

O'DEA HIGH SCHOOL

COURSE CATALOG

2026–2027

DESIGN YOUR
JOURNEY

CHARACTER.

FAITH.

SEVICE.

O'DEA HIGH SCHOOL

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GRADUATION REQUIREMENTS

At O'Dea, every student follows a rigorous college preparatory program rooted in our mission to educate young men of character, faith, and service. Through a balance of core academic coursework, faith formation, leadership development, service, and elective exploration, students discover their strengths, pursue their passions, and prepare for success in college and beyond.

To earn an O'Dea High School diploma, students must successfully complete 56 semester credits.

Credit Definition

- 1 credit = one semester course
- 2 credits = one full-year course

Subject Area	Credits Required	Years Required
Theology	8 Credits	4 Years
English	8 Credits	4 Years
Mathematics	8 Credits	4 Years
Science	6 Credits	3 Years
Social Studies	6 Credits	3 Years
International Language	4 Credits	2 Years in the same language
Fine Arts	2 Credits	1 Year
Physical Education	2 Credits	1 Year
Health	2 Credits	1 Year
Electives	10 Credits	Varies
Total	56 Credits	

Challenging Every Student to Grow

O'Dea offers multiple opportunities for students to pursue advanced coursework and college-level learning. Advanced course placement is guided by student achievement, faculty recommendations, demonstrated work habits, and readiness for success in a challenging academic environment. Enrollment in advanced courses is not guaranteed and may be limited by course capacity.

Honors Courses

Honors courses provide students with accelerated instruction, greater academic challenge, and opportunities for deeper inquiry and critical thinking.

Matteo Ricci Dual Credit Course

Through our partnership with the Matteo Ricci Institute and Seattle University, students may have opportunities to earn college credit while taking courses on O'Dea's campus.

Advanced Placement (AP)

AP courses offer college-level academic rigor and culminate with the College Board AP examination. Students enrolled in AP courses are expected to sit for the corresponding AP exam.

COLLEGE REQUIREMENTS

Washington State Baccalaureate Admissions Standards

Subject Area	Credits Required
English	8 Credits
Mathematics	6 Credits
Science	6 Credits
Social Studies	6 Credits
World Language	4 Credits
Fine Arts	2 Credits

NCAA Eligibility

Students interested in competing in NCAA Division I or Division II athletics should be aware that the NCAA maintains specific academic eligibility requirements. Many O'Dea courses meet NCAA core course standards; however, eligibility is determined by completing the required NCAA-approved coursework and meeting academic benchmarks established by the NCAA Eligibility Center. Student-athletes should work closely with their counselor throughout high school to ensure they remain on track for NCAA eligibility.

California Public Baccalaureate College Arts Requirement

One year-long course or two one-semester courses in the same discipline in visual and performing arts chosen from music or visual art. Counselors serve as the point of contact to address any questions about this requirement.

College Credit Courses at O'Dea

O'Dea offers several opportunities for students to earn college credit while still in high school. Advanced Placement (AP) courses are offered through the College Board and provide students with rigorous, college-level learning experiences that culminate in a national AP examination. Through O'Dea's partnership with the Matteo Ricci Institute at Seattle University, select courses also offer students the opportunity to earn college credit while completing their high school studies. The awarding and transfer of AP and dual-credit coursework is determined by each college or university's individual policies.

AP Opportunities

- AP World History
- AP United States History
- AP Government & Politics
- AP Biology
- AP Chemistry

Dual Enrollment Matteo Ricci / Seattle University Opportunities

- Honors English 11
- Honors English 12
- Honors Calculus I & II
- Difference, Power, & Social Change
- Honors Spanish IV

Dual Enrollment / Creighton University

- Honors Statistics

COLLEGE & BEYOND

Prepared for College. Formed for Life.

An O'Dea education is designed to prepare young men not only for admission to college, but for success in college, careers, leadership, faith, and life. Through a rigorous college preparatory curriculum, personalized college counseling, advanced coursework, leadership opportunities, and intentional formation experiences, students graduate ready to navigate an increasingly complex world with confidence, integrity, and purpose.

Rooted in Brotherhood and the Edmund Rice tradition, O'Dea graduates leave with the knowledge, skills, character, and resilience necessary to thrive in higher education and beyond.

A Rigorous College Preparatory Experience

Every O'Dea student completes a comprehensive college preparatory program that develops:

- Critical thinking
- Effective communication
- Problem solving
- Leadership
- Collaboration
- Intellectual curiosity
- Personal responsibility

Students are challenged to pursue excellence while being supported by teachers, counselors, mentor groups, and a community committed to helping every young man grow.

Personalized College Counseling

O'Dea's counseling department partners with students and families throughout the high school journey, providing support in:

- Academic planning
- College and career exploration
- Postsecondary pathway development
- Application support
- Financial aid guidance
- Scholarship opportunities

The goal is to help every student identify a pathway that aligns with his strengths, interests, aspirations, and sense of purpose. The counseling program emphasizes college readiness and post-secondary planning throughout all four years of high school.

Beyond Admission

O'Dea graduates attend a wide range of colleges and universities across the country, including highly selective public and private institutions. Recent graduates have enrolled at universities such as the University of Notre Dame, Gonzaga University, Seattle University, University of Washington, Santa Clara University, Villanova University, Duke University, and many more.

Yet the ultimate measure of an O'Dea education is not where a student goes after graduation. It is who he becomes.

An O'Dea graduate is prepared to lead with integrity, serve others with compassion, pursue excellence with humility, and use his talents in service of something greater than himself.

STUDENT SERVICES AND ACADEMIC INFORMATION

Student Support & Formation

At O'Dea, students are supported by a dedicated team that helps foster success in every aspect of school life. The Assistant Principals for Academics and Student Services, Dean of Students, Director of the O'Dea House System, and Campus Minister serve as important resources for students and families, providing guidance, encouragement, and support throughout the O'Dea experience. Together, they help students navigate academics, student life, personal growth, faith formation, and overall well-being, ensuring that every young man is known, challenged, and supported as he grows in character, faith, and service.

Counseling

The O'Dea Counseling Department is committed to supporting the academic, college, and social-emotional growth of every student through a relationship-centered approach. Our counselors work closely with students and families throughout the high school journey, providing personalized guidance in academic planning, college and career exploration, social-emotional wellness, and mental health support. By building meaningful connections and fostering a culture of care, the Counseling Department helps ensure that every student is known, supported, and empowered to thrive both in and beyond the classroom.

Financial Aid

O'Dea is committed to ensuring that a transformative Catholic education remains accessible to talented and deserving students from all economic backgrounds. Through a robust financial aid program, O'Dea partners with families to make an education rooted in academic excellence, faith formation, Brotherhood, and service attainable.

Student Life Beyond the Classroom

At O'Dea, learning extends far beyond the classroom. Through athletics, clubs, student government, Campus Ministry, service opportunities, music, and the O'Dea House System, students are encouraged to discover their passions, develop their talents, and build lifelong friendships. As a member of the Metro League and WIAA, O'Dea offers student-athletes opportunities to compete at a high level while developing leadership, teamwork, and perseverance. Whether serving the community, participating in a club, leading a House event, growing in faith, or representing O'Dea in competition, every student is encouraged to become fully engaged in school life and contribute to a vibrant Brotherhood rooted in character, faith, and service.

Course Placement

O'Dea is committed to creating an academic program that appropriately challenges and supports every student. Course placement decisions are informed by multiple measures, including entrance assessment data, middle school academic performance, teacher recommendations, and conversations with students and families. The goal is to place each student in courses that foster growth, confidence, and success while preparing him for the academic opportunities and challenges ahead. Students seeking placement beyond the introductory level in a world language may be eligible to demonstrate proficiency through a placement assessment.

Transfer Credit

Students transferring to O'Dea High School will have previous coursework reviewed by the Academic Office to determine transfer credit and graduation requirements. For additional information regarding transfer credits and course equivalencies, please refer to the O'Dea Student & Family Handbook or contact the Academic Office.

Educational Technology & Innovation

As a Microsoft Showcase School, O'Dea leverages technology to enhance learning, collaboration, creativity, and college readiness. Every student is required to have a Microsoft Surface device, creating a consistent and connected learning experience across campus. Through the Microsoft 365 ecosystem, including Teams, OneNote, and other digital tools, students develop the technological skills essential for success in college, careers, and an increasingly digital world. O'Dea's classrooms are equipped with modern instructional technology that supports engaging, interactive, and student-centered learning while empowering young men to think critically, communicate effectively, and innovate with purpose.

Educational Support Program

O'Dea's Educational Support Program provides targeted support for students who benefit from additional structure and academic coaching while participating fully in O'Dea's college preparatory curriculum. Through individualized support, collaboration with teachers and families, and instruction in executive functioning skills, the program helps students develop the organization, self-advocacy, time management, and study habits necessary for long-term success. A cornerstone of the program is Directed Studies, an academic support course designed to help students strengthen executive functioning skills and become more independent learners through regular teacher conferencing, progress monitoring, and explicit instruction in organization, planning, goal setting, and effective study strategies. The Educational Support Program also develops and oversees Educational Support Plans (ESPs) for eligible students, outlining accommodations and support strategies that help students access the curriculum and demonstrate their learning. In partnership with students, families, counselors, and teachers, the Educational Support Program ensures that every student has the resources and support necessary to grow as a scholar, brother, and young man of character, faith, and service.

O'Dea House System & Mentor Groups

The O'Dea House System and Mentor Group Program are central to the O'Dea experience and are designed to ensure that every student is known, valued, and connected within our community. Rooted in the Essential Elements of an Edmund Rice Education, these programs foster Brotherhood, belonging, faith formation, leadership, and service while affirming the dignity and intrinsic worth of every young man. Students meet in daily Mentor Groups, led by a faculty mentor, creating consistent opportunities for relationship-building, reflection, academic support, and personal growth. Through Mentor Groups, House activities, service projects, retreats, assemblies, and school-wide competitions, students build meaningful connections across grade levels and develop a strong sense of community and purpose. Together, the House System and Mentor Groups help form young men who are connected to one another, committed to serving others, and prepared to lead lives of character, faith, and service.

Brotherhood Block

Brotherhood Block is a monthly formation program that provides students with dedicated time to explore the unique challenges and opportunities of becoming men of character, faith, and purpose. Brotherhood Block engages students in meaningful conversations about topics such as faith, authentic relationships, leadership, service, community, modern masculinity, personal responsibility, and vocation. Through reflection, discussion, and mentorship, students are challenged to better understand themselves, strengthen their relationships with others, and grow into young men committed to leading lives of integrity, compassion, and service.

FOUR-YEAR COURSE PLAN

The courses listed below represent the typical academic pathway for O'Dea students. Individual schedules may vary based on academic placement, Honors, AP, Matteo Ricci, and elective opportunities. Students should work closely with their counselor to develop a four-year plan that aligns with their academic goals, interests, and post-secondary aspirations.

Grade 9	Grade 10	Grade 11	Grade 12
Theology 9	Theology 10	Theology 11	Theology 12
English 9 or Honors English 9	English 10 or Honors English 10	English 11 or Honors English 11	English 12 or Honors English 12
Algebra I or Honors Algebra II	Geometry or Honors Geometry	Algebra II, Precalculus, or Calculus	Advanced Math, Precalculus, Calculus, or AP Statistics
Integrated Science or Honors Physics	Biology or Honors Biology	U.S. History or AP United States History	Government or AP Government & Politics
PE / Health I	Advanced PE / Health II	Chemistry or Honors Chemistry	Elective
Spanish I	Spanish II	Elective	Elective
Art & Music	World History or AP World History	Elective	Elective

ARTS

Creativity is an essential part of a well-rounded O'Dea education. The Arts Department challenges students to develop their creative talents, explore new forms of expression, and cultivate an appreciation for the visual and performing arts. Through experiences in art, music, photography, digital media, and performance, students learn to think critically, communicate creatively, and contribute their unique gifts to the O'Dea community. Whether students are beginners exploring a new interest or experienced artists seeking to refine their craft, O'Dea's arts courses provide meaningful opportunities for growth, collaboration, and artistic excellence.

A115 & A125 – Introduction to Art & Music (2 Credits | 1 Credit Each)

This required ninth-grade course introduces students to the foundations of visual art and music through two semester-long experiences. In Introduction to Art, students develop visual literacy by studying artistic traditions, techniques, and influential works from cultures around the world. In Introduction to Music, students build active listening skills and explore music from a variety of historical periods, genres, and global traditions. Together, these courses provide a foundation for artistic appreciation and creative expression.

A110 – Studio Art I (2 Credits)

Studio Art I introduces students to the elements and principles of design through hands-on artistic exploration. Students learn artistic vocabulary, develop technical skills, and experiment with a variety of two- and three-dimensional media, including drawing, painting, printmaking, fiber arts, and sculpture. The course emphasizes creativity, craftsmanship, and the ability to analyze and discuss visual art.

A210 – Studio Art II (2 Credits)

Building upon the skills developed in Studio Art I, students expand their artistic voice through increasingly independent projects and advanced media. Students explore personal interests, refine technical skills, and develop a portfolio of original work while experimenting with materials such as oil paint, airbrush, encaustics, and mixed media. The course is designed for students interested in deepening their artistic practice and preparing for advanced study.

A120 – Band I-IV (2 Credits)

O'Dea's Band Program provides students with opportunities to perform and grow as versatile musicians while contributing to the spirit and culture of the school community. Students perform a wide range of musical styles, including jazz, rock, pep band, and liturgical music, and participate in school events, athletic competitions, assemblies, concerts, and community performances. Band is offered as a zero-period course and requires participation in scheduled rehearsals and performances throughout the year.

ARTS

A130 – Choir I-III (2 Credits)

Choir develops vocal performance skills while fostering confidence, collaboration, and artistic expression. Students perform a variety of musical styles and repertoire, including concert selections, liturgical music, and works written specifically for changing male voices. Instruction emphasizes vocal technique, music literacy, sight singing, interpretation, and performance skills. Students participate in concerts, liturgies, festivals, and other performance opportunities throughout the year.

A460 & A461 – Photography / Yearbook I & II (2 Credits)

Photography and Yearbook offers students the opportunity to develop skills in photography, graphic design, storytelling, and publication production while creating O'Dea's annual yearbook. Students learn photographic composition, editing, visual communication, and design principles while working with industry-standard software. Through documenting school life, athletics, activities, and traditions, students create a lasting record of the O'Dea experience while building valuable creative and technical skills.

A470 – Digital & Media Arts (2 Credits)

Digital & Media Arts introduces students to the creative process of producing digital content for real-world audiences. Through projects in video production, graphic design, digital illustration, animation, and multimedia storytelling, students develop both technical proficiency and artistic skills using professional Adobe Creative Cloud applications. Students learn to write, produce, edit, and publish engaging digital media while building highly marketable skills applicable to future careers in communications, marketing, media production, and the creative industries.

ENGLISH

The English Department at O'Dea cultivates thoughtful readers, skilled writers, effective communicators, and critical thinkers. Through the study of literature, composition, rhetoric, and language, students explore the human experience across cultures, time periods, and perspectives while developing the skills necessary for success in college, careers, and life. Rooted in O'Dea's mission of educating young men of character, faith, and service, English courses challenge students to think deeply, communicate clearly, engage respectfully with diverse viewpoints, and find their own voices as scholars, leaders, and men of integrity.

E132 – English 9: Foundations in Composition & World Literature I (2 Credits)

English 9 introduces students to the foundations of high school English through the study of world literature, composition, vocabulary, grammar, speaking, and critical reading. Students develop essential analytical and communication skills while engaging with a variety of literary texts and writing experiences. Emphasis is placed on personal expression, effective communication, and building the habits necessary for success in a college preparatory curriculum.

E130 – Honors English 9: Foundations in Composition & World Literature I (2 Credits)

Honors English 9 provides an accelerated and rigorous introduction to high school English for highly motivated students. Through challenging literary analysis, advanced writing assignments, and close reading of diverse texts, students strengthen their reading, writing, critical thinking, and communication skills. Students develop a personal writing portfolio while exploring literature through both analytical and creative lenses. Admission is based on academic performance, assessment data, and teacher recommendation.

E242 – English 10: Foundations in Composition & World Literature II (2 Credits)

English 10 builds upon the skills developed during freshman year through a thematic exploration of literature and composition. Students study novels, drama, poetry, short stories, and nonfiction while developing proficiency in analytical writing, speaking, reading comprehension, vocabulary, grammar, and critical thinking. Through close reading and formal writing, students learn to analyze literary themes and connect them to contemporary issues and the broader human experience.

E240 – Honors English 10: Foundations in Composition & World Literature II (2 Credits)

Honors English 10 is an intensive study of literature and composition designed for students seeking a greater academic challenge. Students engage deeply with a variety of literary and nonfiction texts while refining analytical reading, research, discussion, and writing skills. The course emphasizes sophisticated literary interpretation, argumentation, and rhetorical analysis while preparing students for advanced coursework in the upper grades. Placement is based on teacher recommendation, academic performance, assessment data, and overall readiness.

ENGLISH

E342 – English 11: American Literature (2 Credits)

English 11 explores the development of American literature from the colonial era to the modern day. Through novels, short stories, essays, speeches, poetry, drama, and other texts, students examine major themes, voices, and movements that have shaped American culture and identity. Students continue to strengthen their reading, writing, speaking, listening, and research skills while engaging in meaningful discussion and critical analysis.

E341 – Honors English 11: Composition, Language & Thought (2 Credits)

Matteo Ricci / Seattle University Dual Enrollment (5 College Credits)

This Matteo Ricci dual-enrollment course challenges students to develop the advanced reading, writing, and critical thinking skills expected at the college level. Focusing primarily on nonfiction texts, including essays, speeches, and letters, students analyze complex ideas and arguments while learning to craft effective written and oral communication. Students develop research, rhetorical, and analytical writing skills while engaging in thoughtful discussions with their peers. Students who successfully complete the course may be eligible to earn five college credits through the Matteo Ricci Program at Seattle University.

E442 – English 12: World Literature & Culture (2 Credits)

English 12 explores influential works of literature from a variety of cultures, historical periods, and global perspectives. Through the study of novels, poetry, drama, essays, and contemporary texts, students examine themes that transcend time and place while analyzing the ways literature reflects both individual and collective human experiences. Students continue to develop advanced reading, writing, discussion, and critical thinking skills in preparation for college and beyond.

E443 – Honors English 12: World Literature & Culture (2 Credits)

Matteo Ricci / Seattle University Dual Enrollment (5 College Credits)

This dual-enrollment honors course introduces students to diverse literary traditions and perspectives while engaging them in college-level literary analysis and scholarly writing. Students examine texts through multiple critical lenses and develop sophisticated analytical arguments supported by textual evidence and academic research. Students who successfully complete the course may be eligible to earn five college credits through Seattle University's Matteo Ricci Program, gaining valuable college experience while remaining part of the O'Dea community.

ENGLISH

E467 & E468 – Sports Journalism I & II (2 Credits)

Sports Journalism introduces students to the fundamentals of reporting, storytelling, interviewing, and multimedia journalism through the lens of athletics. Students cover O'Dea, local, collegiate, and professional sports while developing skills in research, writing, interviewing, editing, and digital publishing. Through collaborative and independent projects, students produce game coverage, feature stories, athlete profiles, opinion pieces, and multimedia content while learning the principles of ethical journalism and effective communication.

LANGUAGE

The Spanish Department at O'Dea empowers students to become confident communicators and engaged global citizens through the study of language and culture. As students develop proficiency in listening, speaking, reading, and writing, they also deepen their understanding of the diverse people, histories, traditions, and perspectives of the Spanish-speaking world. Rooted in O'Dea's commitment to academic excellence and whole-person formation, Spanish courses encourage students to communicate across cultures, think critically, and develop the skills necessary to thrive in an increasingly interconnected world.

L176 – Spanish I (2 Credits)

Spanish I introduces students to the foundations of the Spanish language through immersive and communicative learning experiences. Students develop essential skills in speaking, listening, reading, and writing while building vocabulary and mastering foundational grammatical structures. Topics include introductions, daily routines, family, school, food, sports, travel, weather, and personal interests. Students also explore the cultures and traditions of the Spanish-speaking world while building confidence in using Spanish for everyday communication.

L276 – Spanish II (2 Credits)

Spanish II builds upon the foundations established in Spanish I and expands students' ability to communicate about a wider variety of topics and experiences. Students strengthen their listening, speaking, reading, and writing skills while learning more advanced vocabulary and grammatical structures, including the past tenses. Cultural exploration remains an important part of the course as students study the traditions, history, and daily life of Spanish-speaking countries while developing greater fluency and confidence in the language.

L375 – Spanish III Honors (2 Credits)

Spanish III Honors is an advanced language course designed to strengthen students' proficiency through increased use of Spanish in both spoken and written communication. Students expand their vocabulary and deepen their understanding of Hispanic cultures through literature, current events, art, history, and authentic cultural materials. Emphasis is placed on sustained communication, analytical thinking, oral presentations, and composition. Conducted primarily in Spanish, this course prepares students for advanced language study and college-level expectations.

L486 – Honors Spanish IV (2 Credits)

Matteo Ricci / Seattle University Dual Enrollment (5 College Credits)

Spanish IV Honors provides students with a college-level language experience while continuing to refine advanced communication skills in listening, speaking, reading, and writing. Conducted entirely in Spanish, the course emphasizes sophisticated vocabulary, advanced grammar, literary analysis, cultural exploration, and authentic language use. Students engage with a variety of texts, media, and cultural perspectives from across the Spanish-speaking world while developing the confidence and fluency necessary for advanced academic and professional communication. Students who successfully complete the course may be eligible to earn five college credits through the Matteo Ricci Program at Seattle University.

MATH

The Mathematics Department at O'Dea develops confident problem-solvers, critical thinkers, and analytical learners who are prepared to meet the challenges of college, career, and life. Through a progression of courses that emphasize conceptual understanding, logical reasoning, and real-world application, students learn to approach complex problems with perseverance and precision. Whether exploring the foundations of algebra, the patterns of geometry, the functions that model our world, or the advanced concepts of calculus and statistics, O'Dea students are challenged to think deeply, communicate mathematically, and pursue excellence in their learning.

M132 – Algebra I (2 Credits)

Algebra I provides students with a strong foundation in mathematical reasoning and problem-solving. Topics include equations and inequalities, linear and nonlinear functions, systems of equations, exponential functions, polynomials, factoring, quadratic relationships, radical functions, and introductory statistics. Emphasis is placed on conceptual understanding, critical thinking, and the application of mathematics to real-world situations.

M135 – Honors Algebra II (2 Credits)

Algebra II Honors offers an accelerated and rigorous exploration of algebraic concepts for students prepared for advanced study. The course emphasizes functions, advanced algebraic reasoning, geometry, statistics, and mathematical modeling while developing students' ability to analyze, solve, and communicate complex mathematical ideas.

M232 – Geometry (2 Credits)

Geometry introduces students to the structure and logic of an axiomatic mathematical system. Students explore points, lines, planes, triangles, quadrilaterals, circles, similarity, congruence, geometric constructions, and measurement of two- and three-dimensional figures. Through formal proofs and mathematical reasoning, students learn to justify conclusions and develop a deeper understanding of spatial relationships.

M230 – Honors Geometry (2 Credits)

Honors Geometry explores the same foundational concepts as Geometry while moving at a faster pace and with greater depth. Additional topics include trigonometric relationships and more advanced applications of geometric reasoning. Students are expected to engage in rigorous problem-solving, proof writing, and analytical thinking throughout the course.

M333 – Algebra II / Trigonometry (2 Credits)

Algebra II / Trigonometry expands upon previously learned algebraic concepts while introducing more advanced mathematical functions and relationships. Students study quadratic, radical, exponential, logarithmic, polynomial, rational, and trigonometric functions while developing fluency in mathematical modeling, analysis, and problem-solving. Technology is used regularly to support investigation and understanding.

MATH

M330 – Honors Precalculus (2 Credits)

Precalculus Honors prepares students for the rigors of college-level calculus through an in-depth study of advanced algebraic and trigonometric concepts. Students strengthen their understanding of functions, conic sections, series, mathematical modeling, and trigonometric analysis while developing sophisticated problem-solving skills. The course concludes with an introduction to limits, rates of change, and foundational concepts of calculus.

M427 – Calculus (2 Credits)

Calculus provides students with a comprehensive introduction to differential and integral calculus. Designed for students who have completed Precalculus, the course emphasizes both conceptual understanding and practical application. Students explore limits, continuity, derivatives, integrals, and real-world applications while developing a deeper appreciation for the ways mathematics describes and models change.

M431 – Honors Calculus I & II (2 Credits)

Matteo Ricci / Seattle University Dual Enrollment (10 College Credits)

This advanced dual-enrollment course, developed in partnership with Seattle University through the Matteo Ricci Program, provides students with a rigorous college-level calculus experience. Students study limits, continuity, differentiation, integration, differential equations, optimization, and applications of calculus while engaging in the level of analysis and mathematical reasoning expected in university coursework. Students who successfully complete the course may be eligible to earn up to ten college credits through Seattle University.

M440 – Advanced Math Topics (2 Credits)

Advanced Math Topics is designed for students seeking continued mathematical growth beyond Algebra II or Precalculus. Students explore mathematical analysis, linear algebra, statistics, trigonometry, and applied problem-solving while strengthening critical thinking and quantitative reasoning skills. The course prepares students for success in future college-level mathematics and quantitative disciplines.

M420 – Honors Statistics (2 Credits)

Creighton University Dual Enrollment (3 College Credits)

Dual Enrollment Statistics introduces students to the collection, analysis, interpretation, and communication of data. Through the study of probability, statistical inference, regression analysis, hypothesis testing, and experimental design, students develop the tools needed to draw meaningful conclusions in the presence of uncertainty. This course offers the opportunity to earn dual college credit through Creighton University.

PHYSICAL EDUCATION & HEALTH

At O'Dea, we believe that educating the whole person requires a commitment to healthy living, personal well-being, and lifelong fitness. Rooted in our mission of forming young men of character, faith, and service, the Physical Education and Health program helps students develop the knowledge, habits, and discipline necessary to care for their minds, bodies, and spirits. Through fitness training, wellness education, teamwork, and leadership opportunities, students learn to make healthy choices, build resilience, and cultivate habits that support lifelong success and well-being.

P150 – General Physical Preparedness I (1 Credit)

General Physical Preparedness I introduces students to the principles of personal fitness, strength development, and healthy living. Through a variety of individual and team-based activities, students develop physical fitness, teamwork, sportsmanship, and an understanding of lifelong wellness. Emphasis is placed on participation, goal setting, personal improvement, and creating a safe and supportive environment for all students.

P153 – Health I (1 Credit)

Health I provides ninth-grade students with an introduction to the physical, emotional, mental, social, and spiritual dimensions of wellness. Students examine topics including nutrition, fitness, stress management, personal health, self-awareness, substance abuse prevention, and healthy decision-making. The course encourages students to develop habits and skills that support personal well-being and success during adolescence and beyond.

P250 – Advanced Physical Preparedness (1 Credit)

Advanced Physical Preparedness builds upon the foundations established in freshman physical education. Students are challenged to take greater ownership of their fitness goals while developing advanced conditioning, teamwork, leadership, and athletic skills. Through individual and team activities, students continue to strengthen physical fitness while learning the value of discipline, perseverance, and personal accountability.

P253 – Health II (1 Credit)

Health II explores wellness from both an immediate and lifelong perspective. Through collaboration with O'Dea's theology, science, and physical education programs, students examine topics such as fitness, nutrition, mental health, stress management, healthy relationships, substance abuse prevention, and personal responsibility. The course emphasizes balanced living and equips students with practical tools for making informed, healthy choices throughout life.

PHYSICAL EDUCATION & HEALTH

P450 – Strength & Conditioning I-IV (2 Credits)

Prerequisite: Instructor Approval

Strength & Conditioning is designed for students seeking to improve athletic performance, physical fitness, and overall wellness. Students develop individualized fitness plans while studying topics such as exercise physiology, nutrition, anatomy, training techniques, and program design. Through structured workouts and performance tracking, students build strength, endurance, agility, balance, and speed while learning principles that support lifelong fitness and athletic development.

P455 – Introduction to Sports Medicine (2 Credits)

Introduction to Sports Medicine provides students with foundational knowledge of the healthcare professions and the prevention, evaluation, and treatment of sports-related injuries. Students explore topics including anatomy and physiology, athletic injury management, emergency response, nutrition, rehabilitation, taping techniques, and sports healthcare careers. Through hands-on learning experiences and interaction with professionals in the field, students gain valuable insight into healthcare and sports medicine pathways.

P457 – Advanced Sports Medicine (2 Credits)

Advanced Sports Medicine expands upon foundational concepts and provides students with a deeper understanding of athletic training and healthcare professions. Students study injury prevention, evaluation techniques, rehabilitation protocols, emergency care, therapeutic interventions, and professional practices within sports medicine. Through practical experiences and applied learning, students develop advanced skills while exploring potential careers in athletic training, physical therapy, medicine, and other health-related fields.

SCIENCES

The Science Department at O'Dea inspires students to explore, question, investigate, and understand the natural world through scientific inquiry. Rooted in curiosity and discovery, science courses challenge students to think critically, solve complex problems, analyze evidence, and apply scientific principles to real-world issues. Through hands-on laboratory experiences, collaborative investigations, and rigorous coursework, students develop the knowledge and skills necessary for success in college, future careers, and informed participation in an increasingly scientific and technological world.

C150 – Honors Physics (2 Credits)

Honors Physics provides an accelerated introduction to the principles that govern the physical world. Students explore topics including motion, forces, energy, gravity, sound, light, electricity, magnetism, and the structure of matter. Greater emphasis is placed on mathematical modeling, problem-solving, and analytical reasoning than in a traditional introductory science course. Laboratory investigations develop scientific inquiry skills while preparing students for advanced coursework in chemistry and physics.

C152 – Integrated Science (2 Credits)

Integrated Science introduces students to the foundational concepts of biology, chemistry, physics, and earth science. Aligned with the Next Generation Science Standards (NGSS), the course emphasizes inquiry, experimentation, critical thinking, and problem-solving. Students explore topics including cells, genetics, ecosystems, atomic structure, chemical interactions, energy, forces, waves, and electricity while developing a broad understanding of scientific principles and practices.

C242 – Biology (2 Credits)

Biology is a laboratory-based course that explores the study of living organisms and the systems that sustain life. Students investigate ecology, genetics, molecular biology, evolution, microbiology, and the diversity of plant and animal life. Through experimentation and scientific inquiry, students develop an understanding of how biological systems function and interact within the natural world.

C240 – Honors Biology (2 Credits)

Honors Biology provides an accelerated and in-depth exploration of the major concepts of biological science. Students examine genetics, biotechnology, molecular biology, evolution, ecology, and cellular processes while developing advanced analytical and laboratory skills. Emphasis is placed on scientific inquiry, experimental design, and critical thinking as students investigate the complexity of living systems.

C342 – Chemistry (2 Credits)

Chemistry introduces students to the fundamental principles governing matter and chemical interactions. Through laboratory investigations, problem-solving, and scientific analysis, students examine atomic structure, chemical bonding, reactions, chemical calculations, and the properties of elements and compounds. The course emphasizes the relationship between scientific theory and practical application.

SCIENCES

C340 – Honors Chemistry (2 Credits)

Honors Chemistry is a rigorous, college-preparatory laboratory science course designed to develop abstract reasoning and analytical thinking skills. Students investigate atomic structure, molecular interactions, chemical reactions, and quantitative chemical relationships while learning to apply scientific models to solve complex problems. Laboratory experiences reinforce student understanding through observation, experimentation, and analysis.

C443 – AP Biology (2 Credits)

Advanced Placement

AP Biology is an introductory college-level biology course that challenges students to investigate biological concepts through inquiry-based learning and laboratory experiences. Students study evolution, genetics, cellular processes, ecology, and biological systems while developing advanced analytical and scientific reasoning skills. Students enrolled in AP Biology are required to sit for the AP examination in the spring.

A required AP exam fee of \$100 per course will be billed through FACTS in October. College credit and placement are determined by individual colleges and universities based on AP exam scores and institutional policies.

C444 – AP Chemistry (2 Credits)

Advanced Placement

Prerequisite: Honors Chemistry

AP Chemistry provides a rigorous, college-level exploration of chemical principles and processes. Students investigate atomic structure, bonding, chemical reactions, kinetics, equilibrium, thermodynamics, and other advanced topics through inquiry-based laboratory investigations and problem solving. Students enrolled in AP Chemistry are required to sit for the AP examination in the spring.

A required AP exam fee of \$100 per course will be billed through FACTS in October. College credit and placement are determined by individual colleges and universities based on AP exam scores and institutional policies.

C460 – Honors Anatomy & Physiology (2 Credits)

Honors Anatomy & Physiology is an advanced laboratory science course focused on the structure and function of the human body. Ideal for students interested in healthcare and medical professions, the course examines anatomical terminology, cells and tissues, body systems, disease processes, human health, and current medical research. Students develop a deeper understanding of human biology through scientific investigation and applied learning.

C472 – Forensic Science (2 Credits)

Forensic Science applies concepts from biology, chemistry, physics, and anatomy to the investigation of crime and the analysis of evidence. Through laboratory activities, case studies, and problem-solving exercises, students learn how scientific methods are used to answer questions, solve crimes, and evaluate evidence. The course emphasizes critical thinking, observation, and the real-world application of scientific principles.

SCIENCES

C478 – Introduction to Engineering (2 Credits)

Introduction to Engineering provides students with an engaging exploration of the engineering design process and the role engineers play in solving real-world challenges. Through collaborative, hands-on projects, students apply principles of science, mathematics, and technology to design, test, and refine solutions. The course develops skills in critical thinking, communication, creativity, and teamwork that are valuable across a wide range of disciplines.

C477 – Advanced Engineering (2 Credits)

Advanced Engineering allows students to further develop their engineering knowledge and technical skills through increasingly complex design challenges and independent projects. Students build upon foundational engineering concepts while collaborating on projects that support the O'Dea community, mentor younger students, and contribute to innovation within the school's Maker Space environment.

C448 – Introduction to Computer Science (2 Credits)

Introduction to Computer Science provides students with a foundation in computational thinking, programming, and problem-solving. Using visual programming tools and project-based learning experiences, students learn how to design algorithms, create interactive programs, and develop logical approaches to solving complex challenges. The course introduces core computer science concepts while fostering creativity and innovation.

C476 – Cybersecurity (2 Credits)

In partnership with the Microsoft TEALS Program, Cybersecurity introduces students to one of the fastest-growing fields in technology. Through hands-on projects and real-world applications, students explore digital security, ethical hacking, network protection, cyber threats, and risk management. The course develops critical technical skills while providing insight into career opportunities in cybersecurity and information technology.

SOCIAL STUDIES

The Social Studies Department at O'Dea prepares students to become informed, thoughtful, and engaged citizens who understand the complexities of our world and their responsibility within it. Through the study of history, government, economics, law, leadership, and contemporary social issues, students develop critical thinking, analytical reading, effective communication, and informed decision-making skills. Rooted in O'Dea's mission and the Essential Elements of an Edmund Rice Education, Social Studies courses challenge students to examine multiple perspectives, pursue truth, advocate for justice, and become leaders committed to the common good.

S186 – Modern World History (2 Credits)

Modern World History provides students with a global perspective on the political, social, economic, cultural, and geographic developments that have shaped the modern world. Students examine major historical events and movements from the fifteenth century to the present while studying regions including Europe, Asia, Africa, the Middle East, and the Americas. Emphasis is placed on the development of critical reading, writing, research, and historical thinking skills while helping students understand the interconnected nature of our world.

S187 – AP Modern World History (2 Credits)

Advanced Placement

AP Modern World History is a college-level course that examines significant global developments from approximately 1200 CE to the present. Students analyze primary and secondary sources, evaluate historical arguments, and explore themes including cultural interactions, governance, economic systems, technological innovation, social structures, and human-environment relationships. The course develops advanced historical thinking skills including comparison, causation, continuity and change, and evidence-based argumentation. Students enrolled in AP World History are required to sit for the AP examination in the spring. *A required AP exam fee of \$100 per course will be billed through FACTS in October. College credit and placement are determined by individual colleges and universities based on AP exam scores and institutional policies.*

S382 – United States History (2 Credits)

United States History explores the development of the American nation from its colonial origins to the present day. Students examine the founding of the Republic, constitutional principles, westward expansion, the Civil War, industrialization, global conflicts, and the nation's evolving role in the modern world. Through discussion, reading, writing, and project-based learning, students develop a deeper understanding of the historical events, ideas, and individuals that have shaped the United States.

SOCIAL STUDIES

S484 – AP United States History (2 Credits)

Advanced Placement

AP United States History is a rigorous college-level survey course that examines the political, economic, social, and cultural development of the United States from pre-Columbian America to the present. Students develop advanced historical thinking skills while analyzing primary and secondary sources, constructing historical arguments, and evaluating change over time. The course emphasizes critical analysis, evidence-based writing, and preparation for college-level history coursework. Students enrolled in AP United States History are required to sit for the AP examination in the spring.

A required AP exam fee of \$100 per course will be billed through FACTS in October. College credit and placement are determined by individual colleges and universities based on AP exam scores and institutional policies.

S471 – American Government (2 Credits)

American Government provides students with an understanding of the institutions, principles, and processes that shape civic life in the United States. Students examine the Constitution, the balance of governmental powers, civil rights and liberties, public policy, political participation, and contemporary issues facing American society. Through discussion and inquiry, students develop the civic knowledge and critical thinking skills necessary to become informed and engaged citizens.

S488 – AP United States Government & Politics (2 Credits)

Advanced Placement

AP United States Government & Politics offers a college-level study of the American political system. Students examine constitutional foundations, civil liberties, public policy, political institutions, and the democratic process while developing the analytical skills necessary to evaluate political issues and public discourse. The course emphasizes critical thinking, current events, civic engagement, and preparation for the AP examination. Students enrolled in AP Government are required to sit for the AP examination in the spring.

A required AP exam fee of \$100 per course will be billed through FACTS in October. College credit and placement are determined by individual colleges and universities based on AP exam scores and institutional policies.

S475 – Honors Difference, Power, & Social Change (2 Credits)

Matteo Ricci / Seattle University Dual Enrollment (5 College Credits)

Difference, Power, & Social Change is an interdisciplinary dual-enrollment course that examines contemporary social issues through multiple perspectives and disciplines. Students investigate topics such as inequality, social justice, public policy, identity, power, and civic engagement while developing skills in critical reading, research, discussion, presentation, and analytical writing. Through thoughtful examination of complex issues, students gain a deeper understanding of the diverse experiences and viewpoints that shape society. Students who successfully complete the course may be eligible to earn five college credits through the Matteo Ricci Program at Seattle University.

SOCIAL STUDIES

S497 & S498 – American Legal Systems I & II (2 Credits)

American Legal Systems provides students with an immersive introduction to the foundations and practice of the American legal system. Students study constitutional law, criminal and civil procedure, evidence, legal reasoning, and judicial decision-making while analyzing real legal cases and contemporary legal issues. The course also includes participation in Washington State Mock Trial competitions, providing students with authentic opportunities to apply legal concepts through advocacy, collaboration, and public speaking.

S478 – Economics (2 Credits)

Economics introduces students to the principles that influence individual, business, and government decision-making within the American and global economy. Students examine supply and demand, market systems, economic growth, banking, public policy, personal finance, and the role of government in economic activity. Through real-world applications and current events, students develop economic literacy and understand how economic choices impact society.

S452 – Leadership (2 Credits)

Leadership explores the qualities, practices, and principles that define effective leadership in schools, communities, organizations, and society. Students examine leadership theories, analyze historical and contemporary leaders, and participate in hands-on projects, simulations, and collaborative activities. The course challenges students to grow as servant leaders by developing skills in communication, decision-making, problem-solving, collaboration, and ethical leadership while reflecting on O'Dea's mission of forming young men of character, faith, and service.

S456 – Marketing & Entrepreneurship (2 Credits)

Prerequisite: Participation in DECA

Marketing & Entrepreneurship introduces students to the dynamic world of business, innovation, and entrepreneurship. Through case studies, project-based learning, and collaboration with industry professionals, students explore marketing strategies, branding, customer engagement, business planning, and entrepreneurial thinking. The course emphasizes creativity, communication, critical thinking, and problem-solving while preparing students to pursue future studies and careers in business and related fields.

S458 – Business Management (2 Credits)

Prerequisite: Participation in DECA

Business Management introduces students to the fundamental principles and practices of successful organizations and leadership. Students explore management strategies, business operations, organizational structures, and decision-making processes while applying concepts to real-world scenarios. Through guest speakers, collaborative projects, and experiential learning, students gain practical insight into business leadership and management while developing valuable professional skills.

THEOLOGY

The Theology Department lies at the heart of the O'Dea educational experience. Rooted in the Catholic faith and the Edmund Rice tradition, Theology courses invite students to deepen their relationship with God, explore the teachings of the Catholic Church, and discover how faith informs their daily lives. Through prayer, Scripture, service, reflection, discussion, and academic study, students are challenged to grow as men of character, faith, and service who recognize their God-given dignity and their responsibility to serve others. Theology at O'Dea is not simply the study of religion; it is an invitation to ongoing faith formation and a deeper understanding of one's vocation and purpose.

R120 – Theology 9 (2 Credits)

Theology 9 introduces students to the foundations of Catholic faith through the study of Sacred Scripture and the person of Jesus Christ. During the first semester, students explore the Bible as the inspired Word of God, learning how Scripture is organized, interpreted, and understood within the Catholic tradition. Particular attention is given to the Gospels and the life of Jesus. During the second semester, students examine the identity and mission of Jesus Christ as the ultimate revelation of God, exploring what His life, teachings, death, and resurrection reveal about God, humanity, and our call to discipleship.

R220 – Theology 10 (2 Credits)

Theology 10 focuses on the mystery of salvation and the mission of the Church. In the first semester, students explore the Paschal Mystery and the ways in which Jesus Christ's suffering, death, resurrection, and ascension continue to bring hope and redemption to the world. During the second semester, students study the Church as the Body of Christ, examining its history, mission, traditions, and role in contemporary society. Students are challenged to consider how they are called to participate in the life and mission of the Church as followers of Christ.

R320 – Theology 11 (2 Credits)

Theology 11 explores how faith is lived through the sacramental life of the Church and through moral decision-making. During the first semester, students examine the seven sacraments as encounters with God's grace and explore how the sacramental life strengthens and sustains Christian discipleship. During the second semester, students study Catholic moral theology, focusing on human dignity, conscience formation, virtue, justice, and moral responsibility. Through discussion and reflection, students learn to evaluate contemporary ethical issues through the lens of Catholic teachings and Gospel values.

R430 – Theology 12 (2 Credits)

Theology 12 challenges students to deepen their understanding of Scripture and Catholic Social Teaching as they prepare for life beyond O'Dea. During the first semester, students engage in a focused study of the New Testament, exploring the life and ministry of Jesus Christ, the early Church, and the enduring relevance of Scripture in today's world. During the second semester, students examine the principles of Catholic Social Teaching and the call to serve others through justice, compassion, and solidarity. Through the study of contemporary social issues, the lives of the saints, and the Corporal and Spiritual Works of Mercy, students are challenged to live their faith in service of the common good and to recognize the presence of Christ in all people.

THEOLOGY

Theology Beyond the Classroom

Theology at O'Dea extends well beyond the academic curriculum. Through Campus Ministry, retreats, liturgies, service opportunities, Brotherhood Block, Mentor Groups, and the House System, students are invited to live out their faith in meaningful and authentic ways. Together, these experiences help form young men who are grounded in faith, committed to service, and prepared to lead lives of purpose, integrity, and compassion.

EDUCATIONAL SUPPORT

The mission of O'Dea's Educational Support Department is to empower students to become confident, independent learners who are equipped to succeed in a rigorous college preparatory environment. Through intentional instruction in executive functioning skills, organization, planning, study strategies, self-advocacy, and academic habits, the program helps students develop the tools necessary for success both in high school and beyond. Grounded in O'Dea's mission of educating young men of character, faith, and service, the Educational Support Program fosters growth, resilience, personal responsibility, and confidence while ensuring that every student is known, supported, and challenged to reach his full potential.

The Ideal Directed Studies Student

Students who are most successful in Directed Studies:

- Recognize the value of additional support and skill development
- Are willing to actively engage in the learning process
- Desire to strengthen organization, planning, and study habits
- Benefit from accountability, structure, and coaching
- Are willing to advocate for themselves and seek assistance when needed
- Aspire to become more independent learners
- Are committed to their academic growth and personal development

E127-1 – Directed Studies I (2 Credits)

Directed Studies I is designed to support students as they transition to the academic expectations of high school. This course provides a structured and supportive environment where students develop foundational executive functioning skills, including organization, time management, planning, task initiation, self-monitoring, and study strategies. Students receive individualized coaching, academic monitoring, and opportunities to practice effective learning habits while managing the demands of a college preparatory curriculum. The course emphasizes the development of the core habits necessary for academic success, including maintaining an organized system, meeting deadlines, using academic support resources, preparing effectively for assessments, and communicating proactively with teachers. Through regular reflection and goal setting, students build confidence and take increasing ownership of their learning.

Placement: Determined through the Educational Support Program admission and placement process.

E128 – Directed Studies II (2 Credits)

Directed Studies II is designed for students who have developed foundational executive functioning skills and are ready to focus on increasing independence, self-advocacy, and college readiness. Students continue to strengthen organization, time management, planning, and study strategies while developing advanced skills related to research, long-term projects, analytical thinking, communication, and self-directed learning.

A significant focus of the course is preparing students for the expectations of post-secondary education and adult life. Students learn to navigate increasing academic demands, advocate for themselves appropriately, utilize available resources, and implement systems that support long-term success. Through individualized coaching, accountability, and reflection, students develop the confidence and skills necessary to thrive in college, careers, and beyond.

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