



**ADVANCED COMPUTER APPLICATIONS #6840**  
**Grades: 9 (Required Course) (.5 Credit)**

**Course Description:** The Advanced Computer Applications course is designed to reinforce existing formatting skills and to acquaint students with the advanced features of Microsoft Word, Power Point, and Excel. The course also provides students with the formatting skills used in the educational and business world.

**ALGEBRAIC CONCEPTS #3910**  
**Grade: 9 (.5 Credit)**

**Course Description:** Algebraic Concepts answers the frequently asked question, "When am I EVER going to use Algebra?" Through real world simulations, this course dives deeper into how understanding algebra knowledge and skills will help students in their daily tasks and perhaps even accomplish their life goals.

**WELLNESS/FITNESS II #9428**  
**Grades: 10, 11, 12 (.5 Credit)**

This course is mandatory for all sophomores

Course Materials: Folder with pockets, composition book, appropriate clothes for movement

**Course Description:** Continue the journey into vibrant health with exploring the consequences of risky behavior. Any risky behavior that interferes with life can be devastating to self, family, peers and society. Alcohol and drug use, misuse, and abuse, along with other risky behaviors can affect our lives. Wellness II students will study chronic and infectious diseases, and more importantly disease prevention. Students will also participate in a variety of lifetime fitness activities including badminton, volleyball, shuffleboard, Frisbee, and strength training.

**SAT PREP #5512**  
**Grades: 11, 12 (.5 Credit)**

**Course Description:** The SAT Prep course is designed to prepare students for the SAT. Through practice exercises and quizzes, the students develop strategies and skills needed to achieve success on the verbal and writing sections of the test, focusing on sentence completions, reading comprehension, standard written English usage, and impromptu essay development. Students will take ownership of their own progress as this course focuses on individual student growth. All work will be student-centered, with significant peer interaction and individual reflection. Student progress will be monitored via a baseline test, frequent checks, and comparison to PSAT results.

**ADVANCED PHYSICAL FITNESS # 9534**  
**Grade: 10, 11,12 (.5 Credit)**

**Course Description:** Advanced Physical Fitness will teach you lifelong training techniques. Experience the new fitness center as you become physically literate in advanced training techniques for C3 workouts – cardiovascular, core conditioning, and circuit training. These advanced training techniques will also use medicine balls, physio balls, bosu balls, weighted bars, and body weight exercises.

**EARTH AND SPACE SCIENCE # 4936**  
**Grade: 10, 11,12 (.5 Credit)**

**Course Description:** Earth and Space Science focuses on the study of the Earth's lithosphere, atmosphere, hydrosphere, and its celestial environment. Students enrolled in this course analyze Earth's interconnected systems and how they are changing due to natural processes and human influence.