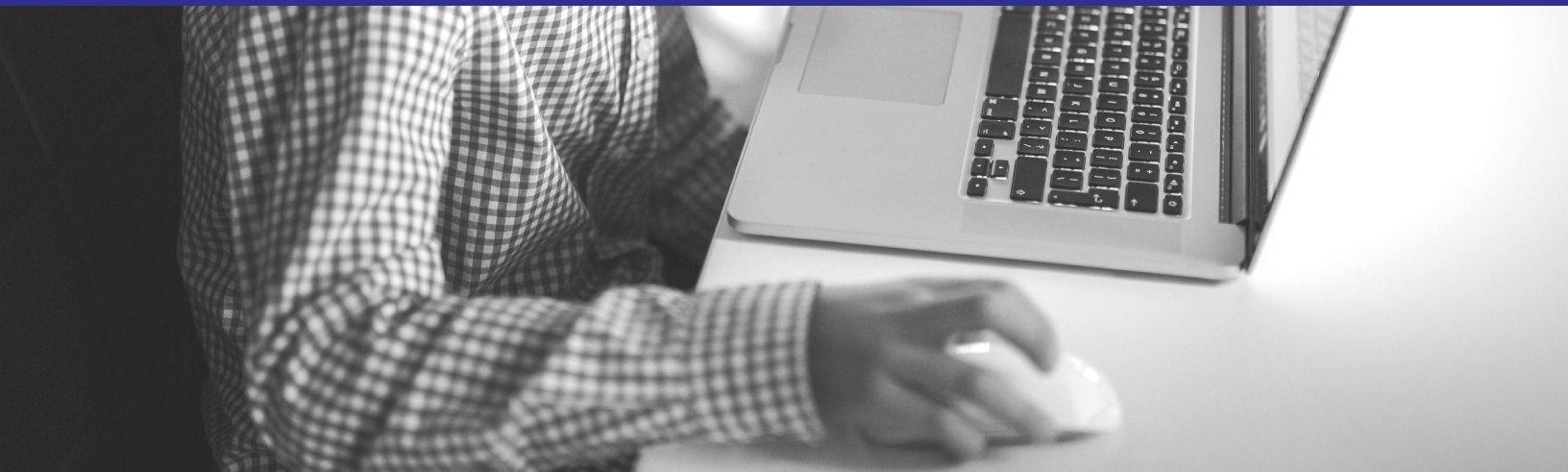


# Instructional Services Electives Catalog

Provided by eDynamic Learning and Carone Learning



Edgenuity offers a broad catalog of one-semester electives through our Instructional Services group. The content for these courses is provided by two best-in-class content development organizations: cFitness and eDynamic Learning.

These courses are available only through Instructional Services, meaning that they must be facilitated by an Edgenuity teacher. The courses cannot be delivered by a district teacher.

**TO LEARN MORE ABOUT EDGENUITY'S INSTRUCTIONAL SERVICES OFFERING, PLEASE VISIT**

[edgenuity.com/services/instructional-services/](https://edgenuity.com/services/instructional-services/)

## ADAPTIVE PE

This course allows for customized exercise requirements based on a student's situation. In addition, students learn the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students research the benefits of physical activity and the techniques, principles, and guidelines of exercise to keep them safe and healthy.

## ADVANCED PE 1 & 2

This two-semester course guides students through an in-depth examination of the effects of exercise on the body. Students learn how to exercise efficiently and properly. Basic anatomy, biomechanics, and physiology will serve as a foundation for students to build effective exercise programs. The study of nutrition and human behavior is also an integral part of the course. Students conduct fitness assessments and participate in weekly physical activity.

*\*These courses are recommended for grades 10–12.*

## ADVERTISING AND SALES PROMOTION

What comes to mind when you think of marketing? Does a favorite commercial jingle begin to play in your head? Or do you recall the irritating phone call from a company trying to sell you software you already have? No matter what your feelings are about it, there's no denying the sheer magnitude of the marketing industry. Every year companies spend \$200 billion promoting their products and services—and that's in the United States alone! Experts estimate that by the time you turn 65, you will have seen nearly 2 million TV commercials, not to mention radio ads, billboards, and online advertisements. You're familiar with what it's like on the receiving end of a company's marketing efforts, but what's it like on the other side? In this Advertising and Sales Promotions course, you'll learn how marketing campaigns, ads, and commercials are conceived and brought to life. You'll meet some of the creative men and women who produce those memorable ads and commercials. And you'll discover career opportunities in the field to help you decide if a job in this exciting, fast-paced industry is in your future!

## AGRISCIENCE II: SUSTAINING HUMAN LIFE

Science and technology are revolutionizing many areas of our lives, and agriculture is no exception! From aquaculture to genetic engineering, agriscience is finding new ways to better produce and manage plants, from the field to the garden. In Agriscience II, you'll build on your existing knowledge of plant science and delve deeper into important areas such as soil science and weed management. You'll learn more about

horticulture and plant science trends from creating hybrid species to growing edible plants in unlikely places.

## ANATOMY

In this course, students will explore the anatomy or structure of the human body. In addition to learning anatomical terminology, students will study the main systems of the body—including skeletal, muscular, circulatory, respiratory, digestive, reproductive, and nervous systems. In addition to identifying the bones, muscles, and organs, students will study the structure of cells and tissues within the body.

*\*This course is recommended for grades 10–12.*

## ANTHROPOLOGY I: UNCOVERING HUMAN MYSTERIES

The aim of anthropology is to use a broad approach to gain an understanding of our past, present and future, and in addition address the problems humans face in biological, social and cultural life. This course will explore the evolution, similarity and diversity of humankind through time. It will look at how we have evolved from a biologically and culturally weak species to one that has the ability to cause catastrophic change. Exciting online video journeys to different areas of the anthropological world are just one of the powerful learning tools utilized in this course.

## ANTHROPOLOGY II: MORE HUMAN MYSTERIES UNCOVERED

Anthropology has helped us better understand cultures around the world and through different time period. This course continues the study of global cultures and the ways that humans have made sense of their world. We will examine some of the ways that cultures have understood and gave meaning to different stages of life and death. The course will also examine the creation of art within cultures and examine how cultures evolve and change over time. Finally, we will apply the concepts and insights learned from the study of anthropology to several cultures found in the world today.

## ARCHAEOLOGY: DETECTIVES OF THE PAST

George Santayana once said, "Those who cannot remember the past are condemned to repeat it." The field of archaeology helps us to better understand the events and societies of the past that have helped to shape our modern world. This course focuses on this techniques, methods, and theories that guide the study of the past. Students will learn how archaeological research is conducted and interpreted, as well as how artifacts are located and preserved. Finally, students will learn about the relationship of material items to culture and what we can learn about past societies from these items.

## **ART IN WORLD CULTURES**

Who is the greatest artist of all time? Is it Leonardo daVinci? Claude Monet? Michelangelo? Pablo Picasso? Is the greatest artist of all time someone whose name has been lost to history? You will learn about some of the greatest artists while also creating art of your own, including digital art. We will explore the basic principles and elements of art, learn how to critique art, and examine some of the traditional art of the Americas, Africa, and Oceania in addition to the development of Western art.

## **ASTRONOMY: EXPLORING THE UNIVERSE**

Why do stars twinkle? Is it possible to fall into a black hole? Will the sun ever stop shining? Since the first glimpse of the night sky, humans have been fascinated with the stars, planets, and universe that surrounds us. This course will introduce students to the study of astronomy, including its history and development, basic scientific laws of motion and gravity, the concepts of modern astronomy, and the methods used by astronomers to learn more about the universe. Additional topics include the solar system, the Milky Way and other galaxies, and the sun and stars. Using online tools, students will examine the life cycle of stars, the properties of planets, and the exploration of space.

## **BIOTECHNOLOGY: UNLOCKING NATURE'S SECRETS**

Can we bring back extinct species? Will the cures for cancer, malaria, and other diseases come from the combination of natural materials and new technologies? How is science changing the foods we eat? Welcome to the world of biotechnology! In this course, you will explore the history of biotechnology, including early attempts at food preservation, the development of antibiotics, and changes to food crops around the world. You'll also learn more about some of the challenges of biotechnology, such as the growth of antibiotic resistant bacteria and questions about the safety of commercially produced genetically modified organisms (GMOs). Finally, you'll research new biotechnologies and how they are changing the world we live in.

## **CAREERS IN CRIMINAL JUSTICE**

The criminal justice system offers a wide range of career opportunities. In this course, students will explore different areas of the criminal justice system, including the trial process, the juvenile justice system, and the correctional system.

## **COMPREHENSIVE PE**

In this course, students will explore concepts involving personal fitness, team sports, dual sports, and individual and lifetime sports. Students will focus on health-related fitness as they set goals and develop a program to improve their fitness level through cardio, strength, and flexibility training. In addition, they will learn about biomechanics and movement concepts as they enhance their level of skill-related fitness. Students will learn about game play concepts and specifically investigate the rules, guidelines, and skills pertaining to soccer, softball, volleyball, tennis, walking and running, dance, and yoga. Students take a pre- and post-fitness assessment. Throughout this course, students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility, as well as participating in a variety of dual, individual, and group sport activities.

## **CONCEPTS OF ENGINEERING AND TECHNOLOGY**

Each day, we are surrounded by technology and engineering projects. From our phones to the bridges we drive over, engineering and technology influence many parts of our lives. In Concepts of Engineering and Technology, you will learn more about engineering and technology careers and what skills and knowledge you'll need to succeed in these fields. You'll explore innovative and cutting-edge projects that are changing the world we live in and examine the design and prototype development process. Concepts of Engineering and Technology will also help you understand the emerging issues in this exciting career field.

## **CONCEPTS IN FITNESS**

This course examines basic concepts in fitness that are important for personal fitness, as well as necessary foundational information for any health or exercise career field. Areas of study include musculoskeletal anatomy and physiology, terms of movement, basic biomechanics, health-related components of fitness, FITT principles, functional fitness skills, safety and injury prevention, posture and technique, nutrition, and weight management.

## **COSMETOLOGY: CUTTING EDGE STYLES**

Interested in a career in cosmetology? This course provides an introduction to the basics of cosmetology. Students will explore career options in the field of cosmetology, learn about the common equipment and technologies used by cosmetologists, and examine the skills and characteristics that make someone a good cosmetologist. Students will also learn more about some of the common techniques used in caring for hair, nails, and skin in salons, spas, and other cosmetology related businesses.

## **CREATIVE WRITING**

For many hundreds of years, literature has been one of the most important human art forms. It allows us to give voice to our emotions, create imaginary worlds, express ideas, and escape the confines of material reality. Through creative writing, we can come to understand ourselves and our world a little bit better. This course provides students with a solid grounding in the writing process, from finding inspiration to building a basic story to using complicated literary techniques and creating strange hybrid forms of poetic prose and prose poetry. By the end of this course, students will learn how to discover their creative thoughts and turn those ideas into fully realized pieces of creative writing.

## **CREDIT RECOVERY PE I & 2**

Credit Recovery PE is ideal for students who have had prior exposure to physical education yet were unable to receive credit for their previous work. These courses contain all the essential content with reduced coursework. Students learn about the FITT principles, the components of physical fitness, and the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Students participate in weekly physical activity throughout the courses.

*\*This course can be completed in 6–8 weeks.*

## **CRIMINOLOGY: INSIDE THE CRIMINAL MIND**

In today's world, crime and deviant behavior rank at or near the top of many people's concerns. In this course, we will study the field of Criminology – the study of crime. We will look at possible explanations for crime from the standpoint of psychological, biological and sociological perspectives, explore the categories and social consequences of crime, and investigate how the criminal justice system handles not only criminals, but also their misdeeds. Why do some individuals commit crimes why others do not? What aspects in our culture and society promote crime and deviance? Why are different punishments given for the same crime? What factors...from arrest to punishment...help shape the criminal case process?

## **DIGITAL PHOTOGRAPHY I: CREATING IMAGES WITH IMPACT!**

Have you ever wondered how photographers take such great pictures? Have you tried to take photographs and wondered why they didn't seem to capture that moment that you saw with your eyes? The Digital Photography I course focuses on the basics of photography, including building an understanding of aperture, shutter speed, lighting, and composition. Students will

be introduced to the history of photography and basic camera functions. Students will use the basic techniques of composition and camera functions to build a portfolio of images, capturing people, landscapes, close-up, and action photographs.

## **DIGITAL PHOTOGRAPHY II: DISCOVERING YOUR CREATIVE POTENTIAL**

In today's world, photographs are all around us, including in advertisements, on websites, and hung on our walls as art. Many of the images that we see have been created by professional photographers. In this course, we will examine various aspects of professional photography, including the ethics of the profession, and examine some of the areas that professional photographers may choose to specialize in, such as wedding photography and product photography. We will also learn more about some of the most respected professional photographers in history and we will learn how to critique photographs in order to better understand what creates an eye catching photograph.

## **DRUGS & ALCOHOL**

This course delves into the types and effects of drugs, including alcohol, tobacco, steroids, over-the-counter drugs, marijuana, barbiturates, stimulants, narcotics, and hallucinogens. Students learn about the physiological and psychological effects of drugs, as well as the rules, laws, and regulations surrounding them. The difference between appropriate and inappropriate drug use will also be discussed. In addition, students will learn about coping strategies, healthy behaviors, and refusal skills to help them avoid and prevent substance abuse, as well as available resources where they can seek help.

## **EARLY CHILDHOOD EDUCATION**

Want to have an impact on the most important years of human development? Students will learn how to create fun and educational environments for children, how to keep the environment safe for children, and how to encourage the health and well-being of infants, toddlers, and school-aged children.

## **ENTREPRENEURSHIP: STARTING YOUR BUSINESS**

Do you dream of owning your own business? This course can give you a head start in learning about what you'll need to own and operate a successful business of your own. Students will explore creating a business plan, financing a business, and pricing products and services. Students will also learn more about the regulations that apply to businesses, marketing products and services, and the legal and ethical guidelines that govern businesses.

## EXERCISE SCIENCE

This course guides students through an in-depth examination of the effects of exercise on the body. Students learn how to exercise efficiently and properly and how to motivate themselves and others. Basic anatomy, biomechanics, and physiology will serve as a foundation for students to build effective exercise programs. The study of nutrition and human behavior is also an integral part of the course to enhance the student comprehension of this multifaceted subject.

*\*This course is recommended for grades 10–12.*

## FAMILY & CONSUMER SCIENCES

This course prepares students with a variety of skills for independent or family living. Topics covered include child care, home maintenance, food preparation, money management, medical management, clothing care, and more. The course also focuses on household, personal, and consumer health and safety. In addition, students learn goal-setting and decision-making skills, as well as explore possible career options.

## FAMILY LIVING & HEALTHY RELATIONSHIPS

In this course, students examine the family unit and characteristics of healthy and unhealthy relationships at different phases of life—including information on self-discovery, family, friendships, dating and abstinence, marriage, pregnancy, and parenthood. Students learn about the life cycle and the different stages of development, from infancy to adulthood. The course also focuses on a variety of skills to improve relationships and family living, including coping skills, communication skills, refusal skills, babysitting, parenting, and healthy living and disease prevention habits.

## FASHION AND INTERIOR DESIGN

Do you have a flair for fashion? Are you constantly redecorating your room? If so, the design industry might just be for you! In this course, you'll explore what it is like to work in the industry by exploring career possibilities and the background that you need to pursue them. Get ready to try your hand at designing as you learn the basics of color and design then test your skills through hands-on projects. In addition, you'll develop the essential communication skills that build success in any business. By the end of the course, you'll be well on your way to developing the portfolio you need to get your stylishly clad foot in the door of this exciting field.

## FIRST AID & SAFETY

In this course, students learn and practice first aid procedures for a variety of common conditions, including muscular, skeletal, and soft tissue injuries. In addition, students learn how to appropriately respond to a variety of emergency situations. They also learn the procedures for choking and CPR for infants, children, and adults. In addition to emergency response, students will explore personal, household, and outdoor safety and disaster preparedness.

## FITNESS FUNDAMENTALS I

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post-fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

## FITNESS FUNDAMENTALS II

This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals I: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

## FLEXIBILITY TRAINING

This course focuses on the often-neglected fitness component of flexibility. Students establish their fitness level, set goals, and design their own flexibility training program. They study muscular anatomy and learn specific exercises to stretch each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles to flexibility training. This course explores aspects of static, isometric, and dynamic stretching and also touches on aspects of yoga and Pilates. In addition, this course discusses good nutrition and effective cross-training. Students conduct fitness assessments and participate in weekly physical activity.



## **FORENSIC SCIENCE I: SECRETS OF THE DEAD**

Fingerprints. Blood spatter. DNA analysis. The world of law enforcement is increasingly making use of the techniques and knowledge from the sciences to better understand the crimes that are committed and to catch those individuals responsible for the crimes. Forensic science applies scientific knowledge to the criminal justice system. This course focuses on some of the techniques and practices used by forensic scientists during a crime scene investigation (CSI). Starting with how clues and data are recorded and preserved, the student will follow evidence trails until the CSI goes to trial, examining how various elements of the crime scene are analyzed and processed.

## **FORENSIC SCIENCE II: MORE SECRETS OF THE DEAD**

Although the crime scene represents the first step in solving crimes through forensic science, the crime laboratory plays a critical role in the analysis of evidence. This course focuses on the analysis of evidence and testing that takes place within this setting. We will examine some of the basic scientific principles and knowledge that guides forensic laboratory processes, such as those testing DNA, toxicology, and material analysis. Techniques such as microscopy, chromatography, odontology, entomology, mineralogy, and spectroscopy will be examined.

## **FORESTRY AND NATURAL RESOURCES**

Forests and other natural resources play an important role in our world, from providing lumber and paper products to providing habitat for birds and animals. In the Introduction to Forestry and Natural Resources course, you'll learn more about forest ecology, management, and conservation. You'll explore topics such as environmental policy, land use, water resources, and wildlife management. Finally, you'll learn more about forestry related careers and important issues facing forestry professionals today.

## **GOTHIC LITERATURE: MONSTER STORIES**

From vampires to ghosts, these frightening stories have influenced fiction writers since the 18th century. This course will focus on the major themes found in Gothic literature and demonstrate how the core writing drivers produce, for the reader, a thrilling psychological environment. Terror versus horror, the influence of the supernatural, and descriptions of the difference between good and evil are just a few of the themes presented. By the time students have completed this course, they will have gained an understanding of and an appreciation for the complex nature of dark fiction.

## **GREAT MINDS IN SCIENCE: IDEAS FOR A NEW GENERATION**

Is there life on other planets? What extremes can the human body endure? Can we solve the problem of global warming? Today, scientists, explorers, and writers are working to answer all of these questions. Like Edison, Einstein, Curie, and Newton, the scientists of today are asking questions and working on problems that may revolutionize our lives and world. This course focuses on 10 of today's greatest scientific minds. Each unit takes an in-depth look at one of these individuals, and shows how their ideas may help to shape tomorrow's world.

## **GROUP SPORTS**

This course provides students with an overview of group sports. Students learn about a variety of sports and do an in-depth study of soccer, basketball, baseball/softball, and volleyball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about sportsmanship and teamwork. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct fitness assessments and participate in weekly physical activity.

## **HEALTH 1: LIFE MANAGEMENT SKILLS**

Think about the healthiest person you know. What does that person do to stay healthy? While some parts of our health are determined by genetics and other factors out of our control, the reality is that each of us has the ability to impact our health in positive ways. In Health 1: Life Management Skills, you'll learn how to promote better health, less stress, and a fuller life for yourself. You'll explore lifestyle factors that can influence your health, from how you interact with others to how best to make decisions about your health care. You'll also have the opportunity to create a plan for improving your health, and you'll learn how to create a healthy environment with family and friends to help you achieve your health goals

## **HEALTH & PERSONAL WELLNESS**

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students apply principles of health and wellness to their own lives. In addition, they study behavior change and set health goals to work on throughout the semester. Additional topics of study include healthy relationships, reproductive health, disease transmission, substance abuse, safety and injury prevention, environmental health, and consumer health.

## **HEALTH SCIENCE I: THE WHOLE INDIVIDUAL**

Will we ever find a cure for cancer? What treatments are best for conditions like diabetes and asthma? How are illnesses like meningitis, tuberculosis, and the measles identified and diagnosed? Health sciences provide the answers to questions such as these. In this course, students will be introduced to the various disciplines within the health sciences, including toxicology, clinical medicine, and biotechnology. They will explore the importance of diagnostics and research in the identification and treatment of diseases. The course presents information and terminology for the health sciences and examines the contributions of different health science areas.

## **HEALTH SCIENCE II: PATIENT CARE & MEDICAL SERVICES**

Challenging. Variable. Rewarding. These three words can be used to describe many careers in the health sciences. In this course, you will learn more about what it takes to be a successful health science professional, including how to communicate with patients. You'll explore the rights and responsibilities of both patients and health science professionals in patient care and learn more about how to promote wellness among patients and health care staffs. Finally, you'll learn more about safety in health science settings and the challenges and procedures of emergency care, infection control, and blood-borne pathogens.

## **HISTORY OF THE HOLOCAUST**

Holocaust education requires a comprehensive study of not only times, dates, and places, but also the motivation and ideology that allowed these events. In this course, students will study the history of anti-Semitism; the rise of the Nazi party; and the Holocaust, from its beginnings through liberation and the aftermath of the tragedy. The study of the Holocaust is a multi-disciplinary one, integrating world history, geography, American history, and civics. Through this in-depth, semester-long study of the Holocaust, high school students will gain an understanding of the ramifications of prejudice and indifference, the potential for government-supported terror, and they will get glimpses of kindness and humanity in the worst of times.

## **HOMEBOUND PE & HEALTH**

Homebound options are ideal for students who are momentarily unable to attend their regular school yet wish to maintain their coursework. Students may enroll for a homebound course on a week by week basis for up to sixteen weeks. Throughout the PE course, students participate in regular weekly physical activity, as well as learn about principles of fitness. The health courses focus on a different health/nutrition concept each week.

## **HOPE 1 & 2**

This two-semester combined health and PE course is based on the Florida course requirements for a health/PE course. Throughout the course, students learn about the various realms of health and how they affect each other. In addition to focusing on mental, social, and physical health, students also learn about consumer and environmental health, personal safety, drugs and alcohol, and reproductive health. Students also engage in a fitness program assessing and analyzing their fitness level, setting goals, establishing a fitness schedule, and engaging in weekly physical activity.

## **HOSPITALITY & TOURISM: TRAVELING THE GLOBE**

With greater disposable income and more opportunities for business travel, people are traversing the globe in growing numbers. As a result, hospitality and tourism is one of the fastest growing industries in the world. This course will introduce students to the hospitality and tourism industry, including hotel and restaurant management, cruise ships, spas, resorts, theme parks, and other areas. Students will learn about key hospitality issues, the development and management of tourist locations, event planning, marketing, and environmental issues related to leisure and travel. The course also examines some current and future trends in the field.

## **HUMAN GEOGRAPHY: OUR GLOBAL IDENTITY**

How do language, religion, and landscape affect the physical environment? How do geography, weather, and location affect customs and lifestyle? Students will explore the diverse ways in which people affect the world around them and how they are affected by their surroundings. Students will discover how ideas spread and cultures form, and learn how beliefs and architecture are part of a larger culture complex. In addition to introducing students to the field of Human Geography, this course will teach students how to analyze humans and their environments.



## **INDIVIDUAL & DUAL SPORTS 1 & 2**

This course provides students with an overview of dual and individual sports. Students learn about a variety of sports and do an in-depth study of martial arts, Pilates, fencing, hiking and orienteering, golf, gymnastics, dual volleyball, and tennis and other racquet sports. Students not only learn the history, rules, and guidelines of each sport, but also practice specific skills related to many of these sports. Students also learn the components of fitness, FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments, set goals, and participate in weekly physical activity.

## **INDIVIDUAL SPORTS**

This course provides students with an overview of individual sports. Students learn about a variety of sports and do an in-depth study of running, walking, hiking, yoga, dance, swimming, biking, and cross-training. Students not only learn the history, rules, and guidelines of each sport, but also practice specific skills related to each sport. Students also learn about the components of fitness, the FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments and participate in weekly physical activity.

## **INTERNATIONAL BUSINESS: GLOBAL COMMERCE IN THE 21ST CENTURY**

From geography to culture Global Business is an exciting topic in the business community today. This course is designed to help students develop the appreciation, knowledge, skills, and abilities needed to live and work in a global marketplace. It takes a global view on business, investigating why and how companies go international and are more interconnected.

The course further provides students a conceptual tool by which to understand how economic, social, cultural, political and legal factors influence both domestic and cross-border business. Business structures, global entrepreneurship, business management, marketing, and the challenges of managing international organizations will all be explored in this course. Students will cultivate a mindfulness of how history, geography, language, cultural studies, research skills, and continuing education are important in both business activities and the 21st century.

## **INTRODUCTION TO AGRISCIENCE**

In this course, students will learn more about the development and maintenance of agriculture, animal systems, natural resources, and other food sources. Students will also examine the relationship between agriculture and natural resources and the environment, health, politics, and world trade.

## **INTRO TO COACHING**

This course focuses on the various responsibilities of a coach and the skills needed to successfully fill this important position. Throughout the course, students will explore various coaching models and leadership styles, sports nutrition, and sports psychology, as well as safety in conditioning and cross-training. Students will learn effective communication, problem-solving, and decision-making skills. The course will also introduce students to game strategy, tactical strategy, skills-based training, and coaching ethics.

## **INTRODUCTION TO CULINARY ARTS**

Food is all around us—we are dependent on it and we enjoy it. This course will give you the basic fundamentals to start working in the kitchen and gaining experience as you explore and establish your talents for cooking and preparing food in a creative and safe way. You will learn safety measures as well as enhance your knowledge of various types of foods and spices. If you enjoy hands-on learning and want to deepen your knowledge about culinary arts, this is a great course to start.

## **INTRODUCTION TO MANUFACTURING: PRODUCT DESIGN & INNOVATION**

Think about the last time you visited your favorite store. Have you ever wondered how the products you buy make it to the store shelves? Whether it's video games, clothing, or sports equipment, the goods we purchase must go through a manufacturing process before they can be marketed and sold. In this course, you'll learn about the types of manufacturing systems and processes used to create the products we buy every day. You'll also be introduced to the various career opportunities in the manufacturing industry including those for engineers, technicians, and supervisors. As a culminating project, you'll plan your own manufacturing process for a new product or invention! If you thought manufacturing was little more than mundane assembly lines, this course will show you just how exciting and fruitful the industry can be.

## **INTRODUCTION TO MILITARY CAREERS**

You've probably seen an old movie about a hotshot naval aviator, or perhaps a more recent film about the daring actions of Special Forces operatives. But do you really know what careers the military can offer you? Introduction to Military Careers will provide the answers. The military is far more diverse and offers many more career opportunities and tracks than most people imagine. In Introduction to Military Careers, you'll learn not only about the four branches of the military (and the Coast Guard) but also about the types of jobs you might pursue in each branch. From aviation to medicine, law enforcement to dentistry, the military can be an outstanding place to pursue your dreams.

## **INTRO TO NURSING 1 & 2**

This two-semester course introduces students to the field of nursing. In the first semester students will learn about the history and evolution of nursing, education and licensure requirements, career path options, and nursing responsibilities. The course will also focus on foundational information such as basic anatomy, physiology, medical terminology, pharmacology, first aid, and disease prevention. In semester two, students will examine various nursing theories, as well as focus on the nursing process, including assessment, diagnosis, and treatment options. Students will also learn about professional and legal standards and ethics. Additional skills of communication, teaching, time and stress management, patient safety, and crisis management will be included.

## **INTRODUCTION TO PHILOSOPHY: THE BIG PICTURE**

This course will take you on an exciting adventure that covers more than 2,500 years of history! Along the way, you'll run into some very strange characters. For example, you'll read about a man who hung out on street corners, barefoot and dirty, pestering everyone he met with questions. You'll learn about another eccentric who climbed inside a stove to think about whether he existed. Despite their odd behavior, these and other philosophers of the Western world are among the most brilliant and influential thinkers of all time. As you learn about these great thinkers, you'll come to see how and where many of the most fundamental ideas of Western Civilization originated. You'll also get a chance to ask yourself some of the same questions these great thinkers pondered. By the time you've "closed the book" on this course, you will better understand yourself and the world around you...from atoms to outer space...and everything in between.

## **INTRODUCTION TO RENEWABLE TECHNOLOGIES**

Interested in transforming energy? With concerns about climate change and growing populations' effects on traditional energy supplies, scientists, governments, and societies are increasingly turning to renewable and innovative energy sources. In the Introduction to Renewable Technologies course, you'll learn all about the cutting-edge field of renewable energy and the exciting new technologies that are making it possible. You'll explore new ways of generating energy and storing that energy, from biofuels to high-capacity batteries and smart electrical grids. You'll also learn more about the environmental and social effects of renewable technologies and examine how people's energy decisions impact policies.

## **INTRODUCTION TO SOCIAL MEDIA**

Have a Facebook account? What about Twitter? Whether you've already dipped your toes in the waters of social media or are still standing on the shore wondering what to make of it all, learning how to interact on various social media platforms is crucial in order to survive and thrive in this age of digital communication. In this course, you'll learn the ins and outs of social media platforms such as Facebook, Twitter, Pinterest, Google+, and more. You'll also discover other types of social media you may not have been aware of and how to use them for your benefit—personally, academically, and eventually professionally as well. If you thought social media platforms were just a place to keep track of friends and share personal photos, this course will show you how to use these resources in much more powerful ways.

## **INTRODUCTION TO WOMEN'S STUDIES: A PERSONAL JOURNEY THROUGH FILM**

This course, although looking specifically at the experiences of women, is not for girls only. If you are student interested in exploring the world through film and open minded enough to be interested in social change, this course is for you.

## **JOURNALISM: INVESTIGATING THE TRUTH**

If you're the first to know what's going on in your school or town, or the first to post on Facebook or Instagram about your favorite TV shows or favorite celebrities, then you're just the person that every online, in-print, and broadcast news outlet is looking for. And Journalism: Investigating the Truth is the perfect course for you! In this course, you'll learn how to write a lead that grabs your readers, how to write engaging news stories and features, and how to interview sources. You'll also learn about the history of journalism, how to succeed in the world of social media news, and how to turn your writing, photography, and people skills into an exciting and rewarding career.

## **LAW & ORDER: INTRODUCTION TO LEGAL STUDIES**

Every society has laws that its citizens must follow. From traffic laws to regulations on how the government operates, laws help provide society with order and structure. Our lives are guided and regulated by our society's legal expectations. Consumer laws help protect us from faulty goods; criminal laws help to protect society from individuals who harm others; and family law handles the arrangements and issues that arise in areas like divorce and child custody. This course focuses on the creation and application of laws in various areas of society. By understanding the workings of our court system, as well as how laws are actually carried out, we become more informed and responsible citizens in our communities and of our nation.

## **LIFE SKILLS**

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives. This includes personal nutrition and fitness skills, time and stress management, communication and healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students explore possible colleges and careers that match their needs, interests, and talents.

## **THE LORD OF THE RINGS: AN EXPLORATION OF THE FILMS & ITS LITERARY INFLUENCES**

The Lord of the Rings is one of the most popular stories in the modern world. In this course, you will study the movie versions of J.R.R. Tolkien's novel and learn about the process of converting literature to film. You will explore fantasy literature as a genre and critique the three Lord of the Rings films.

**+ This course requires an additional fee**

## **MIDDLE SCHOOL CAREER EXPLORATION**

When you think about your future, what careers do you see? Police officer, nurse, farmer, or restaurant manager? In Middle School Career Exploration, you'll explore careers in over fifteen different career areas. From the energy field to human resources and from law to transportation, you'll learn more about what careers are available and what you need to do to get there. In addition, you'll examine how to choose the career that is best for you based on your own unique personality and interests as well as how you can begin developing your leadership skills now. Middle School Career Exploration will help you prepare for your future now!

## **MIDDLE SCHOOL FITNESS BASICS 1 & 2**

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post-fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

## **MIDDLE SCHOOL INTRO TO GROUP SPORTS 1 & 2**

This comprehensive health course is designed for middle school students. It covers basic information about body systems, disease, and hygiene. Students explore the various realms of health, including mental, social, and emotional health. In addition, students learn important life skills such as decision-making and refusal skills.

## **MIDDLE SCHOOL HEALTH**

This comprehensive health course is designed for middle school students. It covers basic information about body systems, disease, and hygiene. Students explore the various realms of health, including mental, social, and emotional health. In addition, students learn important life skills such as decision-making and refusal skills.

## **MIDDLE SCHOOL INTRO TO INDIVIDUAL SPORTS 1 & 2**

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking, strength training, yoga, dance, biking, swimming, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments and participate in weekly physical activity.

## **MIDDLE SCHOOL JOURNALISM: TELL YOUR STORY**

Who? What? When? Where? Journalism provides us with the answers to these questions for the events that affect our lives. In this course, students will learn how to gather information, organize ideas, format stories for different forms of news media, and edit their stories for publication. The course will also examine the historical development of journalism and the role of journalism in society.

## MIDDLE SCHOOL LIFE SKILLS

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives, including personal nutrition and fitness skills, time and stress management, communication and healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students explore possible colleges and careers that match their needs, interests, and talents.

## MIDDLE SCHOOL PHOTOGRAPHY: DRAWING WITH LIGHT

Students see photographs every day on television, on the Internet, and in magazines and newspapers. What makes a great photograph? How did the artist capture a story? What makes a great picture? What are careers in photography? In this course, students learn and apply fundamental skills to use a camera and take photographs of animals, people, and landscapes. Students gain an understanding of how photography can be a means of documentation or high art. Students examine photographic careers and explore self-reflection to progress their creative growth as they develop a photographic portfolio. This course helps students select subjects, take a photograph, and print and display memories!

## MUSIC APPRECIATION: THE ENJOYMENT OF LISTENING

Music is part of everyday lives and reflects the spirit of our human condition. To know and understand music, we distinguish and identify cultures on local and global levels. This course will provide students with an aesthetic and historical perspective of music, covering a variety of styles and developments from the Middle Ages through the Twentieth First Century. Students will acquire basic knowledge and listening skills, making future music experiences more informed and satisfying.

## MYTHOLOGY & FOLKLORE: LEGENDARY TALES

Mighty heroes. Angry gods and goddesses. Cunning animals. Since the first people gathered around fires, mythology and folklore has been used as a way to make sense of humankind and our world. Beginning with an overview of mythology and different kinds of folklore, students will journey with ancient heroes as they slay dragons and outwit gods, follow fearless warrior women into battle, and watch as clever monsters outwit those stronger than themselves. They will explore the universality and social significance of myths and folklore, and see how these are still used to shape society today.

## NUTRITION AND WELLNESS

Learn how to fuel your body, maintain your emotional and physical health, and find your way around the grocery store and kitchen in Nutrition and Wellness. This course prepares you for a healthy life and provides you with the essential skills you need to plan and make healthy and delicious meals for you, your family, and your friends. You'll learn how to budget for your meals, shop for groceries, and fit cooking into a busy schedule of school, work, and other responsibilities.

## NUTRITION

This course takes students through a comprehensive study of nutritional principles and guidelines. Students learn about worldwide views of nutrition, essential nutrient requirements, physiological processes, food labeling, weight management, healthy food choices, fitness, diet-related diseases and disorders, food handling, healthy cooking, nutrition for different populations, and more. Students gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

## PHYSIOLOGY

In this course, students will examine the functions of the body's biological systems—including skeletal, muscular, circulatory, respiratory, digestive, endocrine, nervous, and reproductive systems. In addition to understanding the function of each system, students will learn the function of cells, blood, and sensory organs, as well as study DNA, immunity, and metabolic systems.

***\*This course is recommended for grades 10–12. Anatomy is a recommended prerequisite.***

## PEER COUNSELING

Helping people achieve their goals is one of the most rewarding of human experiences. Peer counselors help individuals reach their goals by offering them support, encouragement, and resource information. This course explains the role of a peer counselor, teaches the observation, listening, and emphatic communication skills that counselors need, and provides basic training in conflict resolution, and group leadership. Not only will this course prepare you for working as a peer counselor, but the skills taught will enhance your ability to communicate effectively in your personal and work relationships.

## PERSONAL AND FAMILY FINANCE

How do our personal financial habits affect our financial future? How can we make smart decisions with our money in the areas of saving, spending, and investing? This course introduces students to basic financial habits such as setting financial goals, budgeting, and creating financial plans. Students will learn more about topics such as taxation, financial institutions, credit, and money management. The course also addresses how occupations and educational choices can influence personal financial planning, and how individuals can protect themselves from identity theft.

## PERSONAL PSYCHOLOGY I: THE ROAD TO SELF-DISCOVERY

Self-knowledge is the key to self-improvement! More than 800,000 high school students take psychology classes each year. Among the different reasons, there is usually the common theme of self discovery! Sample topics include the study of infancy, childhood, adolescence, perception and states of consciousness. Amazing online psychology experiments dealing with our own personal behavior are featured within this course.

## PERSONAL PSYCHOLOGY II: LIVING IN A COMPLEX WORLD

Enrich the quality of your life by learning to understand the actions of others! Topics include the study of memory, intelligence, emotion, health, stress and personality. This course features exciting online psychology experiments involving the world around us.

## PERSONAL TRAINING

This course examines the role and responsibilities of a personal trainer. Students will learn the steps to become a personal trainer, including performing fitness assessments, designing safe and effective workouts, and proper nutrition principles. Concepts of communication and motivation will be discussed, as well as exercise modifications and adaptations for special populations. Students will also examine certification requirements, business and marketing procedures, and concerns about liability and ethics. In addition, throughout the course students will be able to explore various exercises, equipment, and tools that can be used for successful personal training.

***\*This course is recommended for grades 10–12. Concepts in Fitness is a recommended prerequisite to this course.***

## PRINCIPLES OF AGRICULTURE, FOOD AND NATURAL RESOURCES

Food has to travel from the farm to the table, and in Agriculture and Natural Resources, you will learn about all of the steps in that journey, beginning with the history of agriculture through animal husbandry, plant science, and managing our use of natural resources. In this course, you will receive a broad understanding of the subject matter, preparing you for future hands-on learning, participation in Future Farmers of America, and supervised agricultural experiences.

## PRINCIPLES OF PUBLIC SERVICE: TO SERVE AND PROTECT

Have you ever wondered who decides where to put roads? Or makes sure that someone answers the phone when you call 911? Or determines that a new drug is safe for the public? These tasks and many more are part of public service, a field that focuses on building healthy societies. Public service includes many different types of careers, but they all have in common the goal of working for others. This course will explore some of the most common career paths in public service. Working for the public also comes with a very specific set of expectations since protecting society is such an important mission. So if you want to work for the greater good, there is probably a public service career for you!

## PUBLIC SPEAKING

The art of public speaking is one which underpins the very foundations of Western society. This course examines those foundations in both Aristotle and Cicero's views of rhetoric, and then traces those foundations into the modern world. Students will learn not just the theory, but also the practice of effective public speaking, including how to analyze the speeches of others, build a strong argument, and speak with confidence and flair. By the end of this course, students will know exactly what makes a truly successful speech and will be able to put that knowledge to practical use.

## REAL WORLD PARENTING

What is the best way to care for children and teach them self-confidence and a sense of responsibility? Parenting involves more than having a child and providing food and shelter. Learn what to prepare for, what to expect, and what vital steps parents can take to create the best environment for their children. Parenting roles and responsibilities, nurturing and protective environments for children, positive parenting strategies, and effective communication in parent/child relationships are some of the topics covered in this course.



## **RESTAURANT MANAGEMENT**

Have you always dreamed of running your own restaurant? Maybe you want to manage a restaurant for a famous chef. What goes on beyond the dining room in a restaurant can determine whether a restaurant is a wild success or a dismal failure. In Restaurant Management, you'll learn the responsibilities of running a restaurant—from ordering supplies to hiring and firing employees. This course covers the different types of restaurants; managing kitchen and wait staff; food safety and hygiene; customer relations; marketing; using a point-of-sale system; scheduling employees; and dealing with difficult guests. Restaurant Management will prepare you for a steady career, whether you plan to buy a fast food franchise, operate a casual sit-down restaurant, or oversee a fine-dining establishment.

## **RUNNING**

This course is appropriate for beginning, intermediate, and advanced runners and offers a variety of training schedules for each. In addition to reviewing the fundamental principles of fitness, students learn about goals and motivation, levels of training, running mechanics, safety and injury prevention, appropriate attire, running in the elements, good nutrition and hydration, and effective cross-training. While this course focuses mainly on running for fun and fitness, it also briefly explores the realm of competitive racing. Students conduct fitness assessments and participate in weekly physical activity.

## **SOCIAL PROBLEMS I: A WORLD IN CRISIS**

Students will become aware of the challenges faced by social groups, as well as learn about the complex relationship among societies, governments and the individual. Each unit is focused on a particular area of concern, often within a global context. Possible solutions at both the structural level as well as that of the individual will be examined. Students will not only learn more about how social problems affect them personally, but begin to develop the skills necessary to help make a difference in their own lives and communities, not to mention globally.

## **SOCIAL PROBLEMS II: CRISIS, CONFLICTS & CHALLENGES**

The Social Problems II course continues to examine timely social issues affecting individuals and societies around the globe. Students learn about the overall structure of the social problem as well as how it impacts their lives. Each unit focuses on a particular social problem, including racial discrimination, drug abuse, the loss of community, and urban sprawl, and discusses possible solutions at both individual and structural levels. For each issue, students examine the connections in the global arena involving societies, governments and the individual.

## **FL - SOCIOLOGY I: THE STUDY OF HUMAN RELATIONSHIPS**

Human beings are complex creatures. When they interact with one another and form relationships and societies, however, things become even more complicated. Have you ever wondered why some people succeed in society while others become impoverished or imprisoned? Why does society approve of some lifestyles and condemn others? Sociology, the study of human societies, seeks to answer these questions and many more. Thus, it's one of the most fascinating subjects you can study! In this course, you'll learn about how societal institutions such as churches, schools, and governments affect individual behavior. You'll also look at how social beliefs are formed across different cultures, ethnicities, and religions. Most importantly, you'll learn about how society has affected you personally and how you and your peers can bring about positive social change to shape the societies of the future!

## **SOCIOLOGY II: YOUR SOCIAL LIFE**

Sociology is the study of people, social life and society. By developing a “sociological imagination” students will be able to examine how society itself shapes human action and beliefs... and how in turn these factors re-shape society itself! Fascinating online videos journeys will not only inform students, but motivate them to still seek more knowledge on their own.

## **SPORTS AND ENTERTAINMENT MARKETING**

Have you ever wished to play sports professionally? Have you dreamed of one day becoming an agent for a celebrity entertainer? If you answered yes to either question, then believe it or not, you've been fantasizing about entering the exciting world of sports and entertainment marketing. Although this particular form of marketing bears some resemblance to traditional marketing, there are many differences as well—including a lot more glitz and glamour! In this course, you'll have the opportunity to explore basic marketing principles and delve deeper into the multi-billion dollar sports and entertainment marketing industry. You'll learn about how professional athletes, sports teams, and well known entertainers are marketed as commodities and how some of them become billionaires as a result. If you've ever wondered about how things work behind the scenes of a major sporting event such as the Super Bowl or even entertained the idea of playing a role in such an event, then this course will introduce you to the fundamentals of such a career.

## **SPORTS OFFICIATING**

In this course, students will learn the rules, game play, and guidelines for a variety of sports, including soccer, baseball, softball, basketball, volleyball, and football. In addition, they will learn the officiating calls and hand signals for each sport, as well as the role a sport official plays in maintaining fair play.

## **STRENGTH TRAINING**

This course focuses on the fitness components of muscular strength and endurance. Students establish their fitness level, set goals, and design their own resistance training program. They study muscular anatomy and learn specific exercises to strengthen each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles and other fundamental exercise principles, such as progression and overload and strength training. This course also discusses good nutrition and effective cross-training. Students take a pre- and post-fitness assessment. Students conduct fitness assessments and participate in weekly physical activity.

*\*This course is recommended for grades 10–12.*

## **THEATER, CINEMA, & FILM PRODUCTION**

Lights! Camera! Action! This course will introduce students to the basics of film and theater productions. Students will learn about the basics of lighting, sound, wardrobe, and camerawork for both film and theater settings. The course also explores the history of film and theater and the influence that they have had on society. Students will analyze and critique three influential American films, Casablanca, Singin' in the Rain, and The Wizard of Oz.

*+ This courses requires an additional fee*

## **VETERINARY SCIENCE: THE CARE OF ANIMALS**

As animals play an increasingly important role in our lives, scientists have sought to learn more about their health and well-being. Taking a look at the pets that live in our homes, on our farms, and in zoos and wildlife sanctuaries, this course will examine some of the common diseases and treatments for domestic animals. Toxins, parasites, and infectious diseases impact not only the animals around us, but at times we humans as well! Through veterinary medicine and science, the prevention and treatment of diseases and health issues is studied and applied.

## **WALKING FITNESS**

This course helps students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness, students learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving walking as well as elements of resistance training and flexibility.

## **WORLD RELIGIONS: EXPLORING DIVERSITY**

Throughout the ages, religions from around the world have shaped the political, social, and cultural aspects of societies. This course focuses on the major religions that have played a role in human history, including Buddhism, Christianity, Confucianism, Hinduism, Islam, Judaism, Shintoism, and Taosim. Students will trace the major developments in these religions and explore their relationships with social institutions and culture. The course will also discuss some of the similarities and differences among the major religions and examine the connections and influences they have.



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