

**2022-2023 COURSE CATALOG**

# **SOUTH ALBANY HIGH SCHOOL PATHWAYS TO YOUR FUTURE**



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# GENERAL STUDIES OUTLINE BY CLASS

## FRESHMEN | Class of 2026

All freshmen must be enrolled in a full schedule of credited classes each semester. Freshmen are not eligible for the Cooperative Work Experience. This graduation class must meet/exceed State-Required Reading, Writing, and Math Assessments for graduation. All graduating students 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 or higher) | 1 credit  
Health | 1/2 credit  
Fitness for Life | 1/2 credit  
Modern World History | 1/2 credit  
Physics A/B NGSS | 1 credit  
Electives | 2 1/2-3 1/2 credits

State Reading Test | Meet or Exceed  
State Writing Test | Meet or Exceed  
State Math Test | Meet or Exceed

**Total Credits 7-8**

## SOPHOMORES | Class of 2025

All sophomores must be enrolled in at least seven credited classes each semester. This graduation class must meet/exceed State-Required Reading, Writing, and Math Assessments for graduation. All graduating students 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 or higher) | 1 credit  
Health | 1/2 credit  
Physical Education | 1/2 credit  
Social Studies Selective | 1/2 credit  
Chemistry A/B NGSS or Pre-AP Chemistry A/B | 1 credit  
Electives | 2 1/2-3 1/2 credits

State Reading Test | Meet or Exceed  
State Writing Test | Meet or Exceed  
State Math Test | Meet or Exceed

**Total Credits 7-8**

## JUNIORS | Class of 2024

Juniors must be enrolled in a minimum of six credited classes each semester unless the student is attending LBCC or participating in Cooperative Work Experience and/or internships. This graduation class must meet/exceed State-Required Reading, Writing, and Math Assessments for graduation. All graduating students must take 3 credits of science and 3 credits of math at and above the Algebra 1.1 level.

Communication Skills | 1 credit  
Modern US History | 1 credit  
Biology A/B NGSS or Pre-AP Biology A/B | 1 credit  
Mathematics | 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 6-8**

## SENIORS | Class of 2023

Seniors may be enrolled in a minimum of five credited classes each semester if they are on track to graduate. Seniors are expected to be enrolled in a full schedule unless they are attending LBCC or are participating in Cooperative Work Experience and/or internships. This graduation class must meet/exceed State-Required Reading, Writing, and Math Assessments for graduation. All graduating students must take 3 credits of science and 3 credits of math at and above the Algebra 1.1 level.

Communication Skills | 1 credit  
American Government | 1/2 credit  
Economics | 1/2 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 5-8**



# CHOIR, MUSIC, & BAND

## Choir Offerings

### TREBLE CHOIR

*2 Semesters*

*Credits: ½ per semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Desire to learn to sing*

Treble Choir is open to any student who demonstrates an attitude of interest, self-control, and willingness to cooperate to achieve a common purpose. Treble 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.

### MAN CHOIR

*2 Semesters*

*Credits: ½ 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*

*Credits: ½ per semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Audition with the director*

Bellissima is open by audition to soprano and alto voices and may include students currently enrolled in UnitedHarmony. 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 Treble Choir through singing more challenging literature. Literature will be of varying styles and is primarily in three or four part harmony. Sectionals are held on a regularly to assist students with more difficult pieces of music. Sight reading, interpretation, and basic music fundamentals are emphasized within the music studies. A performance outfit rental/purchase fee may be assessed.

### UNITEDHARMONY

*2 Semesters*

*Credits: ½ per semester*

*Elective: Grades 9, 10, 11, 12*

*Robe and Cleaning Fee: \$40*

*Prerequisites: Audition/Instructor Approval*

UnitedHarmony performs throughout the school year, including the Fall, Winter, Spring, and Pops Concerts. UnitedHarmony also performs 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.

### ASCEND!

*Zero period, all year*

*Credit: 1*

*Elective: Grades 10, 11, 12*

*Course Fee: \$125—Financial assistance available*

*Prerequisites: Advanced singing and reading skills, Audition/Instructor Approval*

Ascend! is open by audition to any student also participating in UnitedHarmony. A student's attitude and work ethic are also taken into consideration at the time of the audition. Ascend! 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.

## MUSICAL THEATER

1 Semester

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Audition*

Both an introduction to the concepts of musical theater and a rehearsal process leading to the public performance of a musical, Musical Theater is designed for students with some experience in either acting or choir. Students in this class will audition for, rehearse, and perform in the school musical and gain experience with vocal music, acting, choreography, costuming, and technical theater (including set building and painting). Everyone in the class will have a role in the musical, with both minor (some non speaking) and major roles available. Actors/singers of all ability and experience levels are encouraged to participate. Performances are a required component of this class.

### General Music Offerings

## MUSIC APPRECIATION

1 Semester

*Elective: Grades 9, 10, 11, 12*

Develop a deeper understanding and appreciation of the wonderful world of music! Music Appreciation will take students on a guided tour through the imagination of composers and songwriters, instrumentalists and singers while learning about different styles of music and how they relate to the world in which we live. Students will learn about the basic building blocks of music: rhythm, melody, texture and how to read and write basic music notation. This class is open to all students regardless of previous musical experience.

## 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.

## UKULELE

1 Semester

*Elective: Grades 9, 10, 11, 12*

Learn the Ukulele! This course is open to any student interested in playing the ukulele; NO previous experience necessary. Students will learn how to play chords and notes, strumming and “picking,” learn many songs (traditional folk songs and modern pop), and maybe even

write their own songs! Students may use a school ukulele or provide their own.

### Band Offerings

Our band programs support school athletic programs by providing a “Pep Band” for contests. This support requires band students to attend and participate in multiple after school hours events. Students are placed into Band I and Band II, depending on experience and focus. The following are the sub-categories within Band I and Band II:

## REDHAWK BAND A

1 Semester (Fall)

*Elective: Grades 9, 10, 11, 12*

*Course Fee: \$100 + Shoes—Financial assistance available*

*Prerequisite: Prior experience in Band*

All woodwind and brass players perform in this ensemble during the FALL semester. Performances include marching band, football & basketball games, Albany Veterans Day Parade and formal concerts. Students play a variety of music and receive concentrated instruction in technique and musicality. Formal concert attire is all-black dress clothes and will be discussed at the beginning of the year. The school has instruments available for rent. There will be after school and financial commitments for this ensemble.

## CONCERT BAND B

1 Semester (Spring only)

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Prior experience in Band*

Concert Band is for the intermediate high school band student. Students continue to develop skills towards advanced level on his or her instrument. The student will study and perform many different styles of music ranging from classical, popular, movie and international music. Performances include formal concerts, pops concert, graduation, pep assemblies and pep band. Concert attire is all-black dress clothes. There will be after school and financial commitments for this ensemble.

## WIND ENSEMBLE B

1 Semester (Spring only)

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Audition/Instructor Approval*

Wind Ensemble is for the advanced high school band student. Students will study and perform a variety of challenging musical styles. Performances include classical formal concerts, pops concert, graduation, festivals, pep assemblies and pep band. Students will be



expected to attend after school rehearsals once a week outside of class. Concert attire is all-black dress clothes. There will be after school and financial commitments for this ensemble.

## JAZZ ENSEMBLE A/B

*(Fall & Spring Semesters)*

*Elective: Grades 9, 10, 11, 12*

*Requirement: Audition/Instructor Approval*

*Co-Requisite: Concurrent enrollment in RedHawk Band/  
Drumline and Concert Band/Wind Ensemble*

Jazz ensemble is for students who are interested in performing all styles of jazz music (swing, traditional, New Orleans brass, Latin, funk, fusion, ballads, etc.). Students learn the skills necessary to improvise. This ensemble gigs regularly in the community and performs at festival and in concert. Concert attire is all black with a solid-color necktie. There will be after school and financial commitments for this ensemble.

## PERCUSSION ENSEMBLE (DRUMLINE) A/B

*Elective: Grades 9, 10, 11, 12*

*Course Fee: \$100 + Shoes—Financial assistance available*

*Prerequisite: Prior Experience in Band*

Percussion Ensemble fulfills different roles each semester. In first semester, this class trains battery members (snare, tenors, bass drum, and cymbals) as well as front ensemble members (marimba, vibraphone, xylophone, synth piano) for parade and field performances for the marching band. Once football and parade season is done, we then switch to indoor percussion and train for our own competitions in the NWAPA circuit. There will be after school and financial commitments for both semesters.

## COLOR GUARD

*2 Semesters*

*Elective: Grades 9, 10, 11, 12*

*Course Fee: \$100 + Shoes—Financial assistance available*

*Prerequisite: None, but dance experience is preferred*

The color guard class offers rehearsal and instruction for all beginning and intermediate level members of the South Albany Color Guard. Instruction will include movement basics, equipment basics on flag and rifle, performance observation and analysis, and basic design and choreography.

In the fall season, the SAHS Guard will perform with the Marching Band, and in the spring season they will have their own indoor color guard ensemble that competes in the Northwest Association of Performing Arts.



# COMMUNICATION SKILLS

## Language Arts Required Courses

### Freshman

English 9 A&B

*Advanced English 9 | for freshmen who show an aptitude for Arts & Communication and potential for success at college level*

### Sophomore

English 10 A&B

*Advanced English 10 | for sophomores who show an aptitude for Arts & Communication and potential for success at college level*

### Junior

English 11 A&B

*Advanced American Literary Studies | for juniors who show an aptitude for Arts & Communication and potential for success at college level*

### Senior

English 12 A&B

*Writing 115 & Writing 121 | for seniors developing writing skills for college*

*Writing 121 & 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*

*Language of Power | second semester senior English option*

## 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.

## ADVANCED ENGLISH 9

*Required: Grade 9*

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*

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*

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*

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*

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 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.

## **ADVANCED PLACEMENT LANGUAGE AND COMPOSITION (AP COMP)**

*2 Semesters*

*1 credit*

*Selective: Grade 11 (12 with teacher approval)*

*LBCC credit is available*

The AP English Language and Composition course aligns to an introductory college-level rhetoric (the study of human communication) and writing curriculum. It offers opportunities for students to become critical readers in a variety of disciplines and rhetorical contexts and to compose their own pieces for a variety of purposes. There is a heavy emphasis on evidence-based analysis, as well as the major modes of writing (narrative, expository, causal, and persuasive). Students will evaluate, synthesize, and cite research to support their arguments. The course will offer curriculum to prepare students for the AP Language and Composition Exam.

## **ENGLISH 12**

*2 Semesters*

*Required: Grade 12*

*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. 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.

## **WR 121/ENG 104**

*2 Semesters*

*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 | 1st 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*

*Job Fair Attendance Required*

*College Now Credit Available: WR 121 & ENG 104*

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.

## **LANGUAGE OF POWER**

*1 Semester*

*Selective: Grade 12*

*Prerequisite: Must be a senior*

In this course, students will explore short stories, novels, poetry, music and art from Latino, Black, and a variety of other cultures, which compose the mosaic that is American society today. Students will engage in critical readings and interpretation of texts in small groups as well as class discussions to design multi-modal projects using art, music, drama, and poetry to share their interpretations. Reflecting on the themes, styles, and role of power presented in the literature, students will assemble a portfolio of their own writing, which will give voice to their understanding of the power of language to express, create, persuade, inform, and, ultimately, to transform their own lives.

## VISUAL LITERATURE: COMICS, FILM, AND CULTURE

1 Semester (2nd Semester Only)

Selective: Grade 12

Prerequisite: Must be a senior (Junior with instructor permission)

In this course, we will explore our world and the human experience through comics, graphic novels, animation, and film—visual literature. Superheroes have ruled popular culture in films, cartoons, and graphic novels. Comics aren't just the best part of the newspaper, but we also use them to comment on current events and politics. Manga and anime are no longer a niche interest, but part of the mainstream culture in America. Students will write reviews, research the creators, and build their confidence with their ability to communicate their thoughts and ideas in relation to these works. These same skills can apply to real world careers related to writing.

## MUSIC AS LITERATURE: THE STUDY OF SONG

1 Semester (2nd Semester Only)

Selective: Grade 12

Prerequisite: Must be a senior (Junior with instructor permission)

Why do we listen to music? How does music move us and change the way we think about the world? In this course, students will explore music as a form of literature and develop a deeper understanding of the different literary devices and structures that help songwriters connect to their audiences by examining song lyrics. Students will study and research various artists and songs from the 1960s to present day. We will analyze and discuss the different ways that music creates community, changes society, and plays a role in our everyday lives. Students will discuss the historical impacts various artists have had on our communities and culture and educate the public through various projects and student reviews of artists and albums.

## 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 10, 11, 12

Prerequisite: Journalism, Application & Adviser Approval OR B average in Advanced English, Application and Adviser 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, "Sapere 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

2 Semesters

Fine/Applied Art and/or Elective Credit

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.

### CREATIVE WRITING

1 Semester

Elective: Grades 9, 10, 11, 12

Creative Writing is a course for those students interested in writing in various genres: short story, poetry, drama, and essay. Students will read works of current authors in order to develop their own writing style. Students will be expected to write a substantial amount and share their work with the class.

### FILM AND LITERATURE

1 Semester

Elective: Grades 9, 10, 11, 12

Students enrolled in this course will study film both as an art form and as a form of communication. Students will be taught to "read" a film, analyzing its story-telling abilities, genre conventions, technical and artistic aspects and purpose. In addition, students will examine how films often reflect the times and circumstances in which they are made, and how motion pictures sometimes help shape attitudes and values in society.



## COMPETITIVE SPEECH/DEBATE

*2 Semesters*

*Elective: Grades 9, 10, 11, 12*

Students who wish to compete on the RedHawks 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.



# COMMUNITY & SCHOOL SERVICE LEARNING

## ELECTIVE: CREDIT

### UNIFIED DD PRACTICUM (PEER MENTORING)

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisite: Application and interview, consent of instructor*

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

### COUNSELING AIDE

*1 Semester*

*½ credit available depending on performance.*

*Elective: Grades 9, 10, 11, 12*

*Prerequisites: Interview*

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*

*½ credit available (one time only) depending upon performance. Credit issued to one student per semester.*

*Prerequisite: Interview*

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*

*½ credit*

*Elective: Grades 10, 11, 12*

*Prerequisites: Application Process*

The student will learn fundamentals of library procedures. All students will receive instructions 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. Interested students need to pick-up and return the completed application from the librarian by forecasting deadline.

### TEACHER ASSISTANT

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Instructor Approval*

Students will earn ½ an 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.

### 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.

### CULINARY ARTS ASSISTANT

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisite: Instructor Approval and Culinary Arts*

Students will earn ½ an elective credit for being a



Teacher Assistant. This is an ideal class for students who like to spend more time getting acquainted with the Food Industry.

### CADET TEACHING & INTERNSHIP (CTI) 1, 2, 3

*1 Semester each: level 3 may be repeated for credit*

*Elective: Grades 11, 12*

*Prerequisites: Child Development, Child Psychology & Instructor approval*

*Recommended: Careers with Children*

*LBCC Credit Available (up to 9 credits)*

These courses are designed for students who would like to pursue Education as a career. Students will have an active placement as a cadet teacher or intern in the community ranging from Preschool to High School. Students must pass a background check and have a current Food Handler's Certification.

### 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  $\frac{1}{2}$  a credit per semester. Students work 75 hours for  $\frac{1}{2}$  a credit. Application must be made through the Career & Employment Center.

### WORK EXPERIENCE (G)

*1 Semester each*

*Grades 11, 12*

Work Experience (G) is for students who have a job or volunteer experience and are able to demonstrate 75 hours per semester for time on their schedule but not credit.

### ELEMENTARY MENTOR

*1 Semester*

*Elective: Grades 10, 11, 12; (Transportation provided)*

*Prerequisite: Child Development and good attendance*

*Recommended: Child Psychology*

Elementary Mentor is a unique opportunity created with our local grade schools. Students will spend a class period working with elementary age students assisting the teacher in helping the children grow in four areas of development (physical, cognitive, social and emotional) as well as becoming a role model.

### TRAINING TEENS FOR TOMORROW: T-3

*1 Semester*

*Elective: Grades 11, 12*

*Prerequisites: Application and be accepted by Boys and Girls Club of Albany*

These courses were created to develop organizational, management and communication skills for students. Students will work directly with a classroom teacher and the Boys and Girls Club to provide an opportunity for essential skills for success in employment, college, and family and community life. Students will need to be conscientious, self-motivated, and reliable to be successful in this role.

# CTE BUSINESS/INVESTING

## PERSONAL FINANCE LAB—INVESTING

*1 Semester*

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

Personal Finance Lab is a web-based experiential course that contains a unique fusion of technology, real-world market activity, and educational content. Students will participate in a Stock Market Game which will be the centerpiece of the course, connecting them to personal finance topics such as budgeting and spending plans, income and savings, credit and debt, taxes and insurance, financial decision making, building wealth and investing. Student will engage with class activities, interactive calculators and managing a portfolio of real stocks from global markets.

## INTRODUCTION TO MARKETING

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

Think about the most impressive marketing campaign you've ever seen. It may be Nike, Apple, or Coca Cola. These brands have achieved greatness with the help of a strong marketing strategy and building consumer insights across mass media channels. This is what you'll study, the science of consumers, product, and communication to build strong successful brands.

## SOCIAL MEDIA MARKETING

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisites: Introduction to Marketing*

Are you curious how social media can impact a community, business or even the world? This course explores the differences between the major social media channels (Facebook, Twitter, TikTok, Snapchat, and more), and the current and future status of social media for business. You will be creating campaigns for businesses in our community and we will all work together to learn how best to use social media.

## ENTREPRENEURSHIP 1

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

You will learn how to generate business ideas; create a business plan, mission, and vision; and promote and market a company. Topics include exploring factors of business success and failure, core business concepts, economic systems, competition, production, and the global economy.

## ENTREPRENEURSHIP 2

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisite: Entrepreneurship 1*

Utilizing your previous knowledge from Entrepreneurship 1, you will gain real work experience with many different types of business and learn how to run a business.

# DIGITAL ARTS

## FINE/APPLIED ARTS AND/OR ELECTIVE: CREDIT

### DIGITAL ARTS I

1 Semester

Elective: Grades 9, 10, 11, 12

This introductory course deals with controlling computer technology to produce an artistic image. Students will learn computer illustration techniques, image manipulation, digital camera use, graphic design visual literacy, and the principles and elements of art in composition. Students will also work individually as well as collaboratively to create and maintain websites for a variety of clubs and departments around campus.

### DIGITAL ARTS II

1 Semester

Elective: Grades 9, 10, 11, 12

Prerequisite: Digital Arts I

This course deals with controlling computer technology to produce an artistic image. Students will learn advanced computer illustration techniques, image manipulation strategies, digital camera usage, advanced graphic design literacy, and will study and create artistic expression for a variety of civic minded purposes. Students will also maintain a digital portfolio that highlights their best works and is a constantly updated resume of individual artwork and projects.

### DIGITAL PHOTOGRAPHY I

1 Semester

Elective: Grades 9, 10, 11, 12

This introductory course teaches students the basic elements of digital photography. Students will learn to manually operate a Digital SLR camera; explore using lenses to create different artistic effects; will learn how to manipulate and produce images within a photo editing program; and will explore careers relating to the field of photography.

### DIGITAL PHOTOGRAPHY II

1 Semester

Elective: Grades 9, 10, 11, 12

Prerequisite: Digital Photography I

This course will teach students advanced elements of digital photography. Students will continue to learn to manually operate a Digital SLR camera; explore elements of photographic composition; will learn elements of adjusting color relationships and balancing light; will learn a variety of flash techniques; and will learn advanced photo editing skills. Students will participate in an art exhibition where their favorite pieces will be put on display.





# DRAMA

## FINE ARTS OR ELECTIVE: CREDIT

### ACTING I

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

Acting I is designed as an introduction to high school theater for students of all ability and experience levels. This course will cover a wide range of theatrical topics, including script reading, voice, movement, subtext, improv, basic tech theater, blocking, script reading, and basic scripted scenes. Students will use their imaginations to develop believable characters and work independently to choose, memorize, and present scripted scenes to the class. Students will also learn and participate in basic theater games in this very active, high-energy class.

### IMPROVISATIONAL THEATER

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Acting I or Musical Theater*

Do you want to learn to create hilarious scenes on the spot like the guys on “Whose Line is It Anyway?” Do you feel your hilarious witticisms and observations go unappreciated in daily life? In Improvisational Theater (Improv) you will learn how to create believable and authentic characters and scenes on the spot. Students will learn some of the core fundamentals and principles of improvisational theater, focusing on various games and exercises that encourage trust, communication, agreement (“yes and”), active listening, character, status, and collaboration.

### MUSICAL THEATER

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Audition*

Both an introduction to the concepts of musical theater and a rehearsal process leading to the public performance of a musical, Musical Theater is designed for students with some experience in either acting or choir. Students in this class will audition for, rehearse, and perform in the school musical and gain experience with vocal music, acting, choreography, costuming, and technical theater (including set building and painting).

Everyone in the class will have a role in the musical, with both minor (some non-speaking) and major roles available. Actors/singers of all ability and experience levels are encouraged to participate. Performances are a required component of this class.

### ADVANCED ACTING

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Acting I or Musical Theater*

Advanced acting is designed for those experienced in high school theater (either through Acting I or participation in theatrical productions) seeking an opportunity to further refine their theatrical skills. The course will cover a wide range of topics including theater history, improv, directing, tech theater, reader’s theater, and more. Students will have the opportunity to work independently to choose and perform various scenes and expand their knowledge of theater games and concepts in this very active class. There will be one or more required performances, with roles to suit all ability and comfort levels.

### TECHNICAL THEATER

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisites: Instructor Approval; Acting I Preferred*

This course is an independent study opportunity for advanced students who wish to gain experience with “behind the scenes” aspects of a theater production. Students will work independently on projects in all areas of tech theater, including scenic design, lighting, painting, set decoration/dressing, promotions, set construction, painting, and more and participate in technical theater aspects of actual performances. Credit is P/NP.

## DANCE FOR MUSICAL THEATER

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisites: **Acting I** or **Musical Theater**, Instructor Approval*

Dance for Musical Theater focuses on students collaborating to learn the basics of the various dance styles that they will encounter in their experiences as actors. It would ask the students to apply mind-body connection, and in this instance apply the use of their pre-existing acting skills to dance. Students will dance in pairs, groups, and independently as they discover the various styles.



# DRAWING & PAINTING

## FINE/APPLIED ARTS AND/OR ELECTIVE: CREDIT

### BASIC DESIGN

1 Semester

*Elective: Grades 9, 10, 11, 12*

Basic Design is an introduction to the world of art. The primary focus of this class is to expose students to multiple mediums and styles of art, enhance their creativity and develop a sense of aesthetic appreciation.

- The students will be exposed to the Elements of Art and apply them to their work while working with different mediums. Students will be exposed to basic art history and important art movements throughout history. Students will receive a brief insight to multiple art mediums such as drawing, painting, pottery, and printmaking, allowing them to pursue further development in a specific area in future semesters.

### DRAWING 1

1 Semester

*Elective: Grades 9, 10, 11, 12*

*Repeatable for additional credit*

Drawing 1 is an introduction to the world of art and basic drawing skills. The primary focus of this class is to expose the students to the basic elements of Drawing, enhance their creativity and develop a sense of aesthetic appreciation.

- The students will be exposed to the Elements of Art while doing different drawing projects and activities. Students will be exposed to basic art history and important art movements throughout history. Students will understand how the fundamentals of Drawing relate to other art mediums, such as Graphic Art, 3D Printing, and Design.

### CERAMICS 1

1 Semester

*Elective: Grades 9, 10, 11, 12*

*Repeatable for additional credit*

Welcome to Pottery! Want to make art that you can use daily? This is a rewarding class where you make functional and utilitarian pieces of art. In this class you will learn multiple hand building techniques and wheel throwing, along with the firing and glazing processes. We will base our projects off the Elements and Principles of Art. Expect exposure of different cultures, terminology, and art history to influence our projects. Even though

Pottery is 3D (3 Dimensional), we will visualize, plan and design our projects prior to using clay.

### CERAMICS 2

1 Semester

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Ceramics 1 with a "C" or better*

*Repeatable for additional credit*

Ceramics 2 is a sequel to Ceramics 1. Through selected projects, students will develop additional skills in wheel throwing, hand building techniques, materials, tool use, design and decoration as well as glaze applications. Students will investigate and research historical and cultural aspects relative to the production of their individual projects, then analyze their works using basic design elements and principles.

### CERAMICS 3

1 Semester

*Elective: Grades 11, 12*

*Prerequisite: Ceramics 2 with a "B" or better*

*Repeatable for additional credit*

Ceramics 3 is a creative experience in manipulating three dimensional forms. Serious art students will be challenged by a number of hands-on projects. Pottery III will allow students to create sets of objects with more utilitarian purpose, as well as sculptural conceptual pieces. Techniques in Pottery III will include: wheel throwing and conceptual work. Students will learn how to design, construct and critique different types of clay objects.

### PAINTING 1

1 Semester

*Elective: Grades 10, 11, 12*

*Prerequisite: Drawing 1 or Basic Design; must have a passing grade ("C" or better)*

In this class we will learn a variety of painting techniques, use multiple mediums such as watercolor and acrylic, and learn about specific styles of painting. Students will create paintings to demonstrate their understanding of the Elements and Principles of Art. Students will be exposed to influential art movements, artists and will duplicate specific styles and techniques from the old masters.



## PAINTING 2

1 Semester

*Elective: Grades 10, 11, 12*

*Prerequisite: Painting 1 with a "C" or better*

*Repeatable for additional credit*

Painting II will allow students the opportunity to continue exploring various painting styles and mediums. We will focus on advancing technical abilities with both acrylics and watercolor. Students may learn how to build their own canvases. And, other painting mediums such as gouache may be explored. New styles will be explored including realism, cubism, surrealism, pop art, op-art, cityscapes and conceptual. Students expand on color theory, painting procedures and composition.

## ADVANCED ART 2D

1 Semester

*Elective: Grades 10, 11, 12*

*Prerequisite: Drawing 1, Basic Design, or Painting*

*Repeatable for additional credit*

Drawing 1 is an introduction to the world of art. Advanced Art will require students to build upon their previous knowledge and projects will require more time and thought. The primary focus of this class is to begin building portfolio level work that focuses on technical skill and themes.

- The students will be exposed to the Elements of Art while doing different drawing projects. Students will be exposed to basic art history and important art movements throughout history. Students will understand how the fundamentals of Drawing relate to other art mediums, such as Graphic Art, 3D Printing, and Design

## AP DRAWING

2 Semesters

*Elective: Grades 11, 12*

*Prerequisite: Drawing, Painting, or Advanced Art; must have a passing grade ("C" or better)*

A great course for the serious artist! Combined with Advanced Art (previously Drawing 2), the AP Drawing course framework is made up of three big ideas that allow you to explore paths of your interest. Each of the three skill categories consists of skills that encompass foundational to advanced learning over the span of the course. Students need to develop, practice, and apply these skills in a variety of contexts.

Big Idea 1: Investigate materials, processes, and ideas.

Big Idea 2: Make art and design.

Big Idea 3: Present art and design.

## INTRO TO DESIGN

1 Semester

*Elective: Grades 9, 10, 11, 12*

This course is an introduction to art, design, and production with exposure to different mediums and equipment to make art.

## DESIGN AND PRODUCTION 2D/3D

2 Semesters

*Elective: Grades 10, 11, 12*

*Prerequisite: Intro to Design*

A two-part course, you will learn fundamental drawing skills, basic mark making, perspective, composition and modeling. Take your designs and skills and expand them with Adobe products and create art using CNC, Laser Engraving and 3D printing. We will focus on design and production, modeling a professional atmosphere where we design and create high quality art.

## JEWELRY MAKING & METALS 1

1 Semester

*Elective: Grades 10, 11, 12*

*Prerequisite: Basic Design, Drawing and/or Ceramics (at least one)*

Jewelry will offer a creative introduction to the design and production of personal jewelry. Students in jewelry will receive instruction in the following techniques: silver solder construction, sweat soldering, wall soldering, edge to edge soldering, forming and texturing, chasing, stone setting, and cold connections.

## JEWELRY MAKING & METALS 2

1 Semester

*Elective: Grades 10, 11, 12*

*Prerequisites: Jewelry Making & Metals 1 with a "C" or better*

Jewelry 2 will offer an expansion on techniques learned in Jewelry 1, as well as exploring new techniques. Projects will be more open, focusing on a specific technique, allowing students to develop their own aesthetic. New techniques include fold forming, air chasing, rainbow patina, riveting, 3D printing, etc. Students will complete between 4 to 6 wearable art pieces.

## JEWELRY MAKING & METALS 3

1 Semester

*Elective: Grades 11, 12*

*Prerequisites: Jewelry Making & Metals 2 with a "B" or better*

Jewelry 3 Concentration builds on what the student learned previously in Jewelry Making I and II. Students will expand upon their prior knowledge, strengthen their metalworking abilities while focusing on a concentration. The concentration will include a minimum of 4-6 jewelry pieces made revolving around a theme. The final will include creation of a portfolio of work, a display of the concentration and an artist statement.

## ADVANCED ART 3D

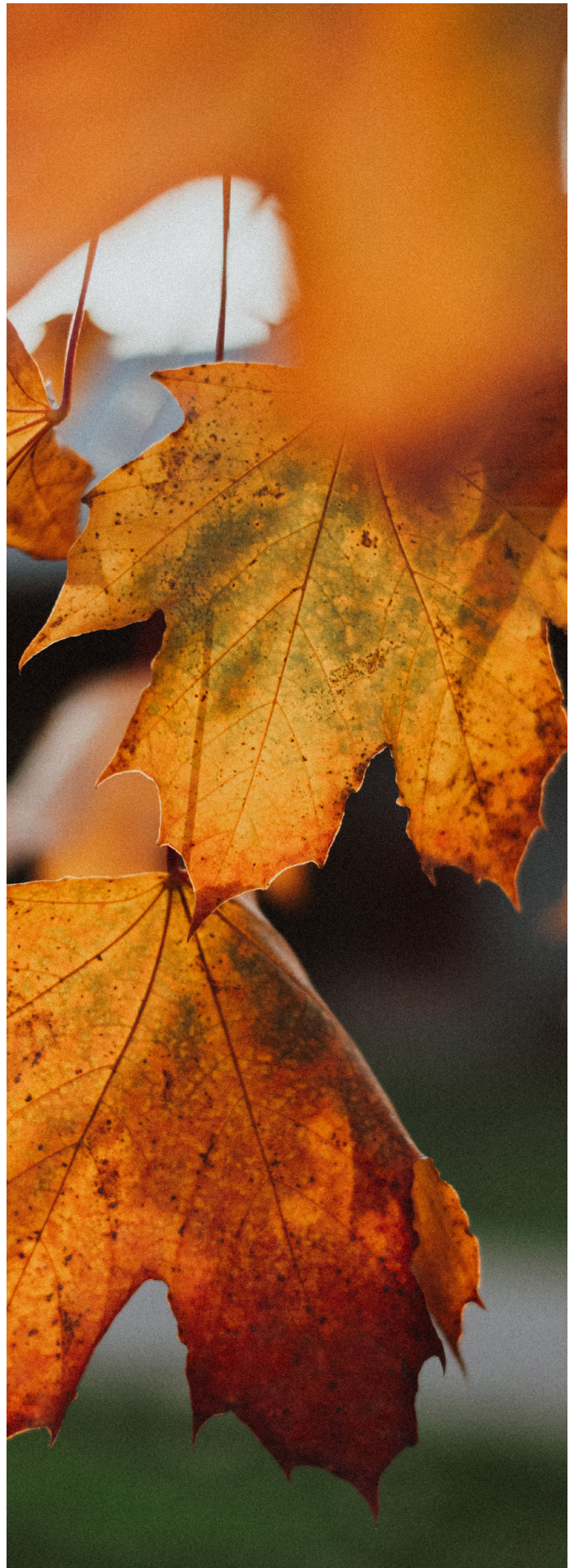
1 Semester

*Elective: Grades 10, 11, 12*

*Prerequisites: Ceramics 1 and/or Jewelry 1*

*Repeatable for additional credit*

Advanced Art 3D will allow students who enjoy the 3D processes of ceramics and/or jewelry the opportunity to explore other sculptural mediums. Each project will use a different sculptural medium; like polymer clay, paper mache or plaster; and have different themes spanning from character design to abstract sculpture. Students will be introduced to the wide world of contemporary sculpture through weekly artist spotlights.



# FAMILY & CONSUMER STUDIES

## FINE/APPLIED ARTS AND/OR ELECTIVE: CREDIT

### BUILDING LIFE SKILLS

1 Semester

*Elective: Grade 9*

Learn how to navigate your own life's journeys by developing independent learning skills. In this course, we will familiarize ourselves with everything from adolescent development to parenting and healthy relationships to consumerism. Students will be provided with opportunities to think critically about many life realities and how to achieve balance.

### CHILD DEVELOPMENT

1 Semester

*Elective: Grades 10, 11, 12*

*LBCC Credit Available—Students must take **Child Development** and **Child Psychology** in the same school year in order to receive the college credit.*

Becoming a parent is one of the hardest “jobs” that individuals face. However, it can also be one of the most important and rewarding. Parenting is a role in which most receive little to no formal training. This course is designed to help you think about your role as a parent and the power that adult influences have on children. Students will be exploring basic concepts, issues and current research on child growth and development (conception to age 8).

### CHILD PSYCHOLOGY

1 Semester

*Elective: Grades 10, 11, 12*

*Prerequisite: **Child Development** with a “C” or better.*

*LBCC Credit Available—Students must take **Child Development** and **Child Psychology** in the same school year in order to receive the college credit.*

This course explores not only how children act, think and feel, but also why. Emphasis will be placed on the crucial role that parents and caregivers play in influencing a child's developmental psychology. We will also explore communication and guidance skills and the strong relationships between parents/caregivers and children.

### CADET TEACHING & INTERNSHIP (CTI) 1, 2, 3

*1 Semester each: CTI 3 may be repeated for credit*

*Elective: Grades 11, 12*

*Prerequisite: **Child Development**, **Child Psychology** & Instructor approval*

*LBCC Credit Available*

These courses are designed for students who would like to pursue Education as a career. Students will have an active placement as a cadet teacher or intern in the community from preschool to high school. Students must pass a background check and have a current Food Handler's Certification.

### CAREERS WITH CHILDREN

1 Semester

*Elective: Grades 9, 10, 11, 12*

Have a passion for working with children? This course is designed for students who are interested in careers related to children, especially within the field of Education and Human Services.

### FASHION & SEWING

*1 Semester, this course may be repeated for credit*

*Elective: Grades 9, 10, 11, 12*

Do you find yourself interested in the ever-changing world of fashion? If so, you have found the right place. This course will introduce you to apparel design and construction, basic sewing techniques (hand and machine), hand projects (knitting, crocheting, etc.), fashion history, and careers in fashion. This course may be repeated for credit!

### ELEMENTARY MENTOR

*Grades 10, 11, 12; (Transportation provided)*

*Prerequisite: Good attendance*

*Recommended: **Child Development** and **Child Psychology***

Elementary Mentor is a unique opportunity created with our local grade schools. Students will spend a class period working with elementary age students assisting the teacher in helping the children grow in four areas of development (physical, cognitive, social and emotional) as well as becoming a role model. Regular attendance is critical to be in this class.



## FCCLA LEADERSHIP

*Grades 10, 11, 12*

*Prerequisite: Officer and Teacher Recommendation*

FCCLA Leadership is an independent study opportunity for our FCCLA officer team. Student officers will work independently to promote personal growth and leadership development through Family and Consumer Sciences education. Instructor approval is required. Pass/No pass grading.

## CULINARY ARTS 1: Introduction to Food

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

This class focuses on individual dish preparation and will introduce students to the basics of culinary arts, including the safe use of kitchen utensils and equipment, measurement, knife skills, ingredient selection, and personal nutrition.

## CULINARY ARTS 2: International Cuisine

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Culinary Arts 1 with "C" or better.*

This class picks up where Culinary Arts 1 ends. Student will be introduced to 4 of the world's culinary traditions by creating a variety of meals. Students will have the opportunity to earn their Oregon Food Handler's Card and will continue developing knife skills while practicing a variety of cooking techniques.

## CULINARY ARTS 3: Quantity

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisite: Culinary Arts 2 with a "B" or better*

This class introduces students to the world of cooking for groups of other people. Students will learn the basics of professional kitchen organization, planning menus, ordering food, and the different roles involved in cooking to serve customer needs, including dietary restrictions and allergies.

## CULINARY ARTS 4: Restaurant

*1 Semester*

*Elective: Grades 11, 12*

*Prerequisites: Instructor Approval and Culinary Arts 3*

This class will run a mini-restaurant to provide lunchtime meals to the staff and faculty. Students will develop menu items to cost, price, prepare, and serve in a restaurant environment. Students will function in the role of management to ensure quality service.

## CULINARY PRACTICUM

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisites: Instructor Approval and Culinary Arts 1*

This is a cooperative workplace experience in the culinary field. The practical work experience must be in the fields related to restaurant, food, and beverage services. Goals are typically set cooperatively by the student, teacher, and employer (although students are not necessarily paid). This course requires the student to complete 75 hours of work in the restaurant industry. Related workplace curriculum is required. Information about this culinary practicum is available through Mr. Swearingner.

## CULINARY ARTS ASSISTANT

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisites: Instructor Approval and Culinary Arts 1*

Students will earn 1/2 an elective credit for being a Teacher Assistant. This is an ideal class for students who like to spend more time getting acquainted with the Food Industry.



# HEALTH

**One credit of health is required for graduation.**

**Health I** (½ credit) | 9

**Health II** (½ credit) | 10, 11, 12

Choose a selective: course that covers core health content and focuses on an area of interest. All Health II core course content focuses on drug and addiction prevention, disease control, sexual health, unintentional injury and suicide and violence prevention.

## HEALTH I

*1 Semester*

*Grade 9*

Health I is a standards-based course designed to motivate and enable students to maintain and improve health-enhancing behaviors. 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. More detailed information pertaining to the Oregon Health Education Standards can be viewed on the Oregon Department of Education website.

### Health Selectives

#### HEALTH II—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 II core course content covered in all selective: classes will focus on the following: Drug and addiction prevention, disease control, sexual health, unintentional injury, & suicide and violence prevention. More detailed

information pertaining to the Oregon Health Education Standards can be viewed on the Oregon Department of Education website.

#### HEALTH II—Responding to Emergencies

*1 Semester*

*Selective: Grades 10, 11, 12*

*Course Fee (Optional): Red Cross fee is only necessary to purchase certification if requirements are met during the course (amount changes, currently \$22).*

*Prerequisite: Health I*

*College Now Credit available*

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.

- Health II core course content covered in all selective: classes will focus on the following: Drug and addiction prevention, disease control, sexual health, unintentional injury, & suicide and violence prevention. More detailed information pertaining to the Oregon Health Education Standards can be viewed on the Oregon Department of Education website.

#### HEALTH II—Introduction to Sports Medicine

*1 Semester*

*Selective: Grades 10, 11, 12*

*Prerequisite: Health I*

Students will learn how to recognize, prevent and care for common sports injuries. Students will be introduced to therapeutic techniques as well as physical conditioning principles and activities and will be able to demonstrate how to properly use them. In addition, students will explore health careers that fall under the sports medicine team including (but not limited to) certified athletic trainers, certified strength and conditioning specialists, physical therapists, physicians and surgeons.

- Health II core course content covered in all selective: classes will focus on the following: Drug and addiction prevention, disease control, sexual health, unintentional injury, & suicide and violence prevention. More detailed information pertaining to the Oregon Health Education Standards can be viewed on the Oregon Department of Education website.



## Health Elective

### EXPLORING HAPPINESS

1 Semester

$\frac{1}{2}$  credit

Elective: Grades 10, 11, 12

Welcome to Happiness! This course allows students the opportunity to examine their state of mental health and wellness. In this course we look at how to create positive change by setting goals and identifying steps. Current research surrounding positive psychology will be presented. The course will explore how to foster more fulfilling, productive lives and positively manage stress. Students lacking the skills to cope with stress may develop anxiety, depression, chronic fatigue, headaches, and various other mental and physical health impairments. Students will analyze the effectiveness of various relaxation techniques such as focused breathing, guided imagery, music therapy, progressive muscle relaxation, meditation, walking, mindfulness, yoga, etc.





# INDUSTRIAL TECHNOLOGY

## FINE/APPLIED ARTS AND/OR ELECTIVE: CREDIT

Students must wear safety glasses and clothing in many courses.

Students may earn National Certificate in Career Pathways by taking Construction Building Trades I, II, and III and/or by taking Intro to Metals, Metals 1 and Metals 2.

### INTRODUCTION TO WOODS

*1 Semester*

*½ credit*

*Elective: Grades 9, 10, 11, 12*

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.

### WOODS I

*1 Semester*

*½ credit*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Introduction to Woods*

This course introduces techniques for building projects, principally with wood. In addition to developing woodworking techniques, students will design, build, and test their own projects using a variety of materials.

### WOODS II

*1 Semester*

*½ credit*

*Elective: Grades 10, 11, 12*

*Prerequisite: Woods I*

This class continues where Woods I left off for students. Advanced joinery techniques are used in cabinet making and furniture construction. Students build one assigned project and one independent project, which incorporates advanced joinery techniques.

### WOODS III

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisite: Woods II*

Woods III is an advanced woodworking class. Students should be self-directed and motivated to improve their skills in woodworking to a high level. This course

is appropriate for longer term projects and may be repeated. A research paper will be required.

### SPECIAL PROJECTS I

*1 Semester*

*Elective: Grades 10, 11, 12*

*Prerequisite: Introduction to Woods*

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*

*Elective: Grades 11, 12*

*Prerequisite: Introduction to Woods*

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

### BUILDING-CONSTRUCTION TRADES TECHNOLOGY I

*1 Semester*

*½ credit*

*Elective: Grades 9, 10, 11, 12*

Students will be introduced to the fundamentals of various construction and building trades (i.e., carpentry, painting, roofing, concrete and masonry) and the skills, techniques and tools associated with those trades through classroom studies and hands-on projects. Personal safety as well as shop safety will also be introduced. Students will gain knowledge of the various building materials, measuring and hand and power tool used in the construction industry. Life and employability skills will also be part of the core curriculum.

### BUILDING-CONSTRUCTION TRADES TECHNOLOGY II

*1 Semester*

*½ credit*

*Elective: Grades 9, 10, 11, 12*

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

Students will further develop skills, techniques and fundamentals associated with several building trades (i.e., carpentry, painting, roofing, concrete and masonry). Further understanding and knowledge of construction

hand and power tools, building materials, measuring, and safety will be explored by students. In addition, students will also incorporate project estimating, interpreting building plans, structural components of building materials used in the construction industry. Students will complete several hands-on projects and learn employability skills necessary for a professional craftsman.

## **BUILDING-CONSTRUCTION TRADES TECHNOLOGY III/IV—PROJECT BASED**

*1 Semester each*

*½ credit each*

*Elective: Grades 10, 11, 12*

*Prerequisites: Building-Construction Trades II OR Building-Construction Trades I AND Intro to Woods or Cabinet I or II all with a "C" or better unless approved by instructor.*

Students will further develop skills, techniques and fundamentals associated with several building trades (i.e., excavation, masonry, concrete, carpentry, painting, and roofing) through hands-on projects for SAHS campus and the Albany community at large. Students will also demonstrate thorough knowledge of estimating, personal and work safety, material design and support, site-layout, (blue prints) plans reading, permit processes and employability skills needed as a professional of each trade craft through in-class studies and various hands-on project.

## **INTRODUCTION TO METALS**

*1 Semester*

*½ credit*

*Elective: Grades 9, 10, 11, 12*

This course is designed to introduce students to metal fabrication techniques and manufacturing processes used in metal manufacturing industries. Students will learn through a combination of classroom instruction and lab work. Students will be introduced to sheet metal fabrication, various hand and power tools, Plasma Arc cutting, Shielded Metal Arc Welding (SMAW) and Gas Metal Arc Welding (GMAW). Students are required to make several projects demonstrating knowledge gained in class and in the lab. Students will learn and implement both personal and shop safety as recommended by OSHA, NFPA, EPA and DEQ for metal fabrication.

## **METALS 1**

*1 Semester*

*½ credit*

*Elective: Grades 9, 10, 11, 12*

*Prerequisite: Introduction to Metals with a "C" or better*

This course will increase the students' knowledge of basic metal fabrication and welding skills. Students will be introduced to Oxy-fuel welding, Flux Core Arc Welding (FCAW) and Gas Tungsten Arc Welding (GTAW). Students will gain further knowledge of Plasma Arc cutting, Shielded Metal Arc Welding (SMAW) and Gas Metal Arc Welding (GMAW). Students will increase their manufacturing knowledge through blueprint reading, layout, and inspection techniques. Students are required to create several lab projects using knowledge gained both in class and in the lab. This course emphasizes the necessary skills of welding technology and shop safety following OSHA, NFPA, EPA, and DEQ recommendations.

## **METALS 2**

*1 Semester*

*½ credit*

*Grades 10, 11, 12*

*Prerequisite: Metals 1 with a "C" or better*

This course will increase students' knowledge of metal manufacturing and decide on a pathway to increase their welding skills or introduction to machine tool technology.

- Advance Welding- students will become more familiar and skilled at Shielded Metal Arc Welding (SMAW), Gas Metallic Arc Welding (GMAW), Flux Core Arc Welding (FMAW), Gas Tungsten Arc Welding (GMAW), and Oxy-fuel welding (OAW) in all four welding positions. Oxy-fuel cutting is taught as well.
- Introductory Machinist- students will learn precision measuring thru Vernier scale and micrometers. Introduction of metal lathes and mills and it impact on metal manufacturing. Introduction to metal lathes and mills will teach students thru projects and textual coursework.
- All students will increase their knowledge and skill in blueprint reading, layout, and inspection techniques. Students are required to create several lab projects demonstrating their increased knowledge and skill in fabrication sciences. This course emphasizes the necessary skills of welding technology and shop safety following OSHA, NFPA, EPA, and DEQ recommendations.

## METALS 3 and 4

1 Semester each

½ credit each

Grades 10, 11, 12

Prerequisite: **Metals 2** with a "C" or better

This course will further increase the students' knowledge of metal manufacturing and either further increase their pathway in welding or machine tool technology.

- Advance Welding- students will become skilled at Shielded Metal Arc Welding (SMAW), Gas Metallic Arc Welding (GMAW), Flux Core Arc Welding (FMAW), Gas Tungsten Arc Welding (GMAW), and Oxy-fuel welding (OAW) in all positions. Oxy-fuel and Plasma Arc (CNC) will be introduce and/or continue as well.
- Introductory Machinist- students will learn precision measuring thru use of Vernier scale and micrometers. Advance understanding of metal lathes and mills and it impact on metal manufacturing will be explored.
- Again, students will further increase their knowledge and skill in blueprint reading, layout, and inspection techniques. All students are required to create several lab projects demonstrating their increased knowledge and skill in fabrication sciences. This course emphasizes the necessary skills of welding technology and shop safety following OSHA, NFPA, EPA, and DEQ recommendations





# LEADERSHIP

## FINE/APPLIED ARTS AND/OR ELECTIVE: CREDIT

### 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: Grades 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: Grades 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.

#### MILITARY & LEADERSHIP ACADEMY

1 Semester

Elective: Grades 9, 10, 11, 12

This course will provide understanding of military customs and courtesies, rank structure and military equipment and history. This class will also place heavy emphasis on critical leadership skills, including teamwork and accountability, goal setting, time management, study habits and discipline. Students will practice leadership skills by rotating through a number of student leadership positions. Physical fitness will be stressed to students during the duration of this course and will take place in the mornings outside of the Academy class.

#### OUTDOOR SCHOOL LEADERSHIP

2nd Semester Only

Grades 10, 11, 12

Teacher Recommendation, Background, Application Process

The Outdoor School Leadership course will provide preparation and training for high school students to be cabin leaders, science station facilitators and recreational activity instructors for GAPS 6th-grade students. This is an ideal class for students interested in enhancing their leadership skills while also having a love of the outdoors and an interest in working with middle school students. As part of the course, students will regularly visit a middle school classroom and be expected to be HS Leader for a week of Outdoor School.



# MATHEMATICS

All students should take four years of mathematics.

**Three credits of mathematics at Algebra 1 and above are required for graduation.**

Students who plan to earn a 4-year college degree should consider taking at least one College Prep class: We offer **Precalculus A/B**, **AP Statistics A/B** and **AP Calculus A/B**.

Appropriate class recommendations will be made by math teachers.

## Regular Math Course Offerings

### ALGEBRA 1A/1B

2 Semesters

*Required: Grades 9, 10 (Some students will complete this course in 8th grade.)*

This first year of Algebra is designed to provide students with the opportunity to develop the algebraic skills and conceptual understanding necessary for success in advanced math courses. Units include: simplifying and solving, introduction to functions and graphing, linear functions, exponential functions, and quadratic functions. Problem solving techniques and common core mathematical practices will play a major role in this course. Students will have opportunities to complete two secure Algebra work samples.

### GEOMETRY

1 Semester

*Required: Grades 9, 10, 11, 12*

*Prerequisite: Algebra 1*

This course covers geometry through exploration of concepts with hands on activities, drawings, diagrams, integration with algebra, and the development of logical reasoning and application to the real world. Topics include transformations, triangle congruence, properties of polygons (specifically quadrilaterals and triangles), trigonometry, surface area, and volume. Students will have opportunities to complete two secure Geometry work samples.

### STATISTICS

1 Semester

*Required: Grades 9, 10, 11, 12*

*Prerequisite: Algebra 1*

Decisions or predictions are often based on data. Statistics provides tools for describing variability in data and for making informed decisions. In this class, students will collect and summarize data, perform simulations, conduct investigations, estimate using Normal distributions, and engage with technology. Students who are successful in this class will earn  $\frac{1}{2}$  a mathematics credit and may want to consider taking AP Statistics the following year.

### INTEGRATED ALGEBRA A/B

2 Semesters

*Selective: Grades 11, 12*

*Prerequisites: Geometry and Statistics*

This course is designed as a transition from Geometry and Statistics to Algebra 2 or Probability and Financial Algebra. The course includes both basic and advanced algebraic topics, including: linear equations, ratios and proportions, interest rates and loans, finance, graphing functions, systems of equations, geometry, exponential functions, polynomials and quadratic functions. Problem solving techniques and common core mathematical practices will play a major role in this course. Students will have opportunities to complete secure work samples. Note: NOT NCAA Clearinghouse Approved.

### ALGEBRA 2A/2B

2 Semesters

*Selective: Grades 10, 11, 12, (9 with teacher permission)*

*Prerequisites: Algebra 1, Geometry, Statistics*

This second year of Algebra uses functions as models. Geometric and Algebraic concepts are extended and connected to topics, including: linear functions, transformations, absolute value functions, systems of equations, quadratic functions and complex numbers, radical and exponential equations, logarithmic functions, rational equations, series and sequences, and trigonometry. Students work to improve problem solving, reasoning and communication skills, and mathematical practices. Students will have opportunities to complete secure work samples. Students will have opportunities to complete secure Algebra work samples.

## PRECALCULUS A/B

2 Semesters

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

Prerequisite: **Algebra 2**

LBCC Credit Available

This course will consist of a thorough analysis of functions, both algebraically and graphically. Functions to be studied include polynomial, exponential, logarithmic, and trigonometric. Other units of study include polar equations, vectors, matrices, and conics. Graphing calculator is essential for this course.

## PROBABILITY

1 Semester

Selective: Grades 11, 12 (10 with teacher permission)

Prerequisites: **Algebra 1**, **Geometry**, **Statistics**

Probability is the measure of how likely an outcome is to occur. In this class, students will learn about games of chance, perform simulations, collect and use data to estimate probabilities, and use probability to make and evaluate outcomes of decisions. Students who are successful in this class will earn  $\frac{1}{2}$  a mathematics credit and may want to consider taking AP Statistics the following year.

## FINANCIAL ALGEBRA

1 Semester

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

Prerequisites: **Algebra 1**, **Geometry**, **Statistics**

Financial Algebra is a one semester, algebra-based, applications-oriented, technology-dependent course that addresses banking services, consumer credit, automobile ownership, employment and income taxes. This class is designed as a third year option, particularly for students interested in today's finance and business dealings.

## AP Math Offerings

### AP CALCULUS A/B

2 Semesters

Elective: Grades 11, 12

Prerequisite: **Precalculus**

LBCC Credit Available

This course will consist of differential and integral calculus and its applications. A graphing calculator is essential for this course. AP Exams are given each year in May.

## AP STATISTICS A/B

2 Semesters

Elective: Grades 10, 11, 12

Prerequisite: **Algebra 2**

LBCC Credit Available

AP Statistics is equivalent to an introductory, non-calculus based college course in statistics. The course introduces students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students use technology (a graphing calculator is essential), investigations, problem-solving, and writing as they build conceptual understanding. AP Exams are given each year in May





# PHYSICAL EDUCATION

**All freshmen must choose to take one of the following two Fitness for Life classes:**

## **FITNESS FOR LIFE: SPORTS EMPHASIS**

*1 Semester*

*Required Selective: Grade 9*

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*

This course is designed for freshmen to fulfill their ½ credit PE requirement. Coaches of freshmen strongly encourage their athletes to choose this course over the other freshman fitness for life: sports emphasis course, as it is structured to improve athletic ability through strength training. This weight training course 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.

**All students must take at least one of the following Regular PE Courses**

## **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, pickle ball, badminton, eclipse ball and tennis. Students may also participate in other activities that a lifelong physically active person could enjoy, such as kick ball, disc golf, bocce ball, ladder ball, corn hole, kan jam, and spikeball.

## **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, boccerball, ultimate Frisbee, dodgeball, 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 or 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.

## UNIFIED 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.

## PE Electives

### 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.

## UNIFIED 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.



# SCIENCE

The following three credits of science are required:

Physical Science: **Physics A&B NGSS** (1 credit) | 9

Chemistry: **Chemistry A&B NGSS** or **Pre-AP Chemistry A&B** (1 credit) | 10

Biological Science: **Biology A&B NGSS** or **Pre-AP Biology A&B** (1 credit) | 11

Students planning on earning a 4-year college degree should consider taking College Preparatory classes:

**Pre-AP Chemistry, Pre-AP Biology, AP Chemistry\*, Physics 2\*, or AP Biology\***

Unless otherwise noted, all science courses are NCAA approved.

\*May be offered alternate years

## Regular Science Courses

### PHYSICS A&B NGSS

2 Semesters

*Required: Grade 9*

*Prerequisite: at least **Algebra 1** or concurrent enrollment*

This is a required-lab based physics course designed for freshmen. Using the processes of scientific inquiry, engineering design, and critical thinking, students will discover and apply patterns in such major physics topics as motion, forces, energy, waves (and electromagnetism). An important aim of the course is to develop and build students' math abilities, problem solving skills, scientific literacy, and technical communication that will be useful in later science courses. This course will address NGSS (Next Generation Science Standards) physics, inquiry, and engineering standards as well as reinforce good educational behaviors and study skills that will promote academic success.

### CHEMISTRY A&B NGSS

2 Semesters

*Required: Grades 10, 11, 12*

*Prerequisite: **Physics A&B NGSS***

This is a lab-based chemistry course designed for sophomores that addresses NGSS standards for chemistry, inquiry and engineering, emphasizing the connections between labs and the world around us. The course will help build fundamental science-related math skills and will examine the interactions among different forms of energy and matter. Topics may include structures of atoms and compounds, Periodic Table,

chemical reactions, gases, solutions, chemical quantities, kinetic theory, and thermodynamics. Inquiry/engineering skills and patterns from Physics A/B NGSS course will be built upon. The course will also continue to reinforce good educational behaviors and study skills that will promote academic success.

### PRE-AP CHEMISTRY A&B

2 Semesters

*Elective: Grades 10, 11, 12*

*Prerequisite: **Biology A&B OR Physics A&B NGSS AND Algebra I A&B OR instructor approval***

Pre-AP Chemistry is a college-preparatory course essential to understanding how our molecular world works and is strongly recommended for anyone wishing to study science-related fields in college and beyond. Students will study descriptions and calculations dealing with atomic structure, chemical reactions, solutions, bonding, acid/bases, and gas laws. Course work will emphasize practical laboratory experiments as well as the development of problem-solving skills and laboratory reports. Study skills needed for college will be introduced and reinforced during the year. This class is recommended for college admission and is a key component of many science related careers.

### BIOLOGY A&B NGSS

2 Semesters

*Required: Grade 11*

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. Enrollment in or completion of both semesters is a requirement for Horticulture Science, Oregon Wildlife, and Oceanography.

### PRE-AP BIOLOGY A&B

*Elective: Grade 11*

*Prerequisite: **Pre-AP Chemistry/Chem NGSS A&B***

Pre-AP Biology is an honors level course designed for students interested in preparing for science careers post-high school, including, but not limited to health, medical or other science related fields. Students study biochemistry, cell processes, genetics, evolution and ecology. In addition, students focus on scientific and engineering practices and development of literacy



skills through research projects. As available, students may participate in various science contests and field trips. Successful completion of this course is highly recommended for those continuing on to AP Biology.

## PHYSICS 2\*

*Elective: Grades 10, 11, 12*

*Prerequisite: Concurrent or previous completion of Algebra 2; NGSS Physics*

Physics 2 builds upon the mathematical modeling skills that students were introduced to in NGSS Physics. During semester 1, students will extend their understanding of forces and dynamics to develop the skill of vector analysis. Experimental and mathematical skills combined with vector analysis will be used to discover the laws of wave phenomena including sound, light, electricity and magnetism. During the second semester, students will explore topics such as special and general relativity, quantum physics and particle physics. These modern physics topics will be explored more conceptually and will extend into Cosmological concepts that include the history, structure, and fate of the universe.

## Science Electives

### SCIENCE OF SPORTS

*1 Semester*

*Elective: Grades 9, 10, 11, 12*

This course spotlights how amazing humans are and how an understanding of physics concepts provides a deeper appreciation for the human endeavor known as sport. Through sport, humans are given a platform to showcase their amazing bodies. The course will go from a basic understanding of human anatomy to an even deeper understanding of how the principles of physics dictate each and every activity in which we participate and include the basic physics concepts of force, momentum, work, power, acceleration, conservation of energy, and gas laws. We'll also dive into kinesiology, metabolic processes, and atmospheric earth science. This is a physical science course. This course is NOT NCAA Clearinghouse Approved

### OREGON WILDLIFE

*1 Semester*

*Elective: Grades 11, 12*

*Prerequisite: Biology or concurrent enrollment*

Oregon Wildlife is a semester long junior / senior elective. 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 how political, economic and cultural factors influence wildlife and land management in Oregon. This is a biological science course.

## OCEANOGRAPHY

*1 Semester*

*Elective: Grades 11, 12*

*Prerequisite: Biology or concurrent enrollment*

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 (offered 1st semester ONLY)*

*Elective: Grades 11, 12*

*Prerequisites: NGSS Physics or Physical Science 1 and Biology*

Horticulture science is a laboratory science course that 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 course is NOT NCAA Clearinghouse Approved

## APPLIED HORTICULTURE

*1 Semester (offered 2nd semester ONLY)*

*Elective: Grades 11, 12*

*Prerequisite: 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. Note: This course is NOT NCAA Clearinghouse Approved.

## AP Science Offerings

### ADVANCED PLACEMENT CHEMISTRY\*

*2 Semesters (may alternate years)*

*Elective: Grades 11, 12*

*Prerequisites: Pre-AP Chemistry A&B and Algebra 2 A&B OR instructor approval*

AP Chemistry is an in-depth study of chemistry equivalent to a college general chemistry course. Laboratory experiences, problem-solving skills and the general concepts acquired in your previous chemistry and physics courses will be refined and strengthened. This is a rigorous college level course with high expectations. The curriculum covers content in the areas of stoichiometry, solution chemistry, gas laws, thermochemistry, quantum theory, kinetics, equilibrium, acids and bases, and electrochemistry. Students may choose to take the AP Chemistry examination.

### ADVANCED PLACEMENT BIOLOGY A&B\*

*2 Semesters (offered alternate years)*

*Elective: Grades 11, 12*

*Prerequisite: Biology NGSS/Pre-AP Biology A&B and Pre-AP Chemistry A&B OR instructor approval*

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 College Now biology credits (College Now BI 101 and 102 Credits) for completing BOTH semesters at an acceptable level or 12 LBCC college credits for earning a 4 or 5 on the College Board AP Biology exam. 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. This course will assist in preparing students for the AP exam taken in the spring, which is required. Students may also need to purchase a copy of the College Board AP Biology "Investigative Lab" manual.



# SOCIAL STUDIES

## Three credits of Social Studies are required for graduation.

**Modern World History** (½ credit) | 9

**Selective** (½ credit) | 10

**Modern U.S. History** (1 credit) | 11

**Economics** and **American Government** (1 credit) | 12

Advanced Placement Sequence: taken in order, can earn up to 18 college credits, with successful completion of College Board exams

**AP Human Geography** (1 credit, ½ credit required) | 9

**AP World History** (1 credit, ½ credit recommended) | 10

**Advanced Placement United States History** and **AP Psychology** (1 credit required) | 11

**Advanced Placement Government** and **AP Psychology** (1 credit required) | 12

## Required Courses

### MODERN WORLD HISTORY

*1 Semester*

*Required: Grade 9*

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*

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*

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*

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.

## Selective Courses (Student needs ½ for graduation)

### CONTEMPORARY WORLD ISSUES

*1 Semester*

*Selective: Grades 10, 11, 12*

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.

### THE INFLUENCE OF SPORT ON AMERICAN HISTORY

*1 Semester*

*Selective: Grades 10, 11, 12*

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.



## LATIN AMERICAN HISTORY

1 Semester

*Elective: Grades 10, 11, 12*

This course will be a survey of the history of the people who have lived in Latin America from pre-Hispanic times to the present day. Areas of focus will include Spanish exploration and colonialism, independence movements throughout the region, and Mexican history that includes a review of US relations.

## WOMEN IN HISTORY

1 Semester

*Selective: Grades 10, 11, 12*

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: Grades 11, 12 (10 with teacher permission)*

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: Grades 11, 12 (10 with teacher permission)*

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.

## Advanced Social Studies Courses

### ADVANCED PLACEMENT HUMAN GEOGRAPHY

2 Semesters

*Selective/Elective: Grades 9 and 10 with teacher permission*

This AP-level course is equivalent to an introductory college-level course in human geography. This course introduces students to the systematic study of patterns and processes that have shaped human understanding, use, and alteration of Earth’s surface. Students employ spatial concepts and landscape analysis to examine socioeconomic organization and its environmental consequences. They also learn about the methods and tools geographers use in their research and applications. The curriculum reflects the goals of the National Geography Standards.

### ADVANCED PLACEMENT WORLD HISTORY

2 Semesters

*Selective/Elective: Grades 10, 11, 12 with teacher permission*

AP World History students investigate significant events, individuals, developments, and processes in six historical periods from approximately 1200 CE to the present. Students develop and use the same skills, practices, and methods employed by historians: analyzing primary and secondary sources; developing historical arguments; making historical comparisons; and utilizing reasoning about contextualization, causation, and continuity and change over time. The course provides five themes that students explore throughout the course in order to make connections among historical developments in different times and places: interaction between humans and the environment; development and interaction of cultures; state building, expansion, and conflict; creation, expansion, and interaction of economic systems; and development and transformation of social structures.

### ADVANCED PLACEMENT PSYCHOLOGY

2 Semesters

*Selective/Elective: Grades 11, 12*

AP Psychology is designed to introduce students to the systematic and scientific study of the behavior and mental processes of human beings and other animals. Students are exposed to the psychological facts, principles, and phenomena associated with each of the major subfields

within psychology. They also learn about the ethics and methods psychologists use in their science and practice.

## ADVANCED PLACEMENT UNITED STATES HISTORY A/B

2 Semesters

*Selective/Elective: Grades 11, 12 (Grade 10 by Teacher Permission/Recommendation)*

*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 US GOVERNMENT & POLITICS

2 Semesters

*Selective/Elective: Grade 12*

*AP Government satisfies the senior Government Requirement*

Dual enrollment in an Advanced English course is highly recommended. This year-long 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 (depending on requirements of the institution he/she attends). Passing both semesters of AP US Government & Politics fulfills both  $\frac{1}{2}$  American Government and  $\frac{1}{2}$  Economics credit required for graduation.





# VIDEO TECHNOLOGY

## FINE/APPLIED ARTS AND/OR ELECTIVE: CREDIT

### INTRODUCTION TO VIDEO PRODUCTION AND TECHNOLOGY

*1 Semester*

*Elective: Grade 9 (2nd Semester only) Grades 10, 11, 12*

Students will be introduced to the basics of video production. They will learn the steps of planning, filming and editing that is required in the creation of videos. Students will complete various projects, which could include the following: sports team and club highlights, school subject presentations, and student generated projects.

### FILMMAKING AND DOCUMENTARIES

*1st Semester Only*

*Elective: Grades 10, 11, 12*

*Prerequisites: "C" or better in [Intro to Video Production](#)*

Building on the camera and storytelling skills gained in introduction to video, this course includes training in storytelling development, advanced camera settings, audio techniques, lighting, and more. Students will create short movies from beginning to end as well as mini-documentaries or news-type stories. These videos may be used for school programs or announcements.

### VIDEO EDITING, GRAPHICS AND SPECIAL EFFECTS

*2nd Semester Only*

*Elective: Grades 10, 11, 12*

*Prerequisites: "C" or better in [Intro to Video Production](#)*

Students will build upon the editing and graphic techniques that they learned in intro to video. Students will use Adobe Premiere and be introduced to Adobe After Effects. Working in groups, students will learn to improve audio, color, lighting, and transitions. Students will learn the basics of incorporating graphics, animations, advanced titles, and special effects into their videos.





# WORLD LANGUAGES

## FINE/APPLIED ARTS 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*

This is an introduction to the language and culture of the Spanish 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*  
*4 credits College Now Credit available through LBCC to seniors.*

In this course students build on the communication skills they learned in level 1A/B. Topics covered in Spanish 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*  
*8 credits College Now Credit available through LBCC to seniors.*

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: Grades 11, 12*

*Prerequisite: Spanish 3 A/B or equivalent proficiency*  
*12 credits College Now credit available through LBCC to seniors.*

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.

### AP SPANISH LANGUAGE & CULTURE

*1 Year (2 Semesters)*

*Grades 11, 12*

*Prerequisites: BEP 10, Spanish 5, or Spanish 4 with Teacher Approval*

This course is available to students interested in an advanced level Spanish course and is a continuation for elementary Dual Language, middle school Spanish Language Arts, and high school Bilingual Education Pathways participants. The AP Spanish Language & Culture course is required for students seeking the opportunity to become graduates of the K-12 Bilingual Education Programs and serves students in their preparation for bilingualism and biliteracy.

### GERMAN 1A/B

*1 Year (2 Semesters)*

*Elective: Grades 9, 10, 11, 12*

This is an introduction to the language and culture of the 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 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*

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: Grades 11, 12*

*Prerequisite: German 3 A/B or equivalent proficiency*

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.



# FOUNDATIONAL LEARNING, RESOURCES, SPECIAL PROGRAMS, & ELD ELECTIVES, CASE MANAGER SELECTED COURSES ONLY

Transitions (Freshman-Senior)

Academic Development (includes Science support)

Essentials of Reading (1, 2 & 3)

Structured Support and Personal Growth

Algebra and Integrated Algebra Support

English 9-11 Support

Consumer Math

GED Prep

Connections

Unified

## English Language Development

All courses are for both semesters (1 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. We also offer ELD Study Skills.

### 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 1 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 1, 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 1, 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.



# INFORMATION ONLY

## SCHOOL CREDIT

### AVID

*Grades 9, 10, 11, 12*

Advancement Via Individual Determination (AVID) is an Elective: course that prepares students for college readiness and success and is scheduled during the regular school day as a year-long course for up to four years (depending on when student begin AVID). Students receive instruction utilizing rigorous college preparatory curriculum provided by AVID Center, tutor-facilitated study groups, motivational activities and academic survival skills. The course emphasizes rhetorical reading, analytical writing, collaborative discussion strategies, tutorial inquiry study groups, preparation for college entrance and placement exams, college study skills and test-taking strategies, note-taking, and research.

### UPWARD BOUND

*Grades 9, 10, 11, 12*

This course guides students in college enrichment topics to prepare for post-secondary education. Students will go over college readiness topics such as, financial aid & financial literacy, career exploration, test taking strategies and college identity. The course will also guide students through ACT/SAT test preparation and testing taking strategies. Upward Bound students participate in team-building activities throughout the course, as well as an online mentor component through a partnership program with OSU college students called Beaver Hangouts.

### BILINGUAL EDUCATION PATHWAYS (BEP) 9

*Grade 9*

This course is a continuation for elementary Dual Language and middle school Spanish Language Arts participants. The BEP 9 course is required for students seeking the opportunity to become graduates of the K-12 Bilingual Education Programs and serves students in their preparation for bilingualism and biliteracy.

### BILINGUAL EDUCATION PATHWAYS (BEP) 10

*Grade 10*

This course is a continuation for elementary Dual Language, middle school Spanish Language Arts, and high school Bilingual Education Pathways participants. The BEP 10 course is required for students seeking the opportunity to become graduates of the K-12 Bilingual

Education Programs and serves students in their preparation for bilingualism and biliteracy.

### AP SPANISH LANGUAGE & CULTURE

*Grades 11, 12*

This course is available to students interested in an advanced level Spanish course and is a continuation for elementary Dual Language, middle school Spanish Language Arts, and high school Bilingual Education Pathways participants. The AP Spanish Language & Culture course is required for students seeking the opportunity to become graduates of the K-12 Bilingual Education Programs and serves students in their preparation for bilingualism and biliteracy.

### BILINGUAL EDUCATION PATHWAYS (BEP) 12

*Grade 12*

This course is a continuation for elementary Dual Language, middle school Spanish Language Arts, and high school Bilingual Education Pathways participants. The BEP 12 course is required for students seeking the opportunity to become graduates of the K-12 Bilingual Education Programs and serves students in their preparation for bilingualism and biliteracy.

### JR/SR SEMINAR

*Grades 11, 12*

Junior/Senior Seminar is an opportunity for students to use the upstairs of the Commons and connected Computer Lab as needed for academic and post-high school research. In order to be assigned to Junior/Senior Seminar, students must be in good standing (attendance, behavior and credits) and must maintain good standing in order to be enrolled in this course.

### ODYSSEYWARE (CREDIT RECOVERY)

*Grades 9, 10, 11, 12*

The OdysseyWare Credit Recovery class is for students who were not successful in one or more required courses and need to make up those classes. Students work independently online to complete coursework.





## **SOUTH ALBANY HIGH SCHOOL**

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