

2019-2020 COURSE CATALOG



Courses are organized alphabetically by course number and will include a course description.

Course Number Key:

A = Arts

C = Science

E = English

L = International Language

M = Math

P = Physical Education/Health

R = Theology

S = Social Studies

A215 & A216 - INTRODUCTION TO FINE ARTS & MUSIC (1 credit each)

This course is a required, year-long course broken into two semesters for sophomores. Introduction to Fine Art (A215): this one-semester course gives O'Dea students the visual vocabulary and appreciation of great artists and their work throughout the continents of the world. Introduction to Music (A216): this one-semester course providing students with the active listening skills necessary to appreciate music throughout history and from all corners of the world.

A110 – STUDIO ART I (2 credits)

This course offers students an introduction to the elements and principles of design. For each art element and principal, students will learn vocabulary and complete projects relevant to the topic. Students will have the opportunity to create art using several different media including pencil, charcoal, oil pastels, acrylic paint, watercolors, colored pencil, watercolor pencil, wire, printmaking, fabric, yarn. The goal of this class is that students gain a vocabulary for making and discussing art, and experience working with a variety of one- and two-dimensional media. \$100.00 studio fee – there is no textbook required.

A120 – BAND I (2 credits)

O'Dea's Band moves freely between Jazz, Rock, and Pep Band styles of music. Our musicians are adaptable to nearly any situation from sporting events, and assemblies to school liturgies and fund raising events. The O'Dea Band plays over 30 events every year, and holds 2 concerts a year. Band is a 0 period class and rehearses 4 days a week before school. Band students can also earn a Varsity Band Letter.

A130 – CHOIR I (2 credits)

Choir will focus on singing in varied styles and from varied historical periods. The selected literature will be from songs, concert literature, and liturgical pieces written or adapted for male voices, and could include original arrangements by the instructor, and/or students. Skills developed will include pitch and tone, sight singing, rhythm, unison and part singing, diction, languages, critical thinking and listening, concert etiquette, and rehearsal technique. Performance opportunities will include Concerts, Festivals, and Liturgical Choir activities. Opportunities for singing in full concert choir settings will be sought out. Students will develop their knowledge in music theory, history, general music appreciation skills, and performance concepts and styles. \$35 materials fee.

A210 – STUDIO ART II (2 credits)

This course builds on the design principals learned in Studio Art I. Working independently with supervision, students choose projects based on their interests with the goal of completing a college application worthy portfolio of artwork with advanced materials such as encaustics, airbrush, and oil paint.

A220 – BAND II (2 credits)

O’Dea’s Band moves freely between Jazz, Rock, and Pep Band styles of music. Our musicians are adaptable to nearly any situation from sporting events, and assemblies to school liturgies and fund raising events. The O’Dea Band plays over 30 events every year, and holds 2 concerts a year. Band is a 0 period class and rehearses 4 days a week before school. Band students can also earn a Varsity Band Letter.

A230 – CHOIR II (2 credits)

Choir will focus on singing in varied styles and from varied historical periods. The selected literature will be from songs, concert literature, and liturgical pieces written or adapted for male voices, and could include original arrangements by the instructor, and/or students. Skills developed will include pitch and tone, sight singing, rhythm, unison and part singing, diction, languages, critical thinking and listening, concert etiquette, and rehearsal technique. Performance opportunities will include Concerts, Festivals, and Liturgical Choir activities. Opportunities for singing in full concert choir settings will be sought out. Students will develop their knowledge in music theory, history, general music appreciation skills, and performance concepts and styles. \$35 materials fee.

A320 – BAND III (2 credits)

O’Dea’s Band moves freely between Jazz, Rock, and Pep Band styles of music. Our musicians are adaptable to nearly any situation from sporting events, and assemblies to school liturgies and fund raising events. The O’Dea Band plays over 30 events every year, and holds 2 concerts a year. Band is a 0 period class and rehearses 4 days a week before school. Band students can also earn a Varsity Band Letter.

A330 – CHOIR III (2 credits)

Choir will focus on singing in varied styles and from varied historical periods. The selected literature will be from songs, concert literature, and liturgical pieces written or adapted for male voices, and could include original arrangements by the instructor, and/or students. Skills developed will include pitch and tone, sight singing, rhythm, unison and part singing, diction, languages, critical thinking and listening, concert etiquette, and rehearsal technique. Performance opportunities will include Concerts, Festivals, and Liturgical Choir activities. Opportunities for singing in full concert choir settings will be sought out. Students will develop their knowledge in music theory, history, general music appreciation skills, and performance concepts and styles. \$35 materials fee.

A420 - BAND IV (2 credits)

O’Dea’s Band moves freely between Jazz, Rock, and Pep Band styles of music. Our musicians are adaptable to nearly any situation from sporting events, and assemblies to school liturgies and fund raising events. The O’Dea Band plays over 30 events every year, and holds 2 concerts a year. Band is a 0 period class and rehearses 4 days a week before school. Band students can also earn a Varsity Band Letter.

A460 – PHOTOGRAPHY/YEARBOOK (2 credits)

The Photography/Yearbook course has a primary goal of successfully developing and producing the school’s yearbook publication. With practical photography based techniques, theories and design, students will be able to successfully develop skills to be proficient in photography. Students will also be exposed to Adobe design, production and publication software that can be carried over to their development and production of the yearbook. Students will be encouraged to produce independent photography-based projects as well

using skills learned through photography and Adobe Photoshop. Students will be expected to attend extracurricular events within school hours, as well as those occurring outside of normal school hours.

Science

C152 & C154 – PHYSICS (2 credits)

This is a survey course of the physical and chemical interactions of matter and how the universe works. We will explore concepts of motion, force, energy, gravity, sound and light, electricity, and magnetism. Properties of matter are examined through the atomic nature of matter, its structures and interactions. Laboratory investigations emphasize observation of phenomena, recording and interpreting data. The material in this course serves as a background for subsequent courses in chemistry and physics.

C150 – PHYSICS HONORS (2 credits)

Conceptual Physics Honors follows an expanded curriculum from that of 'regular' Conceptual Physics, with more emphasis on problem-solving skills and math solutions to physics problems. While still a survey course of the physical and chemical interactions of matter, there is expanded coverage of topics in Mechanics, as well as selected study in the areas of Heat, Light, and Atomic and Nuclear Physics. We will explore concepts of motion, force, energy, gravity, sound and light, electricity, and magnetism. Properties of matter are examined through the atomic nature of matter, its structures and interactions. Laboratory investigations emphasize development of process skills and safe manipulation of laboratory apparatus and materials. The material in this course serves as a background for subsequent courses in chemistry and physics at the honors level.

C240 – BIOLOGY HONORS (2 credits)

Biology Honors is designed to cover the same curricular areas as Biology but in more depth and at an accelerated pace. Emphasis is on gene expression, biotechnology, and protein synthesis. Laboratory work enhances the student's knowledge of classic experiments utilizing the scientific method of inquiry.

C242 – BIOLOGY (2 credits)

Biology is an introductory course that deals with all major areas of biological science, such as ecology, biochemistry, heredity, molecular biology, evolution by natural selection, phylogeny, microbiology, plant, fungal, and animal studies. Laboratory work will give students direct experience with the process which scientists use in obtaining their theories.

C340 – CHEMISTRY HONORS (2 credits)

Chemistry Honors is designed to prepare the student to think abstractly. It is designed to teach the students to develop models in order to solve complex problems. A systematic approach is taken in the investigation of the atom, molecular structures and other chemical compositions. Laboratory periods supplement the lectures to allow the students to understand the intricacies of the subject.

C342 – CHEMISTRY (2 credits)

Modern chemistry introduces the basic principles and concepts of chemistry in the context of laboratory experiments, textbook, computer, and exercise materials. The course includes a presentation of chemical theory and descriptive chemistry with emphasis on the elements and compounds. Equation, formula writing and mathematics for chemical calculations are emphasized. Laboratory periods allow students to explore the theories of chemistry and in doing so, recognize the relationship between theory and practice.

C441 - ADVANCED PLACEMENT PHYSICS I (2 credits)

This is an algebra-based, introductory college-level physics course. Students cultivate their understanding of Physics through inquiry-based investigations as they explore topics such as Newtonian mechanics (including rotational motion); work, energy, and power; mechanical waves and sound; and introductory, simple circuits.

C443 - ADVANCED PLACEMENT BIOLOGY (2 credits)

This is an introductory college-level biology course. Students cultivate their understanding of biology through inquiry-based investigations as they explore the following topics: evolution, cellular processes — energy and communication, genetics, information transfer, ecology, and interactions.

C444 - ADVANCED PLACEMENT CHEMISTRY (2 credits)

This course provides students with a college-level foundation to support future advanced course work in chemistry. Students cultivate their understanding of chemistry through inquiry-based investigations, as they explore topics such as: atomic structure, intermolecular forces and bonding, chemical reactions, kinetics, thermodynamics, and equilibrium.

C450 - INTRODUCTION TO ROBOTICS (2 credits)

This class will review the basic principles of Robotics, as well going over some of the history of robotic devices. The concept of robot programming will be introduced. The majority of the course will be done in groups, and the grading will be heavily group oriented. In these groups, the students will work with robot kits, and then start programming these robots for an assortment of tasks. Group grades will be assigned based on task completion. Several group reports will be done, and group grades assigned. Short quizzes and tests for assessment of individual learning will constitute the individual portion of the student's grade.

C460 - ANATOMY AND PHYSIOLOGY (2 credits)

This is a two-semester, laboratory, science class that focuses on the relationship between the structure and function of the human body. Students will learn anatomical terminology, examine the structure and function of cells, and look at the various tissues of the body. Students will study the various systems associated with the human body: muscular, skeletal, digestive, nervous, circulatory, and others. The specific relevance to student life and health, diseases associated with each system, and scientific and medical research related to human biology will also be examined. Students need a B in both semesters of Biology to enroll in this course.

C470 – ENVIRONMENTAL SCIENCE (1 credit)

Environmental science is a survey course where students will learn the methodology and concepts needed to evaluate and mitigate our impact on the earth's natural biodiversity, natural resources, and environmental health. A critical thinking course, students will learn how environmental topics are discussed in media and in science to become informed and responsible stewards of our earth.

C472 – FORENSIC SCIENCE (1 credit)

This course focuses on the skills and concepts behind crime scene investigation and forensic science. Forensic science is an elective course rich in exploration, case studies and laboratory investigations which applies many disciplines of scientific study such as biology/anatomy, chemistry, and physics to solving crimes. This course should help you see how science is used to answer questions rather than just learning science concepts.

C 465 - ASTRONOMY (2 credits)

This class will give an introduction to astronomy, including our solar system (with many new discoveries in the last few decades from space exploration and advanced telescopes), other stars and nebula in our Milky Way galaxy, as well as a comparison of the Milky Way to other galaxies. It will include cosmology and the formation of the universe. Interesting topics such as neutron stars, black holes, supernova, and quasars will be included. The course will discuss the physics behind the tools and methodology associated with astronomy, as well as amateur star-gazing. Mathematics will be emphasized for understanding and calculating the angles for line-of-sight observations, as well as distance and size calculations. The surface computers will be used for various programs including videos and star charts (with a planned page for sharing web addresses through Microsoft Classroom and/or OneNote).

C485 – AP COMPUTER SCIENCE PRINCIPLES (2 credits)

This course Advanced Placement course offers a multidisciplinary approach to teaching the underlying principles of computation, and is not just a computer programming class. The course will introduce students to computer systems used in daily life, as well as the creative aspects of programming, using abstractions and algorithms, working with data sets, and understanding the Internet. It will also cover some issues of cybersecurity, and the impacts of computing that affect different populations. This course will give students the opportunity to use current technologies to solve problems and create meaningful computational artifacts. Together, these aspects of the course make up a rigorous and rich curriculum that aims to broaden participation in computer science.

English

E130 - ENGLISH 9 HONORS: FOUNDATIONS IN COMPOSITION AND WORLD LITERATURE I (2 credits)

English 9 Honors is an introductory freshman course concentrating on advanced skill development in composition, reading, vocabulary, and grammar. Students also will receive reinforcement in study and oral interpretation skills. The approach in reading and writing is experiential and analytical with an emphasis on personal expression. In addition, students will create a personal writing portfolio. Qualifying test scores and teacher recommendations are needed for entrance to this honors class.

E132 & 134 - ENGLISH 9: FOUNDATIONS IN COMPOSITION AND WORLD LITERATURE I (2 credits)

English 9 is an introductory freshman course concentrating on skill development in composition, reading, vocabulary, grammar, and speech. Students will receive reinforcement in study and interpretation skills. The approach in reading and writing is experiential and analytical, with an emphasis on personal expression.

E240 – ENGLISH 10 HONORS: FOUNDATIONS IN COMPOSITION AND WORLD LITERATURE II (2 credits)

English II Honors is an intensive and challenging study of literature and composition. Students will examine various genres of both informational and literary text: essays, novels, short stories, poetry, non-fiction, etc. Students will look deeply into the themes and content of the writing to understand the author's purpose for creating each piece of literature. Students will continue to build upon their writing skills and improve their understanding and usage of grammar and vocabulary. Some of the criteria for acceptance to this course include current teacher recommendation, grades in all English classes, standardized test scores, and overall GPA.

E242 – ENGLISH 10: FOUNDATIONS IN COMPOSITION AND WORLD LITERATURE II (2 credits)

This is a college preparatory, formal literature and composition survey course for sophomores, which covers the study of literature and the writing process. The course of study is arranged by theme, with an emphasis on close reading and analysis. Genres examined include the novel, drama, poetry, short story, and non-fiction. Students will continue to develop their writing through practicing each aspect of the formal writing process. Skills in grammar usage, reading comprehension, critical thinking, vocabulary, spelling, and oral presentation are reinforced throughout the year. In addition to shorter readings, students will explore the major themes and current resonance of classic pieces of literature.

E325 – AP ENGLISH LANGUAGE (2 credits)

This course is designed to prepare students for the Advanced Placement English Language and Composition exam through the study of rhetorical analysis and argumentation while providing an overview of American literature from the colonial to the contemporary period. This course challenges students to read for greater understanding, to write with intent and fluidity, and to analyze the genres of writing more critically. We will write for a variety of purposes, including rhetorical and literary analysis, argument, comparison/contrast, synthesis, reflective essays, individual and group presentations, and graded discussions and seminars. Throughout, we will study vocabulary and grammar in the service of good writing. Through the study of American literature and the processes of writing, conversing, and thinking, we will explore our own place in American society and history.

E340 – ENGLISH 11 HONORS: AMERICAN LITERATURE (2 credits)

Honors English 11 is a year-long course that consists of intensive reading, writing, communicating, and thinking. This is an honors-level, college-preparatory literature and composition survey course that covers the development of American literature from pre-1700 to the present day. Students will study the various forms of literature (novels, short stories, poetry, plays, non-fiction) and develop the full spectrum of English/language arts skills: reading, writing, listening and speaking. Students will also write in a variety of forms and for multiple purposes (to argue, explain, reflect, and tell a story) in order to interpret, analyze and evaluate readings and express themselves.

E342 – ENGLISH 11: AMERICAN LITERATURE (2 credits)

English 11 is a college-preparatory literature and composition survey course for juniors that covers the development of American literature from the colonial period to the present day. Students will study various forms of literature (novels, short stories, poetry, plays, non-fiction) and develop the full spectrum of language arts skills: reading, writing, listening and speaking. Through individual and small group work, we will focus on the process of writing, progressing from generating ideas to publishing final products, and on specific strategies of successful readers. Actively participating in classroom discussions will be a core part of achieving success in this course.

E420 – ENGLISH 12 HONORS: BRITISH LITERATURE (2 credits)

This is an honors level course designed to explore the development of the English Language and its literature through a chronological study of major British authors. The class is theme-based according to historical and literary periods. The exploration of these themes will consist of various texts and augmented with a variety of British and non-British novels. Rhetoric will be infused and practiced in this curriculum. The use of various discussion paradigms will also be practiced. The writing process will be a consistent and ongoing practice in this class. Typical writing assignments will include comparative, analytical, and argumentative essays through the use of poetry, drama, short stories, essays, and novels. Students must have a B or better average in all English classes and the approval of the Assistant Principal for Student Services to enroll in this course. Students who successfully complete this course will have the option of applying for 5 college-level Humanities credits through Seattle University's Matteo Ricci program.

E424 – AP ENGLISH LITERATURE AND COMPOSITION (2 credits)

AP English Literature and Composition is designed to be a college/university level course, thus the "AP" designation on a transcript rather than "H" (Honors). This course will provide you with the intellectual challenges and workload consistent with a typical undergraduate university English Literature/ Humanities course. As a culmination of the course, you will *probably* take the AP English Literature and Composition Exam given every May. A grade of 4 or 5 on this exam is considered equivalent to a 3.3–4.0 for comparable courses at the college or university level. A student who earns a grade of 3 or above on the exam will be granted college credit at most colleges and universities throughout the United States.

E442 – ENGLISH 12: BRITISH LITERATURE (2 credits)

This is a college preparatory course designed to explore the development of the English Language and its literature through a chronological study of major British authors. The class is theme-based according to historical and literary periods. The exploration of these themes will consist of various texts and augmented with a variety of British and non-British novels. Rhetoric will be infused and practiced in this curriculum. The use of various discussion paradigms will also be practiced. The writing process will be a consistent and ongoing practice in this class. Typical writing assignments will include comparative, analytical, and argumentative essays through the use of poetry, drama, short stories, essays, and novels.

E436 – HEROES OF OUR TIMES (2 credits)

In this course, students will examine the changing concept of heroism from the earliest mythologies to the present day, focusing on the connections between a civilization's heroes, its history, and its ideals as presented in its literature and cultural artifacts. Through close reading and careful analysis of novels, graphic novels, short stories, films, television shows, music, and art, students will approach texts and

artifacts as both literary analysts and cultural anthropologists in order to discover the reciprocal connections between art and the societies that produce it. Students will have frequent opportunities to explore topics of individual interest, including ancient mythologies, comic book heroes, and American folk tales and legends. The course culminates with an independent project in which students create their own hero to embody the spirit of this time.

E461 – LITERATURE IN THE DIGITAL AGE HONORS (2 credits)

This year-long elective course explores the questions of how we form our personal identities and how technology and social media influence the construction of those identities today. Beginning with the ancient Greeks, students will examine the ways philosophers, psychologists, and anthropologists have grappled with the concepts of humanity, individuality, and reality. They will then wrestle with how science, technology, and globalization have problematized these concepts and how this could impact our future. Throughout the course, students will read and analyze works of literature, philosophy, film, and popular media, presenting their understanding in a variety of ways including Socratic seminars, oral presentations, debates, analytical writing, journals, and creative projects.

International Language

L176 & 178 – SPANISH I (2 credits)

This introductory Spanish language course presents the learner with activities that practice the four language skills: speaking, reading and writing, as well as culture. Students will build a strong foundation in the comprehension and productions of vocabulary, conjugation and other basic grammatical structures via a communicative style. Students will learn to communicate in the present tenses using regular and irregular verbs as well as idiomatic structures. Students will use the above skills to communicate about: meeting other people, likes and dislikes, description of people and things, classes and related classroom objects, schedules, making plans, places feelings, weather, sports, ordering food, purchasing gifts, and daily routine. This course is taught with a strong textbook program, *Descubre 1*. This program includes a tutorial web-site, workbook, video/DVD component and CDs using native speakers from across the Hispanic world who visually and orally demonstrate the usage of the concepts being studied.

L276 & L278 – SPANISH II (2 credits)

Second year Spanish is a continuation of the *Descubre* program with an emphasis on acquiring vocabulary while studying the past tenses. Students will learn how to communicate about travel, leisure activities, food, art, childhood experiences, health, home and family. Again, there will be an emphasis on using the four language skills; listening, speaking, reading and writing, as well as culture to acquire Spanish. The second year curriculum demands that the student builds upon his knowledge of vocabulary and concepts learned in the first year. Students will use the *Descubre 1* textbook and workbook for the first semester and the *Descubre 2* workbook and textbook for the second semester.

L375 – SPANISH III HONORS (2 credits)

The emphasis of this course is on understanding and developing the ability to correctly use previously learned grammatical concepts along with new aspects of Spanish grammar, to attain proficiency in Spanish. Students will therefore be able to express themselves both orally

and in writing at a more advanced level. Through listening, speaking, reading, and writing the target language, students will build additional vocabulary and grow their knowledge of the culture, history, arts, traditions and peoples of the Spanish speaking world. Spanish and Latin-American literature will be introduced, and students will be required to write short compositions and prepare oral presentations. Students will also be exposed to various forms of art and artists of the Hispanic world. As this is a course that aims at preparing students for the AP Spanish class, the course is conducted almost exclusively in Spanish. Students are required to speak the target language most of the time in the classroom. Students will abide by a “palabra de honor” indicating that they will use Spanish almost exclusively in class.

L476 – ADVANCED PLACEMENT SPANISH LANGUAGE & CULTURE (2 credits)

AP Spanish is a college level course that follows a curriculum established by the College Board. It is equivalent to a third-year college course. Students in this course will review, refine, and master grammar concepts that have been previously introduced. They will demonstrate a high level of proficiency in the target language through speaking and writing. The course emphasizes more complex verb structures and sophisticated vocabulary while providing a more in-depth analysis of literature and culture of the Spanish-speaking world. The course will be taught explicitly in Spanish through spoken instruction, text activities, authentic texts, videos, radio broadcasts, and presentations completely in Spanish. Therefore, students will be expected to engage, speak, and read only in Spanish. It is imperative that students have a basic knowledge of the language and cultures of Spanish-speaking peoples. Students must be willing to work diligently and independently; engaging in Spanish outside of the classroom to gain extra practice. Finally, all students enrolled in this course will be strongly encouraged to take the AP Spanish Language Exam in May.

Mathematics

M132 & 134 – ALGEBRA I (2 credits)

This eText course emphasizes equations and inequalities, linear and nonlinear functions, systems, exponential functions, polynomials and factoring, quadratics, radical functions and statistics. The program features Big Ideas, concept exploration, problem solving, critical thinking, practice and test preparation. Program resources include poweralgebra.com, site of the digital components of the program; and, the Realize Reader, the interactive student edition.

M135 – ALGEBRA II HONORS (2 credits)

This eText course emphasizes numbers and quantity, advanced algebra, functions, geometry and statistics and features Big Ideas, concept exploration, problem solving, critical thinking, practice and test preparation. Program resources include poweralgebra.com, site of the digital components of the program; and, the Realize Reader, the interactive student edition.

M230 – GEOMETRY HONORS (2 credits)

Honors Geometry covers the same topics as Geometry and in addition, it includes trigonometric functions.

M232 – GEOMETRY (2 credits)

Students will receive a formal introduction to an axiomatic mathematical system. Topics covered include points, lines, planes, congruent triangles, quadrilaterals, and geometric inequalities, similar polygons, right triangles, circles, constructions, areas of plane figures and areas and volumes of solids. While learning all topics we will utilize the classical geometric proof to explore and verify properties of Geometry.

M330 – PRECALCULUS HONORS (2 credits)

Pre-Requisite: Completion of Algebra II. Pre-Calculus Honors is intended to prepare students for the rigors of AP Calculus. The course stresses both depth of conceptual understanding and familiarity with algebraic manipulation. The first semester is an intense review of and expansion on the basics of Algebra: linear, quadratic, rational and radical functions along with conic sections, series and approaches to problem-solving. The third quarter goes in-depth into trigonometric functions and the fourth quarter covers limits, rates of change and the derivative as the basic concepts introducing calculus. Pre-Requisite: Completion of Algebra II.

M333 & M335 – ALGEBRA II/TRIGONOMETRY (2 credits)

Students will review basic Algebra, linear equations and systems of linear equations and inequalities. The concept of quadratic functions will be reviewed and expanded to include inverse functions, radical functions, exponential and logarithmic functions, polynomial functions, rational functions, and trigonometric functions. Graphing utilities will be used throughout the course.

M430 – ADVANCED PLACEMENT CALCULUS AB (2 credits)

AP Calculus will introduce students to many of the topics contained in a rigorous freshman college course with a stress on a deep understanding of the underlying concepts. The syllabus will follow the outline described in the Advanced Placement Course description. Students will be prepared to take the AP Calculus AB Exam in the Spring.

M436 – STATISTICS (2 credits)

Students will be introduced to the study of statistical computations. Statistics will provide students with an understanding of variability in data and how to make informed decisions and predictions based off that specific collection of data. There are 4 overarching principal units that will be covered; Interpreting categorical and quantitative data, making inferences and justifying conclusions, conditional probability and the rules of probability, and using probability to make decisions. Technology will play an important role in statistics by generating plots, regression functions, correlation coefficients, and functions as they may be used to describe data modeled by a regression line.

Physical Education & Health

P150 – GENERAL PHYSICAL PREPAREDNESS I (1 credit)

This introductory course presents basic information about over-all fitness, specific types of strength conditioning, knowledge and skills needed for a variety of team based games. The students apply this knowledge through daily participation within an environment of safety and cooperation. Students are assessed on their conditioning progress, understanding of game rules and strategies, and positive daily participation.

P153 – HEALTH I (1 credit)

The role of the health class is critically important in helping students adjust and adapt to the challenges of adolescence. No single age group is more subject to avoidable / preventable health risks. The goal of the freshman health class is to provide an introductory course of study that meets the needs of today's teens by focusing on health issues from an adolescent perspective. Areas covered by this course include: physical fitness, nutrition, weight management, and personal care. Mental and emotional health issues such as self-esteem, stress management and depression are also a focus of the class. The class also discusses drug use, dependence and abuse issues. Key chapters cover the short-term and long-term health risks surrounding the use of: tobacco, alcohol and other illegal substances. Essentially, the course will emphasize the importance of achieving a balance of the five areas of health (physical, emotional, mental, social and spiritual).

P250 – ADVANCED PHYSICAL PREPAREDNESS (1 credit)

This sophomore course continues the individual conditioning and team games introduced during freshman year. The level of goal setting, degree of conditioning, understanding and execution of complex game strategies requires that the student be self-motivated and self-disciplined. The student is expected to take a more active role in creating an environment, which is safe, friendly and supportive of all students.

P253 – HEALTH II (1 credit)

Designed in cooperation with the religion, science and physical education departments, the health course is taught during one semester of the sophomore year. This course approaches health issues from both the immediate and lifelong perspective. The five major components of health (physical, social, mental, emotional and spiritual) are the focus of studies. A number of age-appropriate topics such as fitness, nutrition, weight management, personal care and appearance are covered. In addition, several serious teenage concerns (stress management, coping with loss, suicide prevention, drug abuse and the hazards of tobacco and alcohol use) are addressed. Peer and family relationships, violence and abuse are also key areas of study. In a pro-active manner, the class also examines several of the infectious and non-infectious diseases present in the world today. The goal of the health course is to help students adjust and adapt to the challenges of adolescence so that they may better avoid health risks, and achieve a high level of wellness in their lives.

P450 – STRENGTH & CONDITIONING (2 credits)

The Strength & Conditioning class will provide an opportunity for development of strength and cardio conditioning for various sports and fitness related activities. Emphasis is placed on anatomy, exercise physiology, nutrition, exercise technique, program design, and testing and evaluation. Class activity time will be spent utilizing free weights and other sport performance accessories to promote improvement in strength, endurance, balance, agility, and speed. An individualized plan to achieve one's fitness or sporting goals will be developed and implemented during this year long course.

P455 - INTRODUCTION TO SPORTS MEDICINE (2 credits)

Introduction to Sports Medicine provides an opportunity for students interested in pursuing a healthcare related college degree to basic terminology, concepts, and skills used by healthcare professionals that deal with sports related injuries. Students will be educated on careers of allied health professionals, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, taping and wrapping techniques, first aid/CPR/AED, emergency procedures, nutrition,

medical terminology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise. Aside from standard lecture time; students will learn from guest lecturers, hands-on skill practice, and required observation experience.

Religion

R120 – THEOLOGY 9 (2 credits)

Semester I - God's Word Revealed in Sacred Scripture. The purpose of this course is to give the young people a 'general' appreciation of the Scriptures as the living word of God. Through their study of this course they will encounter the living Word of God, Jesus Christ. They will explore the Bible, authored by God through the inspiration of the Holy Spirit, become familiar with the sections of the Bible, and learn how to read the Bible. Particular attention will be given to the four accounts of the Gospel, through which they may grow to know and love Jesus Christ in a more personal way. Semester II - Who is Jesus Christ? The purpose of this course is to help the young people explore more deeply the mystery of Jesus Christ, the living Word of God and the Second Person of the Blessed Trinity. Through this course of study they will grow in their understanding that Jesus Christ is the ultimate Revelation of God. As they come to know more clearly who Jesus is, they will grow in their knowledge of who they themselves are and who they are called to be - what it truly means to be human.

R220 – THEOLOGY 10 (2 credits)

Semester I - The Paschal Mystery: Christ's Mission of Salvation. This course leads the students toward a deeper understanding of our need for redemption and how Jesus is the fulfillment of God's promise of redemption. The course explores how, through his suffering, death, Resurrection and Ascension, Jesus makes our redemption possible. The course also addresses how we continually experience the Paschal Mystery in our lives and the liturgy of the Church. It provides students with an extensive understanding of Christology. Semester II - The Church: Christ in the World Today. This course leads the students toward a deeper understanding of the Church as the means to encountering the living Jesus. The course explores the origin, the human and divine elements, and the ongoing mission of the Church. The students explore the Church's ongoing efforts to gather all into the People of God through the ecumenical movement and interreligious dialogue. The students reflect on their role in the Church and Christ's invitation to actively participate in and contribute to the life of the Church.

R320 – THEOLOGY 11 (2 credits)

The objective of this course is to introduce the moral reasoning process in the Christian life. To this end we explore the basics of the natural law, our human dignity and the law of love. We examine the sacraments and the life of grace as the immediate source of our ability to live the Christian life. Finally we look at contemporary moral issues through the lens of the teaching of the Catholic Church with an emphasis on understanding and conscience formation. The course uses an academic discussion format and relies heavily on scripture and the Catechism of the Catholic Church.

R430 – THEOLOGY 12 (2 credits)

God has reached out to humanity with his revealed Word and it nourishes our walk of faith today. This course leads the students to examine the eternal truth and timeless beauty of the New Testament Bible. Our study takes a close look at the connection between the Old and New

Testaments, the Catholic approach to Scripture, and person of Christ in the New Testament. We make a careful study of the four Gospels, the Acts of the Apostles, and the Epistles of St. Paul. A special emphasis is placed on the relevance and application of Scripture to life today. This course is designed to examine key principles of Christ centered Justice in our domestic and global communities. Special emphasis is placed on the seven principles of Catholic Social Teaching and the Corporal and Spiritual Works of Mercy articulated in Matthew 25. We study the lives of Catholic saints who offer us living examples of how Christian social justice is lived out daily. Numerous topics are addressed including the Gospel Call to identify the face of Christ in “the least ones”, hunger, human rights, homelessness, poverty, incarceration, and environmental justice.

Social Studies

S185 – MODERN WORLD HISTORY HONORS (2 credits)

This course includes a review of the political, social, economic, cultural development of both western and non-western civilizations from the 15th century to the present. Students will explore Asia, Africa, the Middle East, the Americas, China, Japan, Europe, India, and Southwest Asia in this survey course. Much of the course will focus on teaching students the skills of the Social Sciences, with special emphasis place on writing and independent research. By the end of the course students will have learned how to identify their own topics of inquiry, make use of a wide variety of online databases, analyze their sources, and organize their research into a logical argument. Students will also receive an introduction to world and human geography.

S186 – MODERN WORLD HISTORY (2 credits)

This course includes a review of the political, social, economic, cultural development of both western and non-western civilizations from the 15th century to the present. Students will explore Asia, Africa, the Middle East, the Americas, China, Japan, Europe, India, and Southwest Asia in this survey course. Much of the course will focus on teaching students the skills of the Social Sciences, particularly critical reading and writing. Students will also receive an introduction to world and human geography.

S382 – UNITED STATES HISTORY (2 credits)

United States History, a required two-semester course for third year students, introduces a detailed survey study of the history and government of the United States. The first semester explores the colonial development of the United States with special emphasis on the founding of the Republic, Founding Fathers, and the Civil War. The second semester emphasizes the development of the United States as a world power in the twentieth century and its subsequent leadership role in the world today. A comprehensive study of American political institutions completes the course. Students will use various learning methods and tools to develop their overall learning into their future. They will be encouraged to participate in class discussions, as well as develop their note-taking skills, reading comprehension, and present projects relevant to the topic at hand. This is a standard junior-level Social Sciences course and is required for graduation.

S470 – POVERTY IN AMERICA HONORS (2 credits)

Poverty in America is a Social Science course that explores the perspectives of sociology, economics, political science and philosophy in relationship to the causes, consequences and solutions to the problem of poverty. Through readings, speakers, videos and seminars,

students develop an understanding of the causes and effects of poverty. This course qualifies the student to receive five college credits from Matteo Ricci College of Seattle University. An additional fee must be paid to Seattle University in order for the student to receive the college credits.

Additional Fee to Seattle University if college credit desired
Registration in this course requires departmental approval.

S480 – CONTEMPORARY PROBLEMS (2 credits)

Contemporary Problems is a two-semester required course for fourth year students. A detailed study of American political institutions is introduced with emphasis on the Constitution and the federal system. In addition, this course includes a review of contemporary history (WWII - present) as well as an analysis of current developments.

S484 – ADVANCED PLACEMENT UNITED STATES HISTORY (2 credits)

This course focuses on the development of historical thinking skills (chronological reasoning, comparing and contextualizing, crafting historical arguments using historical evidence, and interpreting and synthesizing historical narrative) and an understanding of content learning objectives organized around seven themes, such as identity, peopling, and America in the world. In line with college and university U.S. history survey courses' increased focus on early and recent American history and decreased emphasis on other areas, the AP U.S. History course expands on the history of the Americas from 1491 to 1607 and from 1980 to the present. It also allows teachers flexibility across nine different periods of U.S. history to teach topics of their choice in depth.

S485 – PERSONAL FINANCE (2 credits)

Personal finance is often left out of the academic picture. Foundations in Personal Finance, a curriculum for high school students, covers the subject of personal finance through an engaging and age appropriate video series taught by Dave Ramsey. Dave Ramsey, a personal money management expert, is an extremely popular national radio personality, and author of the New York Times best-sellers The Total Money Makeover, Financial Peace and More Than Enough. Ramsey knows first-hand what financial peace means in his own life—living a true rags-to-riches-to-rags-to-riches story. By age 26, he had established a \$4 million real estate portfolio, only to lose it by age 30. He has since rebuilt his financial life and now devotes himself full-time to helping ordinary people understand the forces behind their financial distress and how to set things right. The mission of this course is to empower students to make sound financial decisions for life. The unique tools of this curriculum will effectively teach students the basics of personal finance. Using methods that are both entertaining and engaging, the curriculum provides the next generation a solid foundation on which they can build their financial future.

S488 – ADVANCED PLACEMENT UNITED STATES GOVERNMENT & POLITICS (2 credits)

The course involves the study of democratic ideas, balance of powers, and tension between the practical and ideal in national policymaking. Students analyze and discuss the importance of various constitutional principles, rights and procedures, institutions, and political processes that impact us as citizens.

S489 – CONFLICT IN THE 20th CENTURY & BEYOND (1 credit)

6/10/2019

This one semester course will use a cross-disciplinary approach to examine the roots of conflict in the modern world. Beginning during the Imperialist Expansion of the United States and European nations in the late 19th century, through the breakup of the Empires following World War I, through our current conflicts around the globe, we will evaluate the domino effect of those earlier decisions and examine their affect our history today. Historical, economic, political, and especially cultural perspectives will be applied to theory and case studies to better understand why the twentieth century has been plagued with so many wars, revolutions, uprisings, and violent movements. Case studies will focus on Asia, Latin America, and Africa. Specific cases will include Vietnam, El Salvador, South Africa, Israel/Palestine, and Northern Ireland. Classwork will be discussion and research based, with use of novels to depict the experiences of particular conflicts with greatest emphasis on history. This is a Semester long Elective course. Students will need strong research and discussion skills, and an interest in history, culture, current events and social justice issues. Also, students should be prepared for individual reading assignments.

S490 – MODERN AMERICAN HISTORY or MODERN UNITED STATES HISTORY (1 credit)

This one-semester course will examine the both the foreign and domestic policies of the United States following World War II. Emphasis on domestic matters will be placed upon the civil rights movement, the counterculture, feminism, Watergate, the nuclear and space ages, and the economic developments during that time. The social changes in American will be discussed in detail as well as making connections to the student's current lives from these past actions of other. The course will also appraise the role of the United States as a world power in lieu of the Cold War, the Korean and Vietnam Wars, the Middle East, as well as the global economy. Course work will include, individual and class research and presentations, analysis of data, class discussion, as well as the students should be prepared to read and evaluate a novel. Students who have taken United States History during their 11th grade year will find this course most applicable; those who have taken US History Honors during their 11th grade year will find much of the information to be repetitive and are not encouraged to take this course.

S493 – ACCOUNTING (2 credits)

This two-semester course includes the full accounting cycle and guides students in developing the tools necessary to complete an accounting simulation set. Checks, invoices, receipts, purchase orders, memorandums and sales slips are used to familiarize students with forms and to show them how the forms are used in a business.

S497 – AMERICAN LEGAL SYSTEMS (2 credits)

This is a two component course focusing of the immersion of students into the American legal system. Students will study the history of the American legal system, from its humble beginnings, to its standard as the pre-eminent legal system of the western world. Students will also engage in a hands-on study and analysis of legal rules and opinions, including the rules of civil/criminal procedure, substantive statutes, and the rules of evidence. In addition each student will participate in the Washington State Mock Trial Competition, competing with other schools throughout the region for State and National Championships.