

**HOLY REDEEMER HIGH SCHOOL
COURSE OF STUDIES
2024-2025 SCHOOL YEAR**



Mr. Cody A. Opalka, Principal
Mr. Colin Martinson, Dean of Students
Ms. Jeanne Evans, Director of Religious Formation
Mrs. Cassandra Miller, Director of Guidance

Holy Redeemer High School

Holy Redeemer High School - Course Selection Policy

It is very important that students follow all directions regarding course selection. Any student who submits a course selection sheet that is incomplete or incorrect runs the risk of receiving an incorrect schedule. Students should read carefully the Course of Studies that is posted on the Holy Redeemer High School website and/or the printed form in the main office or the guidance office. In addition, students must consult with teachers and guidance counselors prior to handing in the course selection sheet to ensure that they have made well-informed choices regarding their schedules.

It is imperative that all returning students are aware of the following rules regarding the course selection process at Holy Redeemer High School:

1. All course selection forms are to be completed on or before **April 5, 2024**.
2. Information provided on the course selection form will be the basis for the academic schedule during the 2024-2025 school year.
3. Any elective course may not be scheduled due to enrollment. In this case, students will receive their next elective in order of preference.
4. In order to select Advanced Placement courses, students must achieve a 93 average or better in an Honors level class in that discipline along with the recommendation of the classroom teacher. In addition, AP Chemistry and AP Physics classes mandate that students also have a 93 average or better in Honors Pre-Calculus. **Students may not be waived into AP level courses.**
5. Honors students must maintain an average of 85 in order to remain in Honors level courses. It is recommended that students who do not maintain an average of 85 should select College Preparatory courses in that subject area.
6. In order to move from a College Prep to an Honors Level course, a student must achieve an average of 90 or better. College Preparatory students must maintain an average of 75 or better in order to remain in College Preparatory courses in that discipline. It is recommended that students who cannot maintain a 75 average should select Modified College Preparatory courses in that subject area. The student must be in the 75th percentile or above in the appropriate standardized test area.
5. In order to move from a Modified College Preparatory course to a College Prep level course, a student must achieve an average of 90 or better.
6. It is the prerogative of the parent to bypass the process listed above for a change in level. If the parent chooses, he or she may sign a waiver which will allow the student to move to a higher level course without meeting the criteria listed above. This waiver may be utilized only once in the student's career in any given subject area. Once the waiver is signed, the student may not be moved from the class.
7. Students are reminded when signing for an AP Course that extensive work is required within the classroom and outside of school time in order to prepare properly for the AP Exam. In light of this workload, give careful consideration when choosing more than one AP Course. All students must take the AP Exam in May if they are enrolled in the AP Course. Students are responsible for the cost of the exam.
8. Students will be afforded the opportunity to make schedule changes up until August 23, 2024. As the 2024-2025 school year begins, students will remain in the courses they are enrolled in. On September 16, 2024, through September 20, 2024, Holy Redeemer High School will have a drop/ add week for students wishing to change courses. This will be the only opportunity for students to change courses for the 2024-2025 school year.

THERE WILL BE NO STUDENT-SUGGESTED OR DIRECTED CHANGES IN SCHEDULES BEYOND SEPTEMBER 23, 2024.

Theology Department

162 Christian Service

Required of all students as part of Christian life and the grade level Theology course

For the Christian, service is at the core of the Gospel message of Jesus. We are one with Jesus when we serve Him through the needs of our brothers and sisters. We use this in the example that Jesus gave His disciples when He washed their feet. He told them “As I have done, so you must do.” The students are called to that same mission. Their service allows them to explore the relationship between service and the Christian Faith. It helps to establish priorities in living out Gospel values.

Seniors are required to complete 40 hours of service. Underclassmen are required to complete a minimum of 20 hours each year, with at least 5 hours served each quarter. All students are encouraged, but not required, to try and do 3 of their hours of service to a church or place of worship.

112 Theology 1

1 credit

level 3

This course is designed to lay a foundation not only for the four-year Theology curriculum but also for a deeper, stronger personal appreciation of our Catholic Christian faith. Part I begins with an overview of the Catechism of the Catholic Church which focuses on the structure and content of the faith as found in the Creed. This is followed by a look at the “lived faith” as it is celebrated in the Liturgy, Sacraments and basic components of a Christian lifestyle.

Part II is dedicated to the study of Scripture with a particular focus on the Old Testament. Students will be introduced to important figures, events, and concepts contained in the Old Testament. Through personal reflection, prayer and discussion, the students will develop a deeper understanding of how biblical truths can be made a part of their daily lives and recognize God working in human experiences today by studying His working in the lives of the Chosen People in the past. *Refer to Christian Service.*

122 Theology 2

1 credit

level 3

The sophomore Theology course examines the Christian Scriptures while emphasizing the theme of God’s salvation for humanity. Students will explore the theological view of Christ, the Jesus of history and of faith. They will prayerfully study the life of Christ and His teachings from the viewpoint of the Gospels. The course will emphasize the role and significance of the Holy Spirit in the early Church and today. Paul’s Epistles and doctrinal teachings will be examined. The students will trace the Christian Community of Faith from the time of Jesus to the present. *Refer to Christian Service.*

132 Theology 3

1 credit

level 3

Junior Theology affords the student the opportunity to engage in a study of how “Faith leads to action” as found in James 2:16. The course begins with an introduction to moral and ethical life, drawing upon the teachings of both the Old and New Testament Scriptures as well as the Catechism of the Catholic Church.

The student will be guided toward an understanding of the nature of the baptized person in relation to God’s love and His law. What follows is the student’s ability to view and respond to moral issues facing the Christian of the 21st century in the light of truth and the Ten Commandments. These moral situations include: abortion, adoption, artificial contraception, capital punishment, cohabitation, crime, euthanasia, homosexual union, infanticide, physician-assisted suicide, pornography, pre-marital sex, stem cell research, stewardship and voluntary sterilization. Catholic social teaching and its related topics are also incorporated into this study. *Refer to Christian Service.*

142 Theology 4 **1 credit** **level 3**
Senior Theology is designed to use the experience of our past as a means of giving direction, guidance, and inspiration to our present and our future as a community of believers. The material is a practical and effective juxtaposition of the events of the past and the people who lived through them, giving testimony to the inestimable value of our experience of life, society, and religion as Catholic Christians. Students will begin to examine in a disciplined way the fundamental call to holiness and how to discern the particular way in which God might be calling them to serve the mission of the Church.
Refer to Christian Service.

154 World Religions/ Catholic Social Teachings **1 credit** **level 2**
This semester based course is to help students understand the manner in which the Catholic Church relates to non-Catholic Christians as well as to other religions of the world. The course is intended to help students to recognize the ways in which important spiritual truths can also be found in non-Catholic Christian churches, ecclesial communities, and non-Christian religions. This course will also afford students the opportunity to recognize the ways in which other systems of belief and practice differ from the Catholic faith.

Catholic Social Teachings affords students the opportunity to be introduced to the Church's social teachings. Students will learn how Christ's concern for others, especially the poor and needy, is present in the Church's social teaching and mission. Students will engage in live social justice activities to support the marginalized members in our local community.

English Department

206 Freshman Grammar (HGAM) **0.25 credits** **level 2**
This is a quarter course that emphasizes the most significant aspects of English Grammar. These include parts of speech, phrases and clauses, and elements of style. The focus of the course will be to ensure that all students are able to write clear, concise paragraphs. This is the initial stage of the writing program at Holy Redeemer that includes Writing Seminar in the sophomore year and Rhetoric in the junior year.

215 Themes in Classic Literature **1 credit** **level 1**
Students are offered a course which dwells on an appreciation of a sampling of classic literary works. A study of Greek and Roman mythology, fables, Shakespeare's *Romeo and Juliet*, and an examination of basic literary terms which apply to classical and modern writings will be emphasized.

216 Classic Literature **1 credit** **level 2**
Students enrolled in this college preparatory course will examine writings of Greek writers as a way of complimenting the historic/cultural study which freshmen undertake. They will read *Antigone*, and selections from mythology. They will also study Shakespeare's *Romeo and Juliet*. Additionally, more contemporary literary works will be included to ensure that students have a fundamental knowledge of the basic literary terms necessary for understanding modern literature. The modern novel, short stories and poetry will be included in their studies. In addition, students will study aspects of grammar not included in the Freshman Grammar Course.

- 217 Honors Classic Literature** **1 credit** **level 3**
Students will be introduced to classical writings which correspond to their studies in Ancient Civilization and their study of Latin. The works include Sophocles' *Antigone*, Shakespeare's *Romeo and Juliet* and an introduction to mythology. Other literary works will be included to ensure that students have a fundamental knowledge of the basic terms necessary for a clear understanding of classic and modern literature. The modern novel, short stories and poetry will be included in their studies. In addition, teachers will determine the needs of the students regarding grammar skills which are essential to improve writing and for success on the SAT's.
- 221 Themes in American Literature** **1 credit** **level 1**
This course is designed to give the student an appreciation for the works of America's greatest writers. Modern poetry, novels, and short fiction will be emphasized. Grammar study will focus on the skills students need to improve their writing.
- 222 American Literature** **1 credit** **level 2**
This course presents a chronological study of American Literature. In addition to classroom discussion, writing skills will also be emphasized to examine critically the fiction and poetry of America. A continuing vocabulary program and a study of sentence structure, verbals, punctuation, and the parts of speech are also included.
- 223 Honors American Literature** **1 credit** **level 3**
Students will undertake an in depth study of American Literature from the time of the early settlers to the present day. Emphasis is placed on the study of America's major writers. Numerous novels will be critically examined. A grammar review will include sentence structure, the parts of speech, and verbals.
- 231 Themes in British Literature** **1 credit** **level 1**
This course offers a general study of Britain's principal authors. An emphasis is placed on improving reading, comprehension, and writing skills. A general grammar review is also included.
- 232 British Literature** **1 credit** **level 2**
This is a college preparatory course for juniors which serves as a chronological survey of British literature from the Anglo-Saxon period to the present. Periods to be studied include Anglo-Saxon, Medieval, Elizabethan, Jacobean, Puritan, Restoration, Age of Pope and Johnson, Romantic, Victorian, and Modern. Students will also learn how to read and write critically about literature. A Shakespearean work will also be studied.
- 233 Honors British Literature** **1 credit** **level 3**
This course for juniors presents a chronological study of the major periods in English literature. The student is introduced to the Anglo-Saxon Era, Medieval English, the Elizabethan Age, the Neo-Classical Period, the Romantic Revolt, the Victorian Age, and Twentieth Century British Literature. A minimum of four novels/plays will be covered in depth.
- 241 Themes in World Literature** **1 credit** **level 1**
Practical experience dealing with communication and appreciation of the world's outstanding writers is stressed. The forms of literature that are studied include poetry, the novel, the short story, drama, and the essay. Students will also review the basic principles of grammar as they apply to effective writing.

- 242 World Literature** **1 credit** **level 2**
This course offers the student an overview of the classics of World Literature in a varied collection of drama, poetry, fiction, and nonfiction from across the centuries and around the world. Representative Classical, Medieval, Renaissance, Neoclassical, Romantic, Victorian, and Modern literature includes selections from Greece, Italy, Russia, Germany, France, Spain, England, and America.
- 243 Honors World Literature** **1 credit** **level 3**
Students will display advanced reading, interpretive, and critical thinking skills as they examine works from the world's most famous authors. The works selected reflect the writing styles and cultures of writers/philosophers from Ancient Greece to Modern America. Students will analyze various literary genres including the novel, drama, epic poetry, the essay, short fiction, biblical literature, philosophy, and poetry.
- 244 AP Literature and Composition** **1 credit** **level 4**
This course provides the student with the opportunity to study closely many of the challenging and complex works included in the AP Course of Studies. The primary emphasis will be placed on the student's ability to write clearly and coherently, as well as with some insight and critical awareness concerning the works read and discussed in class. Discussions should stimulate the intellect and force the student to think critically about major issues. Students will be required to take the AP English Literature exam.
- 262 Rhetoric and Research** **1 credit** **level 2**
This course is a primer focused on the student's ability to develop a coherent argument, whether it is an oral presentation, a structured speech, or a written essay. Students will come to understand the importance of studying the rhetorical situation of a text and will be expected to use the most effective means of persuasion in speech and writing. Required for juniors, this course will also include a research paper element that will address the major requirements of the Modern Language Association (MLA) format.
- 263 Honors Survey of Dramatic Literature** **1 credit** **level 3**
Honors Survey of Dramatic Literature, open to Juniors and Seniors, is an exploration of dramatic literature through theatre of various genres, time periods and locales—from the ancient Greeks to Shakespeare to contemporary plays not covered in the English Department's Literature Courses. The plays will be examined for their literary style, dramatic characteristics, themes, and cultural importance. The course will investigate how dramatic literature shapes society, and how society shapes dramatic literature through a mix of careful reading, critical discussion, literary analysis and on-your-feet, get-into-character dramatic performance.
- 267 Honors Rhetoric** **1 credit** **level 3**
This course will analyze persuasive arguments from the greatest thinkers throughout history, covering both classical and contemporary writers and orators. Students will develop their ability to critically examine formal arguments in written, oral, and visual forms through the lens of the rhetorical appeals and the rhetorical situation. An MLA research paper will be a requirement of the course. Students will also be required to do formal recitations of varying lengths. This course is a prerequisite for AP Literature and Composition.

266 Literature and Film**1 credit****level 2**

This course focuses on the characteristics of the novel and film. The students will read and analyze literary works and the film adaptations of selected novels and plays. Each piece of literature will be chosen for its literary merits and also for the quality of the film adaptation of that work. Film terms and movie-making processes will be identified so that students will have a foundation for evaluation and analysis.

272 Journalism**1 credit****level 2**

This course develops disciplined skills in journalistic writing and production. Students are guided in the process of improving their ability to convey ideas and impressions and to determine facts. Research, observation, and evaluation of the media and media technology are stressed. Topics include news, features, editorials, sports writing, and production; the history, ethics, and laws of journalism, print design, editorial management, and career opportunities. In connection with workshop experience, work on journalistic productions may be included.

282 Honors Short Fiction/Creative Writing**1 credit****level 3**

The Study of Short Fiction and Creative Writing is an elective available to juniors and seniors. This dual perspective course is designed for students who have an interest in both short story genre and imaginative writing. The first semester is an intensive study of short fiction exploring the elements of fiction, literary devices and techniques, and various writing styles. The second semester challenges students to transition from reader to author. Students will utilize inspiration drawn from the published works studied to create original short fiction, following the writing process from inception of an idea to polished final draft. Class requirements include a desire to read, strong writing skills, self-motivation, self-discipline and the ability to meet deadlines.\

292 Graphic Novel Studies**1 credit****level 2**

This course is a college prep level course designed to explore one of the world's greatest storytelling media. Throughout this course, students will learn how to read a graphic novel, how to understand its content, and how to examine and interpret the graphic artwork that enhances the story. Students will be asked to compare how a story might be read differently when read in its actual novel form versus its graphic novel form.

378 Writing/Logic**1 credit****level 2**

The writing course will cover a semester and will focus on the student's ability to produce clear, coherent paragraphs. The mechanics of writing such as topic sentences, appropriate punctuation, agreement, and style will be taught throughout the course. Students will eventually work on five-paragraph essays to display their progress.

The logic course, a semester course for sophomores, will present techniques for solving various word problems and will cover the basic principles and methods of valid reasoning. Problem solving strategies will include the application of accurate reading methods, the creation and use of logical plans, process justification, and solution checking. Problem solving skills will develop through the understanding of the parts of a problem. These include estimating solutions, using charts and tables, recognizing patterns, transforming formulas, sketching to visualize information, and maintaining previously learned math skills.

379 Honors Writing/Logic**1 credit****level 3**

Similar to 378 Writing and Logic, the Honors level course will provide a semester of Writing and a semester of Logic. The writing course will move to five-paragraph essays more quickly and will also focus more specifically on style. The logic course will offer more challenging word problems in order to prepare students for the Math section of the SAT and PSAT.

Math and Computer Science

301 Concepts of Algebra**1 credit****level 1**

This course is designed to introduce the concepts of Algebra and provide practice with improving arithmetic skills. Practice in problem solving and mathematical reasoning is emphasized. Content is presented with a focus on techniques leading to solving a variety of algebraic equations.

303 Honors Geometry**1 credit****level 3**

This course is an accelerated study of the area of geometry. Deductive and Inductive Reasoning are used to develop direct and indirect proofs. Right triangles, circles, similar figures, area, volume, and coordinate geometry are studied in depth. Problem solving is interwoven throughout the course. In addition, the course provides a solid foundation for the study of trigonometry and calculus.

Freshmen are eligible for this course by achieving a qualifying score on the math placement exam and completing Algebra 1 in 8th grade.

Sophomores may take the course by excelling in Math 312 Algebra 1.

TI-30 calculator recommended but not required.

312 Algebra 1**1 credit****level 2**

This course is an organized approach to the ideas and concepts of algebra. Content is presented on various levels to permit students who had difficulty in previous math courses to achieve success. The emphasis is placed on effective procedures in problem solving, and the communication of student reasoning, orally, and in writing. This facilitates student confidence and fosters an appreciation for mathematics as it relates to the world.

321 Concepts of Geometry**1 credit****level 1**

This course is designed to review and strengthen arithmetic and algebraic skills. Upon reaching this objective, these skills will be utilized in a variety of geometric applications with a continual review of algebra. *TI-30 calculator recommended but not required.*

322 Geometry**1 credit****level 2**

This course emphasizes the nature of deductive reasoning, discovering proofs and practice in inductive reasoning. A strong relationship between Algebra and Geometry is established through the application of theorems and postulates dealing with right triangles, circles, similar figures, and coordinate Geometry. Also, the applications in plane geometry are extended to solid Geometry.

TI-30 calculator recommended but not required.

331 Intermediate Algebra**1 credit****level 1**

This course continues the study of algebraic topics, which include operations with real numbers, simplifying polynomials, equations with one variable, factoring polynomials, simplifying powers, and simplifying rational expressions.

333 Honors Pre-Calculus**1 credit****level 3**

This course begins with a review of coordinate geometry and linear and quadratic functions. Polynomial equations and inequalities are discussed at length. Basic objectives include systematic problem solving, drawing graphs of higher degree equations, and finding equations of certain curves. The study of exponents, logarithms, and conics is also included. The concepts of elementary trigonometry are expanded to include identities, equation solving, graphs of functions, and the solutions of triangles.

TI-84 calculator is used extensively. (TI-84 may be borrowed from HRHS free of charge - if necessary.)

343 Honors Calculus/Analytic Geometry**1 credit****level 3**

This course is designed to benefit those who may be required to take Calculus as part of their college curriculum. Topics include a study of limits, derivatives, and integrals. Applications of these topics are extended to the areas of Analytic Geometry, Trigonometry, Physics, Business, and Economics. *TI-84*

calculator is used extensively. (TI-84 may be borrowed from HRHS free of charge - if necessary.)

344 AP Calculus**1 credit****level 4**

This course presents an intense study of the notion of limits and the limiting process. From the study of limits arise two of the most important topics of Calculus: derivatives and integrals. This course provides a sound background for students who are interested in a math or science major. Students will be

required to take the Advanced Placement Calculus exam. *TI-84 calculator is required. (TI-84 may be borrowed from HRHS free of charge - if necessary.)*

345 Math Concepts**1 credit****level 1**

This course, available to seniors, will review fundamental arithmetic and algebra processes learned during the high school math courses. There will also be a discussion of applied, consumer, business and practical math. *TI-30 calculator recommended but not required.*

346 Trigonometry/Pre-Calculus**1 credit****level 2**

In the trigonometry part of the course students will study trig functions and their graphs (with changes in period and amplitude), identities, inverses, simple trig equations, right triangle and oblique triangle problem solving. Pre-Calculus topics include the study of functions, graphs of functions, transformation and combinations of functions, composite and inverse functions, as well as an introduction to sequences and series. Calculator required *TI-30 calculator recommended but not required*

373 Honors Algebra 2/Trig.**1 credit****level 3**

This course offers a development of the structure of the real and complex number systems. Students will learn to simplify expressions and solve equations including but not limited to polynomials, radicals, and complex fractions. Emphasis is placed on abstract thinking and multiple representations of relations (graph, function, table, etc.). Algebra 2 is expanded in the fourth quarter with an exploration of trigonometric ratios and functions and their relation to the unit circle. *TI-30 calculator recommended but not required.*

374 AP Statistics**1 credit****level 4**

The purpose of this course is to prepare students to use the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students are exposed to four broad conceptual themes: exploring data by describing patterns and departures from patterns, planning and conducting a study through sampling and experimentation, anticipating patterns by exploring random phenomena using probability and simulation, and estimating population parameters and testing hypotheses using statistical inference. All students will be required to sit for the AP Statistics Examination in May. *TI-84 calculator is required. (TI-84 may be borrowed from HRHS free of charge - if necessary.)*

376 Statistics/Finite Math**1 credit****level 2**

This course is designed for seniors who may not have an interest in studying Calculus as they prepare for college. The course begins with a study of math topics such as linear equations and inequalities, systems of linear equations and inequalities, matrices, programming (non-computer) with two variables, and a survey of finance topics, which could include interest, compound interest, amortization and annuities, and continues with the study of statistics topics such as permutations, combinations, probability using counting technique, Bayes' Theorem, dispersion, distribution, and logic. *TI-30 calculator recommended but not required.*

378 Writing/Logic**1 credit****level 2**

The logic course, a semester course for sophomores, will present techniques for solving various word problems and will cover the basic principles and methods of valid reasoning. Problem solving strategies will include the application of accurate reading methods, the creation and use of logical plans, process justification, and solution checking. Problem solving skills will develop through the understanding of the parts of a problem. These include estimating solutions, using charts and tables, recognizing patterns, transforming formulas, sketching to visualize information, and maintaining previously learned math skills.

The writing course will cover a semester and will focus on the student's ability to produce clear, coherent paragraphs. The mechanics of writing such as topic sentences, appropriate punctuation, agreement, and style will be taught throughout the course. Students will eventually work on five-paragraph essays to display their progress.

379 Honors Writing/Logic**1 credit****level 3**

Similar to 378 Writing and Logic, the Honors level course will provide a semester of Writing and a semester of Logic. The writing course will move to five-paragraph essays more quickly and will also focus more specifically on style. The logic course will offer more challenging word problems in order to prepare students for the Math section of the SAT and PSAT.

382 Algebra 2**1 credit****level 2**

This course continues to build a solid foundation of algebraic skills and concepts. Topics include the number system, linear relationships, polynomials and factoring, equations and inequalities, and functions and graphs. *TI-30 calculator recommended but not required.*

352 Computer Applications 1 1 credit level 2
Students are provided with an in-depth coverage of word processing, spreadsheet, and PowerPoint applications using Microsoft Office. Each application is fully integrated. Desktop publishing is also covered. Students are provided an introduction to and are taught the fundamentals of the computer, telecommunications and the Internet, including research and safety. Students should be willing to complete projects in these areas including outside work on projects. *Microsoft Office is recommended.*

357 Honors Basic/Visual Basic Programming 1 credit level 3
This course, available to sophomores, juniors, and seniors, will allow students to write structured programs using the BASIC language in the first semester. The students will be introduced to the complete syntax of BASIC, which includes subroutines, control structures, files, arrays, and graphics. In the second semester, the students will use their knowledge of BASIC in writing programs in Visual Basic. The students will learn how to create a Windows GUI using textboxes, command buttons, labels, option buttons, checkboxes, frames, drop-down boxes, and menus.

362 Honors Computer Applications 1 1 credit level 3
Students are provided with an in-depth coverage of word processing spreadsheets, ACCESS and PowerPoint applications using Microsoft Office at an accelerated pace. Each application is fully integrated. Students will be provided desktop publishing with Photoshop. Students are provided in-depth coverage of and are taught the fundamentals of the computer, telecommunications and the internet, including research and safety. Students should be willing to complete extensive projects in these areas including outside work on projects. *Microsoft Office is recommended.*

363 Honors Computer Applications 2 1 credit level 3
This course is a continuation of Computer Applications I or Honors Computer Applications I and focuses on the mastery of Microsoft Office, including Word, Excel, Access, and PowerPoint. Students will learn to create a web page on the Internet and an introduction to networking. Students learn desktop publishing by creating professional documents. Students will receive an in-depth look into Photoshop and Dreamweaver software. Students should be willing to complete extensive projects in these areas including outside work on projects. Students must be willing to work with others in class and complete group projects. *Microsoft Office is recommended.*

393 Honors Java Programming 1 credit level 3
Students are introduced to the basic syntax of Java using control structures, classes, arrays, inheritance, recursion, data structures, and applets. If time allows, the basics of HTML and web page design are included.

395 Honors Python Programming 1 credit level 3
Students are introduced to the basic syntax of Python, a multi-paradigm, general-purpose, interpreted, high-level programming language. Python allows programmers to use different programming styles to create simple or complex programs, get quicker results and write code almost as if speaking in a human language.

852 Accounting**1 credit****level 2**

This course provides a thorough introduction to the basic principles of accounting. Instruction includes information on keeping financial records, summarizing them for convenient interpretation, and analyzing them to provide assistance to management for decision-making purposes. Both manual and computerized accounting skills are taught. Automated accounting procedures will be introduced to give students hands-on experience in using computers to solve accounting problems. This course is valuable for all students, especially those who plan to study business, marketing, or management in college.

Science Department

Basic Scientific Calculators are required for all Chemistry and Physics classes.

412 Biology**1 credit****level 2**

This laboratory course presents fundamental principles and concepts applicable to all forms of life. A detailed study is made of the cell, plant, and animal structure and function, and the continuity of life and the transmission of characteristics to offspring. Characteristics of living organisms and adaptations associated with organisms representing biological kingdoms are emphasized allowing students to appreciate the unity underlying diversity.

413 Honors Biology**1 credit****level 3**

This laboratory course presents a more rigorous exploration of the fundamental facts and concepts that are essential to understanding biological phenomena and principles. Emphasis is placed on molecular and cellular biology to provide an understanding of the continuity of life and the transmission of characteristics to offspring. It is designed to present the features and problems shared by all living things.

421 Concepts of Biology**1 credit****level 1**

This course presents a survey and introduction to topics which comprise the first year course of Biology. The approach is practical and understandable, and uses familiar analogies and examples. Lab work is provided within the classroom.

422 Chemistry**1 credit****level 2**

This laboratory course is designed to present principles and concepts of chemistry in a logical sequence with emphasis on classroom reinforcement. Students learn to identify scientific problems and to recognize the importance of chemistry in the scientific world. Each, cycle laboratory experiments are designed to develop and reinforce the underlying principles of chemistry. The atomic theory, nature of matter, periodicity, mole concepts and stoichiometry are taught with lesser emphasis on the mathematical principles of chemistry.

423 Honors Chemistry**1 credit****level 3**

This lab course is an in depth study of the principles and concepts of chemistry. Topics include atomic theory, matter, chemical periodicity, mole concepts, and stoichiometry. The lab provides direct observation and measurement of chemical phenomena.

- 431 Concepts of Chemistry** **1 credit** **level 1**
This non-laboratory course is designed to present very basic concepts of chemistry in a clear practical manner. There is minimal emphasis on mathematics but students will be presented the same topics included in Chemistry 422 at a much more workable pace.
- 432 Physics** **1 credit** **level 2**
This lab course, geared for college bound students, provides a clear presentation of the major concepts of physics. Topics include motion, vectors, Newton's Law, projectile and circular motion, momentum, work, power, energy, heat and electricity.
- 433 Honors Physics** **1 credit** **level 3**
This lab course is designed for students with a strong interest in math and physical science. The essential concepts applied throughout the course include mechanics, thermodynamics, wave theory, optics, electricity and magnetism, atomic structure, nuclear reactions, and high energy physics.
- 445 Principles of Engineering** **1 credit** **level 2**
This course is designed to introduce students to the design process. Students will advance their knowledge of engineering through an exploration of multiple engineering fields. Students develop problem-solving skills by tackling real-world engineering problems through activity, projects, and problem-based learning. Students will utilize CAD software applications to produce technical drawings and models. This course challenges students to solve problems, collaborate with peers, explore career opportunities in engineering or related fields, and communicate their solutions.
- 446 Honors Engineering** **1 credit** **level 3**
This course continues to introduce students to engineering concepts that are applicable to a variety of engineering disciplines and empowers them to develop technical skills through the use of engineering tools such as 3-D modeling software, hands-on prototyping equipment, programming software, and robotics hardware to bring their solutions to life. Students apply the engineering design process to solve real-world problems across a breadth of engineering fields.
Prerequisite: Science 445 Pre or Corequisite: Science 432, 433, or 473
- 452 Biology 2** **1 credit** **level 2**
This course offers an expanded study of specific biological areas of interest and extensive laboratory acquisition of biological knowledge. Examples of possible topics include methods of scientific research, anatomy and physiology, biological chemistry, evolution, plants, and modern genetics. Current scientific articles from a variety of sources are used in this class.
- 453 Honors Anatomy/Physiology** **1 credit** **level 3**
This course is designed for students with a strong interest in health care careers such as medicine, physical therapy, occupational therapy, and nursing. Topics will include biochemistry, cellular biology, tissues, the ten organ systems, as well as pathology and the disease process
- 454 AP Biology** **1 credit** **level 4**
This course is a highly demanding, college level course dealing with interrelationships of structure and function of living organisms, and stresses the interdependence of all levels of organization of life forms. Students taking this course will take the Advanced Placement Biology exam.

463 Honors Environmental Science 1 credit level 3
Grades 11/12 Honors Meteorology 2024-2025 (even years)
Grades 12/11 Honors Environmental Science 2025-2026 (odd years)

This in-class laboratory course is designed for students interested in a career in environmental science that may include: environmental law, governmental park work, research, and wildlife management. Studies will include the interactions of living organisms, with both biotic and abiotic parts of their environment. Major environmental concerns of the day such as climate change, pollution and resource management will also be covered.

464 AP Chemistry 1 credit level 4

This is a highly demanding college level lab course designed for students who seek a science related career. Topics covered include analytical techniques, electrochemistry, nuclear chemistry, and organic chemistry. The lab will provide experience in quantitative and analytical approaches to problem solving. Students will take the Advanced Placement Chemistry exam.

473 AP Physics I 1 credit level 4

This course is a highly demanding college level lab course. The course is Algebra based and will cover kinematics, dynamics, momentum, energy, centripetal motion, Newtonian gravity, rotational motion, mechanical waves, electrostatics, and DC currents.

474 AP Physics II 1 credit level 4

This is a highly demanding college level lab course intended for students interested in careers in science, engineering, or medical fields requiring college physics. The course will cover Einsteinian Physics (Modern Physics) including thermodynamics, Magnetism, AC Electricity, E-M Waves, Geometric Optics, Relativity and Quantum Particles. Students will take the Advanced Placement Physics exam.

476 Honors Meteorology 1 credit level 3

Grades 11/12 Honors Meteorology 2024-2025 (even years)
Grades 12/11 Honors Environmental Science 2025-2026 (odd years)

This in-class laboratory based course is an introductory high-school level course that will introduce students to the most basic and fundamental concepts of meteorology. Students will learn about the various layers of the atmosphere, clouds, and precipitation, tropical weather, winter weather, and severe weather including an in-depth look at just how a tornado forms. Students will also take regular observations of weather as if they were a meteorologist. In addition to the above requirements, students will also present quarterly case studies on significant weather events.

482 Marine Ecology 1 credit level 2

This is a hands-on course designed for students interested in living organisms that live in estuaries and oceans. It will include Algebra, Biology, Chemistry, Earth Science, research, and lab skills. Students will focus on different marine environments and the organisms found in them. Topics will include ecological interaction and adaptations of plants, shellfish, crustaceans, fish, sharks, marine mammals, marine reptiles, sea birds and more.

484 Natural Science **1 credit** **level 2**
This course offers four different cross curricular/STREAM topics for college preparatory students. Topics include Pennsylvania life (Art); Meteorology (Math/Technology); a project based on energy, inventions, and scientists (Engineering/3D printing/Theology); and Landscaping (Art). This STREAM-based course offers both devoted class time and a “hands-on” approach to these topics

Social Studies Department

535 Themes in United States History 2 **1 credit** **level 1**
This course will focus on major events in American history from the Civil War era to the early 20th century. It will include such topics as the Civil War, Industrialism, the Spanish-American War, the Great Depression, and both World Wars. Written handouts, maps, audio-visual aids, and class discussions will be utilized to prompt student participation.

536 United States History 2 **1 credit** **level 1**
This course will focus on the social, political, economic, and cultural issues from the American Civil War to the early 20th century. Topics will include the American Civil War, the Gilded Age, Westward Expansion, the Age of Imperialism, the Progressive Movement, World War I, the 1920's, the Depression, the New Deal, and World War II. Students will use primary and secondary sources to further their understanding of these topics.

537 Honors United States History 2 **1 credit** **level 3**
This course provides students with the opportunity to study the events, trends, and philosophy of the people of the United States from the post-Civil War era to the early 20th century. Topics will include the American Civil War, the Gilded Age, Westward Expansion, the Age of Imperialism, the Progressive Movement, World War I, the 1920s, the Depression, the New Deal, and World War II. Emphasis will be placed on the student's ability to analyze and think critically using primary and secondary sources. Students will form their own evidence-based interpretations of historical events using historical skills and defend those interpretations.

544 AP US History **1 credit** **level 4**
This course for juniors and seniors is an introductory college-level American history course. Students will investigate significant events, developments, and processes from approximately 1492 to the present. This course will cover political, economic, social, intellectual, and cultural development in American history from Native American migration through the post-Civil War period to the present. Students will develop and use the same skills and methods historians employ in analyzing primary and secondary sources, developing historical arguments, making historical connections, and reasoning about comparison, causation, and continuity/change over time. Students are required to take the AP US History exam

545 Themes in World History **1 credit** **level 1**

This course is a study of the major events in the history of World Civilizations, beginning at the time of the French Revolution, and concluding in our current day. Topics will include government structures, religious movements, changes in society, and the spread of ideas and information which occurred as a result of the printing press. Students will also study the reasons for, and results of the two World Wars, as well as the rise and fall of totalitarian governments, including the events of the Cold War and the 21st century.

546 World History **1 credit** **level 2**

This course will detail major events in world history beginning with the French Revolution and moving through the present day. The religious movements, societal changes, and government structures of major western civilizations will be a focus. In addition, students will discuss the causes and effects of the two World Wars, as well as major issues in the 21st century.

547 Honors World History **1 credit** **level 3**

With the use of extensive outside reading, students will discuss the topics that have shaped our world since the French Revolution. Through the scope of religion and government, students will compare and contrast the cultures that have dominated the world. The French and Russian revolutions, as well as the two World Wars, will be major themes covered in the course. Finally, students will focus on the significant topics facing our world in the 21st century.

553 Honors Introduction to Economics **1 credit** **level 3**

This course for juniors and seniors is designed to introduce the student to various aspects of the American economic system. Attention will be paid to the basic structure of the American economy, its interrelationship with world economic factors, and the operation of the financial markets on a national and global basis. Students will be expected to be involved in the Pennsylvania State Stock Market Game. They will also be required to be active in the Holy Redeemer Investment Club.

554 AP US Government and Politics **1 credit** **level 4**

This course, available to juniors and seniors, gives students an analytical perspective on government and politics in the United States. This course includes both the study of general concepts used to interpret American politics and the analysis of specific examples. It also requires familiarity with the various institutions, groups, beliefs, and ideas that constitute American politics. Topics include Constitutional underpinning of the US government, political beliefs and behaviors, political parties, interest groups, mass media, institutions of national government, public policy, civil rights, and civil liberties. Students are required to take the AP US Government and Politics exam.

564 AP European History **1 credit** **level 4**

This course for juniors and seniors, is an introductory college-level European history course. Students will cultivate their understanding of European history by analyzing historical sources and learning to make connections and craft historical arguments as they explore concepts like the interaction of Europe and the world, economic and commercial developments, cultural and intellectual developments, states and other institutions of power; social organization and development; national and European identity; and technological and scientific innovation. Students will investigate significant events, developments, and processes from approximately 1450 to the present. Students will develop and use the same skills and methods historians employ in analyzing primary and secondary sources, developing historical

arguments, making historical connections, and reasoning about comparison, causation, and continuity/change over time. Students are required to take the AP European History exam.

565 Psychology/Sociology 1 credit level 2

This semester-based course is designed to present the student with a general overview of Psychology as both a pure and applied science. It will emphasize how psychologists generate hypotheses and theories about human behavior. The students will be exposed to the divisions of psychology. Basic theories in these areas will be covered as well as the scientific procedures used by psychologists to originate such theories.

Sociology is the study of human behavior and social structure. In this semester students will examine social phenomena from an academic perspective, looking for patterns of social interactions and how those social interactions influence human behavior. Through a variety of methods, students will explore different sociological ideas from an education perspective in order to develop their own social perspectives and critical thinking skills.

575 Themes in Civics and Government 1 credit level 1

This course is the study of government, especially in the United States. Students will study the ways in which government is organized, controlled by people, the many things it does, and the various ways that it does them. The system is complex and is made up of many different parts, performing different functions. The parts are studied to understand the whole and the effects of ongoing change in the system. Topics include an overview of: the Foundations of Government, the Executive Branch, Political Parties and Behavior, the Legislative Branch, the Judicial Branch, State and Local Governments and International Studies.

576 Civics and Government 1 credit level 2

This course provides students the opportunity to study the ways in which government is organized, controlled by people, and functions. The system is complex with different parts performing different functions. The parts are studied in order to understand and explain the whole and the effects of ongoing change in the system. Topics include: the Foundations of Government, the Executive Branch, Political Parties and Behavior, the Legislative Branch, the Judicial Branch, State and Local Governments and International Studies.

577 Honors Civics and Government 1 credit level 3

This course will challenge students to study the ways in which government is organized, controlled by people, and functions. The system is complex with different parts performing different functions. The parts are studied in order to understand, analyze and explain the whole and the effects of ongoing change in the system. Topics include: the Foundations of Government, the Executive Branch, Political Parties and Behavior, the Legislative Branch, the Judicial Branch, State and Local Governments and International Studies.

574 AP Psychology 1 credit level 4

This course is equivalent to an introductory college course in Psychology. It introduces students to the systematic and scientific study of behavior and mental processes of human beings and animals. Students are exposed to the psychological facts, principles, and phenomena associated with each of the major subfields of psychology. Students also learn about the methods utilized by psychologists in their science and practice. Topics include history and approaches, research methods, biological cases of behavior, sensation and perception, states of consciousness, learning, cognition, motivation and emotion, developmental psychology, personality, testing and individual differences, abnormal psychology,

treatment of psychological disorders, and social psychology. Students are required to take the AP Psychology exam.

581 Modern American Historical Perspective 1 credit level 2

This course will span the time period in American history from the 1900's to present day. It will emphasize an approach to history that utilizes different perspectives to analyze and interpret modern American history. It is designed to learn how to interpret historical sources, analyze them, and compose research papers that are aimed at historical thinking. Students will be required to read outside of class in preparation for class discussions. In addition, students will compose research papers each marking period. Students will be able to develop as historical thinkers, including chronological thinking and recognizing change over time; contextualizing, comprehending and analyzing historical literature; researching historical sources; understanding the concept of historical causation; understanding competing narratives and interpretation; and constructing narratives and interpretations.

Foreign Language Department

612 Spanish 1 1 credit level 2

This course presents and teaches Spanish as a means of communication within the context of the Spanish-speaking world and its culture. It will develop the four basic language skills: listening, speaking, reading, and writing. Primary emphasis is placed on comprehension and speaking through practical material which will help each student attain an acceptable degree of proficiency.

622 Spanish 2 1 credit level 2

This course strengthens the basic foundation presented in Spanish 1. It continues to develop the four basic language skills. This course will help each student attain a degree of proficiency in the language as well as a meaningful comprehension of the contemporary Spanish world and its culture.

623 Honors Spanish 2 1 credit level 3

Students who excelled in Spanish I may continue their study of the language at the Honors level. The course is designed to assist those students who wish to take Spanish 3 and 4, perhaps even studying Spanish at the collegiate level.

633 Honors Spanish 3 1 credit level 3

This course is an introduction to complex grammar structures, as well as a review of the grammar already studied. It introduces the student to Hispanic literature and continues the study of Hispanic civilization and culture. More emphasis is placed on reading comprehension and improvement of the student's ability to express himself in written Spanish and will further the development of the student's oral skills. This course will be taught at a rapid pace and will be conducted mostly in Spanish.

643 Honors Spanish 4 1 credit level 3

This course will continue the presentation of the Hispanic world through literature, grammar review, and vocabulary development. Emphasis is placed on comprehension of the selections and on written composition. The course goals are threefold: to increase the reading power of the student, to develop the student's ability to express verbally at a proficient level, and to develop a sense of achievement. Students will have the opportunity to take the AP Spanish exam. This will require students to prepare beyond classroom instruction.

652 French 1 **1 credit** **level 2**

This course teaches French as a means of communication within the context of the contemporary francophone world and its culture. It introduces the four basic language skills: listening, speaking, reading, and writing. Primary emphasis is placed on comprehension and speaking in practical and natural situations to help each student attain an acceptable level of proficiency.

662 French 2 **1 credit** **level 2**

This course strengthens and extends the basic foundation begun in French 1. It continues to develop the four language skills within the context of the contemporary francophone world and its culture. The level of proficiency will be enhanced.

663 Honors French 2 **1 credit** **level 3**

Students who excel in French I may elect to take Honors French 2. This course will provide a solid foundation for a continuation of the study of the language in the third and fourth years. The course will continue to develop the four language skills within the context of the contemporary francophone world and its culture.

673 Honors French 3 **1 credit** **level 3**

This course is an introduction of complex grammatical structure as well as a review of the French language through a study of French literature, reading and writing selections, and a continuum of oral proficiency. The course goals are to study complex grammar structures, to increase reading comprehension skills, to improve the student's ability to express himself in written French, and to encourage the further development of the student's oral skills. Students will be expected to do research outside of the classroom.

683 Honors French 4 **1 credit** **level 3**

This course continues the presentation of the francophone world through literature. Emphasis is placed on comprehension of selections, writing endeavors, and further development of the student's ability to express himself/herself conversationally. The students have the opportunity to take the AP French exam. This will require preparation outside of the classroom.

691 Latin 1 **1 credit** **level 2**

This course develops the student's ability to read and comprehend Latin. The course emphasizes a precise and pure pronunciation, an accurate and concise knowledge of forms and syntax, and an acquisition of a basic vocabulary. The study of Latin through English expressions and Roman life and culture is also emphasized.

695 Honors Latin 2 **1 credit** **level 3**

This course offers progressive development in the ability to read and comprehend Latin through a review of the vocabulary, inflections, and grammatical principles learned in the first year. Also, the forms and syntax essential for reading selections from a wide range of Latin authors are stressed. The students become acquainted with the life, language, literature, and contributions of the Romans to the western world.

693 Honors Latin 3**1 credit****level 3**

This course teaches Latin prose and poetry in alternate years. The prose course comprises the life and works of Caesar, Cicero, and Pliny, as well as the events of the late Republic and early Empire. Special emphasis is placed on advanced grammatical constructions, mythology, and rhetorical devices. The poetry course includes the works of Catullus, Horace, Ovid, Terrence, and, most significantly, Vergil. Emphasis is placed on forms and syntax from previous levels, mythology, metrics, and poetic devices.

694 Honors Latin 4**1 credit****level 3**

This course teaches Latin prose and poetry in alternate years. The prose course comprises the life and works of Caesar, Cicero, and Pliny, as well as the events of the late Republic and early Empire. Special emphasis is placed on advanced grammatical constructions, mythology, and rhetorical devices. The poetry course includes the works of Catullus, Horace, Ovid, Terrence, and, most significantly, Vergil. Emphasis is placed on forms and syntax from previous levels, mythology, metrics, and poetic devices.

Fine and Performing Arts Department

206 Art Appreciation (HGAM)**0.25 credits****level 2****Required course for all freshmen**

This course, part of the freshman seminar, exposes the student to a variety of artistic experiences by exploring areas of art appreciation, history, and experimental art. Students are expected to develop art literacy, sensitivity, and an appreciation for various media of visual expression. The course will also provide students with the opportunity to engage in hands-on work.

206 Music Appreciation (HGAM)**0.25 credits****level 2****Required course for all freshmen**

This course, part of the freshman seminar, is a basic ‘hands-on’ course designed to incorporate the elements of music including: The Why and How music happens with opportunity to compose and play instruments while learning about and listening to music of all genres including: Popular, Broadway, Folk, Contemporary and more.

722 Basic Studio Art**1 credit****level 2**

This course introduces students to the elements of art. The course focuses on basic artistic skills and design principles. It aids students in developing the use of visual language focusing on traditional and modern techniques. Historical trends and master artists will be studied using texts, computer programs, the internet and outside research materials. Introductory approaches to various styles of art including realism, abstract and non-objective art will also be explored.

723 Honors Studio Art**1 credit****level 3**

This advanced studio course develops the main themes of art: traditional & modern art. The media areas covered are drawing, painting, sculpture, and graphics. Students will explore subjects such as still life, figure and portrait, landscape and nature. Historical trends and master artists will be studied using texts, websites, internet sources and library research. Students will develop and prepare a presentation portfolio.

724 AP Studio Art 1 credit level 4

The Advanced Placement Studio Art course enables highly motivated students to perform at a college level while still in high school. Students enrolled in this course will work in one of three categories of the College Board mandated portfolios. The area of Drawing, Two dimensional design or Three Dimensional Design may be explored. Students are expected to produce a minimum of 29 works of art in a variety of media, techniques and using design principles and showing a full understanding of the fundamentals of visual language. The development of a body of art work that is the student's choice and the application of the critical process (oral and written) are emphasized. Students are required to submit a portfolio to the College Board for evaluation to receive college credit.

732 Decorative Art 1 1 credit level 2

This class will involve the use of various media and techniques to produce art products designed to represent diverse cultures. Students will study other cultures to further understand their own. Projects will be based on a variety of craft ideas gathered from civilizations around the world and through the ages.

736 Decorative Arts 2 1 credit level 2

The Decorative Arts 2 explores the arts that enhance our environment. Basic principles of color and design are applied as they relate to the decorative arts. Students who take Decorative Arts 2 will have an opportunity to work on an advanced level in the Decorative arts. This course will allow for a more in depth study of topics in Decorative arts which were introduced in Decorative Arts 1. Topics may include: interior design, faux painting, stenciling, advanced ceramics, printmaking, photography, stitchery and textile design processes.

741 Introduction to Visual Arts 1 credit level 2

This class introduces design theory, principles, and training with industry software. Students will create projects for Film, TV, Video Games, as well as User Interfaces for apps and devices. The course will help students develop graphic design skills and photo-manipulation techniques. Students will create a foundation with which they can create full compositions and prepare assets for film, TV, and Advertising.

742 Graphic Design 1 credit level 2

This course continues the study of visual communication using Adobe Creative Suite CS6 software. Graphics Design will give students the opportunity to continue a more in depth study of concepts introduced in Graphic Design. Students will explore marketing and branding techniques in advertising using advanced skills in computer design. Video editing techniques will be used along with creative animation and web design using Adobe Fireworks, Flash, Dreamweaver, Photoshop and Illustrator software. Students will create advertising campaigns for various commercial interests. Further work in package design and print publications will be explored.

781 Chorus 1 credit level 2

This course is designed for students who are members of Combined Chorus. It meets 5 days of the 6 day cycle. This class eliminates after school rehearsals. It provides the student with instruction on vocal production; develops musical understanding and skill in unison and part-singing; acquaints the student with various styles of choral literature and affords the student an aesthetic experience through ensemble singing in class, at rehearsal and in performance. Combined Chorus presents a December performance and a Spring Concert annually. Chorus students also provided service/musical entertainment at local nursing homes before each public performance and are invited to join the choir for school liturgies.

782 Honors Chorus**1 credit****level 3**

This course is designed for students who are members of Chorus. This class eliminates after school rehearsals. It provides the student with advanced and in-depth instruction on vocal production with the opportunity for individual solo singing, cantoring, a cappella singing, preparing for competitive vocal auditions as well as ensemble singing for all school music events and Liturgies as listed above.

792 Theater Arts**1 credit****level 2**

This full credit course is designed to provide an overview of the theatre experience, dealing with topics such as the development of theatre, the structure and varieties of drama. Students are exposed to the art of acting, along with improvisation, pantomime, and voice direction. Class projects will include monologues and scene work. Another area of study is the element of design including set, costume, lighting, and make-up for a variety of productions. The topics will be explored in three sections: Exploration, in which students will learn about basic tools and techniques; Preparation, in which students begin to get ready for a production; and Performance, in which students move through the rehearsal process to opening night. This course will help students develop a respect for all types of theatre productions.

793 Honors Drama/Theater Arts 2**1 credit****level 3**

This honors level class introduces the ideas, skills, and aesthetic issues that comprise the creation of the theatrical event. Students will have the opportunity to participate in the entire play production process, from the selection of a show, through the audition, up to the actual performance. The students will explore the different roles associated with the theatre process, including: director, producer, actor, and stage manager. Students will produce at least three plays throughout the year. The students will incorporate the techniques learned in Basic Drama/Theatre Arts I throughout this course. In addition, students will be encouraged to take an active role in the annual school musical in the fall.

794 Honors Drama/Theater Arts 3**1 credit****level 3**

This honors level class offers students the opportunity to participate in the entire play production process, from the selection of a show, through the audition, up to the actual performance. The students will explore the different roles associated with the theatre process, including: director, producer, actor, and stage manager. Students will produce at least four plays throughout the year, including a comedy, a drama, and musical. In addition, students will explore playwriting techniques by writing, producing and directing a short one act play using the other members of the class as their production company.

Health and Physical Education

206 Health Education (HGAM)**0.25 credits****level 2**

This course is designed to teach students that their health is in their own hands. Risks of developing chronic diseases increase dramatically when following negative health habits. Students are encouraged to develop positive decision-making skills in dealing with health choices. Topics will include physical fitness, nutrition, substance abuse, infectious diseases, and goal setting.

922 Physical Education**0.25 credit****level 2**

This course is required of all students and is mandated by the Pennsylvania Department of Education. It presents the students with an understanding of basic rules, skills, and techniques included in a variety of team and individual sports. It will familiarize students with various lifetime activities. A physical fitness test will be given to each freshman student at the beginning of the school year to be used in conjunction with the Health Education course. All students will be able to apply learned skills for recreational purposes outside of the school setting.

966 Nutrition/First Aid**1 credit****level 2****Grades 11/12 Sports Psychology 2024-2025 (even years)****Grades 12/11 Nutrition/First Aid 2023-2024 (odd years)**

As a college major, nutrition is one of the fastest growing college majors on campuses across the country. This course is offered as an introduction to the various aspects of nutrition and to the careers that may result from study in this discipline. It offers a balanced presentation of the science of nutrition and covers topics and issues that concern students. It also encourages them to actively participate and to think about how course material they are reading is relevant to their own lives. The second portion of the course is an applied first aid course titled "Responding to Emergencies" developed by the American Red Cross. The course is taught by a certified Red Cross instructor, ensuring that students will be certified in first aid, CPR, and the use of the AED upon successful completion.

968 Sports Psychology**1 credit****level 2****Grades 11/12 Sports Psychology 2024-2025 (even years)****Grades 12/11 Nutrition/First Aid 2023-2024 (odd years)**

This course will provide students with knowledge about psychological factors that affect performance in sports such as motivation, concentration, focus, confidence, anxiety and relaxation. Students will also be introduced to mental skills that will enhance performance, make athletic participation more enjoyable, and can learn skills that can transfer to other aspects of their lives. Specific skills to be covered include: how to set measurable goals and strategies to achieve them, visualization and imagery techniques, leadership, team building, and how to best cope and recover from injuries.

992 Principles of Athletic Training**1 credit****level 2**

This course is an introduction to the principles applied by athletic trainers in the treatment of sports injuries. The course will include a review of basic anatomy and physiology and further work in the treatment modalities used to get the injured athlete back to pre-injury condition. This course is for students with an interest in athletic training, physical therapy, or sports medicine. Field trips to see college facilities and to receive information are part of the curriculum.

967 Athletic Training 2**1 credit****level 2**

This course is a continuation of Principles of Athletic Training. It is offered to seniors who have successfully completed Principles of Athletic Training and who are interested in pursuing the fields of Athletic Training, Physical Therapy or Sports Medicine. The course will include a review of basic anatomy and physiology and further work in the treatment modalities used to return injured athletes back to pre-injury condition. This course will offer CPR training and the use of an AED by a trained Red Cross instructor as well as first aid treatment.

831 Paths to Success**1 credit****level 2**

This course will offer students the opportunity to learn to better plan, manage, organize, and complete their course of studies throughout their high school experience. This is a course that will help students to understand time management, their personal learning styles, and how to more efficiently navigate in-depth readings. Topics that will be covered include utilizing the Google Suite package, conducting research, presenting projects, and honing in on study skills.