



# O'DEA HIGH SCHOOL COURSE CATALOG

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2025-26 School Year



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# GRADUATION REQUIREMENTS

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1. Theology 9
2. English 9/Honors
3. Algebra 1/Algebra II Honors
4. Physics/Honors
5. PE/Health I
6. Spanish I
7. Art/Music

1. Theology 10
2. English 10/Honors
3. Geometry/Honors
4. Biology/Honors
5. Adv. PE/Health II
6. Spanish II
7. World History/AP World History

1. Theology 11
2. English 11/Matteo Ricci
3. Alg. II/Pre-Calc/Calculus
4. U.S. History/APUSH
5. Chemistry/Honors
6. Elective
7. Elective

1. Theology 12
2. English 12/Matteo Ricci
3. Adv. Math/Pre-Calc/Calc/AP Stats
4. Gov/AP Gov
5. Elective
6. Elective
7. Elective

## **Honors, Matteo Ricci, and AP Courses**

All students have the option of requesting advanced level courses. Faculty and administration will review all requests and make recommendations based on student performance and where they are likely to have success. Space is limited in all classes and a course request does not guarantee placement. When considering placement, we will consider grades in previous courses, participation level in courses, recommendations from teachers, and the makeup of the course as a whole.

# ARTS

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## **A115 & A125 - INTRODUCTION TO ART & MUSIC (2 credits (1 credit each))**

This course is a required, year-long course broken into two semesters for all 9th grade students.

**Introduction to Art (A115):** 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 (A125):** 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.



## **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.

## **A120 - BAND I-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. All students are expected to attend scheduled performances to earn full credit. Band is a 0-period course and rehearses 4 days a week before school.

# ARTS

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## **A130 - CHOIR I-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 and all students will be required to attend events outside of the school day. Students will develop their knowledge in music theory, history, general music appreciation skills, and performance concepts and styles.



## **A460 & A461 - PHOTOGRAPHY/YEARBOOK I and II (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.

## **A470 - DIGITAL & MEDIA ARTS (2 Credits)**

This class emphasizes the Video Production process of writing, producing, and editing videos that are intended to inform, influence, or entertain real audiences. Utilizing the rich suite of Adobe applications that all O'Dea students have full access to upon enrollment, the students will work on projects that reflect their needs, interests, and dreams. Students will deepen their understanding of the technical skills involved in creating this video content, graphic imagery, digital illustration, and digital painting with tools such as Premiere Pro, Photoshop, Illustrator, After Effects, Fresco and more. These technical skills will be strengthened with the artistic skills needed for students to use these tools right now, either on their own for fun or profit in their own business, or in future well-paying jobs requiring these highly marketable skills.

# SCIENCE

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## **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.

## **C152 – INTEGRATED SCIENCE (2 credits)**

The integrated science course serves as an introduction to the of various science disciplines, combining elements of biology, chemistry, physics, and earth science. It's designed to give students a foundation in scientific principles and prepare them for more specialized science courses in later grades. Students will engage in learning aligned with Next Generation Scientific Standards (NGSS). Students will engage in hands-on exploration of cell structure and function, genetics, ecosystem, atomic structure, chemical bonds, the periodic table, properties of matter, motion and force, energy, waves, and the principles of electricity. This course will engage students in high levels of critical thinking and problem-solving as they build their scientific knowledge-base.

## **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.

## **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.



# SCIENCE

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## **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.

## **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.

## **C443 - AP 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.

*\*All students who take an AP course will be required to sit for the AP exam in the spring. Anyone enrolled in an AP course will automatically pay a course test fee of \$100 per AP course (collected via FACTS account in October).*

## **C444 - AP CHEMISTRY (2 credits) Prerequisite: Chemistry Honors**

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.

*\*All students who take an AP course will be required to sit for the AP exam in the spring. Anyone enrolled in an AP course will automatically pay a course test fee of \$100 per AP course (collected via FACTS account in October).*

## **C460 - ANATOMY AND PHYSIOLOGY HONORS (2 credits)**

This is a two-semester, laboratory science class that focuses on the relationship between the structure and function of the human body. This course is designed with a pre-med scope for students interested in exploring a career in medicine. 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.

# SCIENCE

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## **C472 - FORENSIC SCIENCE (2 credits)**

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.

## **C478 - INTRODUCTION TO ENGINEERING (2 Credits)**

This course is an introduction for students around the varied roles engineers play in our society. Students would dig into the engineering design process, applying math, science and engineering standards to hand-on projects. Students will work in teams to design and test solutions, empowering them to develop in-demand, transferrable skills like collaboration, critical thinking and communication.

## **C477 - ADVANCED ENGINEERING (2 Credits)**

Advanced Engineering offers an opportunity for students to further pursue their interests in the field of engineering. Students will revisit foundational projects including the Popsicle Stick Bridge competition, pursue self-directed projects, support the O'Dea community through project requests, assist Introduction class students, and contribute to the care and maintenance of the Maker Space tools and equipment.

## **C448 - INTRODUCTION TO COMPUTER SCIENCE (2 credits)**

This two-semester course introduces students to computational thinking. Introduction to Computer Science is a course designed to give students a foundational understanding of the principles of computer science. This course will cover the basics of Snap!, a visual programming language that allows students to create interactive animations, games, and simulations. Students will learn how to use loops, conditionals, and variables to control the flow of their programs, as well as how to use abstraction to create reusable code.

## **C476 - CYBERSECURITY (2 credits)**

A full-year course that explores the fundamental concepts or applied skills of cybersecurity and may involve project-based labs in a secure environment or virtual range. In partnership with Microsoft TEALS program, this course will provide students an introduction to the highly sought after and growing field of cybersecurity.



# ENGLISH

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## **E132 - 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.

## **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.

## **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.

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

English 10 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.

## **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.

## **E341 - ENGLISH 11 HONORS: COMPOSITION; LANGUAGE & THOUGHT (2 credits) - SEATTLE UNIVERSITY (5 credits)**

The Matteo Ricci dual-enrollment course HUMT 1500 aims to raise students' reading and writing to a level required for the college level. Students will focus primarily on nonfiction works, including speeches, essays, and letters with an emphasis on American authors. Students will engage in critical analysis of these works through writing and discussion with

# ENGLISH

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peers. In addition, they will learn to evaluate and select appropriate sources, to structure an argument according to sound rhetorical principles, to persuade various audiences, and to demonstrate a firm foundation in diction, grammar, and logic. Students who successfully complete this course with at least a 70% will have the option of applying for 5 college-level Humanities credits through Seattle University's Matteo Ricci program. Outcomes and expectations for this course are established in collaboration with Seattle University faculty.

## **E442 - ENGLISH 12: WORLD LITERATURE & CULTURE (2 credits)**

This is a college preparatory course designed to explore the development of the English Language and literature through time and across cultures. The class is theme-based according to historical and literary periods. The exploration of these themes will consist of various British and non-British authors and works of literature, augmented with a variety of literary selections in order to explore how the themes studied can be applied cross culturally to world authors and contemporary issues. In addition to critical reading, practice in rhetoric, discussion, and the writing process will also be central to the course. Typical writing assignments will include comparative, analytical, and argumentative essays produced on poetry, drama, short stories, essays, films, and novels.

## **E443 - ENGLISH 12 HONORS: WORLD LITERATURE & CULTURE (2 credits) - SEATTLE UNIVERSITY (5 credits)**

The Matteo Ricci dual-enrollment course HUMT 1850 aims to expose students to literary texts from a range of cultural moments and historical periods and prioritizes perspectives which challenge the "traditional" literary canon. Using various modes of literary theory, students will engage in a critical analysis of works through discussion with peers and formal writing. Their writing will involve close analysis of literature and the use of library databases to enrich their analysis and understanding.

Students who successfully complete this course with at least a 70% will have the option of applying for 5 college-level Humanities credits through Seattle University's Matteo Ricci program. Outcomes and expectations for this course are established in collaboration with Seattle University faculty.

## **E467 & E468 - SPORTS JOURNALISM I & II (2 credits)**

This elective course will look at the entry level skills in journalism and writing. We will be focusing on O'Dea High School athletics, while also covering local amateur and professional sports. Students in this course will develop and hone skills in the entire writing process, including developing ideas, researching, gathering information, interviewing, news writing, and electronic publishing. Students will work individually and collaboratively to write and publish a variety of stories, specifically game reports, team previews and wrap-ups, athlete and team profiles, and sports columns.



# SPANISH

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## **L176 - 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 website, 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 - 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.

## **L3755 - SPANISH III HONORS (2 credits)**

Students will 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. This course is designed to prepare students for AP Spanish class, the course is conducted almost exclusively in Spanish.

## **L486 - SPANISH IV HONORS (2 credits) - SEATTLE UNIVERSITY (5 credits)**

This course is equivalent to an intermediate-level (typically third or fourth quarter) college course in Spanish language. 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 Spanish through speaking, listening, 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, audios, 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 an advanced knowledge of the language and the culture of the Spanish speaking world. Students must be willing to work diligently and independently; engage in Spanish outside of the classroom to gain extra practice.

*Students who successfully complete this course with at least a 70% will have the option of applying for 5 college-level Spanish credits through Seattle University's Matteo Ricci program. Outcomes and expectations for this course are established in collaboration with Seattle University faculty.*

# MATH

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## **M120–MATH LAB (2 credits)**

This course reviews and reinforces fundamental math concepts needed for success in the Algebra 1 course. Through ongoing teacher reports and observations, students will receive individualized instruction designed to challenge them within their current skillsets and to provide remediation and/or enrichment when appropriate, while supporting the work in their concurrent Algebra 1 course. The topics include number system, integer operations, rational operations, number sense, ratios, proportions, expressions, exponents, basic geometry, graphing coordinates and linear equations, and solving multi-step equations. The focus is on learning the computational procedures and then applying the skills to problem solving in applications. Throughout this course, students will learn problem solving skills and analytical thinking.

## **M132 - ALGEBRA I (2 credits)**

This 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.

## **M135 - ALGEBRA II HONORS (2 credits)**

This 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.

## **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.

## **M230 - GEOMETRY HONORS (2 credits)**

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

## **M333 - 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.

## **M330 - PRECALCULUS HONORS (2 credits) Prerequisite: Algebra II**

Pre-Calculus Honors is intended to prepare students for the rigors of college level 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.

# MATH

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## **M427 - CALCULUS (2 credits)** *Prerequisite: Pre-Calculus*

This course is designed for students who have completed Pre-Calculus but are not ready for the pace of AP Calculus. Calculus will cover many of the topics contained in a college Calculus course, with a heavy emphasis on conceptual understanding. The curriculum will include exploration of limits and continuity, differentiation, and integration. Students will develop their understanding of these concepts as well as the ability to apply them to various real-world applications.

## **M431 - CALCULUS I & II HONORS (2 credits) - SEATTLE UNIVERSITY (10 credits)** *Prerequisite: Pre-Calculus Honors*

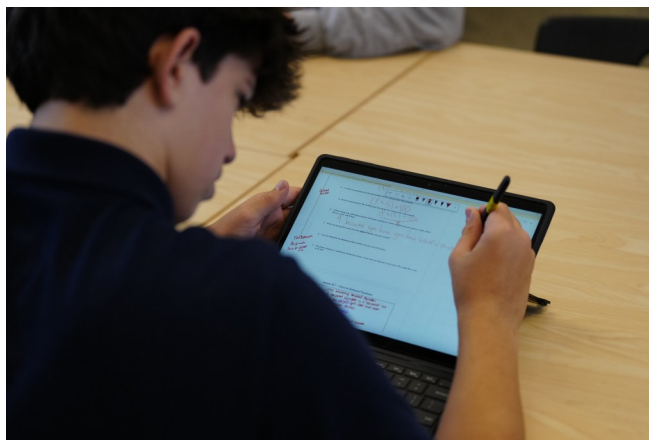
The Matteo Ricci dual-enrollment course MATH 1334 & 1335 was designed by O'Dea Faculty and Seattle University math department chairs. The course will cover Limits and Continuity, Differentiation: Definition and Basic Derivative Rules, Differentiation: Composite, Implicit, and Inverse Functions, Contextual Applications of Differentiation, Analytical Applications of Differentiation, Integration and Accumulation of Change, Differential Equations, and Applications of Integration. Students who successfully complete this course with at least a 70% will have the option of applying for 10 college-level math credits through Seattle University's Matteo Ricci program. Outcomes and expectations for this course are established in collaboration with Seattle University faculty.

## **M440 - ADVANCED MATH TOPICS (2 credits)**

This course is designed for students who are currently finishing algebra II/trig or pre-calculus. In this course, students will become proficient in the topics of mathematical analysis, linear algebra, statistics, and trigonometry. Emphasis is placed on applications of algebraic and trigonometric concepts. Through the mastery of these topics, students will develop the level of critical thinking, reasoning, and multi-step problem solving skills necessary for success in higher-level mathematics in preparation for college-level math courses.

## **M420 - AP STATISTICS (2 credits)**

This course will be offered online through the Arupe Virtual Learning Institute, an accredited, online Catholic Education institution. This course prepares students to take the Advanced Placement national exam in elementary statistics. It develops an intuitive, non-calculus-based understanding with an emphasis on doing statistics. Statistics makes sense of data. It consists of a set of tools that allow us to make inferences in the face of uncertainty. Statistical methods draw from the Gaussian (normal, bell shaped) distribution as well as the binomial and chi-square distributions. We learn about data description concepts, hypothesis testing, probability, discrete and random variables, several inferential techniques, regression, and how to plan and carry out a properly designed statistical analysis. This course also offers dual college credit through Creighton University. The class will meet in a regular block during the day, with support from O'Dea faculty. *\*All students who take an AP course will be required to sit for the AP exam in the spring. Anyone enrolled in an AP course will automatically pay a course test fee of \$100 per AP course (collected via FACTS account in October).*



# 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, 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. Several 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. 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.



# PHYSICAL EDUCATION/HEALTH

## **P450 - STRENGTH & CONDITIONING I-III (2 credits)**

*Prerequisite: Approval from teacher*

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.



## **P457 - ADVANCED SPORTS MEDICINE (2 credits)**

The Advanced Sports Medicine class provides an opportunity for students to progress their learning in the field of Athletic Training, and other health-related careers. This class will go in depth on the five domains of Athletic Training: risk reduction and education, evaluation of athletic injuries, emergency management, therapeutic intervention, and administration and professional development. Students will have more hands-on experiences of these skills, and more depth of how to properly perform techniques such as special tests, rehabilitation exercises, and taping and bracing various injuries.

# THEOLOGY

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## **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.

## **R320 - THEOLOGY 11 (2 credits)**

**Semester I** - Sacraments. We examine the sacraments and the life of grace as the immediate source of our ability to live the Christian life. **Semester II** - Christian Morality. 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. 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. This course uses an academic discussion format and relies heavily on multimedia to address varied learning styles and contemporary, practical application of the Gospel of Jesus Christ.

## **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 New Testament, the Catholic approach to Scripture, and the person of Christ in the New Testament. We make a careful study of the four Gospels and the Acts of the Apostles. A special emphasis is placed on the relevance and application of Scripture to life today. The second semester course is Catholic Social Teaching and examines the seven key principles. 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 Works of Mercy Gospel Call to identify the face of Christ in "the least ones", respect for human life, hunger, human rights, homelessness, poverty, incarceration, and environmental justice.



# SOCIAL STUDIES

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## **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.

## **S187 - AP MODERN WORLD HISTORY (2 credits)**

In AP Modern World History, students investigate significant events, individuals, developments, and processes from 1200 CE to present day. Students develop skills to analyze primary and secondary sources while developing historical arguments, drawing historical connections, and utilizing reasoning about comparison, causation, and continuity and change over time. The course provides six themes that students explore throughout the course to make connections among historical developments in different times and places. The themes include connections humans and the environment, cultural developments and interactions, governance, economic systems, social interactions and organization, and technology and innovation. Students enrolling in this course will sit for the AP exam in the spring.

*\*All students who take an AP course will be required to sit for the AP exam in the spring. Anyone enrolled in an AP course will automatically pay a course test fee of \$100 per AP course (collected via FACTS in October).*

## **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.

## **S484 - AP 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. Students enrolling in this course are expected to sit for the AP exam in the Spring.

*\*All students who take an AP course will be required to sit for the AP exam in the spring. Anyone enrolled in an AP course will automatically pay a course test fee of \$100 per AP course (collected via FACTS account in October).*

# SOCIAL STUDIES

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## **S471 - AMERICAN GOVERNMENT (2 credits)**

Government will study the complex political life of the United States, including an in-depth look at the framework established by the Constitution, creation and protection of civil rights, and the separation and balance of government powers as well as civic laws and responsibilities as it relates to contemporary problems facing American society. Knowledge of the United States' government, law, and politics will allow students to make fact informed decisions about local, national and international issues, and to demonstrate thoughtful and participatory citizenship.

## **S488 - AP 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. Students enrolling in this course are expected to sit for the AP exam in the Spring. *\*All students who take an AP course will be required to sit for the AP exam in the spring. Anyone enrolled in an AP course will automatically pay a course test fee of \$100 per AP course (collected via FACTS account in October).*

## **S475 - DIFFERENCE, POWER, AND SOCIAL CHANGE (2 credits) - SEATTLE UNIVERSITY (5 credits)**

Difference, Power, and Social Inequalities is a social studies interdisciplinary course. This course explores and examines various social issues that impact everyday lives and contemporary society such as immigration, gun control/gun violence, wealth inequality, to name a few. Through various learning methods, students will read, learn, write, discuss, and make presentations about contemporary social issues that oftentimes have contrary perspectives. This course will enable students to gain a clear understanding of the issues and the different perspectives. Students who successfully complete this course with at least a 70% will have the option of purchasing 5 college-level math credits through Seattle University's Matteo Ricci program. Outcomes and expectations for this course are established in collaboration with Seattle University faculty.

## **S497 and S4982 - AMERICAN LEGAL SYSTEMS I and II (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.

## **S478 – ECONOMICS (2 credits)**

Economics will cover the principles of economics that apply to the American economic system. Emphasis will be given to the study of supply and demand, national income and price determination, economic performance measures, economic growth, and banking. This course will also examine the nature and functions of product markets, and the role of government efficiency and equity in today's economy.

# SOCIAL STUDIES

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## **S452 – LEADERSHIP (2 Credits)**

"Leadership: Theory and Practice" is a comprehensive course that explores various leadership theories and styles, and how they have been applied in real-world scenarios. Students will learn about historical and contemporary leaders and their leadership styles, as well as the challenges they faced and overcame. Through hands-on activities, group discussions, and case studies, students will gain a deeper understanding of what it takes to be an effective leader. They will also have the opportunity to apply what they have learned through leadership

simulations and projects. Students will leave the course with a strong understanding of leadership and the ability to apply it in their own lives.

**S456 – MARKETING & ENTREPRENEURSHIP (2 Credits)** *Prerequisite: Students are required to participate in the DECA club.*

Introduction to Business Marketing & Entrepreneurship is a dynamic and engaging course designed to provide high school students with a comprehensive understanding of fundamental principles in marketing and entrepreneurship. Through a combination of theoretical exploration, real-world case studies, and hands-on projects, students will develop the knowledge and skills necessary to succeed in the modern business landscape. emphasis will be placed on critical thinking, problem-solving, teamwork, and effective communication skills - all essential competencies for success in the world of business. Students will also have the opportunity to learn from guest speakers and engage with professionals in the field of marketing and entrepreneurship. Students will emerge with a solid understanding of the principles of business marketing and entrepreneurship, as well as the confidence and skills to pursue further study or careers in these exciting and dynamic fields. Whether students aspire to become successful entrepreneurs, marketing professionals, or simply want to gain a better understanding of how businesses operate, Introduction to Business Marketing & Entrepreneurship offers a valuable foundation for future success.

**S458 – BUSINESS MANAGEMENT (2 Credits)** *Prerequisite: Students are required to participate in DECA club.*

This course prepares students to engage in business, with an introduction to business and management skills. Students will explore business & management concepts, terminology, practices, and apply them to real-world situations. Students in this course will also have guest lectures from various business fields, role play situations & group projects to deepen their understanding the basic foundations of business & management.

