

2025 - 2026 COURSE CATALOG

SOUTH ALBANY HIGH SCHOOL

PATHWAYS TO YOUR FUTURE

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General Studies Outline by Class

FRESHMEN | Class of 2029

All freshmen must be enrolled in a full schedule of credited classes each semester. Freshmen are not eligible to take classes at LBCC or 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 level.

Language Arts | 1 credit

Mathematics (Algebra 1 or higher) | 1 credit

Health | ½ credit

Fitness for Life | ½ credit

Modern World History or AP Human Geography A/B | ½ credit

Integrated Science | 1 credit

RedHawk 101 ½ credit

Electives | 2½-3½ credits

Total Credits 8

JUNIORS | Class of 2027

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 level.

Language Arts | 1 credit

Modern US History | 1 credit

Biology A/B NGSS or CP Biology A/B | 1 credit

Mathematics | 1 credit

Health 2 | ½ credit

Electives | 2-3 credits

Total Credits 6-8

SOPHOMORES | Class of 2028

All sophomores must be enrolled in at least eight credited classes each semester. Sophomores 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 level.

Language Arts | 1 credit

Mathematics (Algebra 1 or higher) | 1 credit

Career Foundations I ½ credit

Physical Education | ½ credit

Social Sciences Selective | ½ credit

Biology A/B NGSS or CP Biology A/B | 1 credit

Electives | 2½-3½ credits

Total Credits 8

SENIORS | Class of 2026

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.

Language Arts | 1 credit

American Government | ½ credit

Economics | ½ credit

Math/Elective | 1 credit

Electives | 2-3 credits

State Reading Test | Meet or Exceed

State Writing Test | Meet or Exceed

State Math Test | Meet or Exceed

Total Credits 5-8

Freshman Required Courses

Language Arts: 1 credit

English 9 A/B: 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.

Alternate Selective: Advanced English 9 A/B *selective See pg. 21 for detailed information*

Math: 1 credit

Algebra 1 A/B: 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.

Alternate Selective: Geometry & Statistics *prerequisite: Algebra 1. See pg. 23 for detailed information*

Science: 1 credit

Integrated Science A/B: In this ninth grade integrated science course, students will explore a variety of concepts in Earth and Space Science, Biology, Physics, and Chemistry. Throughout the course, students will engage in hands-on activities, laboratory experiments, and research projects to deepen their understanding of scientific principles and phenomena.

Social Sciences: ½ or 1 credit

Modern World History: 1 semester 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.

Alternate Selective: AP Human Geography A/B: *See pg. 25 for detailed information*

Health: ½ credit

Health 1: 1 semester. 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.

Physical Education: ½ credit

PE: Fitness for Life, Sports: 1 semester, *Required: 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.

RedHawk 101: ½ Credit

A freshman success class all 9th graders will take first semester unless you are taking AVID.

Electives/Selectives: 2½ - 3 ½ credits, See pg. 7-28 for detailed information for each

Sophomore Required Courses

Language Arts: 1 credit

English 10 A/B: 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

Alternate Selectives: Advanced English 10 A/B or AP Seminar for English 10 A/B:

See pg. 21 for detailed information

Math: 1 credit

Geometry: 1 semester: 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: 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.

Alternate Selective: Algebra 2 A/B: *prerequisite: Geom/Stats, Selective. See pg. 23 for detailed information*

Science: 1 credit

Biology A/B: Biology is a two semester required course that is a lab-oriented introduction to living things covering the characteristics of life in all organisms, structures and processes of life, inheritance and biotechnology, evolution and ecology. Enrollment in or completion of both semesters is a requirement .

Alternate Selective: College Prep Biology A/B: *selective. Prerequisite: Chemistry See pg. 21 for detailed information*

Social Sciences $\frac{1}{2}$ credit, *Choose 1 selective:*

See pg. 24-26 for detailed information for each selective offered for grade 10

Career Foundations: $\frac{1}{2}$ credit

1 semester. Get ready for life after high school! This course helps you explore careers that match your strengths and interests while learning about different education and training options, including college, apprenticeships, trades, and the military. You'll develop essential workplace skills, practice self-advocacy, and learn how to find and use resources for mental, physical, and financial well-being. Gain real-world experience through career-connected learning, build a strong resume and cover letter, and practice interview skills. Plus, you'll explore financial aid, scholarships, and smart money choices for your future. By the end, you'll be prepared to take your next steps with confidence!

Physical Education $\frac{1}{2}$ credit, *Choose 1 selective:*

See pg. 19-20 for detailed information for each selective offered for grade 10

Electives/Selectives $2\frac{1}{2}$ - $3\frac{1}{2}$ credits. *See pg. 7-28 for detailed information for each*

Junior Required Courses

Language Arts: 1 credit

English 11 A/B: 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.

Alternate Language Arts Selectives: See pg. 21-23

Math: 1 credit

Algebra 2 A/B: *selective.* **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.

Alternate Math Selectives: See pg. 23-24

Science: 1 credit

Biology A/B: Biology is a two semester required course that is a lab-oriented introduction to living things covering the characteristics of life in all organisms, structures and processes of life, inheritance and biotechnology, evolution and ecology. Enrollment in or completion of both semesters is a requirement .

Alternate Science Selectives: See pg. 20-21

Social Sciences: 1 credit

Modern US History A/B: This course covers American History in the first half of the 20th Century. The first semester will cover: Colonization Civil War/Reconstruction, The Gilded Age/Populism, Progressive Era, American Expansionism and WWI, the Roaring 20's, The Great Depression, and finish with WWII. The second semester covers Cold War (Foreign Policies), The Red Scare (Domestic Policies), The Civil Rights Movement (1950's-today), Vietnam War (1954-1975), Kennedy-Carter Years (1960-1980), Reagan-Clinton Years (1980-2000), 21st Century (2000-today).

Alternate Social Science Selectives: See pg. 24-26

Health Selectives: ½ credit, Choose 1 selective, if needed:

See pg. 18-19 for detailed information for each health selective offered for grade 11

Electives/Selectives 2 - 3 credits. See pg. 7-28 for detailed information for each

Senior Required Courses

Language Arts: 1 credit

English 12 A/B: 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.

Alternate Language Arts Selectives: 1 credit, Choose 1 selective:

See pg. 21-23 for detailed information for each Language Arts selective offered for grade 12

American Government: ½ credit, 1 semester;

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 levels 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.

Alternate Social Science Selectives: *See pg. 24-26*

Economics: ½ credit, 1 semester;

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.

Math/Elective: 1 credit, *See pg. 23-24 for detailed information for math elective/selectives offered for seniors*

Electives/Selectives: 2-3 credits. *See pg. 7-28 for detailed information for each*

Elective and Selective Courses

Fine Arts

Digital Arts

Digital Arts 1: 1 Semester Elective: Grades 9, 10, 11, 12: Unleash your creativity with Digital Art! In this course, you will dive into the world of digital illustration and discover the endless possibilities of the Adobe Creative Cloud. You will learn how to bring your imagination to life using the latest tools and techniques in Digital Art. From sketching and digital painting to animation and graphic design, you will develop a comprehensive set of skills that will take your artwork to the next level. Get ready to express yourself, challenge your limits, and unleash your inner artist in this exciting and fun-filled course!

Digital Arts 2: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Digital Arts 1 with “C” or better.** Take your Digital Art skills to the next level! This an advanced course, designed to deepen your understanding of digital illustration and the Adobe Creative Cloud. In this course, you will continue to build upon the skills and techniques you learned in Digital Art 1, and explore even more advanced concepts and tools. With hands-on guidance, you will work on exciting new projects that will challenge and inspire you to create truly remarkable artwork. Whether you are working on building a portfolio or just want to hone your skills, this course is designed to take your Digital Art to the next level. Come prepared to get creative, push the boundaries of your imagination, and achieve your full potential in Digital Art!

Digital Photography 1: 1 Semester Elective: Grades 9, 10, 11, 12: Get ready to explore with Digital Photography! In this fun and dynamic photography course, you’ll have the opportunity to turn your passion for capturing memories into beautiful works of art. You will learn to master the basics of using a D-SLR camera and discover techniques of capturing stunning images. You’ll also explore the world of photo editing with the Adobe Creative Cloud, where you will learn how to bring your photos to life and turn them into true masterpieces. From creative photography projects to photo compositions made in Photoshop, you’ll have the chance to let your imagination run wild and show off your own unique style. This course is designed to inspire and challenge you to unlock your creativity and capture life through your lens.

Digital Photography 2: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Digital Photography 1 with “C” or better.** Digital Photography 2 is a course that focuses on enhancing students’ creativity and technical skills. Through a range of hands-on projects, students will explore the exciting world of digital photography, both in terms of capturing photos and editing/retouching images. Students will learn how to edit and create compositions using Adobe Photoshop, as well as how to enhance real life photos with retouching techniques in Adobe Lightroom. This course will provide a fun and challenging environment where students can develop their skills and unleash their creativity.

Design Production 2D/3D A & B: 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.

Basic Design, Drawing & Painting

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.

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.

Elective and Selective Courses

Basic Design, Drawing & Painting, continued..

Drawing 1: 1 Semester Elective: Grades 9, 10, 11, 12: 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.

AP Drawing A/B: Elective Grades 11, 12 **Prerequisite: Drawing or Painting with a "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. [College credit available.](#)

Advanced Studio Art: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Basic Design, Drawing 1 or Painting with a "C" or better.** 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. 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.

Fine & Studio Arts Practicum: Elective Grade: 12 **Prerequisite: Teacher Approval.** This course provides students with work experience in a field related to visual arts. Goals are typically set cooperatively by the student, teacher, and employer (although students are not necessarily paid). This course includes classroom activities as well, involving further study of the field or discussion regarding experiences that students encounter in the workplace.

Painting 1: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Drawing 1 or Basic Design with a "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.** 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.

Pottery

Pottery 1: 1 Semester Elective: Grades 9, 10, 11, 12: Through selected projects students will develop basic hand building techniques including pinch, coil and slab. Wheel throwing will also be introduced as well as various glaze techniques such as Sgraffito. Students will learn the basics of maintaining a studio, keeping clay workable, the various drying stages and how to recycle clay. There will also be a focus on reflection and self-critique.

Pottery 2: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Pottery 1 with a "C" or better.** Pottery 2 will be taken after Pottery 1. In Pottery 2 students will develop additional skills in wheel throwing, hand building techniques, as well as new glaze techniques. Projects will also continue to develop students' individual style. Projects range from making a bowl or vase on the wheel to a relief sculpture, advanced Sgraffito, Mishima or Majolica glaze techniques, conceptual sculptures, etc. There will be more focus on pre-planning and brainstorming in Pottery 2.

Pottery 3: 1 Semester Elective: Grades 11, 12: **Prerequisite: Pottery 2 with a "C" or better.** Pottery 3 is a creative experience coming back to some of the basic handbuilding techniques but working on a larger scale and choice of sculpture or functional form. Serious art students will be challenged by a number of hands-on projects. Techniques in Pottery 3 will include: advanced wheel throwing, using the slab roller, new glaze techniques, etc.

Elective and Selective Courses

Pottery, continued..

Pottery 4: 1 Semester Elective: Grades 11, 12: **Prerequisite: Pottery 3 with a "C" or better.** Pottery 4 is for Advanced Pottery students who have been successful in the prior 3 levels. Students must be independently driven as they will be working as if they were a studio artist. Students will develop a theme (concentration) to create a body of work around (5-10 pieces). Their series can be functional, sculptural or a little of both. At the end of the semester students will display their artwork along with an artist statement about their inspirations for their collection. They will also photograph their work and make a digital portfolio.

Sculpture: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisites: Pottery 1, Basic Design, and/or Drawing 1 with "C" or better.** 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. Repeatable for additional credit.

Jewelry Making

Jewelry - Metals 1: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Basic Design, Drawing and/or Pottery with "C" or better.** Jewelry is an advanced art course for SophomoresSeniors. Students should have completed one of the prerequisite art courses. Jewelry Making 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 - 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, and may include riveting, 3D printing, etc. Students will complete between 4 to 6 wearable art pieces.

Jewelry - Metals 3: 1 Semester Elective: Grades 10, 11, 12: **Prerequisites: Jewelry Making & Metals 2 with a "B" or better.** Jewelry 3 students must be independently driven. Students will expand upon their prior knowledge and strengthen their metalworking abilities while working as a studio artist creating a jewelry collection. Students will develop a theme/concentration to create their collection around. The concentration will include a minimum of 4-6 jewelry pieces. The final will include creation of a digital portfolio of their work, a display of the concentration and an artist statement.

Video Production & Technology

Intro to Video Production & Technology: 1 Semester Elective: Grade 9, 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: 1 Semester 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 minidocumentaries or news-type stories. These videos may be used for school programs or announcements

Video Editing, Graphics and Special Effects: 1 Semester 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.

Elective and Selective Courses

Industrial Arts

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

Woods

Introduction to Woods: 1 Semester 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, skateboard ramps and jumps.

Woods 1: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Intro 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 2: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Woods 1.** 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 3: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Woods 2.** Woods 3 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 1: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Intro 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 2: 1 Semester Elective: Grades 11, 12: **Prerequisite: Intro to Woods & Special Projects 1.** Students are challenged to use new joinery techniques in the construction of individual projects. Students are expected to be self-motivated and independent workers

Metals

Introduction to Metals: 1 Semester 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 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 Elective: 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 Metal 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. •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.

Elective and Selective Courses

Metals, continued..

Metals 3 & 4: 1 Semester Elective each, Grades 10, 11, 12: **Prerequisite:** Metals 2 with a “C” or better **College Credit Available** 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 Metal 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 introduced and/or continue as well. •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.

Construction/Building Trades Technology

Concrete Construction: 1 semester Elective, Grades 11, 12. **Prerequisites:** Building trades III or IV, Woods II or higher. Provide the basic knowledge on best practices for placing and finishing concrete flatwork, typically exterior slabs/sidewalks. Students will develop skills and techniques that are fundamental in the phases of ground preparation, concrete placement, concrete reinforcing. Students will acquire real life experience, as sustainability of the program will revolve in direct contact with community consumers.

Building Trades Tech. 1: 1 Semester 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 tools used in the construction industry. Life and employability skills will also be part of the core curriculum.

Building Trades Tech. 2: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite:** Building Trades Technology 1 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, and 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 Trades Tech. 3-5: 1 Semester Elective: Grades 10, 11, 12: **Prerequisites:** Building-Construction Trades II OR Building-Construction Trades I AND Intro to Woods or with a “C” or better unless approved by instructor **College Credit Available**. 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 projects.

Performing Arts

Choir

Treble Choir A/B: Elective: Grades 9, 10, 11, 12: **Prerequisite:** Desire to learn to sing! **Must sing in soprano alto range.** Treble Choir is open to anyone that wants to come sing everyday with a willingness to improve their voice. You’ll never have to sing by yourself, instead, you’ll be singing with other people in a class designed to improve your abilities and to help you learn more about music. The Treble Choir will sing in all four concerts during the school year and we make every effort to make sure that the concerts do not conflict with any other school activity. Come join us... this may be the place where you “fit” at South Albany!

Elective and Selective Courses

Choir, continued..

Tenor-Bass Choir A/B: Elective: Grades 9, 10, 11, 12: **Prerequisite:** Desire to learn to sing! Must sing in a tenor bass range. Tenor-Bass Choir is open to anyone that wants to come sing everyday with a willingness to improve their voice. You'll never have to sing by yourself, instead, you'll be singing with other people in a class designed to improve your abilities and to help you learn more about music. The Tenor-Bass Choir will sing in all four concerts during the school year and we make every effort to make sure that the concerts do not conflict with any other school activity. Come join us...this may be the place where you "fit" at South Albany!

Bellissima A/B: Elective: Grades 9, 10, 11, 12: **Prerequisite:** Audition with the director, Soprano-alto range only. Bellissima is an audition-only ensemble designed for students who want to challenge themselves with more difficult music and at a quicker pace. You'll get to sing in all four concerts during the school year and may be asked to perform at festivals in the spring. It's an exceptional opportunity to grow your vocal skills, to learn even more about music, and to be a part of something bigger than yourself! Come join us!

United Harmony A/B: Elective: Grades 9, 10, 11, 12: Robe and Cleaning Fee: \$40 **Prerequisites:** Audition with the director. United Harmony is an auditioned ensemble that will sing at all four concerts, festivals in the spring, and other functions and events upon request. If you really want to challenge yourself vocally and learn the most you can about music, this is the place to be. You'll be held to the highest performance standards while getting to be a part of a group that accepts everyone for who they are. You'll be learning about many cultures, different styles of music, and will explore the music "beyond the notes". If you get into United Harmony, on the "even" years, we go on a trip to Disneyland!

Ascend! A/B: Elective: Grades 10, 11, 12: Zero period. **Prerequisites:** Audition with the director, maintain enrollment in United Harmony. Ascend! Is an auditioned ensemble that is made up of students from United Harmony. They will sing at all four concerts, festivals in the spring, as well as school and community functions. Primarily they sing popular a cappella music, but they will explore other genres as well. On the "odd" years, Ascend! will take a trip of their own. In past years, they have traveled to Hawaii, San Francisco, Seattle, and Orlando!

Advanced Choral: Elective: Grades 10, 11, 12: **Prerequisites:** with teacher approval. Advanced Choral Concepts is a class for students wanting to work on and improve their individual singing skills in a group setting. This will be a self-paced class, as students will need to learn their music on their own.

Band/Musical Instruments

Ukulele: 1 Semester Elective: Grades 9, 10, 11, 12: Learn to play the Ukulele! Come join us...no music experience needed. You'll learn to play chords and notes, strumming and "picking", and learn to play many different songs. There will be daily instruction with time to develop your own skills. Come learn this fun and accessible instrument!

Color Guard A/B: Elective: Grades 9, 10, 11, 12: **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.

Band/Musical Instruments, continued..

RedHawk Band: Elective: Grades 9, 10, 11, 12: 1st semester only (Fall). **Prerequisite:** Prior band experience. 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.

Jazz Ensemble A/B: Elective: Grades 9, 10, 11, 12: **Requirement:** Audition/Instructor Approval **Co-Requisite:** 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 festivals and in concerts. Concert attire is all black with a solid-color necktie. There will be after school and financial commitments for this ensemble.

Elective and Selective Courses

Band/Musical Instruments, continued..

Marching Band: 1 Semester Elective: Grades 9, 10, 11, 12: The Marching Band class offers rehearsal and instruction for all members of the South Albany Marching Band. Instruction will include movement basics, physical training, drill reading, drill rehearsal, performance observation and analysis, and ensemble choreography. Students registered for this class must ALSO be registered for RedHawk Band, Percussion Ensemble, or Colorguard. In the fall season the SAHS Marching Band will perform at home football games and in competitions in the Northwest Association of Performing Arts.

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.

Percussion Ensemble A/B: Elective: Grades 9, 10, 11, 12: **Prerequisite: Prior band experience.** Percussion Ensemble fulfills different roles each semester. In the 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.

Concert Band: 1 Semester Elective: Grades 9, 10, 11, 12: 2nd semester only (spring). **Prerequisite: Prior band experience.** Concert Band is for intermediate high school band students. 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: 1 Semester Elective: Grades 9, 10, 11, 12: 2nd semester only (spring). **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.

Drama

Acting 1: 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.

Advanced Acting: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Acting 1 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.

Improvational Theater: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisite: Acting 1 or with teacher permission.** 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.

Elective and Selective Courses

Drama, continued..

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.

Dance for Musical Theater: 1 Semester Elective: Grades 9, 10, 11, 12: **Prerequisites: Instructor Approval & Acting 1 or Musical Theater.** 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.

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.

Business/CTE/FACS

CTE Business/Investing

Personal Finance - Investing: 1 semester Elective: Grades 11, 12 (10 w/ 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. Students will engage with class activities, interactive calculators and managing a portfolio of real stocks from global markets.

Sports and Entertainment Marketing: 1 Semester Elective: Grades 9, 10, 11, 12: Formally known as Introduction to Marketing. Think about the most impressive marketing campaign you’ve ever seen. It may be Nike, Apple, or what about the Portland Trail Blazers, and college sports. These brands have achieved greatness with the help of a strong marketing strategy! Marketing is everywhere!

Entrepreneurship Marketing: 1 Semester Elective: Grades 9, 10, 11, 12: Have you ever wanted to start your own business, or have the next BIG idea? Entrepreneurship Marketing gives you the chance to create your very own business! Not only do I take you through the steps to build and run a business, but you will also get the chance to pitch your business idea in a Shark Tank style presentation at the end of the semester.

Social Media Marketing: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Sports and Entertainment Marketing** Do you have your phone on you? You probably have at least one social media app on that phone! In this class we will learn how social media can grow a business and how it can harm a business. We have social platforms for all ages, which do we use?!

Applied Business 1: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Sports and Entertainment Marketing or Entrepreneurship Marketing.** Students in this class will learn how to be responsible for running a business on campus. In Applied Business 1 we will cover responsibilities of each role in running a business customer service, marketing and reaching our target market as well as inventory management. We need- YOU to help make student-led businesses a success!

Applied Business 2: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Applied Business I.** If you have taken Applied Business 1, you are eligible to join Applied business 2! In this course you will learn about designing marketing strategies for our student-led businesses on campus, accounting and business operations. If you plan to own and operate your own business, this is for you! We need YOU for us to have a student-led store!

Elective and Selective Courses

CTE Business/Investing, continued..

Applied Business 3: 1 Semester Elective: Grades 11, 12: **Prerequisite: Applied Business II & teacher approval.**

This course is designed for students who are running and leading our student-led businesses on campus. You will be in charge of shift management, inventory control, marketing, and customer service. If you plan to own and operate your own business, this is for you! We need YOU for us to have a student-led store

Marketing Practicum: 1 Semester Elective: Grade 12: **Prerequisite: Instructor Approval** This course provides students with work experience in a field related to marketing. Goals are typically set cooperatively by the student, teacher, and employer (although this is an unpaid position). This course also includes in class activities, tracking progress, and sharing what you've learned from this experience.

Personal Finance/Intro to Business: 1 Semester Elective: Grades 10, 11, 12: Personal finance is 80% behavior and 20% head knowledge; taking control of your money can help you avoid huge money mistakes down the road. Your financial decisions have long-term consequences. This course provides essential personal finance skills you will need to prepare for your future. Learning how to effectively budget your money with a spending plan, open and manage checking and savings accounts, manage online services, pay for expenses, manage debt and credit awareness, invest wisely, and assess technology trends, among other skills, are the keys to success. Through fun activities, working with your peers, and hands-on projects, you will practice these skills and walk away with a solid foundation in personal finance and introduction to business concepts that will prepare you for life after high school, help you make sound financial decisions for personal and professional applications, and provide career-readiness finance skills employers are looking for in employees.

Wealth Building & Management: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Personal Finance/Intro to Business with "B" or better.** Wealth Building and Management is an accelerated financial literacy course in which students actively learn to manage and build personal wealth. Students develop an understanding of the relationship between economics and wealth management, set personal and financial goals, establish a personal budget, manage personal finances, explore methods of generating income, determine insurance needs, and acquire investing skills and knowledge. Students will learn valuable life skills in money management, as well as learn about stocks, bonds, mutual funds, property investments, insurance options, and retirement planning. To demonstrate their mastery of such financial literacy skills and knowledge, students engage in an intensive project about wealth management, its importance, and its impact upon a person's overall success in life.

Family & Consumer

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: **College 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.** **College 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.

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.

Elective and Selective Courses

Family & Consumer, continued..

Cadet Teaching & Internship (CTI) 1, 2, 3: 1 Semester each: CTI 3 may be repeated for credit. 1 semester elective: Grades 11, 12 **Prerequisite:** Child Development, Child Psychology & Instructor Approval **College 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.

Elementary Mentor: 1 semester Elective: Grades 10, 11, 12;(Transportation provided) **Prerequisite:** Child Development & Instructor Approval 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.

Fashion and Sewing: 1 Semester Elective: Grades 9, 10, 11, 12: this course may be repeated for credit. 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!

FCCLA Leadership: 1 semester Elective: Grades 10, 11, 12 **Prerequisite:** Officer and Teacher Approval 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.

Culinary Arts

Culinary Arts 1: Introduction to Foods: 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. Students 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. Swearingen.

Culinary Arts Assistant: 1 Semester Elective: Grades 10, 11, 12: **Prerequisites:** Instructor Approval and Culinary Arts 1. 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.

Elective and Selective Courses

Leadership

Leadership 1: 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 2A: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Application and 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 2B: 1 Semester Elective: Grades 10, 11, 12: **Prerequisite: Application and 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.

World Languages

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.

German

German 1 A/B: 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 2 A/B: Elective: Grades 10, 11, 12: **Prerequisite: German 1 A/B with “C” or better 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 3 A/B: Elective: Grades 10, 11, 12: **Prerequisite: German 2 A/B with “C” or better 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 4 A/B: Elective: Grades 11, 12: **Prerequisite: German 3 A/B with “C” or better 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.

Elective and Selective Courses

World Languages continued..

Spanish

Spanish 1 A/B: 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 2 A/B: Elective: Grades 10, 11, 12. **Prerequisite: Spanish 1 A/B with “C” or better 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 3 A/B: Elective: Grades 10, 11, 12. **Prerequisite: Spanish 2 A/B with “C” or better 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 4 A/B: Elective: Grades 11, 12. **Prerequisite: Spanish 3 A/B with “C” or better 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.

Health

One credit of health is required for graduation. Health I (½ credit), grade 9. Health II (½ credit), grade 11 will 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 1: 1 semester. (Required: Grade 9) *Selective:* Grades 10, 11, 12. 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 2 Relationships & Sexuality:~~ NOT offered 2025/26 1 semester. *Selective:* Grades 10, 11, 12. Prerequisite: Health 1. 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.

Elective and Selective Courses

Health, continued..

Health 2 Responding to Emergency: 1 Semester *Selective:* Grades 11, 12 Course Fee (Optional): Red Cross fee is only necessary to purchase certification if requirements are met during the course (amount changes, currently \$35). **Prerequisite:** Health I [College 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 2 Intro to Sports Medicine: NOT offered 2025/26 1 Semester *Selective:* Grades 11, 12.

Prerequisite: Health 1. 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.

Exploring Happiness: 1 Semester Elective: Grades 10, 11, 12 *This class is for elective credit, and does not count as a required health class.:* 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.

Physical Education

PE: Fitness for Life, Sports: 1 semester, (*Required: Grade 9*) *selective: Grades 10, 11, 12.* 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.

Lifetime Sports: 1 semester, *selective:* Grades 10, 11, 12. **Prerequisite:** Fitness for Life. This course may be used to complete the one credit requirement for physical education. The student will participate in a series of lifetime sports units which may include net games like volleyball, pickleball, badminton, 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 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, bocce ball, 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:** in the most recent PE class with “C” or better. 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.

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.

Elective and Selective Courses

Physical Education continued..

Unified PE Peer Coach: 1 Semester PE Elective: Grades 10, 11, 12 **Prerequisite:**Instructor approval.

Recommended:Experience in PE, leadership, or Unified Sports. Unified PE Peer Coach is an inclusive physical education elective designed to promote teamwork, leadership, and social interaction among students with and without disabilities. This course aligns with the Special Olympics Unified Sports philosophy, focusing on adapted sports, cooperative activities, and personal fitness. Peer coaches will provide support and encouragement, fostering an inclusive and respectful environment in physical education.

PE Elementary Style: 1 semester, *selective*: Grades 10, 11, 12. **Prerequisite:** Fitness for Life. Do you remember how much fun you had in elementary school PE and on Field Days? Want to experience those games and activities again as an older student? Students in this class will be playing games such as kickball, Star Wars tag, Chicken Catch-a-Tori, dodgeball, cardio drumming, juggling, parachute and other field day type activities. This class is ideal for someone who wants to work with children in the future, or re-live some of their elementary school memories today.

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.

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.

Physical Education Intern: 1 Semester Elective: Grades 11, 12 **Prerequisite:** Teacher approval and an application. Students will gain on-the-job training by providing aid 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.

Science

The following three credits of science are required: Integrated Science 9, Biology or College Prep Biology for grades 10 & 11. Students planning on earning a 4-year college degree should consider taking College Preparatory classes: AP Chemistry, Physics 2*, or AP Biology*Please follow link for: [More Information](#)*

**May be offered alternate years*

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. We consider the origin of the ocean, the nature of water and how it behaves, and the characteristics of the ocean basins themselves. You will learn about ecosystems and food webs, including hydrothermal vent communities; mid-ocean gyres and ocean drifters; complete a project focusing on a sea mammal of the student's choice. The course also touches on tidal pools and beaches.

Elective and Selective Courses

Science, continued..

Horticulture Science: 1 Semester Elective: Grades 11, 12 **Prerequisite:** Biology or concurrent enrollment

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

Anatomy & Physiology A/B: Elective Grade: 11, 12 **Prerequisite:** Must pass NGSS Biology or CP Biology with

a C or better OR receive a science teacher recommendation as a junior **College Credit Available.** Anatomy and Physiology is the scientific study of the structure and function of the human body. The major body systems will be covered in depth. Laboratory experiments and dissections will help students understand the concepts of human body structure and functions. The principles of aerobic conditioning and lifelong fitness will be important parts of the course. College transfer credit through LBCC is possible.

CP Biology A/B: Elective: Grade 10 & 11 **Prerequisite:** Chemistry NGSS/ Pre-AP Chemistry **College Credit**

Available. CP 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. Successful completion of this course is highly recommended for those continuing on to AP Biology. Students can earn 8, 100 level college credits.

AP Biology A/B: Elective: Grades 11, 12 **Prerequisite:** Biology NGSS/Pre-AP Biology A&B and Pre-AP Chemistry

A&B OR instructor approval College Credit Available. 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 10 college credits (College Now BI 211 and 212 Credits). 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

Physics 2 A/B: Elective Grade: 11, 12 **Prerequisite:** Algebra 2. **College Credit Available.** This is a lab based course that uses calculus principles to understand complex problems, engineer solutions using scientific principles, analyze and evaluate qualitatively the data to then redesign a solution. This is a hands-on College Now class that prepares you for post-high school careers in technical fields like engineering, architecture, and more. First semester you will cover: Motion, Circular motion, and Energy. In the second semester we will cover: Electromagnetism, Waves, Heat and thermodynamics.

Language Arts

Advanced English 9 A/B: *selective*; 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 10 A/B: *selective*; 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.

Elective and Selective Courses

Language Arts, continued..

AP Seminar for English 10 A/B: *selective*; Do you love to research? Are you a reader? Do you want to earn college credit through AP Seminar? This course is designed for self-motivated individuals who want to focus on critical thinking, research, collaboration, and communication. Students will study literature, learn how to write research papers, and have an opportunity to do some narrative writing. There will be an AP test in the spring and this course requires some outside work.

Advanced American Literary Studies 11 A/B: *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 state assessments. These students should plan on taking Advanced Placement English Literature and Composition as seniors.

AP Language & Composition A/B: *Selective*: Grade 11 [College Credit Available: WR 121Z](#). The AP English Language and Composition course aligns with WR 121, a college-level rhetoric (the study of human communication) and writing curriculum. Students will have the opportunity to explore a variety of non-fiction texts, including: true crime, memoirs, biographies, and texts that explore current events/issues. The course will focus on helping students improve their writing skills with the major modes of writing (narrative, expository, causal, and persuasive). Students will evaluate, synthesize, and cite research to support their arguments. Through AP Comp students will develop skills that will help them thrive in college. The course will offer curriculum to prepare students for ENG 104 or AP Lit during their senior year. It will also prepare them for the AP Language and Composition Exam.

AP English Literature 12 A/B: *Selective*: Grade 12 [College Credit Available: WR 121Z, ENG 104Z & ENG 106Z](#). 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. Twelve college credits will be available through LBCC's "College Now" Program.

Writing 121/English 104: 2 Semesters *Selective*: Grade 12 [College Credit Available: WR 121Z & ENG 104Z](#). 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 4 college credits for each semester. Writing 121 is the 1st semester and focuses on the methods of writing. This class is designed for students who desire a college course at the freshman level. ENGLISH 104 is the 2nd semester and focuses on elements of fiction. Students will discuss and write analytical essays. Expect three or more hours of reading homework per week.

Creative Writing 1: 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.

Creative Writing 2, The Art of Storytelling: 1 Semester *Selective* Grade: 12: (Must be paired with English 12A or English 12B This course is designed to enable the further development of "writing and language skills for creative expression in a variety of literary forms" (CPALMS, Florida State University). Students will engage in three, six week projects: short story writing (focus on characterization and setting), poetry (focus on structure poems and physical formatting for open form), and self-select writing (graphic novels, long-short stories, etc)

Study of Song: Lyrics as Literature A/B: *Selective*: Grades 10, 11, 12. 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 the 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.

Elective and Selective Courses

Language Arts, continued..

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.

Visual Literature A/B: *Selective:* Grade 11, 12. 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.

Journalism: 1 Semester Elective: Grades 9, 10, 11, 12: 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 staff.

Yearbook A/B: 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 A/B: Elective: Grades 9, 10, 11, 12:(Can take Newspaper B when taking Journalism first semester) **Prerequisite: Journalism with “C” or better & 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.

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 Math 105, Precalculus A/B, AP Statistics A/B and AP Calculus A/B. Appropriate class recommendations will be made by math teachers.

Integrated Algebra A/B: 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.

Geometry: 1 semester: Grade 10. 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: Grade 10. 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.

Elective and Selective Courses

Mathematics, continued..

Algebra 2 A/B: *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.

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.

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.

Math In Society/Math 105: 2 Semesters, Elective: Grades 11, 12 (10 with teacher permission): **Prerequisite:** Algebra 2 **College Credit Available.** This is a survey course in mathematics for students in the liberal arts and other non-science majors. Topics are selected from areas such as critical thinking, analysis of growth, personal finance, probability, and statistics.

Precalculus A/B: Elective: Grades 11, 12 (10 with teacher permission) **Prerequisite:** Algebra 2 **College 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.

AP Calculus A/B: Elective: Grades 11, 12 **Prerequisite:** Precalculus **College 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: Elective: Grades 10, 11, 12 **Prerequisite:** Algebra 2 **College Credit Available.**

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

Social Sciences

Three credits of Social Sciences are required for graduation. Modern World History ($\frac{1}{2}$ credit) 9; Selective ($\frac{1}{2}$ credit) 10; Modern U.S. History (1 credit) 11; Economics and American Government (1 credit) 12. [Advanced Placement options can earn up to 18 college credits](#)

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.

Influence of Sports 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 America. Students will write research papers, read articles, and rigorously study the history of sports as well as current issues affecting sports.

Elective and Selective Courses

Social Sciences, continued..

Latin American History: 1 Semester Elective/*selective* : Grades 10, 11, 12. This course covers the history of Latin America, as well as the geography of this area. The topics we will cover include: the study of indigenous groups of Latin America, Spanish exploration and the Spanish American empire, the colonization of Latin America by Spain and Portugal, independence movements in Latin America, Mexican independence, Mexican Revolution, and United States and Latin American 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.

Psychology: 1 Semester *Selective*: 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.

AP Psychology: 2 Semesters *Selective/Elective*: Grades 11, 12 [College Credit Available](#). 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.

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.

AP Human Geography: 2 Semesters *Selective/Elective*: Grade 9 (*10 with teacher permission*) [College Credit Available](#). 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 socio economic 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.

AP World History A/B: *Selective/Elective*: Grades 10 (*11 and 12 with teacher permission*) [College Credit Available](#). 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.

Elective and Selective Courses

Social Sciences, continued..

AP US History A/B: *Selective/Elective:* Grades 11, 12 **College Credit Available.** 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.

AP US Government & Politics A/B: *Selective/Elective:* Grade 12 AP Government satisfies the senior Economics and Government Requirement **College Credit Available.** 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 the 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 ½ American Government and ½ Economics credit required for graduation.

Community & School Service Learning

Counseling Aide: Elective: Semester 1: Grades 10, 11, 12, Semester 2: 9, 10, 11: **Prerequisites: Counseling Office Approval.** 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 behavior, grades & attendance. If interested, please talk with Mrs. Fraizer, the counseling secretary.

Office Aide: 1 Semester Elective: Grades 10, 11, 12 **Prerequisite: Office Staff Approval.** Open to students who are able to work well with the public and their peers in a professional manner, maintain the professional standard of confidentiality; be able to follow directions; have an excellent attendance record; be accurate and dependable; and be passing all classes. If you are interested, please contact the Attendance Secretary in the Main Office before scheduling.

Library Science Aide: 1 Semester Elective: Grades 10, 11, 12 **Prerequisites: Library Staff Approval.** The student will learn the 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 Aide: 1 Semester Elective: Grades 9, 10, 11, 12 **Prerequisite: Instructor Approval.** Teachers are only allowed to have two TAs 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: Cafeteria Manager Approval.** 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 school's setting. They will develop a sense of higher responsibility and secure character traits that will ensure personal success in the future.

Training Teens for Tomorrow: T3: 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.

Work Experience 1,2,3,4: 1 Semester each Elective: Grades 11, 12. Work Experience provides specific occupational preparation for basic workplace readiness skills, develops specific job-related competencies, and reinforces in-school occupational training. Students work 75 hours for ½ a credit. Application must be made through the Career & Employment Center.

School Credit information, 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

AVID A/B

Elective: 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 students 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.

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 A/B: **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 A/B: **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 A/B: **Prerequisite:** ELD 2 or ELD Teacher Recommendation. This course is designed for students who have an intermediate level of proficiency in English and have acquired the language skills taught in ELD I and ELD 2. Thematic units will continue to incorporate the four English language proficiency standards in speaking, reading, listening, and writing.

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

Upward Bound:

Elective: 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.

School Credit information, Foundational Learning, Resources, Special Programs, & ELD: Electives, Case Manager Selected Courses Only Bilingual Education Pathways (BEP)

BEP 9 A/B: 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.

BEP 10 A/B: 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 A/B: Grades 11, 12. **Prerequisites:** BEP 10, Spanish 4. 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.

BEP 12 A/B: 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: 1 Semester Elective: 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): 1 Semester: 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.

LBCC Courses: Grades 11, 12. One opportunity that SAHS students may wish to consider is taking Linn Benton Community College classes concurrently with SAHS classes. This plan MUST be pre-approved by the student's counselor. LBCC credits transfer onto the high school transcript as $\frac{1}{2}$ to 1 credit, depending on course taken. Please contact your counselor if you have questions about our credit requirements.

Non Course Selection Information Only

College Now: Grades 10, 11, 12. South Albany High School offers 167 college credits through partnerships with Linn Benton Community College, Klamath Community College, and Portland Community College. By enrolling in one of the classes above and being 16 years old, students can earn college credit for free. [2025/26 College Now Courses](#)

Criteria for Selecting “Valedictorian” and “Salutarian”

By definition, the valedictorian is considered to be the outstanding student in the class. The following criteria are used to ensure that the South Albany High School valedictorian(s) has achieved high academic standards and has demonstrated exemplary citizenship and is, indeed, the outstanding student in the graduation class. In order to be designated a valedictorian or a salutarian at South Albany High School, a student must meet the following criteria:

The student must have the highest (valedictorian) or second highest (salutarian) weighted grade point average computed 1st semester senior year. The weighted average is computed utilizing a matrix of credits available.

The student must have taken at least 2.5 credited classes per term.

The student must have attended South Albany High School for their entire senior year.

The student will have behaved in a manner consistent with Greater Albany Public Schools' Character Education traits:

The student will have no violations of the South Albany High School cheating policy at or above the Second Offense Level of consequences.

The student will have no major violations of the student conduct code that result in a suspension of five or more days.

The student will be in good standing in the community and at South Albany High School relative to any legal action or disciplinary processes.

A student may appeal to the Site Council, or a committee designated by the Site Council, requesting exception from any of the criteria listed above. This ruling shall be final.

A salutarian may be designated only if there is a valedictorian.

Grade point average will be determined using a weighted grading system. Designated courses will have grade values of 5 for an “A”, 4 for a “B”, 3 for a “C”, 2 for a “D”, and 0 for an “F”. All other courses will use the traditional 4-3-2-1-0 point values. In order to be designated a “weighted” course, the course must meet one or more of the following criteria:

It is an Advanced Placement course or similar to Advanced Placement courses. It will have a curriculum designated by a national or state organization and have a clearly defined evaluation process in which the student has the opportunity to participate.

The students in the class have the opportunity to receive state or national certification as a result of completing the class. The course is 200 level or higher in core content taken at a university, college, or community college and offers advanced material not offered at South Albany High School. Departments will submit to, and may defend before the Site Council, the classes which meet the criteria that the department wants to have designated as weighted.

****Any course being considered for weighted GPA must be cleared by SAHS Administration.**

Weighted grades are only used in determining Val and Sal.

Non Course Selection Information Only

Graduating with Highest Honors

This honor is reserved for students who have met the requirements of a valedictorian/salutatorian except these student may meet in the required State tests. They must have earned a grade point average of 4.00 or have a weighted 4.0 GPA. These diplomas will be designated as “graduating with highest honors,” and these students receive special recognition and will be honored at graduation.

Academic Hall of Fame

Students inducted into the Academic Hall of Fame include the valedictorian, salutatorian and students with highest honors. In addition, students who receive a 5 on an AP Exam will be inducted into the Academic Hall of Fame. These students must also meet all character education traits and meet all State graduation requirements.

Honors Diplomas

Students in grades nine through twelve must earn 24 credits and complete the following requirements to earn an honors diploma. Listed below are the specific course requirements for graduation with an honors diploma.

Additional Requirements for an Honors Diploma

In addition to meeting all of the standard diploma requirements listed above, an Honors Diploma will be awarded to students who meet the following additional Honors Diploma requirements:

- a. English: at least one credit in an advanced placement or college-prep level course;
- b. Mathematics: at least one credit at or above Algebra 2;
- c. An advanced placement course or the fourth year of a second language;
- d. Second Language: at least two credits;
- e. Satisfactory completion of a college application, as part of the Personal Education Plan; and
- f. Cumulative Grade Point Average of at least 3.5.

NCAA Information

If you are a student who is planning on going to the NCAA to play a sport it is important to understand that not all high school courses are NCAA-approved core courses and may not count toward the 16 core-course credit requirement. A core course must meet the following requirements to be used in a student’s academic certification:

Meet high school graduation requirements in one or more of the following subject areas:

English

Math (Algebra I or higher)

Science (Including one year of lab, if offered)

Social Science

World Language

Be on your high school’s list of NCAA-approved core courses.

You will want to be sure that you look for the flag in the course catalog marked *NCAA* or turn to the page with the approved NCAA courses we offer.

Seal of Biliteracy



Are you multilingual? Are you graduating this year?

The Oregon Department of Education offers a Seal of Biliteracy and a Seal of Multiliteracy to honor the knowledge and achievements of multilingual students in Oregon, to recognize the assets multilingual students bring to the classroom and community, and to encourage language study (including heritage languages or languages of cultural importance to the student).

Seal of Biliteracy requirements:

- Demonstrate [*intermediate-high or better fluency*](#) in reading, writing, listening, and speaking skills in two languages*
- Meet all standard graduation requirements

Seal of Multiliteracy requirements:

- Demonstrate [*intermediate-high or better fluency*](#) in reading, writing, listening, and speaking skills in three languages*
- Meet all standard graduation requirements

*English can count as one of the languages; it is not required to be one of the languages.

Students who earn a Seal of Biliteracy or Multiliteracy receive an embossed gold sticker to affix to their high school diploma and a certificate with that same embossed gold seal, the graduation year, and the languages honored. In Greater Albany Public Schools, we also recognize this accomplishment with a stole at graduation. **This is an opportunity for all Seniors.**

The language assessments are open to any high school senior in nearly any language.

If you're interested, reach out to your high school's contact:

- South Albany High School: Mrs Davalos, Email: rosa.davalos@albany.k12.or.us