science is woven throughout the course delivery.

Chemistry

Level: 10-12
Length: Year (10 credits)
Prerequisite: Physical Science, Biology and Algebra I, or teacher recommendation
Graduation: Physical Science requirement
College Prep: Phys. Science lab (d) or elective (g) requirement

Chemistry is a rigorous one-year course, which emphasizes the basic concepts of Chemistry while it builds and expands upon the student's knowledge gained from previous physics and biology courses. High level mathematical problem solving skills are applied to Chemistry concepts, therefore a high degree of mathematical proficiency is necessary for success in this class. The course also emphasizes critical and creative thinking skills through written assignments and real-world problems and projects.

Advanced Placement (AP) Chemistry

Level: 11-12
Length: Year (10 credits)
Prerequisite: Chemistry and Algebra 2
Graduation: Physical Science requirement
College Prep: Phys. Science lab (d) or elective (g) requirement

AP Chemistry is a rigorous college level Chemistry course designed to prepare students to take and pass the AP Chemistry exam. The class emphasizes concepts of chemistry, mathematical problem solving skills applied to chemistry problems, critical thinking skills utilized in class and in written assignments, and hands-on experiences. Laboratory activities are a major part of this class. A mandatory parent meeting will be held in the Spring Semester.

Forensic Science

Level: 11-12
Length: Year (10 credits)
Prerequisite: Physical Science, Biology and Chemistry
Graduation: Fulfills CSU and UC ("g") elective requirement

Forensic science is a broad survey of the scientific skills, disciplines and training used by forensic specialist in law enforcement, business and industry.

Physics

Level: 10-12
Length: Year (10 credits)
Prerequisite: Algebra 2, concurrent enrollment in Pre-Calculus recommended

Graduation: Physical Science requirement
College Prep: Phys. Science lab (d) or elective (g) requirement

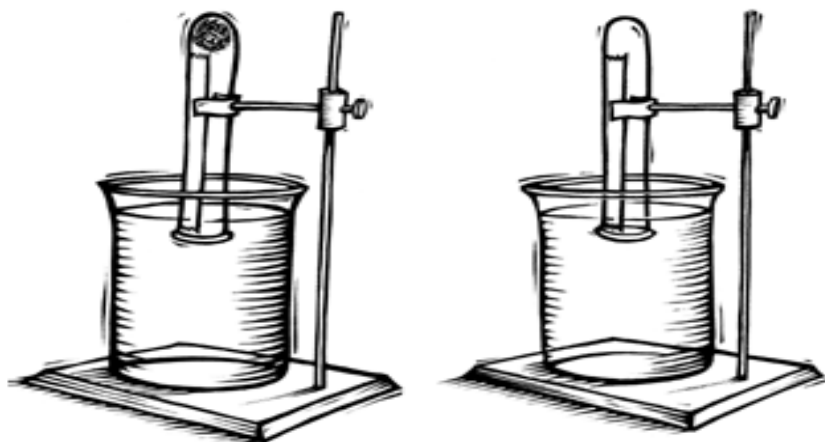
Physics is designed for students interested in a technical career or science, engineering major in college. The course examines the fundamental principles of physics using high-level mathematical skills. Students will: explore mechanics, light, sound, heat, electricity and magnetism through computer based labs and use of various probes like force, light, acceleration, motion, sound, photo-gates, magnetism as well as traditional labs; learn about optics using laser labs and optic benches; experiment with electrical circuits using computer interfaced amplifiers and computer simulated oscilloscopes; apply concepts of physics in projects throughout the course. Past projects have included: robotics, glider design, Rube Goldberg Machines, catapults, orbital space settlements; learn to use computers for curve fitting, graphing of data and statistical tools to analyze data. This course incorporates the National and California Standards in Physics.

Advanced Placement (AP) Physics

Level: 10-12
Length: Year (10 credits)
Prerequisite: Physics and concurrent enrollment in Pre-Calc recommended or teacher recommendation for concurrent enrollment in Algebra 2

Graduation: Physical Science requirement
College Prep: Phys. Science lab (d) or elective (g) requirement

Advanced Placement Physics B is a traditional college-level introductory course that provides a systematic understanding of the fundamental principles of physical phenomenon that governs chemical, biological, terrestrial and astronomical processes. The course provides a foundation for the intensive studies of most of the other sciences and for an understanding of many technological applications of sciences. Major areas of content include Newtonian mechanics, work and energy, wave motion, light and optics, electricity and magnetism, heat and thermodynamics, fluid mechanics, and atomic and nuclear physics. Science attitudes, thinking processes, and skills in applications of science technology to social problems and personal decision-making are emphasized. The course qualifies as a laboratory science in meeting UC entrance requirements. This course is an elective, but may be used to fulfill one year of the two-year science requirement. A strong background in algebra and trigonometry, especially manipulating functions, is needed. The course prepares students to take the Advanced Placement examination. A mandatory parent meeting will be held in the Spring Semester.



World Cultures and Geography

Level: 9
Length: Year (10 credits)
Prerequisite: None
Graduation: Elective credit
College Prep: History (a) or elective (g) requirement

This course enhances student's understanding of the global environment in which they live. During the year-long course, emphasis is placed on students acquiring knowledge of world cultures, world problems, basic geography, human migration, the humanities, critical thinking skills, reading strategies, study skills, vocabulary development, writing ability, and speaking for the purpose of debate and presentation. The program integrates a variety of teaching methods that requires students to engage in both group and individual learning.

World History

Level: 10
Length: Year (10 credits)
Prerequisite: None
Graduation: World History requirement
College Prep: History (a) or elective (g) requirement

Students have an opportunity to compare and contrast philosophies, languages, literature, religion and the arts of world cultures. The students become more knowledgeable about the effects of geography upon the political and economic development of cultures.

U.S. History

Level: 11
Length: Year (10 credits)
Prerequisite: None
Graduation: U.S. History requirement
College Prep: History (a) or elective (g) requirement

United States history is designed to help students examine major turning points in American history in the twentieth century. Throughout the year students will examine American culture including religion, literature, art, drama, architecture, education, and the mass media. The year begins with a selective review with an emphasis on the nation's beginning including the main influences in the founding of the United States and the caused and consequences of the Civil War.

American Government

Level: 12
Length: Semester (5 credits)
Prerequisite: None
Graduation: American Government requirement
College Prep: History (a) or elective (g) requirement

American Government is a semester course designed to help students develop an understanding of the institutions of American government. Students examine and compare and contrast the development and processes of governments in both the United States, and to a lesser extent, the world. Students also examine related major issues of the world today. Emphasis is placed on the development of social participation skills and civic responsibility.

Economics

Level: 12
Length: Semester (5 credits)
Prerequisite: None
Graduation: Economics requirement
College Prep: History (a) or elective (g) requirement

This semester course is designed to deepen students' understanding of the economic problems and institutions of the nation and world in which they live. It will provide them with the knowledge and skills needed to make reasonable decisions on economic issues as citizens, workers, consumers, business owners, managers, and members of civic groups. The course is primarily a course in social science enriching students' understanding of the operations and institutions of economic systems rather than a course in household or business management.

World Studies Program

Level: 10
Length: Year (double-blocked class 20 credits)
Prerequisite: None
Graduation: Year 2 English and World Hist requirement
College Prep: Year 2 English (b) and World Hist (a) requirement

World Studies integrates English 2 and World History, and explores world culture and the major turning points in world history to make connections between real life history and American literature. The course will review the rise of democracy through nation building of modern day.

American Studies Program

Level: 11
Length: Year (double-blocked class 20 credits)
Prerequisite: None
Graduation: Year 3 English and US History requirement
College Prep: Year 3 English (b) and US History (a) requirement

American Studies is an integrated English 3 and U.S. History course designed to explore American culture and the major turning points in U.S. history and to make connections the past, between real life and American literature. The course reviews the rise of democracy and the industrial and technological transformations.

Advanced Placement (AP) World History

Level: 10-12
Length: Year (10 credits)
Prerequisite: None
Graduation: World History requirement
College Prep: History (a) or elective (g) requirement

World History is a college level course designed to sensitize students to the students to the contributions and growing interdependence of the various peoples and cultures of our world. The course covers time period from 1000 to present with review of 500-1000. A mandatory parent meeting is held in the Spring Semester.

Advanced Placement (AP) U.S. History

Level: 11
Length: Year (10 credits)
Prerequisite: None
Graduation: U.S. History requirement
College Prep: History (a) or elective (g) requirement

The study of U.S. History helps students learn about their American heritage and understand the role of their nation in the world. This course is the equivalent to college or university level U.S. History. The course prepares students to take the Advanced Placement examination. A mandatory parent meeting is held in the Spring Semester.

Advanced Placement (AP) American Government

Level: 12
Length: Semester (5 credits)
Prerequisite: None
Graduation: American Gov. requirement
College Prep: History (a) or elective (g) requirement

This college level AP Government class will prepare students to take the AP Exam in May as well as meet the graduation requirement of 5 units in American Government. The course will emphasize reading of political philosophy as well as essay writing in specific content areas related to not only American governmental systems but also other governmental systems as necessitated by the College Board. Students successful in passing the AP Exam will receive advanced placement upon entering college. A mandatory parent meeting is held in the Spring Semester.

AP Economics

Grade: 12
Length: Semester (5 credits)
Prerequisite: None
Graduation: Economics requirement
College Prep: Elective (g) requirement

This class prepares students to take the AP Exam in May as well as meet the graduation requirement of 5 units in Economics. The course will emphasize reading of economic theory as well as essay writing in specific content areas related to not only the capitalist system but also other economic systems as necessitated by the College Board. Students passing the AP Exam will receive advanced placement upon entering college. A mandatory parent meeting is held Spring Semester.

Psychology Within Society

Level: 11-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Elective credits
College Prep: Elective (g) requirement

This entry-level course introduces students to the systematic and scientific study of the behavior and mental processes of individuals and group behavior. Students will compare and contrast the major psychological paradigms, evaluate historical and sociological determinants, and know and perform various tests, measures, assessments. Recommended for Professional Human Development Academy participants, but open to all interested students.

Advanced Placement (AP) Psychology

Level: 11-12
Length: Year (10 credits)
Prerequisite: Teacher recommendation
Graduation: Elective credits
College Prep: Elective (g) requirement

AP Psychology covers the equivalent of a college freshman Psychology course and prepares students to take the Advanced Placement examination. The students investigate and acquire knowledge in the basic foundations of scientific psychology. Through varied modalities, students compare and contrast the major schools of thought from a historical and sociological perspective. The students examine different methods of test, measures, and assessment with emphasis on bias related issues: cultural, ethnic, genre, contemporary controversies are explored. The students analyze ethical concerns: objectively and subjectively. Particular emphasis is placed on proper APA writing format as well as extensive reading, both primary source and supplemental literature, essay writing, intense group interaction, and individual presentations involving critical reasoning skills. The students explore possible career choice within the psychological community and evaluate current trends, which may affect future occupations. A mandatory parent meeting is held in the Spring Semester.

Brain Harmony 1

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Elective credit

Brain Harmony 1 is a year-long (two semesters, 5 credits each) elective class. It is offered through the Professional Human Development (PHD) academy at Freedom High School, but open to anyone in 9-12th grade. It is an integrative, interdisciplinary, project-based-learning class designed to teach (and learn) 21st century skills and habits of mind critical to success in the "real-world." Students will engage in projects designed to solve real problems that are relevant to their lives.

Brain Harmony 2

Level: 9-12
Length: Year (10 credits)
Prerequisite: None
Graduation: Elective credit

Brain Harmony 2 builds upon the projects, case studies, and service learning proposal developed in Brain Harmony 1. In this class, students and teachers will work together to create a personalized class and curriculum designed to solve "real-world" problems. In Brain Harmony 2, students will have an opportunity to build on their project and develop leadership and entrepreneurial skills to make their vision come alive. At the conclusion of the year, students will have completed a community project that will help solve a "real world problem" and become empowered global agents of change.

SDAIE classes are specially designed for English Learners, usually Level 3 and sometimes Level 4. These courses meet the state required standards for a particular subject area and earn the same number of credits toward graduation.

SDAIE classes focus not only on the particular subject but also focus on English Language development skills that will prepare the student to successfully transition into the mainstream curriculum.

SDAIE courses are open to students in grades 9-12. SDAIE class offerings change on a yearly basis. More information can be obtained through the Counseling Department in regard to what courses are currently being offered.

We offer an ELD four-block of classes designed for English Learners at CELDT Level 3 or below. It is open to any grade level, but usually students in grades 9 or 10 are placed in this block of classes.

Students who successfully complete these four classes will earn credit for two years of English requirements (20 credits) and also earn 20 elective credits.

This is a very important class which supports English Language Learners with language acquisition skills and helps them to develop a solid academic foundation to build upon.

Special Education

Staff from the Special Education Department meets with other school personnel and parents to cooperatively decide appropriate high school supports for special education students. Each student's disability is evaluated with placement and services based on the student's specific needs. All placements must have prior approval of the IEP team and an Individual Education Plan must be written before students are placed in any special education class.

The Excel Program provides services to students with special needs working towards earning a high school diploma through the instructional support model. Students in this program receive their core instruction in the general education class setting. Supplementary supports and services are provided within the regular class or within a special education setting.

The Life Skills program provides a functional academic curriculum to students with severe disabilities. Students receive the majority of their instruction within a special education environment, with opportunities to participate in general education classes as appropriate. Upon completion of the program, students are awarded a Certificate of Completion.

Health

Level: 9-12 (Grade 10 recommended)
Length: Semester (5 credits)
Prerequisite: None
Graduation: Health requirement

This course is designed to help students examine their lifestyles, select goals, and make plans to achieve and maintain optimum health. The course focuses on choosing behaviors, which help prevent illness and accidents, promote health for ones' self and others, and improve the quality of the environment. The course promotes responsible decision-making and provides students with life management skills they can use for the rest of their lives.

Acrobatics Plus

Level: 9-12
Length: Semester (5 credits); repeat for credit
Prerequisite: Teacher approval
Graduation: Elective credit

This course focuses on dance and acrobatic skills. Students will learn and practice the basic, intermediate and advanced dance, partner stunting and basic tumbling skills with the goal of learning and improving dance and acrobatic skills. Students also learn the history of dance.

College Entrance Test Review

Level: 10-12
Length: Semester (5 credits); repeat to 15 credits
Graduation: Elective credit. May be repeated

Students in this class receive specific instruction to help prepare them for the SAT and ACT tests required for college entrance. In addition, students will receive instruction to help them produce superior personal statements, the essays required by many universities for entrance.

Student Leadership

Level: 9-12
Length: Year (10 credits); repeat to 40 credits
Prerequisite: Application process
Graduation: Elective credits

Students learn the skills to become inspiring leaders: effective communication skills, team-building, working well with teams, running effective meetings, conflict resolution, negotiations, overcoming obstacles, creative problem-solving, creating a vision, setting goals, and implementing plans. Students orchestrate and carry out school wide events and activities and contribute to the building of our community. Students are selected through a recommendation and screening process.

Connect Crew

Level: 10-12
Length: Year (10 credits); repeat to 30 credits
Prerequisite: None. Teacher recommendation and interview
Graduation: Elective credits

Connect Crew is a student centered mentoring class. This class engages, develops and trains students to be leaders and mentors. Connect Crew is about facilitating a smooth transition both socially and academically for all freshmen throughout the school year. Connect Crew is about more than events: it is about helping freshmen achieve success and it is that initial success that propels freshmen toward continued success throughout high school. The Connect Crew class is based upon seven units of study developed by the Boomerang Project.

PUSH (Pursuing University Skills in High School)

Level: 9-12
Length: Year (10 credits); repeat to 40 credits
Prerequisite: Middle School AVID and/or application process
Co-Requisite: Enrollment in college preparatory courses
Graduation: Elective credit

Pursuing University Skills in High School (PUSH) is an elective course that prepares students for entrance into four-year colleges. There is an emphasis on analytical writing, preparation for college entrance and placement exams, study skills and test taking, note taking, and research.

Study Hall

Level: 9-12
Length: Semester

Study Hall provides the opportunity for students to do their homework, study for exams, or work on class projects during the school day. Textbooks are available to the students along with limited supplies for projects such as markers, colored pencils, paper, calculators, etc. The goal of study hall is to provide an environment that encourages learning and study skills. The expectation is for all freshmen to take a study hall period to ensure academic success.

Staff Assistant

Level: 11-12
Length: Semester (10 credits); repeat to 30 credits
Prerequisite: 2.0 GPA with counselor, instructor, or administrator approval
Graduation: Elective credits
Grade: Pass or Fail

Students in these courses will work under teacher or administrator supervision in a work or lab setting within the school environment.

Driver Education/Decision Making

Level: 10-12 (Grade 10 recommended)
Length: Semester (5 credits)
Prerequisite: Age 16 by end of semester
1st semester: At least 15.5 yrs. by start of semester
2nd semester: At least 15.5 yrs. by start of semester
Graduation: Elective credit

Drivers Education: students study the vehicle code and safe driving practices to prepare for the state's written exam. Decision Making: students explore career pathways and decisions that will lead to a successful career. Students also learn how to use the Career Center.

Yoga Plus

Level: 10-12
Length: Semester (5 credits); repeat to 10 credits
Prerequisite: None
Graduation: Elective credit

This course will focus on the basics of yoga, technique and practice. Yoga styles will include Bikram, Vinyasa Flow, and Iyengar. Non-religious yoga philosophy and yoga history will be introduced. Other cultural styles and histories of movement such as Tai Chi, improvisation, partner dance, and the history and philosophy of social and cultural movement and social dance etiquette will be introduced. Students will need a yoga mat, towel, and loose non-constrictive, non-revealing clothing.

Foundations for Success

Level: 9-11
Length: Semester (5 Credits)
Prerequisite: None
Graduation: Elective credit

Foundations for Success investigates a wide range of elements of success in high school and beyond. Students read/learn about/discuss and do activities to help with adjustment to the adult world and begin looking into their futures to include high school. Students learn time management skills, self-motivations, SMART goals, vocabulary needed to understand their future options around college and career, take personality inventories, briefly investigate 16 major career pathways and the reality of many careers. Students also learn job interview skills and the basics of getting and keeping a job.