

COURSE DESCRIPTIONS

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Show Your Rebel Spirit –

Get Involved!

General Studies Outline by Class

Freshmen

Class of 2018

All freshmen must be enrolled in seven credited classes each semester. Freshmen are not eligible for the Cooperative Work Experience. **This graduation class must meet/exceed State-Required Reading, Writing & Math Assessments for graduation.** All students graduating in 2014 and after must take 3 credits of science and 3 credits of math at and above the Algebra 1.1 level.

Communication Skills	1 credit
Mathematics (Algebra 1.1 or higher).....	1 credit
Health	½ credit
Fitness for Life	½ credit
Modern World History	½ credit
Physical Science 1A & 1 B.....	1 credit
Freshmen Success.....	½ credit
Electives	2 credits
State Reading Test.....	Meet or Exceed
State Writing Test.....	Meet or Exceed
State Math Test.....	Meet or Exceed

Total Credits 7

Sophomore

Class of 2017

All sophomores must be enrolled in seven credited classes each semester. Sophomores are not eligible for the Cooperative Work Experience. **This graduation class must meet/exceed State-Required Tests Reading, Writing & Math Assessments for graduation.** All students graduating in 2014 and after must take 3 credits of science and 3 credits of math at and above the Algebra 1.1 level.

Communication Skills.....	1 credit
Mathematics (Algebra 1.1 or higher).....	1 credit
Health	½ credit
Physical Education.....	½ credit
Social Studies Selective	1/2 credit
Biology A & B.....	1 credit
Electives.....	2 credits
State Reading Test.....	Meet or Exceed
State Writing Test.....	Meet or Exceed
State Math Test.....	Meet or Exceed

Total Credits 7

Juniors

Class of 2016

Juniors may be enrolled in a minimum of 5 or 6 credited classes each semester if they are on track to graduate. They are encouraged to take additional classes, and participate in cooperative work experience and internships. **This graduation class must meet/exceed State-required Reading, Writing & Math assessments for graduation.** All students graduating in 2014 and after must take 3 credits of science and 3 credits of math at and above the Algebra 1.1 level.

Communications Skills.....	1 credit
Modern US History	1 credit
*Science	1 credit
Mathematics (Algebra 1.1 and higher)	1 credit
Electives	1½ - 3 credits
State Reading Test.....	Meet or Exceed
State Writing Test.....	Meet or Exceed
State Math Test.....	Meet or Exceed

Total Credits 5 – 7

Seniors

Class of 2015

Seniors may be enrolled in a minimum of 5 or 6 credited classes each semester if they are on track to graduate. They are encouraged to take additional classes, and participate in cooperative work experience and internships. **This graduation class must meet/exceed State-Required Reading, Writing & Math assessments for graduation.** All students graduating in 2014 and after must take 3 credits in science and 3 credits in math at and above the Algebra 1.1 level.

Communication Skills	1 credit
American Government	½ credit
Economics	½ credit
Math/Elective	1 credit
Electives.....	2 - 3 credits
State Reading Test.....	Meet or Exceed
State Writing Test.....	Meet or Exceed
State Math Test.....	Meet or Exceed

Total Credits 5 – 7

Language Arts Required Courses

- Freshman
 - *English 9 A & B*
- Sophomore
 - *English 10 A & B*
 - *Advanced English 10* for sophomores who show an aptitude for Arts & Communication and display potential for success at college level
- Junior
 - *English 11 A & B*
 - *Advanced American Literary Studies* for juniors show an aptitude

for Arts & Communication and display potential for success at college level

- Senior
 - *English 12 A & B*
 - *Writing 115 & English 104* for seniors who want the early challenge of a community college writing and English course
 - *Advanced Placement English* for seniors who enjoy Arts and Communication and want the challenge of a college level class

understanding of the relationship of American history to the development of American literature; and 3) develop and sharpen expository and analytical writing skills necessary for the production of coherent and effective essays. Students will also complete Essential Skills Samples as well as the State Writing Assessment. These students should plan on taking Advanced Placement English as seniors.

ENGLISH 12
2 Semesters
Required: Grade 12
College Now Credit Available: WR 115
Prerequisite: None
Job Fair Attendance Required

This course emphasizes the writing and speaking skills needed by workers, consumers and citizens. It teaches students how to correctly write letters, resumes, fill out applications and forms, and write a research paper, and prepare for a job interview. Students will also explore contemporary world literature, popular classics, film and media. Students will also complete Essential Skills Samples as needed.

WR 121/ENG 104
2 Semesters (Both semesters required)
Prerequisite: Teacher Approval
Job Fair Attendance Required
This yearlong course is designed for seniors who are going directly to a community college and who want the early experience of entry-level course offerings at LBCC. Students may earn 3 college credits for each course if they earn an A or B and successfully pass the listed criteria:

WRITING 121 (1 semester)
This class focuses on the methods of writing. Attendance is critical. This class is designed for students who desire a college course at the freshman level.

English 104 (2nd semester)
Prerequisite: Writing 121
This class focuses on elements of fiction. Students will discuss and write analytic essays. Expect three or more hours of reading homework per week. Attendance is critical for class discussion and writing short reaction piece.

ADVANCED PLACEMENT ENGLISH
2 Semesters
Selective: Grade 12
College Now Credit Available: WR 121 & ENG 104
Prerequisite: English Teacher Recommendation.
Job Fair Attendance Required
AP English is a course designed for students who have demonstrated high achievement in literature and composition courses and who desire a challenging program equivalent to those offered at the college freshman level. Reading, discussion and written analysis of critically acclaimed literary works are emphasized. The course will prepare students to take the National Advanced Placement English Literature Test in mid-May.

ENGLISH 9
2 Semesters
Required: Grade 9
Prerequisite: None
This course teaches students to read and understand a variety of printed materials, write effectively for a variety of purposes and audiences, and speak effectively in formal and informal speaking situations. Students will also complete Essential Skills Samples and prepare for state assessment tests.

ENGLISH 10
2 Semesters
Required: Grade 10
Prerequisite: None
This course teaches students to read and understand a variety of printed materials, write effectively for a variety of purposes and audiences, and speak effectively in formal and informal speaking situations. Students will also complete Essential Skills Samples and prepare for state assessment tests. Emphasis will be placed on reaching state level standards as determined by the Oregon Department of Education.

ADVANCED ENGLISH 10
2 Semesters
Selective: Grade 10
Prerequisite: Teacher Recommendation
This course is designed for students who have above average reading, writing and speaking abilities and have demonstrated success in academic courses. Students will also complete Essential Skills Samples and prepare for state assessment tests. Students should plan on taking Advanced American Literary Studies.

ENGLISH 11
2 Semesters
Required: Grade 11
College Now Credit Available: WR 115
Prerequisite: None
This course focuses on teaching students to read, write, and speak proficiently, drawing from examples out of American Literature. Students will read a variety of printed materials and learn to read, write, and speak effectively for a variety of purposes and audiences. Content will focus on reading comprehension strategies, writing instruction, and American Literature. Students will also complete Essential Skills Samples and state assessment tests. Emphasis will be placed on reaching state level standards as determined by the Oregon Department of Education.

ADVANCED AMERICAN LITERARY STUDIES 11
2 Semesters
Selective: Grade 11
College Now Credit Available: WR 115
Prerequisite: Teacher Approval
This course is intended for students who have demonstrated a high level of interest and skill in reading and writing and who are ultimately college bound. Advanced American Literary Studies is a course designed to 1) acquaint students with the masterpieces of American literature; 2) give students an

LANGUAGE ARTS ELECTIVES

JOURNALISM

1 Semester

Elective: Grades 9,10,11,12

Prerequisite: Freshmen may enroll with English teacher approval.

This class is an introductory course for students who are interested in exploring a career in communications and who enjoy writing. News, feature and editorial writing, press rights and responsibilities, the principles of layout and design, and cartooning are just a few of the units covered. This class is required for students planning to be on the school newspaper or yearbook staffs.

YEARBOOK

2 Semesters

Elective: Grades 9,10,11,12

Prerequisite: Journalism, Application & Approval Students must be enrolled both semesters.

Students will learn journalistic writing, interviewing, photojournalism, layout and graphic design, desktop publishing, and marketing, and apply them to the production of the SAHS yearbook, "Sap ere Aude." Students should be prepared to spend time outside of class to meet deadlines. Students must maintain a grade of B or better to remain on staff .

NEWSPAPER (Fine/Applied Art and/or Elective Credit)

2 Semesters

Elective: Grades 9,10,11,12

Prerequisite: Journalism, Application & Approval

Students will learn journalistic writing, interviewing, photojournalism, layout and graphic design, desktop publishing and marketing, and apply them to the production of the SAHS newspaper, "Sentry" Students should be prepared to spend time outside of class to meet deadlines. Students must maintain a grade of B or better to remain on staff.

ACTING 1

1 Semester

Elective: Grades 9,10,11,12

Prerequisite: None

This course is designed as an introduction to the skills necessary for acting in plays. Students develop their imaginations as they learn the discipline and techniques necessary to perform for an audience. Activities in the course include pantomime, improvisation, scene acting, and basic elements of stagecraft.

ADVANCED ACTING

1 Semester

Elective: Grades 10, 11, 12

Prerequisite: Acting I

This course is intended for the student who has some knowledge of acting and stagecraft gained through previous class work. Advanced students will further their acting skills and combine elements of theatre into an artistically sound production. They will read plays, analyze them, study historical periods in theatre, and do practical work with set designs, lighting and production work. They will act in a scene or may direct a scene or a one-act play for an audience. This one-act play may be performed as children's theatre.

PUBLIC SPEAKING

1 Semester

Elective: Grades 9,10,11,12

Prerequisite: None

This course teaches the fundamentals of the oral communication process. Students who wish to become more proficient in speaking before an audience, presenting logical and persuasive messages, and develop self-confidence should take this course. Students will learn how to research, compose, and deliver speeches.

COMPETITIVE SPEECH/DEBATE

2 Semesters

Elective: Grades 9,10,11,12

Prerequisite: None

Students who wish to compete on the Rebel Speech and Debate team should take this course. Students will participate in the composition and delivery of all types of speeches and debates and will be required to attend and compete in speech and debate tournaments. Competitions are held at high schools and colleges throughout the state.

SPECIAL PROGRAMS ELECTIVES

SPECIAL PROGRAMS ELECTIVES

Students are placed in Special Programs electives based on each student's individual needs. These classes are designed to support the student in their regular education classes. Subjects taught include: math, reading and writing support; as well as behavior, organization and life skills.

SPECIAL PROGRAMS ELECTIVES CLASSES:

ACADEMIC DEVELOPMENT M1 = Algebra, M2 = Geometry,

M3 = Integrated Algebra & Algebra II, S=Science, B=Behavior

ESSENTIALS OF READING 1, 2 & 3

STRUCTURED SUPPORT

CONNECTIONS

BASIC SKILLS DD PRACTICUM

1 Semester

Elective: Grades 10, 11 &12

Prerequisite: Application and interview, consent of instructor

Students work as peer tutors with students with developmental disabilities enrolled in the Basic Skills Program. Peer tutors have the opportunity to learn about specific disabilities, interventions and strategies for teaching and behavior management. Peer tutors are expected to be good role models and assist with Basic Skills instruction and activities. Students can explore careers involving people with disabilities through readings, written assignments and presentations. Good attendance is imperative.

SENIOR TRANSITIONS

1 Semester

Elective: Grade 12

Suggested for senior students on an IEP. Emphasis is placed on knowledge and skills needed for independent living. Discussions and competencies primarily based on personal profiles and preferences, career exploration, job applications, job interview skills, work ethics, personal finance, and information gathering on apartments, cars, and insurance. Time and support given for regular education class work.

MATHEMATICS

Introduction

3 credits of mathematics at Algebra I and above are required. Mathematics courses are listed in order of their sequence in the course description. Students are placed in appropriate classes based on teacher recommendations.

ALGEBRA 1A/1B

2 Semesters

Selective: Grades 9, 10, 11, 12

Prerequisite: None

Algebra is the bridge between the concrete world of numbers and the more abstract world of formal mathematical/scientific relationships. The content of this course is designed to give the student an understanding of the elementary aspects of Algebra used in helping man describe his world. Topics will include problem solving techniques, number properties, methods of solution of first and second degree equations, formula simplification and evaluation, graphing and analysis of linear relationships, appropriate use of technology and probability and statistics. Students will have opportunities to complete secure work samples.

GEOMETRY A/B

2 Semesters

Selective: Grades 9, 10, 11, 12

Prerequisite: Algebra I

This course covers the topics of geometry through exploration of concepts with hands on activities, drawings, diagrams, integration with algebra and coordinate graphing, probability and statistics and the development of logical reasoning and application to real world. Students will have opportunities to complete secure work samples.

INTEGRATED ALGEBRA A/B

2 Semesters

Selective: Grades 10, 11, 12

Prerequisites: Algebra I (teacher recommendation)

This course is designed as a transition from Geometry to Algebra 2. The course includes both basic and advanced algebraic topics, including linear equations, matrices, quadratic functions, and piecewise functions. Geometric topics include the Pythagorean Theorem and trigonometry. Basic topics in probability and statistics will be incorporated with measures of central tendencies and analyzing data. Students will have opportunities to complete secure work samples. **NOT** NCAA Clearinghouse Approved.

ALGEBRA 2A/2B

2 Semesters

Selective: Grades 10, 11, 12

Prerequisite: Algebra I

This second year of Algebra uses functions as models. Geometric and algebraic concepts are extended and connected to topics in probability and statistics, trigonometry and discrete math. Students work to improve reasoning and communication skills. Students will have opportunities to complete secure work samples.

PRECALCULUS A/B

2 Semesters

Elective: Grades 11, 12

Prerequisite: Algebra II & Geometry

LBCC Credit Available

This course will consist of thorough analysis of functions, both algebraically and graphically. Functions to be studied include polynomial, exponential, logarithmic, and trigonometric. Other units of study include polar and parametric equations, triangular trigonometry, vectors, matrices, conics and sequences and series. Use of graphing calculators is an integral part of this course.

AP CALCULUS A/B

2 Semesters

Elective: Grade 12

Prerequisite: PreCalculus with Teacher Recommendation

LBCC Credit Available

This course will consist of differential and integral calculus with analytical geometry and its applications. Integral Calculus will be introduced. The advanced placement test offering college credit will be made available at the end of the courses.

SCIENCE

Introduction—

Three credits of science are required for graduation:

1 credit Physical Science: Physical Science 1 A & B OR Physical Science 1 AND Science & Society OR Chemistry A & B or Physics A & B

1 credit Biological Science: Biology A & B

Additional science elective(s) totaling at least 1 credit, forecasted junior year

The following science classes can be taken to fulfill the additional 1.0 required credit or as general electives:

Anatomy and Physiology (offered alternating years)	1 credit
AP Biology (offered alternating years)	1 credit
Applied Horticulture	½ credit
Chemistry	1 credit
Horticulture Science	½ credit
Oceanography	½ credit
Oregon Wildlife	½ credit
Physics (offered alternating years)	1 credit
Science & Society	½ credit

Students who plan to earn a 4 year college degree should consider taking at least 1 College Prep class:

Chemistry	Physics*	AP Biology*	Anatomy and Physiology*
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*Offered alternating years

INCOMING FRESHMEN who exceed OAKS in science and math may choose to take Biology as freshmen instead of Physical Science 1, with the expectation that they will take either Chemistry or Physics their sophomore year.

PHYSICAL SCIENCE 1 A & B

2 Semesters

Required: Grade 9

Prerequisite: none

Physical Science 1 is a yearlong required class that studies experimental design, introductory chemistry, introductory physics, and cosmology. This laboratory-oriented course provides students a general background in the concepts and processes of physical science. Students develop knowledge which prepares them to make intelligent decisions in the adult world and prepares them for advanced science study. It's a fast-paced course and homework is assigned most nights. The physical, earth and space science portions of the OAKS standards are emphasized.

BIOLOGY A & B

2 Semesters

Required: Grade 10 (Grade 9 w/ EXCEEDS OAKS Science & Math with TEACHER RECOMMENDATION)

Prerequisite: Physical Science 1 A & B

Biology is a two semester required course that is a lab-oriented introduction to living things covering the characteristics of life in all organisms, structures and processes of life, inheritance and biotechnology, evolution and ecology. The life science and inquiry State standards will be emphasized and the basic scientific process introduced in Physical Science 1 reinforced. Successful completion of both semesters will fulfill the Biological Science requirement for graduation. Successful completion of both semesters is a requirement for AP Biology, Oregon Wildlife, Oceanography and Human Anatomy and Physiology

ADVANCED PLACEMENT BIOLOGY A & B

2 Semesters (may be offered alternate years)

Elective: Grades 11, 12

Prerequisite: Biology and Chemistry (B or better in each or instructor approval)

Lab Fee: \$25

Advanced Placement Biology is designed to be the equivalent of a college introductory biology course approved by the College Board. Students may earn up to 8 transferable college credits for grades of "B." The course follows a lab approach involving ecology, genetics, cells, evolution, plants and

animals, and molecular biology topics. Students may also benefit from field trips to visit medical and molecular biology research labs and study plants. This course will assist in preparing students for the AP exam taken in the spring. Students may also need to purchase a copy of the College Board AP Biology "Investigative Lab manual. This is a biological science course.

SCIENCE & SOCIETY

1 Semester

Grades 11, 12

Prerequisite: Physical Science 1

Science and Society is a semester long junior-senior course which continues the study of basic scientific principles. Students will receive experience in the areas of chemistry, physics, engineering and Environmental Sciences. Students will explore the role of science in historical and contemporary society. Students will have the opportunity to complete a work sample lab. This is a physical science course. **NOT** NCAA Clearinghouse Approved.

CHEMISTRY A & B

2 Semesters

Elective: Grades 11, 12 (Grade 10 with teacher permission)

Prerequisite: Biology A & B with a C or better AND and Algebra I with a C or better

This 36-week college preparatory course covers topics in chemistry such as atomic structure, the patterns within the periodic table of elements, and how atoms bond to form compounds. Course work will emphasize practical laboratory experiments as well as the development of problem-solving skills and laboratory reports. This course should satisfy career preparation requirements for scientific, engineering, medical and related fields in addition to college entrance requirements. This is a physical science course.

OREGON WILDLIFE

1 Semester
Elective: Grades 11, 12
Prerequisite: Biology

Oregon Wildlife is a semester long junior / senior elective, which requires that students have taken biology. Students will learn about the identification, classification and ecology (range, habitat, life cycle, population, and diet requirements) of common Oregon species. Students will become familiar with the characteristics of various regions in Oregon, as well as gain an understanding of how humans impact natural ecosystems. Students will explore and evaluate the impact and effects of various research, management, and cultural practices related to wildlife and the environment. This is a biological science course.

OCEANOGRAPHY

1 Semester
Elective: Grades II, 12
Prerequisite: Biology

The study of our ocean involves the application of geology, chemistry, physics and biology. The course incorporates many lab activities, experiments and videos, along with more traditional lectures and readings. We consider the origin of the ocean, the nature of water and how it behaves, and the characteristics of the ocean basins themselves. We continue by studying a variety of ecosystems and food webs, including hydrothermal vent communities; mid-ocean gyres and ocean drifters; and a project focusing on a sea mammal of the student's choice. We end the semester studying near shore areas including kelp forests, rocky intertidal communities, beaches and estuaries. This is a physical science course.

HORTICULTURE SCIENCE

1 Semester (during 1st semester ONLY)
Grade: 11-12 (Grade 9 & 10 if taken concurrently with Biology A)
Prerequisites: Physical Science 1 and Biology

Horticulture science is a laboratory science course designed to deliver state and national life science content standards. The course emphasizes detailed knowledge of the biological principles of the following areas: molecular and cellular aspects of living things, structure and function of horticultural plants and animals, genetics, plant diversity and principles of classification, and ecological and evolutionary relationships. Students will take the State science assessment and have an opportunity to complete a scientific inquiry work sample. This is a biological science course. **NOT** NCAA Clearinghouse Approved.

APPLIED HORTICULTURE

1 Semester (during 2nd semester ONLY)
Grade: 9-12
Science Elective Credit

Prerequisites: Horticulture Science

Applied Horticulture is a course designed to introduce the student to the world of plant production and related areas. This class allows the student to explore the world of horticulture through books, movies, written work & most importantly, hands-on experience growing plants. The students will study plant environmental science and ecology, plant identification, plant anatomy & physiology, plant propagation, plant nutrition, planting media and other areas of plant production including sales and marketing. This class meets the Oregon State Science & Horticulture standards. This is a biological science course. **NOT** NCAA Clearinghouse Approved.

*The courses below are offered on an alternate year basis.
They will next be offered during the 2015-2016 school year.*

PHYSICS AND APPLIED MATH (offered alternate years)

2 Semesters
Selective: Grades 10- 12

Prerequisite: Algebra 1, Geometry, and Biology

Part lab science and part applied math, Physics is the most basic of all sciences. It involves both theory and experimentation to understand motion, forces, energy, matter, heat, sound, light and the composition of atoms. Students build an intuitive understanding of the general concepts and a comfort with the mathematics used to express the concepts. Every year we master the basics of 2-dimensional motion, forces, momentum and energy. After that, student input determines our direction. Some years students have pursued topics of individual interest. One year we studied heat as a class; a few years we've studied Einstein and the theory of relativity as a class. This is a physical science course.

ANATOMY & PHYSIOLOGY A & B (offered alternate years)

2 Semesters
Elective: Grades 11, 12

Prerequisite: Biology (C or better)

A & P is a two semester junior-senior upper level elective in which students have the opportunity to earn four LBCC biology credits through the College-Now Program. This course uses a systems approach focusing on bones, muscles, cardiovascular, nervous, and other systems. Significant amounts of hands on laboratory activities are provided to enhance learning. Cats are dissected during the muscle unit and there is a culminating field trip to view human cadavers. Students must have passed Biology to enroll in the class. A college level text is used for this course. This is a biological science course.

HEALTH

Introduction

One credit of health is required for graduation.

Freshman (9th Grade): Health 1 (1/2 credit)

Sophomore, Junior, Senior (10-12th Grade): Health 2(1/2 credit)—Choose between Relationships and Sexuality, Responding to Emergencies and Exercise Physiology

HEALTH 1

1 Semester

Grade 9

Prerequisites: none

Students will practice skills in decision-making, goal setting and self-management as they learn about key concepts related to health. General topics include mental, social and emotional wellness, nutrition, alcohol and tobacco, marijuana and sexuality. Students will critically analyze influences in their lives, practice accessing information and demonstrate the ability to advocate for health related topics.

HEALTH 2 - Health: Exercise Physiology

1 Semester

Grade 10

Prerequisite: Health I

Exercise Physiology is designed to introduce students to the principles, concepts and theories of exercise, as well as their practical application to human performance.

HEALTH 2 - Relationships and Sexuality

1 Semester

Selective Grades 10, 11, 12

Prerequisite: Health I

Students will practice interpersonal communication, explore aspects of healthy and unhealthy relationships and the reality of marriage. Comprehensive sexuality education will include anatomy, pregnancy, sexual orientation, abstinence, birth control, STDs, including HIV. Students will explore the connection between drugs and sexual activity. Students will advocate for healthy relationships and sexuality.

HEALTH 2 - Responding to Emergencies and Exploring Health Careers

1 Semester

Selective Grades 10, 11, 12

Prerequisite: Health 1

College Now Credit available

Fee: Red Cross Fee (Amount Changes, currently \$19) to purchase certification if requirements met during course

Students will participate in the American Red Cross First Aid - Responding to Emergencies course. Skill checks including manikins demonstrate skills learned. In addition, students will explore careers in health care, study medical terminology and advocate for the prevention of life threatening emergencies.

PHYSICAL EDUCATION

Freshman (9th Grade): Fitness for Life - Choice of Sports or Weight Training Emphasis ½ Credit

Sophomore, Junior, Senior (Any Selective) ½ Credit

The following physical education courses may be taken as a selective following the completion of Fitness for Life.

Weight Training and Conditioning

Team Sports

Weight Training and Conditioning for Women

Total Fitness

Dance & Drill Team

Advanced Weight Training

Running for Fitness

Introduction to Dance

Lifetime Sports

Adaptive Physical Education

Cheerleading

The following physical education courses may be taken by instructor permission or by a selection process. These classes are for elective credit only:

Physical Education Intern

Special Physical Education Aide

All freshmen must take one of the following 2 classes.

FITNESS FOR LIFE: SPORTS EMPHASIS

1 Semester

Required Selective: Grade 9

Prerequisite: None

This course is designed for freshmen, to fulfill their ½ credit PE requirement. It will provide students with an overview of the skills, knowledge, motivation, and independent problem-solving skills needed to live physically active, healthy lives. It will involve participation in both physical activity and classroom learning activities. Fitness for Life is a nationally known curriculum that will enable students to have success, build confidence in their ability to lead an active lifestyle, and take control of their own health. In addition, this course will introduce students to a variety of lifetime and team sports.

FITNESS FOR LIFE: WEIGHT TRAINING EMPHASIS

1 Semester

Required Selective: Grade 9

Prerequisite: Instructor Approval & is taken in place of Fitness for Life: Sports Emphasis

This course is designed for freshmen athletes, to fulfill their ½ credit PE requirement. It will provide students with an overview of the skills, knowledge, motivation, and independent problem-solving skills needed to live physically active, healthy lives. It will involve participation in both physical activity and classroom learning activities. Fitness for Life is a nationally known curriculum that will enable students to have success, build confidence

in their ability to lead an active lifestyle, and take control of their own health. In addition, this course will introduce students to the basics of weight training. Safety in the weight room and proper lifting techniques will be examined.

LIFETIME SPORTS

1 Semester

Selective: Grades 10, 11, 12

Prerequisite: Fitness for Life

This course is a selective course that may be used to complete the one credit requirement for physical education. The student will participate in a series of lifetime sports units which may include net games like volleyball, pickleball, badminton, sepak takraw, eclipse ball and tennis. Students may also participate in other activities that a lifelong physically active person could enjoy, such as disc golf, croquet, horseshoes, bocce ball, ladder ball, walking, jogging and other aerobic activities.

TEAM SPORTS

1 Semester

Selective: Grades 10, 11, 12

Prerequisite: Fitness for Life

This course is a selective course that may be used to complete the one credit requirement for physical education. The student will participate in a series of team sports units, which may include volleyball, basketball, team handball, soccer, softball, ultimate Frisbee, and flag football. Intermediate and advanced skills will be taught, and there will be an emphasis on sportsmanship and team building.

WEIGHT TRAINING & CONDITIONING

1 Semester

Selective: Grades 10, 11, 12

Prerequisite: Fitness for Life

This course is a selective course that may be used to complete the one credit requirement for physical education. This course is designed for students who are serious about improving their fitness and strength. The work will include lifting, running, agility and flexibility. Anatomy and physiology will be examined during this course. All students enrolling in this course should expect a rigorous experience.

ADVANCED WEIGHT TRAINING

1 Semester

Selective: Grades 10, 11, 12 (2nd Semester 9th Grade with Instructor Approval)

Prerequisite: Fitness for Life: Weight Training & Instructor Approval

This course is designed for students who are involved in athletics at SAHS. It is designed for students who are serious about improving their fitness and strength. The work will be tailored to fit the athlete's individual and sport specific needs, and will include lifting, running, agility and flexibility. All students enrolling in this course should expect a rigorous experience.

WOMEN'S FITNESS

1 Semester

Selective: Grades 10, 11, 12

Prerequisite: Fitness for Life

This course is designed for female students who want to improve their overall fitness level through participating in individual lifetime fitness activities that do not involve competition with others. Healthful nutrition, stress reduction and goal setting will be included. Examples of activities include, but are not limited to, upper and lower body core lifts in the weight room, circuit training, step aerobics, Tae Bo, yoga, Pilates, Zumba, jogging and power walking.

INTRODUCTION TO DANCE

1 Semester

Selective: Grades 9, 10, 11, 12

Prerequisite: None

The initial techniques and theoretical concepts of dance are explored. Fundamental concepts of alignment, balance, and coordination are studied. Instructions will include dance terminology and dance history. Performance participation is expected of students.

RUNNING FOR FITNESS

1 Semester

Selective: Grades: 9, 10, 11, 12

Prerequisites: Offered during 0 period only at this time.

The purpose of this class is to encourage regular participation in health and fitness running as the primary aerobic activity for a personal fitness program. Students will learn the guidelines to begin and sustain a running program safely and effectively.

ADAPTIVE PHYSICAL EDUCATION

1 Semester

Selective: Grades 9, 10, 11, 12

Prerequisite: Teacher Approval

This course fulfills half of the P.E. requirement for students with physical or other disabilities that would preclude students from regular PE classes. A variety of net games and team sports will be played and adapted to meet students' individual needs.

DANCE & DRILL TEAM

1 Year

Elective /Selective: Grades 9, 10, 11, 12

Prerequisite: Selection Process

Selection by tryout determines the make-up of this group. Tryouts are open to any student. This is a class in which students condition their bodies and develop talents that aid in posture, rhythm, balance and poise. Students learn expression, choreography, lifetime fitness, self-management, and social behavior. Students may earn .5 Selective PE credit and .5 Elective credit for Dance and Drill Team if they complete a full-year of Dance & Drill Team, earn a passing grade, and have taken Fitness for Life.

CHEERLEADING

1 Year

Elective/Selective: Grades 9, 10, 11, 12

Prerequisite: Selection Process

Selection by tryout determines the make-up of this group. Tryouts are open to any student. This is a class in which students condition their bodies and develop talents that aid in tumbling, stunting, leadership, cheers, and sideline dances. Students may learn choreography for competitions. Other activities will focus on general lifetime fitness and conditioning. Members of the cheer team should plan to take this elective. Students interested in cheering may enroll with instructor permission. Students may earn .5 Selective PE credit and .5 Elective credit for Cheerleading if they complete a full year of Cheerleading, earn a passing grade, and have taken Fitness for Life.

PHYSICAL EDUCATION INTERN

1 Semester

Elective: Grades 11, 12

Prerequisite: Teacher approval through an application process.

Students will gain on-the-job training by providing aide to physical education students and teachers. Students enrolled in this course will be expected to provide leadership to other students by being a positive role model and by demonstrating the qualities expected of students enrolled in physical education. Other tasks may include set-up and take-down of equipment, participation in daily physical activities, and other duties assigned by the course instructor.

SPECIAL PHYSICAL EDUCATION AIDE

1 Semester

Elective: Grades 10, 11, 12

Prerequisite: Teacher Approval

Students will gain on-the-job training with the developmentally disabled population. The experience will include behavior management techniques, one-on-one work with students in a variety of lifetime activities and physical fitness, and first aid procedures for special health needs.

SOCIAL STUDIES

Three credits of Social Studies are required for graduation.

Freshmen Modern World History	½ Credit
Sophomore Selective	½ Credit
Junior Modern U.S. History	1 Credit
Senior Economics and American Government	1 Credit

The following Social Studies courses may be taken as electives or in some cases selectives:

Pre-AP History	AP European History	AP US History	AP Government Psychology	Women's Studies	Contemporary World Issues Sociology
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Advanced Placement Sequence - taken in order, can earn up to 18 college credits, with successful completion of College Board exams

Freshmen – none required, but students can take Modern World History	½ Credit Required
Sophomore – Pre-Advanced Placement History	½ Credit Selective
Junior – Advanced Placement United States History or Advanced Placement European History	1 Credit Required
Senior – Advanced Placement Government (Advanced Placement European History as elective)	1 credit Required (1 credit elective)

SOCIAL STUDIES REQUIRED COURSES:

MODERN WORLD HISTORY

1 Semester

Required: Grade 9

Prerequisite: None

This course covers 20th century World History as well as general geographic concepts. Units covered are World Geography, WWI and the Russian Revolution, Indian Revolution, Chinese Revolution and Latin American Issues and Topics.

MODERN U.S. HISTORY A & B

2 Semesters (1 Year)

Required: Grade 11

Prerequisite: None

This course covers American History in the first half of the 20th Century. Units are the Industrial Revolution, Populists and Progressive Eras, World War I, the Roaring Twenties, the Great Depression and WWII. The 2nd course covers American History in the 2nd half of the 20th Century. Units begin with the Cold War/Red Scare, the 1950s, the Civil Rights Movement, Vietnam, the 1970's and the Watergate scandal, the 1980's, the fall of Communism and events leading to 9/11.

ECONOMICS

1 Semester

Required: Grade 12

Prerequisite: None

This course will introduce the principles of the American economic system. Emphasis will be placed on the study of supply and demand, the role of the individual in the economy, money and banking, causes of inflation and recession, government regulation of the economy, taxation, world trade and comparative economic systems.

AMERICAN GOVERNMENT

1 Semester

Required: Grade 12

Prerequisite: None

This course will be a study of American Government at the local, state, and federal levels. The student will be expected to have an understanding of how government bodies at all level are theoretically organized and compare and contrast the theoretical organization with everyday operation of the government. The rights and responsibilities of the individual as a member of this society will be stressed.

SOCIAL STUDIES SELECTIVE COURSES:

CONTEMPORARY WORLD ISSUES

1 Semester

Selective: Grades 10-12

Prerequisite: None

This course includes a study of leading world problems and conditions including: sources of international tensions, international organizations and alliances, the arms race and nuclear weapons, energy and food crisis. Topics also include technology and the effects of change on the future, developing nations, world resources, diplomacy, and the role of the U.S. in the world.

SOCIAL STUDIES SELECTIVE COURSES Continued:

HISTORY THROUGH SPORTS

1 Semester

Selective: Grades 10-12

Prerequisite: None

Students taking this course should be interested in sports or willing to learn about sports. This course examines the development of American history through sports and will cover topics such as college football, professional football, professional baseball, professional basketball, and the Olympics. This course will focus on the beginnings of sports in America, its importance to American culture, and how sports have evolved in American. Students will write research papers, read articles, and rigorously study the history of sports as well as current issues affecting sports.

WOMEN IN HISTORY

1 Semester

Selective: Grades 10-12

Prerequisite: None

Women in History is a course designed to help students explore history while examining the unique impact of women on historical and current events. Students will examine the role of women in history and make connections to the role of women in current world issues. Students will develop a deeper understanding of gender and how gender combines with nationality, race and ethnicity, religion, social class, and sexual orientation to shape the experiences of women in history and current events. Students will learn through the eyes of women through primary documents and examination of influential female leaders in history and today.

SOCIOLOGY

1 Semester

Selective: Grade 11 & 12 (10 with teacher permission)

Prerequisite: None

Sociology is the systematic study of how human societies shape the lives of people who live in them. People make many decisions in the course of living every day, but we make these decisions within the context of "society;" our family, school, nation and the larger world. The essential wisdom of sociology is the social world guides our life choices just as the seasons influence our selection of activities and clothing. The course content deals with several potentially sensitive topics. Students need to be aware that an open mind and a willingness to discuss are necessary in this class. Units to be covered are, The Foundations of Sociology, The Foundations of Society, Social Inequality, Social Institutions, and Social Change.

PSYCHOLOGY

1 Semester

Elective: Grade 11 & 12 (10 with teacher permission)

Prerequisite: None

Psychology is the scientific study of behavior and mental processes. Topics of study will include the brain and nervous system, learning and memory, personality, sensation and perception, altered states of consciousness, psychopathology, and therapy. This course content deals with several potentially sensitive topics. Students need to be aware that an open mind and a willingness to discuss are necessary in this class.

SOCIAL STUDIES ADVANCED COURSES:

PRE-ADVANCED PLACEMENT HISTORY

1 Semester-offered 2nd Semester

Selective: Grade 10, satisfied .5 Social Studies Selective

Prerequisite: Teacher Recommendation/Approval

Considering trying advanced courses, but not sure about it? This is the place for you! This course is designed as an introduction to Advanced Placement courses. Using the content of early American History, students will develop the skills and knowledge necessary to be successful at the AP level. Students will learn to study for advanced classes, develop skills necessary for success such as how to analyze documents and write arguments based on evidence. This active course will teach you how to take notes, stay awake during a lecture, conduct research, develop arguments and cite sources. Students will also learn how to tackle extensive reading assignments and then use learned information to participate in class discussions and debates.

This course prepares students for future Advanced Placement courses such as AP US History, AP European History and AP Government. Skills developed during this course will also help students be successful in other content area AP courses.

Dual enrollment in an Advanced English course is highly recommended.

ADVANCED PLACEMENT UNITED STATES HISTORY A/B

2 Semesters

Selective/Elective: Grade 11 & 12 (Grade 10 by Teacher

Permission/Recommendation and would require summer work prior to the course)

Prerequisite: Teacher Recommendation or Permission

AP U.S. History satisfies the sophomore Modern U.S. History requirement. *Dual enrollment in an Advanced English course is highly recommended.* This AP History course is designed to provide students with the skills and knowledge necessary to analyze problems and documents in American

History. The course is designed for students who have abilities and interests in American History. The course involves note-taking/lecture, research and writing, extensive reading and class discussion. Upon obtaining a good score on the AP exam, a student may earn college level credit for this course.

ADVANCED PLACEMENT EUROPEAN HISTORY A/B

2 Semesters

Selective/Elective: Grade 11 & 12

Prerequisite: Teacher Recommendation or Permission

AP European History satisfies the Contemporary World Issues requirement. *Dual enrollment in an Advanced English course is highly recommended.* The AP European History course is designed to provide the students with the skill and knowledge necessary to analyze issues and documents in post-1450 history. The course involves note taking/lecture, research and writing, extensive reading and class discussion. Upon obtaining a good score on the AP exam, a student may earn college-level credit for this course.

ADVANCED PLACEMENT GOVERNMENT

2 Semesters

Selective/Elective: Grade 12

Prerequisite: Teacher Recommendation or Permission

AP Government satisfies the senior Government Requirement

Dual enrollment in an Advanced English course is highly recommended. This AP History course is designed to provide students with the skills and knowledge necessary to analyze problems and documents in American Government. The course is designed for students who have abilities and interests in American Government. The course involves note-taking/lecture, research and writing, extensive reading and class discussion. Upon obtaining a good score on the AP exam, a student may earn college level credit for this course.

ENGLISH LANGUAGE DEVELOPMENT

Introduction

All courses are for both semesters, 1.0 elective credit. English language development (ELD) classes are based upon Oregon's English language development standards and Systematic ELD: A Focused Approach. Students are placed in appropriate classes based on their performance on Oregon's English language proficiency assessment (ELPA) and on ELD teacher recommendation.

ELD 1

2 Semesters

Prerequisite: ELD Teacher Recommendation

This course is designed for students who are at a beginning level of proficiency in English. Thematic units will incorporate the four English language proficiency standards in speaking, reading, listening, and writing. Students in ELD 1 will concurrently take ELL Language Arts for two semesters.

ELD 2

2 Semesters

Prerequisite: ELD 1 or ELD Teacher Recommendation

This course is designed for students who are at an early intermediate level of proficiency in English and have acquired basic skills in ELD 1. Thematic units will continue to incorporate the four English language proficiency standards in speaking, reading, listening, and writing.

ELD 3

2 Semesters

Prerequisite: ELD 2 or ELD Teacher Recommendation

This course is designed for students who have an intermediate level of proficiency in English and have acquired the language skills taught in ELD I

and ELD 2. Thematic units will continue to incorporate the four English language proficiency standards in speaking, reading, listening, and writing.

ELD 4

2 Semesters

Prerequisite: ELD 3 or ELD Teacher Recommendation

This course is designed for students who have an early advanced level of proficiency in English and have acquired the language skills taught in ELD I, ELD 2, and ELD 3. Thematic units will continue to incorporate the four English language proficiency standards in speaking, reading, listening, and writing.

ELD 5

2 Semesters

Prerequisite: ELD 4 or ELD Teacher Recommendation

This course is designed for students who have an advanced level of proficiency in English and have acquired the language skills taught in ELD I, ELD 2, ELD 3, and ELD 4. Thematic units will continue to incorporate the four English language proficiency standards in speaking, reading, listening, and writing.

FAMILY & CONSUMER STUDIES

Introduction

Building Life Skills -9
Child Psychology -10, 11, 12
Child Development- 10, 11, 12
Careers with Children - 10, 11, 12
Families in Society Today - 10, 11, 12
Foods 1, - 9, 10, 11, 12

Food 2 - 9, 10, 11, 12
Foods Assistant – 10, 11, 12
CDC Internship -10, 11, 12
Elementary Mentor – 10, 11, 12
Cadet Teaching 1, 2 – 11, 12

BUILDING LIFE SKILLS

1 Semester

Elective: Grade 9

Prerequisite: None

This course is designed for 9th grade male and female students who are interested in developing independent living skills. Personal awareness, relationships skills, money management, parenting/child development and balancing after-school jobs with other aspects of teen life are explored.

CHILD DEVELOPMENT

1 Semester

Elective: Grades 10, 11 &12

Prerequisite: None

LBCC Credit Available

This class explores basic concepts, issues and current research on child growth and development (prenatal to age 8). Emphasis is placed on developing realistic expectations of children's development and behavior, as well as ways to promote healthy development and behavior. Students will have the opportunity to work and learn about young children in South Albany's Head Start Child Development Center.

CHILD PSYCHOLOGY

1 Semester

Elective: Grades 10, 11 &12

Prerequisite: None

LBCC Credit Available

This course explores not only how children act, think and feel, but also *why*. This is an exciting time in the field of child psychology for theorists and researchers have made remarkable breakthroughs, especially related to how the brain works. Attention is focused on building strong relationships, communication and guidance skills and consequences to children and society when these things are lacking. Students also interact with children in South Albany's Head Start Child Development Center.

CDC INTERNSHIP

1 Semester

Elective: Grades 10, 11 &12

Prerequisite: Child Development, Child Psychology, Careers with Children - (Grade of C or better)

LBCC Credit Available

This cooperative work experience is designed for active participation with children in the Head Start Child Development Center. Interns play a strong role in developing, presenting and evaluating learning activities for preschool children. Interns also work as a team member in facilitating CDC procedures, practicing strong positive guidance skills and career-related skills. Opportunities are available to demonstrate all *Career-Related Learning Standards* and to complete the *CRLS Reflection Essay* to meet graduation requirements. Internship hours are available during regular class periods or after school. Food handler's card required. First Aid/CPR certification recommended.

ELEMENTARY MENTOR

Prerequisite: Leadership, Ignite or Teacher Approval

Grades: 10, 11 &12; 9 with counselor approval (Transportation provided)

Elementary Mentor is a unique opportunity created with our local grades schools for students to work with elementary students in a way that develops skills for both elementary and high school students. Elementary mentor work with elementary students on a one-on-one basis, helping students with social and academic skills, such as reading, writing and math.

CADET TEACHING 1, 2

1 Semester each

Elective: Grades 11 &12

Prerequisite: Instructor approval, Careers with Children or Child Development

LBCC Credit Available (for part 2 only!)

Cadet Teaching is an opportunity for juniors or seniors to explore the teaching field. The cadet teacher will work in the elementary, middle-school, or high-school setting helping students with academic skills (reading, math, science, and social studies), as well as social skills including peer relationships.

CAREERS WITH CHILDREN (Fine/Applied Art and/or Elective Credit)

1 Semester

Elective: Grades 10, 11 &12

Prerequisite: Child Development or Instructor Approval

LBCC Credit Available

Do you enjoy children? Have you ever considered a career related to children? This course explores careers with children especially in the field of education as a teacher, coach, librarian, aide, counselor, etc. You will learn how to plan, present, and evaluate lesson plans, as well as, how to prepare a portfolio. You will also work with children in the Head Start Program.

FAMILIES IN SOCIETY TODAY (Fine/Applied Art and/or Elective Credit)

1 Semester

Elective: Grades 10, 11 &12

Prerequisite: None

This course focuses on multiple themes that affect individuals and families in our society. Students will be given opportunities through multi-media activities and personal experiences to investigate issues facing families today. These experiences will include exploring the many aspects of human development from childhood to adulthood.

FOODS 1 (Fine/Applied Art and/or Elective Credit)

1 Semester

Elective: Grades 9, 10, 11 &12

Lab fee: \$20

This class introduces students to cooking. Students will learn the basics of cooking along with cooking healthy and economical meals.

FOODS 2 (Fine/Applied Art and/or Elective Credit)

1 Semester

Elective: Grades 9, 10, 11 &12

Prerequisite: Foods 1

Lab fee: \$20

This class continues where Foods I leaves off. This class will focus more on healthy snacks, breads, desserts and a unit on U. S. Regional cuisine. Students will also learn how to calculate the cost of a meal/product.

FOODS ASSISTANT

1 Semester

Elective: Grades 10, 11, & 12

Prerequisite: **Instructor Approval, Foods I**

Students will earn .5 elective credit for being a Teacher Assistant. This is an ideal class for students who like to help teachers and or students who are thinking that they would want to be a teacher in the future. Students will be required to stay busy the majority of the period helping the teacher with copying, organizing, prepping food, cleaning ,doing laundry, etc.

INDUSTRIAL TECHNOLOGY—Fine/Applied Art and/or Elective Credit

Introduction

Drafting			
Drafting I - 10, 11, 12	½ Credit	Metals	
Drafting 2 - 10, 11, 12	½ Credit	Intro to Metals – 9-12	½ Credit
Arch-Eng Draft (3) - 11, 12	1 Credit	Metals 1 – 9-12	½ Credit
Advanced Drafting (4)-12	1 Credit	Metals 2 – 9-12	½ Credit
Drafting Lab - 10, 11, 12	1 Credit	Metals 3 – 10-12	½ Credit
Production Design - 9-12	½ Credit	Metals 4 – 11-12	½ Credit
Construction-Building Trades Technology I- 9-12	½ Credit	Electronics	
Construction-Building Trades Technology II- 9-12	½ Credit	Intro to Electronics – 9, 10, 11, 12	½ Credit
Construction-Building Trades Technology III/IV 10-12	½ Credit	Electronics 1 -10, 11, 12	½ Credit
Intro to Woods - 9-12	½ Credit	Electronics 2 -11, 12	½ Credit
Cabinetmaking I -10, 11, 12	½ Credit	Automotive	
Cabinetmaking II -10, 11, 12	½ Credit	Intro to Small Engines - 9-12	½ Credit
Special Projects I -10, 11, 12	½ Credit	Auto Technology 1& 2 -10, 11, 12	1 Credit
Special Projects II -11, 12	½ Credit	Auto Technology 3 & 4 - 11, 12	1 Credit
		Mech. Technology & Intern-12	1 Credit
		Auto Technology 5	½ Credit

*Students must wear safety glasses and clothing in many Industrial Technology Courses.

DRAFTING 1

1 Semester

Elective: Grades 9, 10, 11 & 12

Prerequisite: None

Introduction to Drafting is the first course offered to students without previous drafting experience. Students develop visualization skills by viewing objects in space and then be able to setup, start, and complete drawings using drafting tools and equipment. Areas of study are the use and care of drafting tools and equipment. Students design, draw, build and test a bridge from balsa wood as the final project for this class.

DRAFTING 2

1 Semester

Elective: Grades 9, 10, 11 & 12

Prerequisite: Drafting 1

Drafting 2 is for students who wish to continue exploring drafting. Subject matter will include 3D pictorial drawings, auxiliary drawings, section views, descriptive geometry and surface developments. Students will complete the semester by designing, building, and testing a final project.

DRAFTING 3/ARCHITECTURAL/ENGINEERING A/B

2 Semesters

Elective: Grades 10, 11 & 12

Prerequisite: Drafting 1 and 2

How do windshield wipers work? Can I design a house like that? Just two of the questions answered in Drafting 3. The first semester will be solving problems relating to engineering drawing. Included subjects are surveying & map making, mechanisms (windshield wipers), cams & gears, and working drawings. The second semester will be spent on drawings related to architectural drafting. Students will finish a complete set of plans for a house that they design.

DRAFTING 4/ADVANCED ARCHITECTURAL/ENGINEERING A/B

2 Semesters

Elective: Grade 10, 11, 12

Prerequisite: Drafting 1, 2, & 3

LBCC Credit Available

The purpose of this course is to provide students with an understanding of the operation of CAD system as well as advanced techniques in architectural/engineering drafting. Students will dedicate the first semester to getting hands-on experience with Auto CAD 2014 through a series of individual exercises. During the second semester, students can explore more in-depth subjects, which as Architecture or Solids Modeling and create objects using the 3D printer.

DRAFTING LAB A/B

2 Semesters

Elective: Grades 11 & 12

Prerequisite: Drafting 1, 2, 3, as well as instructor's approval

Drafting lab is an individualized study course designed to develop advanced skills and knowledge of drafting techniques. The student will select or be assigned problems and projects requiring analysis and technical knowledge in his/her particular area of interest. These problems will be real world problems, as much as possible. Drafting lab will also emphasize CAD. Drafting lab is to be taken concurrently with an advanced drafting class.

PRODUCTION DESIGN

1 Semester

Elective: Grades 9,10, 11 & 12

Prerequisite: None

This course emphasizes creative problem solving, designing, and technical drawing skills which reflect the approach used in business and industry to create new products. Students will develop solutions to various design activity briefs. Proposed solutions are researched, sketched, refined, and rendered as technical drawings from which prototypes will be built. Activities will include, but are not limited to, redesigning and producing an existing product, vehicle design, and independent design activities. The capstone project allows students to design and build their own chair from cardboard.

INTRODUCTION TO WOODS

1 Semester

Elective: Grade 9, 10, 11 & 12

Prerequisite: None

Course fee: \$10

This course will introduce students to basic woodworking tools and techniques. Safety is strongly emphasized and each student will become certified to use woodworking machinery of several different types. Students will build and take home 5 projects in this class. Previous projects have included boxes, cutting boards, footstools, magazine racks, mini-shelves, skate board ramps and jumps. The lab fee for this class is \$10.00.

CABINET MAKING I

1 Semester

Elective: Grades 10, 11 & 12

Prerequisite: Introduction to Woods

Lab fee: \$10

Students learn advanced joinery and build a cabinet and one project of their choice.

CABINET MAKING II

1 Semester

Elective: Grades 10, 11 & 12

Prerequisite: Cabinet Making I

Lab fee: \$10

Students learn advanced joinery and build a medicine cabinet and one project of their choice.

SPECIAL PROJECTS I

1 Semester Each

Elective: Grades 10, 11 & 12

Prerequisite: Cabinetmaking II

Lab fee: \$10

Students develop abilities to read blueprints, cut lists and shop drawings in the construction of individual projects. Students are expected to be self-motivated and independent workers.

SPECIAL PROJECTS II

1 Semester Each

Elective: Grades 11 & 12

Prerequisite: Special Projects I

Lab fee: \$10.00

Students are challenged to use new joinery techniques in the construction of individual projects. Students are expected to be self-motivated and independent workers.

INTRODUCTION TO METALS

1 Semester: Credit: ½

Elective: Grade Level: 9, 10, 11, and 12/ **Fee: \$10.00**

This course is designed to introduce students to metal fabrication and manufacturing processes. Students will learn through a combination of classroom instruction and lab work. This course emphasizes the necessary skills of welding technology and shop safety following OSHA, NFPA, EPA, and DEQ recommendations.

METALS 1

1 Semester: Credit: 1/2

Elective: Grade Level: 9, 10, 11, and 12

Pre-requisite: Introduction to Metals with a “C” or Better/ **Fee: \$10.00**

This course will increase the students’ knowledge of basic machining and welding skills. Students will become familiar and skilled at Shielded Metal Arc Welding and Oxy-fuel welding. Students will also be introduced to Gas Metal Arc, Flux Core, and Gas Tungsten Arc Welding. Students will increase their knowledge and skill in blueprint reading, layout, and inspection techniques. Students are required to create several lab projects. This course emphasizes the necessary skills of welding technology and shop safety following OSHA, NFPA, EPA, and DEQ recommendations.

METALS 2

1 Semester

Grade Level: 10, 11, and 12

Pre-requisite: Metals 1 with a “C” or Better

Credit: 1/2

Fee: \$10.00 per Semester

This course increases the students’ knowledge of machining and welding skills. Machining emphasis is on the creation of quality precise and accurate projects. Students will become more familiar and skilled at Shielded Metal Arc Welding, Gas Metallic Arc Welding, Flux Core Arc Welding, Gas Tungsten Arc Welding, and Oxy-fuel welding in all four welding positions. Oxy-fuel cutting and Plasma Arc cutting are taught as well. Increased knowledge and skill in fabrication sciences are emphasized in order to accomplish course goals. Students will increase their knowledge and skill in blueprint reading, layout, and inspection techniques. This course emphasizes the necessary skills of welding technology and shop safety following OSHA, NFPA, EPA, and DEQ recommendations. Students must be dressed properly and wear safety glasses at all times while in the shop.

METALS 3 and 4

1 Semester each

Grade Level: 10, 11, and 12

Pre-requisite: Metals 2 with a “C” or better

Credit: ½ each

Fee: \$10.00 per Semester

These courses are designed to further increase students’ skills and knowledge in machining, welding and fabrication processes learned in Intermediate Metals Technology. Students will continue to learn in depth about the following welding related processes: Oxy-fuel Welding, Shielded Metal Arc Welding, Gas Metallic Arc Welding, Flux Core Arc Welding, Torch Brazing, Gas Tungsten Arc Welding, Oxy-fuel cutting, Plasma Arc Cutting, blueprint reading, metallurgy, fabrication mathematics, and current forms of fabrication technology. In machine tool students will continue to study advanced concepts in metallurgy; material science, milling, drilling, turning, grinding, computer numerical control, inspection techniques, tool geometry, and computer aided machining. Students will be required to complete various certification tests specified by the instructor as established by the American Welding Society and the National Institute for Metalworking Skills. Lab work in machine tool emphasizes advanced concepts using the engine lathe, milling machine, Computer Numerical Control (CNC) mill and CNC lathe, and the MasterCAM program. This course emphasizes the necessary skill of welding technology and shop safety following OSHA, NFPA, EPA, and DEQ recommendations. Students must be dressed properly and wear safety glasses at all times while in the shop.

CONSTRUCTION-BUILDING TRADES TECHNOLOGY I

1 Semester

Elective: Grades 9, 10, 11, 12

Students will be introduced to the fundamentals of building trades (i.e., carpentry, masonry and concrete). They will learn shop safety, hand and power tool safety and information about materials used in the construction trade. Life and employability skills will be part of the core curriculum.

CONSTRUCTION-BUILDING TRADES TECHNOLOGY II

1 Semester

Elective: Grades 9, 10, 11, 12

Prerequisite: Construction-Building Trades Technology I with a C grade or better

Students will develop an in depth study of the fundamentals of building trades (i.e., carpentry, masonry and concrete). They will learn shop safety, hand and power tool safety and information about materials used in the construction trades. In addition, this class is project based, so students complete various construction projects for the greater community. As always, life and employability skills will also be a part of the core curriculum.

CONSTRUCTION-BUILDING TRADES TECHNOLOGY III/IV

1 Semester each

Elective: Grades 10-12

Prerequisite: Construction-Building Trades Technology II with a C grade or better

Students will have an in-depth study of various construction/building trades, focusing on carpentry, masonry, concrete, excavation, painting and roofing, as well as the tools and materials associated with these trades. In addition, students will read and interpret building plans (blue prints). Students will complete hands-on projects and learn the life and employability skills necessary in these fields.

INTRODUCTION TO ELECTRONICS

1 Semester

Elective: Grades 9, 10, 11 & 12

Prerequisite: None

Lab fee: \$10

Introduction to Electronics is an exploratory course that allows students to learn basic electrical concepts. The many hands-on lab activities are designed to provide participants with meaningful and exciting exposure to electrical concepts. They take apart and understand how speakers and motors work. Students take home a number of circuits that they build and solder, including a strobe light, solar fan, and light sensitive LED. They also program microprocessors to play music and respond to light and touch. No previous electronics knowledge is required as these activities are designed to help students learn and apply the basics.

ELECTRONICS 1

1 Semester

Elective: Grades 10, 11 & 12

Prerequisite: Intro to Electronics

Lab fee: \$10

This course is designed to expand on circuit building and programming. Previous projects have included building a solar phone charging station for the school, building and programming mobile robots, and soldering and building a remote-controlled lamp that students can take home. The final project is an individual project that students can take home. Previous projects include guitar amplifiers, motor controllers for RC cars, mood lights, disco lamps, and external iPod speakers.

ELECTRONICS 2

1 Semester

Elective: Grades 11 & 12

Prerequisite: Intro & Electronics 1

Lab fee: \$10

This course is designed to allow the application of prior electronics knowledge. Test equipment will be used to troubleshoot problems in electronic devices. As student proficiency is increased, the repair or building of more complex circuits will be explored.

INTRODUCTION TO SMALL ENGINES

1 Semester

Elective: Grades 9, 10, 11 & 12

This course is offered to all girls and boys with no prior experience necessary. Shop work will include work on lawn mower and chain saw engines. The school supplies all engines. Classroom work will include basic information on how engines work, how they fail, and how to repair them. Shop coats are provided for each student.

AUTO TECHNOLOGY 1

1 Semester

Elective: Grades 10, 11 & 12

Basic engine operation along with brakes, cooling, and electrical systems make up the bulk of the course. Shop work will consist of disassembly and reassembly of various automotive components and work on up-to-date, shop-owned vehicles. This course is structured so that student work on personal cars is not included during class time; however, the opportunity exists during after-school and evening hours.

AUTO TECHNOLOGY 2

1 Semester

Elective: Grades 10, 11 & 12

Prerequisite: Auto Technology 1

Course work and shop experience will include disc and drum brake systems, suspension, alignment, emission control systems, and tune-ups. Students will have the opportunity to work on their personal cars.

ADVANCED AUTO TECHNOLOGY 3

1 Semester

Elective: Grades 11, 12

Prerequisite: Auto Technology 1 & 2

Although this course is intended for the student interested in a career in the mechanical fields, it is also a valuable elective for the person who is simply going to be a car owner. The course emphasizes troubleshooting and repair of electrical related systems, starting systems, charging systems, electronic fuel injection, and emission systems. Shop work is done on simulated systems and live, shop-owned cars.

ADVANCED AUTO TECHNOLOGY 4

1 Semester

Elective: Grades 11 & 12

Prerequisite: Auto Technology 1, 2 & 3

LBCC Credit Available

This course emphasizes repair of drive train component, such as transmissions, clutches, and engines. Suspension and wheel alignment are also covered as well as additional problems on diagnosis of ignition and fuel injection systems. Careers and training options in mechanical fields are investigated.

ADVANCED AUTO TECHNOLOGY 5

1 Semester

Elective: Grades 11 & 12

Prerequisite: Auto Technology 1,2,3,4

LBCC Credit Available

This course is primarily shop oriented. Job sheets to solidify skills in the areas of electronic diagnosis, fuel injection trouble shooting and chassis service work are emphasized. Study and service of heating/air conditioning included.

CHOIR and BAND—Fine/Applied Art and/or Elective Credit

CHOIR OFFERINGS:

WOMEN'S CHOIR A/B

2 Semesters Credits: 0.5 per semester

Elective: Grades 9, 10, 11 & 12

Prerequisites: Desire to learn to sing

Women's Choir is open to any student who demonstrates an attitude of interest, self-control, and willingness to cooperate to achieve a common purpose. Women's Choir is a performing organization. This group performs in all regular concerts, including the Fall, Winter, Spring, and Pops Concerts. The class is involved in the study of the fundamentals of proper techniques of singing and reading music for the purpose of attaining a good concept of choral sound production. Music includes unison, two, and three-part literature. Sectionals are held on a regular basis to help students with more difficult pieces of music. Students need to have black and white concert apparel that will be discussed well before the concerts.

REBELSINGERS A/B

2 Semesters Credits: 0.5 per semester

Elective: Grades 9, 10, 11 & 12

Prerequisites: Audition/Instructor Approval

The RebelSingers perform throughout the school year, including the Fall, Winter, Spring, and Pops Concerts. The RebelSingers also perform for other functions and events upon request. Music includes four to eight part mixed choral work of all styles and variety with occasional unison, two, or three part works of unusual character and worth. Sectionals are held on a regular basis to help students with more difficult pieces of music. Sight-reading, interpretations, and basic music fundamentals are constantly emphasized within the music studies. Students will wear robes to concerts and festivals. Clothing underneath robes will be discussed at the beginning of the year.

REBELATION! A/B

Zero period, all year Credit: 1.0

Elective: Grades 10, 11 & 12

Prerequisite: Advanced singing and reading skills, Audition/Instructor approval

Rebelation! is open by audition to any student also participating in RebelSingers. A student's attitude and work ethic are also taken into consideration at the time of the audition. Rebelation! is designed primarily as an a cappella ensemble that will sing popular music. Performances are given at all regular concerts, and for various clubs, organizations, and businesses in the community, as well as for other schools. Students must purchase performance outfits or pay a rental fee of \$20.

MAN CHOIR

2 Semesters Credits: 0.5 per semester

Elective: Grades 9, 10, 11 & 12

Prerequisite: Desire to learn to sing

Man Choir is open to any male student who desires to improve his singing. Man Choir is a performing organization. This group performs in all regular concerts, including the Fall, Winter, Spring, and Pops Concerts. The class is involved in the study of the fundamentals of proper techniques of singing and

reading music for the purpose of attaining a good concept of choral sound production. Music includes unison to four-part literature. Sectionals are held on a regular basis to help students with more difficult pieces of music. Students need to have black and white concert apparel that will be discussed well before the concerts.

BELLISSIMA

2 Semesters Credit: 0.5 per semester

Elective: Grades 9, 10, 11 & 12

Prerequisite: audition with the director

Bellissima is open by audition to female student who have already completed at least one semester of Concert Choir and may include students currently enrolled in RebelSingers. Bellissima will participate in all school concerts and the director may choose to have them travel to festivals. This class will expand upon the vocal fundamentals and techniques learned in Concert Choir through singing more challenging literature. Literature will be of varying styles and will primarily be in three or four part harmony. Sectionals will be

held on a regular basis to assist students with more difficult pieces of music. Sight reading, interpretation, and basic music fundamentals are constantly emphasized within the music studies. A performance outfit rental/purchase fee may be assessed.

MUSIC THEORY

1 Semester

Elective: Grades 9, 10, 11 & 12

Prerequisite: Teacher Approval

Music Theory is an advanced course that will teach basic music theory and ear training. The course will teach students how to read music, to identify terms and symbols and to be able to transcribe listening examples.

AMERICAN MUSIC TRADITIONS

1 Semester

Elective: Grades 9, 10, 11, 12

Students will study the history of American popular music. Topics discussed will be Anglo-American folk music, country, bluegrass, African-American folk music, gospel, blues, jazz, rock-n-roll and styles that are currently popular.

BAND OFFERINGS:

CONCERT BAND A/B

2 Semesters

Elective: Grade 9, 10, 11 & 12

Prerequisite: Must have prior experience in band.

The Concert Band is for the intermediate high school band student. Students will continue to learn the skills necessary to achieve an advanced level on his/her instrument. The student will learn many different styles of music including pep music, and selected literature for the intermediate high school band. Any student with previous band experience is encouraged to take Concert Band.

SYMPHONIC BAND A/B

2 Semesters

Elective: Grade 10, 11 & 12

Prerequisite: Audition/Instructor Approval

The Symphonic Band is for the advanced high school band student. Students will learn a variety of different musical styles including Pep Music, and selected literature for the advanced concert band. This band will compete in many different contests. To be in Symphonic Band students must audition.

JAZZ ENSEMBLE (The Rebellion) A/B

Zero period all year, Credit: 1.0

Elective: Grade 9, 10, 11 & 12

Requirement: Enrollment in Concert or Symphonic Band and Director's Approval through Audition

The Jazz Ensemble is for the band student who is interested in all styles of Jazz. Also, the student will learn the skill necessary to improvise a melody with rhythmic background. In order to be in the Jazz Ensemble, students must have instructor approval and be enrolled in either Concert or Symphonic Band.

DRAWING and PAINTING—Fine/Applied Arts and/or Elective Credit

DRAWING 1

1 Semester

Elective: Grades 9, 10, 11 & 12

Fees: \$10

This is an entry level course and a prerequisite for all art courses. Drawing 1 will offer beginning experiences in drawing, color theory, basic design, art history and art appreciation. Students will gain insight and ability to see in a new way in order to learn new skills and art techniques, Media used include pencil, charcoal, and ink.

DRAWING 2

1 Semester (Can be repeated for credit numerous semesters because the course content (artists and styles) changes every semester)

Elective: Grades 9, 10, 11 & 12

Prerequisite: Drawing 1; must earn a passing grade (C or better) in Drawing 1 to take this class.

Fee: \$10.00

The principles and skills/techniques introduced in Drawing 1 will be refined and combined with new drawing techniques and experiences. Emphasis is on form, shape and value, beginning with black/white studies and moving into color (pastel, charcoal, oil pastel and ink). Drawing from a model is a big part of this course. Other components of this course include composition, problem solving and the application of the elements and principles of art.

PAINTING 1

1 Semester

Elective: Grades 10, 11 & 12

Prerequisite: Drawing 1 and Drawing 2; must earn a passing grade (C or better) in Drawing 1 and Drawing 2 to take this class.

Fees: \$15

This class will emphasize basic color mixing and materials (use & application). Students will see how acrylics can produce exciting “oil-like” results. Study and application of the elements and principles of art/composition as well as some art history and Critical Analysis will be included.

PAINTING 2

1 Semester (Can be repeated for credit numerous semesters because the course content (artists and styles) changes every semester)

Elective: Grades 10, 11 & 12

Prerequisite: Drawing 1, Drawing 2, Painting 1; must earn a passing grade (C or better) in Painting 1 to take this class.

Elective: Grades 10, 11 & 12

Fees: \$15

Students will continue to build on the knowledge and skills learned in previous drawing and painting classes. This painting class will use more advanced painting techniques using acrylic paint and additives. Each semester will focus on a different style/theme. Art history and critical analysis will be included.

WORLD LANGUAGES—Fine/Applied Art and/or Elective Credit

Instruction, assessments and grading for all World Language Courses in the Greater Albany School District are performance-based and advancement to the next level of the course depends on meeting proficiency criteria in speaking and writing. Proficiency levels are based on state and national standards.

SPANISH 1A/B

1 Year (2 Semesters)

Elective: Grades 9, 10, 11 & 12

Prerequisite: None

This is an introduction to the language and culture of the Spanish and German speaking countries. Students learn to communicate about familiar topics such as self, family, residence, daily routine, school, free-time and weather. Students initially learn to speak the target language by memorizing vocabulary, phrases and sentences to acquire and provide information. They learn grammar in the context of the communication task. As their knowledge increases, students begin to create their own sentences and questions.

SPANISH 2A/B

1 Year (2 Semesters)

Elective: Grades 10, 11 & 12

Prerequisite: level 1 A/B or equivalent proficiency

In this course students build on the communication skills they learned in level 1A/B. Topics covered in Spanish or German 2A/B include community, city, transportation, shopping, and health. Not only do students learn to communicate about these topics, they also learn how to conduct simple transactions in the country where the language is spoken, such as buying things, making travel arrangements, making plans, ordering in a restaurant, etc. While communication continues to be mostly about themselves and general or present time events, students also begin to talk about what happened in the past.

SPANISH 3A/B

1 Year (2 Semesters)

Elective: Grades 10, 11 & 12

Prerequisite: level 2 A/B or equivalent proficiency

4 credits College Now Credit available through LBCC to seniors who achieve a grade of B or higher

In this course students continue to develop their communication skills on familiar topics having to do with daily life, school and work. They expand their abilities to participate in simple conversations, to conduct transactions in the target culture and to narrate and describe in past, present and future time frames. Students increase their skills in interpreting written language and understanding communication from various media sources. The course includes in-depth study of the history and culture of the target culture.

SPANISH 4A/B

1 Year (2 Semesters)

Elective: Grade 11, 12

Prerequisite: Spanish 3 A/B or equivalent proficiency

12 credits College Now credit available through LBCC to seniors who achieve a grade of B or higher

Students continue to develop their communication skills on familiar topics about daily-life, school and work. At this level, students participate with some ease in simple conversations and transactions. Students continue to practice narrating and describing events in past, present and future time frames. Students expand their vocabulary base to include topics of general public interest and other academic subjects. Students also read more literature and learn more about grammar, history, culture, geography and current events.

SPANISH 5A/B

1 Year (2 Semesters)

Elective: Grade 12

Prerequisite: level 4 A/B or equivalent proficiency

12-16 College Now credits available through LBCC to seniors who achieve a grade of B or higher

This course is offered to students who have demonstrated high proficiency and who are motivated and able to work independently in the target language. Students work to increase their communication skills on topics about daily-life, school and work, especially in narrating and describing in all time frames. In addition to participating in conversations, they read short stories and articles and write short essays. Grammar is explored as necessary to improve communication and also as a separate academic topic.

GERMAN 1A/B

1 Year (2 Semesters)

Elective: Grades 9, 10, 11 & 12

Prerequisite: None

This is an introduction to the language and culture of the Spanish and German speaking countries. Students learn to communicate about familiar topics such as self, family, residence, daily routine, school, free-time and weather. Students initially learn to speak the target language by memorizing vocabulary, phrases and sentences to acquire and provide information. They learn grammar in the context of the communication task. As their knowledge increases, students begin to create their own sentences and questions.

GERMAN 2A/B

1 Year (2 Semesters)

Elective: Grades 10, 11 & 12

Prerequisite: level 1 A/B or equivalent proficiency

In this course students build on the communication skills they learned in level 1A and B. Topics covered in Spanish or German 2A/B include community, city, transportation, shopping, and health. Not only do students learn to communicate about these topics, they also learn how to conduct simple transactions in the country where the language is spoken, such as buying things, making travel arrangements, making plans, ordering in a restaurant, etc. While communication continues to be mostly about themselves and general or present time events, students also begin to talk about things that happened in the past.

GERMAN 3A/B

1 Year (2 Semesters)

Elective: Grades 10, 11 & 12

Prerequisite: level 2 A/B or equivalent proficiency

4 credits College Now Credit available through LBCC to seniors who achieve a grade of B or higher

In this course students continue to develop their communication skills on familiar topics having to do with daily life, school and work. They expand their abilities to participate in simple conversations, to conduct transactions in the target culture and to narrate and describe in past, present and future time frames. Students increase their skills in interpreting written language and understanding communication from various media sources. The course includes more in-depth study of the history and culture of the target culture.

GERMAN 4A/B

1 Year (2 Semesters)

Elective: Grade 11, 12

Prerequisite: Spanish 3 A/B or equivalent proficiency

12 credits College Now credit available through LBCC to seniors who achieve a grade of B or higher

Students continue to develop their communication skills on familiar topics about daily-life, school and work. At this level, students participate with some ease in simple conversations and transactions. Students continue to practice narrating and describing events in past, present and future time frames. Students expand their vocabulary base to include topics of general public interest and other academic subjects. Students also read more literature and learn more about grammar, history, culture, geography and current events.

GERMAN 5A/B

1 Year (2 Semesters)

Elective: Grade 12

Prerequisite: level 4 A/B or equivalent proficiency

12-16 College Now credits available through LBCC to seniors who achieve a grade of B or higher

This course is offered to students who have demonstrated high proficiency and who are motivated and able to work independently in the target language. Students work to increase their communication skills on topics about daily-life, school and work, especially in narrating and describing in all time frames. In addition to participating in conversations, they read short stories and articles and write short essays. Grammar is explored as necessary to improve communication and also as a separate academic topic.

BUSINESS AND LEADERSHIP—Fine/Applied Art Credit and/or Elective Credit

BUSINESS OFFERINGS:

ACCOUNTING 1 A/B

2 Semesters

Elective: Grades 10, 11, 12

LBCC College Now Credit Available

Do you want a job in a business or governmental agency even before leaving high school? Do you want to own your own business or work your way up the career ladder? This class offers students the opportunity to learn about the financial side of business operations. Students will gain skills and the knowledge necessary to keep records for businesses and gain an introductory knowledge of how a business operates. This is an excellent course to include on a resume when seeking employment.

PERSONAL FINANCE 100

1 Semester

Elective: Grades 10-12

Prerequisites: None

Do you know how much money should be saved before moving away from home? Have you received your first credit card offer yet? Would you like some helpful hints to save yourself money? Managing your money/credit, making major purchases and how to rent an apartment as well as how to wisely manage a budget for life outside of high school is shown. Also covered is enhancing your job-hunting skills by practicing for interviews and preparing resumes, cover letters, thank you letters, and more.

COMPUTER KEYBOARDING & FORMATTING

1 Semester

Elective: Grades 9, 10, 11, 12

LBCC College Now Credit Available

Learn to type your papers quickly and efficiently! Type a resume and application letter that will give you an edge over other job seekers. Typing by touch and basic computer skills will be emphasized (one of few opportunities in Albany to learn).

MICROSOFT WORD

1 Semester

Elective: Grades 9, 10, 11, 12

Prerequisite: Computer Keyboarding & Formatting

LBCC College Now Credit Available

Understanding Microsoft Word is a valuable skill to add to your resume. Working through the class at your own pace plus the opportunity to apply

your new-found skills will be available. You'll also have the opportunity to improve your keyboarding skills.

SCHOOL LEADERSHIP OFFERINGS:

LEADERSHIP I

1 Semester

Elective: Grade 9

Prerequisite: Teacher Recommendations/Application

This course is designed to facilitate growth in leadership, communication, and organizational skills necessary in planning a well-developed student activities program, as well as, community service projects that reflect being a responsible citizen. This class places emphasis on student planning and student responsibility, as well as, providing potential for learning, fun and accomplishment. Successful students may apply to move into Leadership A/B.

LEADERSHIP A

1 Semester

Elective: Grade 10, 11 & 12

Prerequisite: Teacher Recommendation

Leadership is a required class for ASB and Class Officers at South Albany. Students in Leadership are required to plan and organize events on the South Albany campus, perform community service as a part of their grade, attend extra-curricular activities and be a positive role model for fellow students. Leadership A covers activities during the 1st semester including, but not limited to Frosh Day, Open House, Parent/Teacher Conferences, Food Drive, Freshman Elections, Adopt-an-Athlete, Pep Assemblies, Homecoming Week, Blood Drive, Holiday Activities (Tree of Joy, Humane Society Sharing Tree), and the Winter Prom.

LEADERSHIP B

1 Semester

Elective: Grade 10, 11 & 12

Prerequisite: Teacher Recommendation

Leadership is a required class for ASB and Class Officers at South Albany. Students in Leadership are required to plan and organize events on the South Albany campus, perform community service as a part of their grade, attend extra-curricular activities and be a positive role model for fellow students. Leadership B covers activities during the 2nd semester of the school year including, but not limited to Sadie Hawkins, office Staff Appreciation, ASB Elections, Spring Blood Drive, Teacher Appreciation Week, Class Elections, Homegoing Week, Spring Fling, Junior/Senior Prom, and Graduation.

COMMUNITY AND SCHOOL SERVICE LEARNING—Elective Credit

COUNSELING AIDE

1 Semester

Elective: Grades 9, 10, 11 & 12

Prerequisites: Interview

Credit: 0.5 credits available depending on performance.

The student will help with the day-to-day tasks of the counseling office.

Primary responsibilities include delivering passes, giving school tours to new students, and filing. Students must work well with the public and their peers, maintain the professional standard of confidentiality, and have excellent attendance. If interested, please talk with your counselor.

OFFICE AIDE

1 Semester

Elective: Grades 9, 10, 11 & 12

Prerequisites: Interview

Credit: ½ credit available (one time only), depending upon performance.

Credit issued to one student per semester.

Open to students who are able to work well with the public and their peers in a professional manner, maintain the professional standard of confidentiality; be able to follow directions; have an excellent attendance record; be accurate and dependable; and be passing all classes. If you are interested, please contact the Attendance Secretary in the Main Office before scheduling.

LIBRARY SCIENCE AIDE

1 Semester

Elective: Grades 10, 11 & 12

Prerequisites: Application Process

Credit: 1.0

The student will learn fundamentals of library procedures. All students will receive instruction in circulation of books and periodicals, the care of books, and the processing of books. The student will become proficient in the use of print and electronic information access and the use of general reference materials

TEACHER ASSISTANT

1 Semester

Elective: Grades 9, 10, 11, & 12

Prerequisite: Instructor Approval

Students will earn .5 elective credit for being a Teacher Assistant and teachers are only allowed to have two assistants per semester. This is an ideal class for students who like to help teachers and or students who are thinking that they would want to be a teacher in the future. Students will be required to stay busy the majority of the period helping the teacher with copies, grading, organizing etc.

TEACHER AIDE – Non Credit

1 Semester

Elective: Grades 9, 10, 11, & 12

Prerequisite: Instructor Approval

Students will not earn credit for being a Teacher Aid. This is an ideal class for students who like to help teachers and or students who are thinking that they would want to be a teacher in the future. Students will be helping the teacher with copies, grading, organizing etc. If there are no aiding tasks needed for any given day the student can use this class as a study hall.

KITCHEN COORDINATOR

1 Semester

Elective: Grades 11 & 12

Prerequisite: Application and interview, consent of instructor

Kitchen Coordinator is an opportunity for juniors and seniors to explore the culinary arts and restaurant industry. The student will work with the cafeteria and community to learn valuable skills that can be transferred to future jobs outside the schools setting. They will develop a sense of higher responsibility and secure character traits that will ensure personal success in the future.

FOODS ASSISTANT

1 Semester

Elective: Grades 10, 11, & 12

Prerequisite: **Instructor Approval, Foods I**

Students will earn .5 elective credit for being a Teacher Assistant. This is an ideal class for students who like to help teachers and or students who are thinking that they would want to be a teacher in the future. Students will be required to stay busy the majority of the period helping the teacher with copies, grading, organizing, prepping food, cleaning, laundry, etc.

CADET TEACHING 1, 2

1 Semester each

Elective: Grades 11 & 12

Prerequisite: Instructor approval, Careers with Children or Child Development

LBCC Credit Available (for part 2 only!)

Cadet Teaching is an opportunity for juniors or seniors to explore the teaching field. The cadet teacher will work in the elementary, middle-school, or high-school setting helping students with academic skills (reading, math, science, and social studies), as well as social skills including peer relationships.

CDC INTERNSHIP

1 Semester

Elective: Grades 10, 11 & 12

Prerequisite: Child Development, Child Psychology, Careers w/Children, or Instructor approval

LBCC Credit Available

You will have the opportunity to work with Head Start children developing and supervising learning activities, practicing strong guidance skills, and expanding your personal career-related skills. Students are expected to meet Career Employment Center requirements, complete assigned paperwork, and work 15 hours. Internship hours are available during regular class periods or various days before and after school

COOPERATIVE WORK EXPERIENCE 1, 2, 3, 4

1 Semester each

Elective: Grades 11 & 12

Cooperative Work Experience provides specific occupational preparation for basic workplace readiness skills, develops specific job-related competencies, and reinforces in-school occupational training. The student generally receives pay and can earn a maximum of .5 credits per semester. Application must be made through the Career & Employment Center.

ELEMENTARY MENTOR

Prerequisite: Leadership, Ignite or Teacher Approval

Grades: 10, 11 & 12; 9 with counselor approval (Transportation provided)

Elementary Mentor is a unique opportunity created with our local grades schools for students to work with elementary students in a way that develops skills for both elementary and high school students. Elementary mentor work with elementary students on a one-on-one basis, helping students with social and academic skills, such as reading, writing and math.