



## **WASATCH HIGH SCHOOL ELECTIVE COURSE CATALOGUE**

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## **World languages and dual immersion program courses**

\*language is not required for graduation, but is recommended for 2 consecutive years for college readiness, NCAA, scholarships, out-of-state university admissions, and improving English for English language learners.

### **SPANISH 1**

**1.0 credit**

**Grades 9-12**

Spanish 1 is a full year course in which students are introduced to the Spanish language. They will learn the basics of speaking, listening comprehension, reading and writing in the target language. The course will introduce the students to basic vocabulary and language structure (e.g. verb conjugations and culture study).

### **SPANISH 2**

**1.0 credit**

**Grades 9-12**

Prerequisite: C- or better in SPANISH 1

Spanish 2 is a full year course in continuation of Spanish 1 which broadens the study of vocabulary and structure. New grammatical concepts introduced during the year will include irregular and reflexive verbs and past tense. Students will continue practicing the language around a variety of vocabulary themes. Speaking, listening comprehension, reading, and writing in the target language are emphasized. Hispanic culture and customs are also included.

### **SPANISH 3 CE (Spanish 1020)**

**1.0 credit**

**Grades 10-12**

Prerequisite: C- or better in SPANISH 2

Spanish 3 is a full year course in continuation of Spanish 2 which broadens the study of vocabulary and structure even further. New grammatical concepts introduced during the year will include conditional, future, and perfect tenses. Speaking, listening comprehension, reading, and writing in the target language are emphasized. Hispanic culture and customs are also included.

**SPANISH 4 CE (Spanish 2010)****1.0 credit****Grades 11-12**

Prerequisite: C- or better in SPANISH 3

This course is design for students who have successfully completed Spanish 1, 2 and 3. The class is conducted completely in Spanish and all communication is in the target language. It is intended for students who wish to develop a strong command of the Spanish language with proficiency in integrating the four language skills of listening, reading, speaking, and writing. In the course, students will review grammatical structures, synthesize written and aural materials, and have extensive practice in both interpersonal and presentational speaking. Students will also be exposed to the world of literature and current events of Spanish speaking countries.

**AP SPANISH****1.0 credit****Grades 10-12**

Prerequisite: SPANISH 3 or 4 and teacher recommendation

Students read, summarize, analyze and discuss authentic selections, mimic native pronunciation, discuss current events and other cultural topics. AP Spanish requires advanced levels of grammatical accuracy and vocabulary. The goal of this course, conducted entirely in Spanish, is to expand the knowledge of the Spanish language and culture and to practice the skills and strategies necessary to perform successfully on the AP exam.

**SPANISH FOR NATIVE HERITAGE SPEAKERS 1****1.0 credit****Grade 9**

This course focuses on improving the reading and writing proficiency through the study of Hispanic Literature and culture. Students will study various writing styles, expand their vocabulary, and review grammar and spelling. A variety of genres and authors will be read and students will create their own compositions. This course focuses on improving the reading and writing skills of native Spanish speakers. It will also cover a review of grammar and spelling. Students will learn about the history and art of the Spanish speaking world. We will explore different types of art and learn about its significance in the Hispanic culture. We will also learn about the history of Hispanic countries like, Spain, Peru and Mexico.

**SPANISH FOR NATIVE HERITAGE SPEAKERS 2****1.0 credit****Grade 10**

This is a full year course designed for continuing Spanish for native speaker students. During this course, the students will go more in depth with grammar concepts, vocabulary, spelling, writing, and reading comprehension. Students will also read and analyze two Spanish novels and continue learning about Hispanic history and culture.

**SPANISH FOR NATIVE HERITAGE SPEAKERS 3****1.0 credit****GRADE 11****DUAL IMMERSION SPANISH COURSES FOR DUAL STUDENTS ONLY:****DLI SPANISH 5 HONORS****1.0 credit****Grade 9 only****DLI SPANISH POP CULTURE: Spanish 3116****1.0 credit****Grades 10-12**

Prerequisite: Spanish AP Language and Culture exam score of 3 or higher. This course considers the role that current film, media, and entertainment play in the Spanish-speaking world. Students in this course will be exposed to the historical and cultural perspectives presented through these media. Students will utilize interpretive communication skills (listening and reading) in order to speak and write in detail and in an organized way about events and experiences in various time frames, to confidently handle routine situations with an unexpected complication, and to share their point of view in writing and discussions on some complex cultural and historical issues.

**DLI SPANISH BREAKING DOWN WALLS, BUILDING IDENTITIES; Spanish 3117****1.0 credit****Grades 10-12**

Prerequisite: Spanish AP Language and Culture exam score of 3 or higher This course considers how critical moments of change in the Spanish-speaking world

have shaped the present by building new identities. By the end of this course, students will be able to discuss familiar topics as well as some concrete social, academic, and professional topics. Students will utilize interpretive communication skills (listening and reading) in order to speak and write in detail and in an organized way about events and experiences in various time frames, to confidently handle routine situations with an unexpected complication, and to share their point of view in discussions on some complex cultural and historical issues.

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## **FRENCH 1**

**1.0 credit**

**Grades 9-12**

This course introduces students to the French language and elements of French culture. Emphasis is on oral proficiency within the contexts of personal introductions, food and restaurants, family, descriptions of people, clothing and shopping.

## **FRENCH 2**

**1.0 credit**

**Grades 10-12**

Prerequisite: C- or better in FRENCH 1

French 2 is designed to further develop students' proficiency in speaking, listening, and reading in the French language. Students continue to learn about French culture. Contexts for language study include clothing and shopping, homes and chores, health, travel and transportation.

## **FRENCH 3**

**1.0 credit**

**Grades 11-12**

Prerequisite: C- or better in FRENCH 2

Students who take French 3 will continue to develop their oral proficiency as well as their ability to read and write in the French language. Topics of language study at this level include celebrations, transportation, daily routines, sports and leisure.

## **FRENCH 4**

**1.0 credit**

**Grades 11-12**

Prerequisite: C- or better in FRENCH 3

The French 4 program continues working on the four language learning skills. Reading will include short stories as well as cultural/historical information. This assists students in developing better reading skills and helps in familiarizing them with the culture of the target language. Conversations and writing projects based on the readings also provide them with opportunities to

improve oral proficiency and practice writing skills. Finally, real life language samples provided by technology (e.g. radio programs and podcasts) allow students to be exposed to a variety of native speaker speeches and reinforce listening comprehension skills.

## **JAPANESE 1**

**1.0 credit**

**Grades 9-12**

A one-year course giving students a strong foundation in Japanese. Emphasis will be placed on oral communication skills, listening and speaking. Reading and writing skills will also be developed using the hiragana and katakana syllabaries. Some kanji will be introduced. Various aspects of Japanese customs, culture, history, and geography are also addressed.

## **JAPANESE 2**

**1.0 credit**

**Grades 10-12**

Prerequisite: C- or better in JAPANESE 1

A second year course designed to develop stronger oral communications (speaking & listening) skills. More emphasis will be given to reading, writing (hiragana, katakana, and kanji), and grammar skills. Students also undertake a more in-depth study of Japanese customs, culture, and history.

## **JAPANESE 3**

**1.0 credit**

**Grades 11-12**

Prerequisite: JAPANESE 1 and 2 with competent skills in the hiragana and katakana syllabaries

A full year course designed to increase the abilities of advanced students of Japanese. The areas of reading and writing will be developed greatly through use of kanji and literature. Oral proficiency (speaking and listening) will increase through the use of daily conversation and instruction given in Japanese. Cultural aspects of Japan will be studied in greater detail.

## **JAPANESE 4**

**1.0 credit**

**Grade 12**

Prerequisite: JAPANESE 1, 2, and 3 with competent skills in the hiragana and katakana syllabaries

A full year course which builds upon the listening, speaking, reading, and writing skills developed in previous years of Japanese language study. Emphasis will be placed on oral proficiency. Additional Kanji characters will be introduced as students learn more about reading and writing in Japanese.

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## **FINE & PERFORMANCE ARTS**

\* 1.5 credits required from visual or performance arts

### **DANCE 1**

**.50 credit**

**Grades 9-12**

Dance 1 is a beginning level dance class; no prerequisite. Students will develop a foundation in the skills of technique, strength, flexibility, alignment, coordination, and performance qualities (focus, confidence, artistic intent). They will have the opportunity to explore various genres of movement as well as incorporate the elements of dance (space, time, energy and meaning) to create their own work to perform at our dance concert. This course counts for elective PE or art credit.

### **DANCE 2**

**.50 credit**

**Grades 9-12**

Dance 2 is an intermediate level dance class; Dance 1 is highly recommended but not a prerequisite. Students will further develop a foundation in the skills of technique, strength, flexibility, alignment, coordination, and performance qualities (focus, confidence, artistic intent). They will have the opportunity to explore various genres of movement as well as incorporate the elements of dance (space, time, energy and meaning) to create their own work to perform at our dance concert. This course counts for elective PE or Art credit.

### **DANCE 3**

**1.0 credit**

**Grades 9-12 (by instructor approval only)**

Dance 3 is an advanced level dance class; instructor permission is required. Students will continue to develop the skills of technique, strength, flexibility, alignment, coordination, and performance qualities (focus, confidence, artistic intent). They will have the opportunity to explore various genres of movement as well as incorporate the elements of dance (space, time, energy and meaning) to

create their own work to perform at our dance concert. Dance 3 students will have multiple opportunities to perform. This course counts for elective PE or art credit.

## **DANCE COMPANY**

**1.0 credit**

**Grades 9-12 (by audition only)**

Dance Company is a performing group; AUDITION ONLY. It is an advanced course covering instruction in all aspects of producing and performing a dance production such as: choreography, costume design and selection, music selection, perfection of the program, teaching dance, arts appreciation, advanced technique, etc. Dance Company performs at school assemblies, half-times, all dance concerts and any other opportunities we can find. This course counts as elective PE or Art credit.

## **SOCIAL DANCE 1**

**.50 credit**

**Grades 9-12**

Social Dance 1 is a beginning level class; no prerequisite. This course will teach the basics of line dance and folk dance. We will also learn proper etiquette and styling for ballroom dances such as: basic waltz, foxtrot, swing, cha-cha, samba, tango, and more. Students will perform at the end of the semester dance concert. This course counts as elective PE or Art credit.

## **SOCIAL DANCE 2**

**.50 credit**

**Grades 9-12**

Social Dance 2 is an intermediate level class; Social Dance 1 is a prerequisite. This course will teach more advanced line dance and folk dance. We will also perfect proper etiquette and styling for ballroom dances such as: waltz, foxtrot, swing, cha-cha, samba, tango, and more. Students will perform at the end of the semester dance concert. This course counts as elective PE or Art credit.

## **BALLROOM DANCE TEAM**

**.50 credit**

**Grades 9-12 (by audition only)**

Ballroom Dance Team is a performing group; AUDITION ONLY. This is an advanced course where members will perfect styling and performing in all types



of ballroom dance. Quality performances and learning advanced choreography will be the focus of this team. This course counts for elective PE or Art credit.

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### **GUITAR 1**

**.50 credit**

**Grades 9-12**

Students will learn basic chord shapes, will learn to note read, and will learn tablature. Students will be exposed to different music styles including folk, classical, rock, pop, and jazz. Students will perform in small groups and alone. Students are required to provide their own acoustic guitar.

### **GUITAR 2**

**.50 credit**

**Grades 9-12**

Prerequisite- Guitar 1, or middle school class guitar, or 1 yr. private lessons  
This class is a continuation of Guitar 1 emphasizing technique, alternative chord shapes, and bared chords. Students will study music history surrounding the music they will learn in class. Students will arrange music and will advance their note reading ability. Students will be required to perform alone and in ensembles.

### **BEGINNING ORCHESTRA**

**1.0 credit**

Have you always wished you could play violin, viola, cello, or bass but never had the opportunity? This class is for you – an orchestra course for students with no experience, or for those who have taken orchestra in the past but would like a refresher. We start with the very basics and build up. At the high school level, we expect to move more quickly than most younger groups, and you will be playing fun and rewarding music within the first couple months!

No instrument? No problem; we have instruments available for your use

### **Symphonic Orchestra Prerequisites -**

**Grades 9-12**

**1.0 credit**

2 years' experience or instructor approval An orchestra for the developing musician, emphasizing the continuation of technical proficiency, general musical knowledge, and expanding musicianship. The need for conscientious practice is understood, private lessons encouraged, in the journey to broaden our

understanding and live deeply. Orchestra festivals, solo and ensemble festivals, and concerts outside of class time may be required; travel opportunities also possible.

### **Chamber Orchestra**

**Grades 9-12**

**1.0 credit**

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Prerequisite - Audition/instructor approval, proficiency in higher positions  
An orchestra for the advanced music student, emphasizing higher level technical skill and ensemble technique, and sophisticated musicianship as we explore the more difficult orchestra literature. The need for conscientious practice is understood, private lessons encouraged, in the journey to broaden our experience and live deeply. Participation in region and state orchestra festivals and concerts is required, solo & ensemble festivals encouraged, travel opportunities an added bonus. Harpists welcome!

### **JAZZ BAND (BYAUDITION/APPROVALONLY)-EARLY MORNING**

**.50 credit**

**GRADES 9-12**

Prerequisite: proficiency on instrument; Trumpets, Trombones, Saxophones, and rhythm (bass, piano, guitar, drum set) instrumental musicians will learn to swing and play other jazz, funk, rock, and Latin styles. Students will learn jazz history, jazz theory, and improvisation. Practice is expected and private lessons are strongly encouraged. Jazz band festivals, various performances, concerts, and practice are requirements outside of class time.

### **CONCERT BAND**

**1.0 credit**

**Grades 9-12**

Prerequisite- 2 years of previous instrumental instruction, or instructor approval  
In this instrumental wind band, musicians will continue to develop proper technique, express musicianship, further theoretical knowledge, and deepen their understanding of music history through recordings and articles. Scales and exercises are learned and practiced, and grade 3-4.5 music is read and perfected. Practice is required and private lessons are encouraged. Concert band festivals, solo and ensemble festivals, and concerts are requirements which occur outside class time.

### **SYMPHONIC BAND**

**1.0 credit**

**Grades 9-12**

Prerequisite- 2 years of previous instrumental instruction, and Audition  
Required

n this instrumental wind band, musicians will continue to develop proper technique, express musicianship, further theoretical knowledge, and deepen their understanding of music history through recordings and articles. Scales and exercises are learned and practiced, and grade 4-5 music is read and perfected. Practice is required and private lessons are encouraged. Concert band festivals, solo and ensemble festivals, and concerts are requirements which occur outside class time.

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## **PERCUSSION**

### **1.0 credit**

#### **Grades 9-12**

Prerequisite- 1 year of middle school percussion ensemble, or 1 year of private percussion and/or piano lessons.

Students will learn proper stick technique, rudiments, scales, and note reading. Students will be required to learn pitched mallet instruments including xylophone, marimba, and vibraphone, and will learn unpitched instruments including snare drum, cymbals, drum set, and various auxiliary percussion. Percussion ensemble students will accompany wind bands on all concerts. Practice, concerts, and festivals are requirements that occur outside of class time. Private lessons are encouraged.

## **PERCUSSION 2**

### **1.0 credit**

#### **Grades 10-12**

Prerequisite is Percussion 1 and audition/approval.

## **LADIES' CHOIR**

### **.5 / 1.0 Credit**

#### **Grades 9-12**

This course offers young women the opportunity to develop musical potential through singing in a choral ensemble. Students will develop healthy vocal technique, cultivate beautiful tone, and learn to read music with increasing fluency so that they will have the skills to enjoy participation in choral ensembles throughout their lives. Over the course of the semester, students will perform music in various styles and languages and will work to achieve choral blend. Students will perform in concert. Prior choral and/or musical experience is strongly recommended.

## **MEN'S CHOIR**

### **.5 / 1.0 credit**

#### **Grades 9-12**

This course offers young men the opportunity to develop musical potential through singing in a choral ensemble. Students will develop healthy vocal technique, cultivate beautiful tone, and learn to read music with increasing

fluency so that they will have the skills to enjoy participation in choral ensembles throughout their lives. Over the course of the semester, students will perform music in various styles and languages and will work to achieve choral blend. Students will perform in concert. Prior choral and/or musical experience is strongly recommended.

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## **CONCERT CHOIR**

### **1.0 credit**

#### **Grades 10-12 (by audition or instructor approval only)**

Concert Choir is a large mixed ensemble which performs music in a variety of styles and languages. Students learn to read music with increasing fluency and work to develop healthy and beautiful tone. Principles of choral blend and responsible rehearsal habits are emphasized. Members of Concert Choir perform in at least three choral concerts throughout the year, in region and state festivals, and at various school events. Students who participate in this course will be prepared to contribute to choral ensembles throughout their lives.

## **ADVANCED LADIES' CHOIR**

### **1.0 Credit**

#### **Grades 10-12 (by audition only)**

This advanced choral ensemble of 20-40 singers learns and performs challenging music in a variety of styles and languages throughout the year. Students should have an understanding of basic music theory and good vocal technique. Preference is given to those who have previously participated in choir classes. Members of the ensemble perform in at least three choral concerts, in region and state festivals, and at various community events. The course prepares students for participation in collegiate and community ensembles after high school.

## **CHAMBER CHOIR**

### **1.0 credit**

#### **Grades 11-12**

Prerequisite: Audition

This advanced choral ensemble is for students who have well-developed sight-singing skills, who are literate in musical notation, and who understand healthy vocal technique. Chamber Choir learns and performs challenging music in a variety of styles and languages. Preference is given to those who have previously participated in choir classes and who have demonstrated responsibility and musicality. Members also perform with Concert Choir. Some rehearsals outside of class time are required. The ensemble performs in at least three choral concerts, region and state festivals, and numerous school and community events

## **BELL CHOIR (early morning)**

**.5 credit (full year)**

**Grades 9-12**

**Prerequisite: Ability to read music well, possible audition** Bell Choir is a select group of ten or eleven musicians who perform using English handbells. Students will work to develop excellent technique, musicality, and sense of ensemble. Members of this group should be prepared to perform in at least three concerts during the school year as well as at various community events.

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## **MUSIC 1010 CE: INTRODUCTION TO MUSIC**

**.50 credit**

**Grades 9-12**

This is a survey course designed to make music more meaningful. Students study melody, harmony, form, and rhythm, together with historical and biographical information.

## **AP MUSIC THEORY**

**1.0 credit**

**Grades 11-12**

**Prerequisite:** Ability to read and understand musical notation The AP Music Theory course is designed to develop a student's ability to recognize, understand, and describe the basic materials and processes of music that are heard or presented in a score. These goals are achieved through the development of aural, analytical, and compositional skills using listening and written exercises. The course also includes creative tasks such as the harmonization of a melody by selecting appropriate chords, composing a musical bass line to provide two-voice counterpoint, or the realization of figured-bass notation. The course should prepare students to take the AP Music Theory test in May and to be ready for study of music at the collegiate level.

## **THEATER 1**

**.50 credit**

**Grades 9-12**

This course introduces students to fundamental knowledge and skills for performance and design. Students will explore pantomime, improvisation, elements of production design, individual and ensemble performance, and dramatic literature.

## **THEATER 2: IMPROVISATION**

**.50 credit**

**Grades 9-12**

**Prerequisite:** Theater 1

This course refines improvisation basics with an emphasis on collaboration and team building. Students expand improvisation repertoire and develop problem-

solving and conflict resolution skills. Improvisation study includes collaboration with professional performing artists.

## **THEATER 2: ACTING INTENSIVE**

**.50 credit**

**Grades 9-12**

Prerequisite Theater 1

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This course expands the skill and versatility of the actor through a study of theatre history, characterization methods, acting and directing theory, and musical theatre. This class is designed for students who have a serious interest in performance.

## **THEATER 3: ADVANCED THEATER-teacher permission**

**.50 credit**

**Grades 10-12**

Prerequisite: Theater 2 acting intensive

Students in Advanced Theatre continue an intensive study of acting and elements of production design. The course of study includes peer directing, stage movement, ensemble acting, and competitive theatre. Students also expand their audition portfolio.

## **THEATER 4: PRODUCTION**

**1.0 credit**

**Grades 10-12**

Prerequisite: audition

Students in this course study theatrical design and performance. Skill sets include choreography, stage direction, acting styles, audition preparation, and ensemble performance. Full participation in co-curricular productions and field observations of professional productions are required components.

## **THEATER TECHNICAL**

**1.0 credit**

**Grades 9-12**

Prerequisite: Theater 1 or instructor approval

Students in Technical Theatre develop knowledge and skills in design and management of set construction, theatrical lighting, sound, special effects for school and community events. Participation in co-curricular projects is required.

## **ART FOUNDATIONS**

**.50 credit**

**Grades 9-12**

This is a semester course that emphasizes the elements and principles of design. Students will gain knowledge through assorted mediums to create compositions that exhibit knowledge and creativity of basic art techniques. Students will be introduced to an individual approach to problem solving as well as creative solutions for artistic challenges. (This class fulfills the prerequisite requirement for all other visual arts classes including: Drawing, Interior Design, Global Art, Painting, Jewelry, Sculpture, Pottery, Photography, and Graphic Design). Sketchbook required.

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## **POTTERY**

**.50 credit**

**Grades 9-12**

Prerequisite: art foundations

Students will learn and utilize various construction methods including: slab, coil, pinch, use of molds and wheel throwing to complete at least 20 pieces.

Assignments include both functional and decorative pieces, incorporating design elements and principles.

## **POTTERY ADVANCED**

**.50 credit**

**Grades 9-12**

Prerequisite: pottery

Students will explore techniques used in beginning pottery to achieve a higher mastery of skills. Students will learn what it takes to become a professional ceramic artist in multiple disciplines while given more freedom to gain a mastery over areas of choice. New skills students will discover include, mold making, firing techniques, and closer looks into the lives of professional potters/artist.

## **DRAWING**

**.50 credit**

**Grades 9-12**

Prerequisite: art foundations

This drawing course builds on students' skills from foundations of art. The Elements and Principles of Art are the focus of drawing technique and creativity.

This class is designed for a motivated student who wants to improve their drawing skills. Students will be exploring the use of drawing pencils, ink pens, and colored pencils. Projects will include drawing from reference materials as well as observational drawing. Sketchbook must be purchased for this course.

## **DRAWING 1020 CE**

**.50 credit**

**Grades 11-12**

Prerequisite: drawing or painting

This advanced drawing course builds on students' skills from drawing. The Elements and Principles of Art are the focus of drawing technique and creativity. This class is designed for a motivated student who wants to improve their drawing skills or earn college credits. Students will be exploring the use of pencils, ink pens, and colored pencils. Projects will include drawing from reference materials as well as observational drawing. Sketchbook must be purchased for this course.

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## **PAINTING**

**.50 credit**

**Grades 9-12**

Prerequisite: art foundations

This is an introductory course that focuses on the fundamentals of painting. Students will use watercolor, tempera, and acrylic paint. This class is structured to offer students an opportunity to further their knowledge of the principles and elements of art. They will explore composition and color theory. Technique and mixing principles are introduced on canvas boards. Students will also gain higher level thinking and problem-solving skills.

## **PAINTING ADVANCED**

**.50 credit**

**Grades 11-12**

Prerequisite: painting

This is a more advanced painting course that builds on Painting One. Students will be challenged to explore assorted painting techniques on larger and various canvases. Students will be encouraged to build on ideas from painting one with more of a risk-taking approach to technique and color mixing. Students will gain higher level thinking skills and an aesthetic approach for painting. Students will be involved in art shows and competitions.

## **JEWELRY**

**.50 credit**

Grades 9-12

Prerequisite: art foundations

This is a semester class which will instruct students in the design and construction of jewelry and useful objects from silver, brass, nickel and copper. Skills covered in the first quarter will include: cutting, piercing, soldering, applique, and ring construction. The second quarter will include advanced design and construction with the opportunity to construct chains, set stones and explore other projects of choice.

## **JEWELRY ADVANCED**



**.50 credit**

**Grades 9-12**

Prerequisite: Jewelry

This is a semester class which will continue the design and construction concepts learned in Jewelry. More advanced projects and processes will be taught. Students will have the opportunity to further develop their skills and explore choice in projects while making professional-level jewelry pieces.

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## **SCULPTURE**

**.50 credit**

**Grades 9-12**

Prerequisite: art foundations

This class explores the various materials used to create sculptures, which include wood, plaster, steel and stone. Students learn how to manipulate these materials and use sculpting tools safely. They analyze other works of sculpture through reading, discussion and critique and examine geometric, abstract and organic forms. This class is generally taken first in a sculpture program

## **DIGITAL PHOTOGRAPHY 1**

**.50 credit**

**Grades 9-12**

Prerequisite: art foundations

Digital Photography is an introduction to photography and digital media. We will address the history of photography, camera function, composition, taking digital images and preparing those images for printing, printing, as well as manipulating digital images using Photoshop. Students will need a DSLR for this course. There is a \$50.00 fee for this class.

## **DIGITAL PHOTOGRAPHY 2**

**.50 credit**

**Grades 9-12**

Prerequisite: digital photography

Photography Digital 2 is designed for students who want to further enhance their photographic knowledge and abilities. It is an application of the skills learned in Photography Digital with an emphasis on professional jobs and assignments used in commercial photography. Advanced Photoshop techniques will be taught. It is expected that students will be able to find creative solutions to visual problems. Students need to be motivated to put in the time necessary to complete projects. A portfolio of student work will be expected at the end of the course. Since the industry standard for equipment is a DSLR, it is highly recommended that students have access to a DSLR for this course.

## **FILM PHOTOGRAPHY**

**.50 credit**

**Grades 10-12**

Prerequisites: digital photo 1

This is a basic photography class which allows students to explore the black and white photographic process. Students will learn how to apply basic techniques in the shooting of film, developing of film, and in printing photographs.

Photographic composition will be stressed, along with creative problem solving.

Students need a 35 mm SLR style camera that has manual shutter speed and aperture settings. There are several cameras that can be rented for \$50.00 for the semester. This class requires high student motivation and dedication.

Students must also buy photo paper and film throughout the semester

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## **DIGITAL GRAPHIC ARTS INTRODUCTION**

**.50 credit**

**Grades 9-12**

This course is designed to provide students with the basic knowledge and skills related to the graphic design industry. It is intended to serve as a starting point for several pathways, including digital media, graphics and printing, 3D animation and game development. This includes instruction and hands on assignments in creative design and layout, typography, color, related software, and computer and professional skills.

## **GRAPHIC DESIGN 1**

**1.0 credit**

**Grades 10-12**

Prerequisite: digital graphics arts intro

This is a one-semester, project-based class that introduces the students to the world of graphic design. Students will learn the basics of two of the most

commonly used design applications; Adobe Illustrator and Adobe

Photoshop. Projects might include posters, greeting cards, photo-manipulations, photos-corrections and enhancements, and self-portraits. Students will also study screen printing.

## **GRAPHIC DESIGN 2**

**1.0 credit**

**Grades 11-12**

Prerequisite: graphic design 1

The primary objective of this course is to introduce the student to the Elements and Principles of Design as they relate to composition. We will be studying two-dimensional formats as they relate to a series of different design problems with an emphasis on formal organization (composition) and esthetics (design).

## **GRAPHIC DESIGN 3 CE**

**1.0 credit**

**Grade 12**

UVU ART 1400H72 Graphic Computer Applications

Prerequisites: GRAPHIC DESIGN 1 and GRAPHIC DESIGN 2

This course introduces the student to the concepts and software related to visual communication and the creation and production of art. It will teach one how to create and modify digital images using Adobe Photoshop and Adobe Illustrator.

We will also cover basic page layout skills using Adobe InDesign.

The primary objective of this course is to introduce the student to the application of the Elements and Principles of Design as they relate to real world design problems and their solutions.

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### **GRAPHIC DESIGN YEARBOOK PRODUCTION**

**1.0 credit**

**Grades 11-12**

Prerequisite: graphic design 2 and teacher permission

This is Wasatch High School's yearbook creation class. It will be managed like a traditional design firm. We have positions like layout artists, photographers, and copywriters. This class is open to students who have taken at least one of the other design classes and at least one other art class.

### **UVU ART 1010: DISTANCE LEARNING CE**

**1.0 credit**

**Grade 12**

Develops an appreciation of the visual arts by investigating the elements and principles of art, art criticism, art production, and the history of art. Includes written critiques and assignments. Requires students to identify works of arts and describe their significance in writing

### **AP STUDIO ART**

**1.0 credit**

**Grade 12**

In the AP Studio Art Class students work on completing 24 artworks in either the Drawing or 2-D category. Students will be challenged to create unique, original artwork that is personal to them. College level work is expected as this course is designed to prepare a portfolio to be submitted to the college board. A portfolio is comprised of two parts, a sustained investigation of an idea and breadth, which shows a variety of skills and techniques. If students receive a 3, 4, or 5 grade on their portfolio they will receive college credit.

### **UVU ART 1010;INTRO TO VISUAL ARTS-DISTANCE EDUCATION**

**1.0 credit**

**Grade 12**

Develops an appreciation of the visual arts by investigating the elements and principles of art, art criticism, art production, and the history of art. Includes

written critiques and basic art projects. Requires students to identify works of art and describe their significance in writing.

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## **ENGLISH/WRITING BASED ELECTIVE COURSES**

### **CREATIVE WRITING**

**0.5 Credit**

**Grades 9-12**

Creative Writing is for students who are interested in exploring a variety of creative writing outlets. We will study novels, short stories, poems, and narrative nonfiction. Our work will include reading published works by great authors (from classical to contemporary), writing, and learning to give positive and helpful feedback on others' work. There will be written assignments as "tests" and a final, polished portfolio project. This course is an elective and does not fulfill senior English graduation credit.

### **YOUNG ADULT LITERATURE**

**.50**

**GRADES 9-12**

This class will connect students with relevant independent reading that can help answer those bigger questions and problems that students wonder about. The hope is to fan the flames of curiosity amongst students and to develop readers who will become more world-view oriented and empathetic towards others with differing views and backgrounds. This class will dive deeper into themes and topics that we don't always have time to cover in a traditional English class. There will be a focus on student-led discussion groups.

### **DEBATE 1**

**0.5 Credit**

**Grades 9-12**

Debate 1 is an introductory course designed to improve students speaking and argumentation skills. Along with argumentation and speaking skills, this course prepares students to give presentations, look at both sides of an issue, and become an expert researcher.

## **DEBATE 2**

**1.0 Credit**

**Grades 10-12**

Prerequisite: Debate 1

This class is for the competitive Wasatch High School Debate team.

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## **PHILOSOPHY 205G-ETHICS & VALUES: DISTANCE LEARNING CE**

**Prerequisite: ENGLISH 1010**

**1.0credit**

**grade 12**

Challenges students to (1) develop knowledge and recognition of complexities inherent in global and intercultural issues, focusing on their ethical and normative dimensions with an emphasis on issues of ethics and values, (2) develop the ability to interrelate knowledgeably, reflectively, responsibly, and respectfully with a society of increasing intercultural connections, (3) critically read works of philosophy, literature, religion, and history toward understanding the basis of their ethical views; and (4) read, study, research, discuss, and write about difficult ethical issues. Focuses on global and intercultural issues with an emphasis on their ethical and normative dimensions. Engages students in serious reflection on issues of ethics and values as they relate to the students' own lives as knowledgeable, thoughtful, reflective, responsible, and respectful citizens within a society of increasing intercultural connections.

## **AGRICULTURAL ELECTIVES**

\*Future Farmer's of America (FFA) membership requires enrollment in one of the following courses

### **OUTDOOR RECREATION & NATURAL RESOURCE CONSERVATION**

**.50-1.0 credit**

**Grades 11-12**

This class is designed to introduce students to outdoor recreation opportunities, careers, and skills, while helping them learn about how to conserve and protect our nation's natural resources. Students will be able to certify in various outdoor recreation skills such as ATV/OHV certs, archery ethics, shooting sports safety, paddle sports cert, as well as other marketable skills that can open doors to the industries in our local area. Students will learn the value of maintaining and utilizing our natural resources through trainings such as leave no trace, forestry management, wildlife management and outdoor survival skills.

### **ANIMAL SCIENCE**

**1.0 Credit**

**Grades 9-12**

This course exposes students to a wide range of scientific principles, such as genetics, anatomy, physiology/nutrition, disease, pests, and management practices. The science processes of observation, measurement, hypothesizing, data gathering, interpretation, analysis, and application are stressed. Career opportunities and educational preparation are examined. Learning activities are varied, with classroom, laboratory, and field experiences emphasized.

### **ANIMAL SCIENCE 2**

**1.0 credit**

**Grades 10-12**

### **VETERINARY SCIENCE CE**

**1.0 credit**

## **Grades 10-12**

This class is for students exploring careers working with animals, and is offered every other year, opposite equine science.

### **EQUINE SCIENCE**

**1.0 credit**

**Grades 10-12**

Prerequisite: animal science recommended.

Students will be exposed to equine science and technology principles which include genetics, anatomy, physiology/nutrition, diseases, pests, and management practices. The scientific processes of observation, measurement, hypothesizing, data gathering, interpretation, analysis, and application are

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stressed. Career opportunities and educational preparation are examined.

Learning activities are varied, with classroom, laboratory, and field experiences emphasized.

### **AQUACULTURE 1**

**1.0 credit**

This is a hands-on laboratory-based course, focused on the scientific study of the husbandry of fish populations for recreational, ecological, and commercial purposes, and the application of such studies to the management of marine life resources and fisheries. The course includes instruction in principles of aquatic and marine biology, water resources, fishing production and management operations, fishing regulations, water quality monitoring, and the management of recreational and commercial fishing activities. There are many field activities as well as laboratory and classroom study in this course.

### **AQUACULTURE 2**

**1.0 credit**

**Grades 10-12**

Prerequisite: aquaculture 1

Continued aquaculture skills learned.

### **AGRICULTURAL MECHANICS 1**

**1.0 credit**

**Grades 9-12**

Agricultural Mechanics 1 students will learn basic skills related to the mechanical activities involved with agricultural production and service. Instruction includes field and laboratory application of the concepts taught. Students will develop skills in the areas of working hot and cold metal, tool reconditioning, plumbing, painting, bill of materials, small gas engines, and basic welding. Emphasis will be placed on safety and proper use of tools and equipment.

## **AGRICULTURAL MECHANICS 2**

**1.0 credit**

**Grades 10-12**

Prerequisite: ag. Mechanics 1

Agriculture Mechanics 2 students will develop knowledge and skills in the application of principles and techniques of power, structural, and technical systems used in the agricultural industry. Emphasis will be on selecting, operating, maintaining, servicing, and using agricultural power units and equipment. The course also includes agricultural uses of concrete and electricity. Safety and the proper use of safe practices will be integrated throughout the instruction. The instructional methods will involve applications of concepts being taught through classroom and laboratory instruction and supervised agricultural

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experience. Note: This course builds on knowledge and skills developed in Agricultural Mechanics 1.

## **AGRICULTURAL MECHANICS 3**

**1.0 credit**

**Grades 11-12**

Prerequisite: ag. Mechanics 2

Agriculture Mechanics 3 students will learn more advanced skills in the welding processes that will prepare them to apply technical knowledge and skill in the workplace and in project construction. Students will learn and practice knowledge, attitude, skills, and habits required to perform tasks autonomously and with minimum supervision, including the selection and use of appropriate techniques and equipment.

## **AGRICULTURAL MECHANICS 4**

**1.0 credit**

**Grade 12 only**

Prerequisites are: Ag mechanics I, Ag mechanics II and Ag mechanics III.

Students will learn more advanced skills in the welding processes that will prepare them to apply technical knowledge and skill in the workplace and in project construction. Students will learn and practice knowledge, attitude, skills, and habits required to perform tasks autonomously and with minimum supervision, including the selection and use of appropriate techniques and equipment.

## **FLORICULTURE & GREENHOUSE**

**1.0 credit**

**Grades 9-12**

Students will be exposed to greenhouse operations and management practices that will prepare the students to produce commercial plant species in a controlled environment and to manage commercial and experimental greenhouse operations. They will also learn the art of floral design through hands-on floral arranging activities. They will construct corsages, boutonnieres, bud vases, holiday arrangements, etc. Career opportunities in the exciting floriculture industry will also be available.



## **AGRICULTURAL BIOLOGY**

**1.0 Credit**

**Grades 9-12**

Biology Agriculture Science class is a hands-on laboratory based science curriculum that satisfies the Biological science graduation requirement. Students that are interested in agricultural or biological careers are encouraged to take this class. This course includes FFA, SAE and student leadership opportunities. The foundations of biology will be taught through relevant and applicable examples to everyday life. This class will qualify students to enter the Honors Science curriculum track at Wasatch High and satisfies the prerequisite for AP

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Biology. Biology/Agricultural Science is a foundational course for all of the CTE Agricultural Pathways.

## **AGRICULTURAL COMMUNICATIONS & LEADERSHIP**

**1.0 credit**

**Grades 10-12**

FFA Agricultural Communication and Leadership students will learn skills needed to manage an agricultural business. Instruction includes economics business principles and structures, business enterprise analysis, accounting, taxes, insurance, productivity, financing, capital resources, purchasing, government programs, commodity groups, contracts, estate planning, marketing, salesmanship, and the application of computer hardware and software in agriculture.

## **HEALTH CARE CAREER ELECTIVES CTE**

### **INTRO TO HEALTH SCIENCES**

**.50 credit**

**Grades 9-12**

This semester course is designed to create an awareness of career possibilities in health care and inform students of the educational options available for health science and health technology programs. Instruction includes beginning anatomy and physiology, medical terminology, medical ethics, diseases, and disorders. The course prepares students for the Medical Anatomy/Physiology course and/or for a variety of health technology programs.

### **MEDICAL TERMINOLOGY CE**

**.50 credit**

**Grades 9-12**

Prerequisite: 9<sup>th</sup> graders need to take intro to health science first

This course helps students understand the Greek- and Latin-based language of medicine and healthcare. Emphasis is placed upon word roots, suffixes, prefixes, abbreviations, symbols, anatomical terms, and terms associated with movements of the human body. This course also stresses the proper pronunciation, spelling, and usage of medical terminology. This class is helpful to anyone considering going in the healthcare field.

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### **EXERCISE SCIENCE & SPORTS MEDICINE**

**1.0 credit**

**Grades 10-12**

This full-year course is designed to teach students components of exercise science/sports medicine. It is a great course for students interested in sports medicine, specifically careers such as athletic training, physical therapy, coaching, sports psychology, and orthopedics. Medical terminology, Anatomy, and Physiology are strongly recommended as prerequisite for this class. Instruction includes exploration of therapeutic careers, medical terminology, anatomy and physiology, first aid, injury prevention principles, the healing process, rehabilitation techniques, therapeutic modalities, sport nutrition, sport psychology, and performance enhancement philosophies.

### **MEDICAL ANATOMY & PHYSIOLOGY**

**1.0 credit**

**Grades 10-12**

Medical Anatomy and Physiology provides students with an in-depth study of health care careers including actual clinical experience in a variety of areas. Instruction includes intermediate anatomy & physiology, medical terminology, diseases and disorders, medical ethics, and first aid. The class is designed to prepare students for advanced health science courses.

### **BIOTECHNOLOGY CE**

**1.0 credit**

**Grades 10-12**

Concurrent Enrollment: UVU BTEC1010H72 Fundamentals of Biotechnology I Career Survey

Learn to work with DNA and proteins in the laboratory. Isolate DNA from your own cheek cells and analyze your genes. Take glow-in-the-dark jellyfish genes and move them into bacteria to make the bacteria glow. Test common foods to see if they have been genetically modified. Use restriction enzymes to cut DNA. Set up PCR reactions. Amplify DNA in a thermal cycler. Pour your own gels and

perform gel electrophoresis of DNA and proteins. Maintain bacterial cultures. Learn Gram staining, basic microscopy, and other essential lab skills. If possible, students should take this class concurrently with AP Biology. Passing the end-of-course CTE test will earn a CTE Biotechnician certificate. Concurrent enrollment is available from UVU as Biotech 1010. This class also fulfills the UVU lab requirement for Biology 1010.

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### **CERTIFIED NURSE ASSISTANT: MTECH**

**1.0 credit**

**Grades 11-12**

The Certified Nursing Assistant course consists of several lectures, labs, and clinics that introduce you to the basic nursing assistant skills necessary to provide personal care to patients in healthcare settings. Some of the things you will learn during this course include nutrition, taking vital signs, patients' rights, safety, communications, rehabilitation, and emergencies. Upon program completion, students may be eligible to sit for the state Certified Nurse Assistant written and skills exam to become a licensed Certified Nurse Assistant (CNA). CNAs work under the supervision of licensed nursing professionals. CNA's are the health professionals that patients encounter most often. They are a very important part of the Health Care Team.

### **MEDICAL ASSISTING:MTECH**

**4.0 credits**

**Grade 12**

Medical Assistants complete administrative and clinical tasks in the offices of physicians and other health practitioners. The Medical Assistant will take and record personal information from the patient and keep it confidential. Medical Assistants also collect and prepare laboratory specimens and sometimes perform basic laboratory tests such as:

- Taking and recording medical histories
- Taking and recording vital signs
- Explaining treatment procedures to patients
- Preparing patients for examinations
- Assisting physicians during examinations
- Preparing medical instruments
- Prescriptions
- Pharmacology

Explaining procedure  
Patient prep for examinations  
Injections  
Handling biohazardous materials  
Drawing blood  
IV placement  
Lab procedures  
Preparing Patients for X-Rays  
Preparing & performing EKG's, X-Rays, Ultrasounds  
Assisting with minor surgeries  
Changing dressings/bandaging  
Removing Sutures

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## **DENTAL ASSISTING:MTECH**

**4.0 credits**

**Grade 12**

Dental Assisting will prepare students to learn all aspects of chairside assisting including: dental operations, instruments, laboratory procedures, reception, billing, radiology certification, OSHA certification, and CPR/first aid. Students will attend the state dental convention. If students are interested in the dental field, this is also a great introduction for dentists, hygienists, lab technicians, and specialty assistants. Students will also be required to purchase scrubs, dental kit, PPE kit, training modules, textbooks and workbooks, but tuition is free for high school students.

## **BUSINESS ELECTIVES CTE**

### **MARKETING**

**.50 credit**

**Grades 9-12**

Marketing students will prepare for college and career in business and marketing fields. Areas of study include: human relations, communications, buying, selling, free enterprise, entrepreneurship, advertising and promotion, finance and accounting, and management and business operations.

### **DIGITAL MARKETING**

**.50 credit**

**Grades 9-12**

Digital marketing students will prepare for the world of social media marketing. Marketing students will prepare for college and career in business and marketing fields. Areas of study include: human relations, communications, buying, selling,

free enterprise, entrepreneurship, advertising and promotion, finance and accounting, and management and business operations. The focus of this class is internet based advertising.

## **ENTREPRENEURSHIP**

**.50 credit**

**Grades 9-12**

Students will gain an understanding of the marketing and management principles necessary to start and operate their own business. They will develop an awareness of the opportunities for small business ownership and develop the planning skills needed to open a small business. Students will become aware of the traits and characteristics of successful entrepreneurs. Students will gain an awareness of knowledge needed in research, planning and regulations affecting

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the small business and the means of financing a small business. They will understand the specific strategies of business management and marketing and the economic role of the entrepreneur in the market system. Entrepreneurship is designed for students enrolled in business and marketing education, and/or other courses, who have an interest in developing the skills, attitudes, and knowledge necessary for successful entrepreneurs.

## **HOSPITALITY & TOURISM**

**.50 credit**

**Grades 9-12**

The Hospitality and Tourism course provides the student with an understanding of one of the largest industries in Utah and the world. Specific applications include marketing, promoting, and selling the product of airlines, international travel, ground transportation, cruising, hotel and lodging, restaurants, and tours.

## **LODGING AND RECREATION**

**.50 credit**

**Grades 9-12**

Living in the beautiful Wasatch back, this course is perfect for WHS students! This course provides an overview of the lodging and recreation industries nationwide and focuses on the most popular in Utah. Students will enjoy learning about the lodging and running a successful hotel/resort. Students will also have the opportunity to learn about recreation...everything from golf courses to ski resorts to public parks and anything fun you can do outdoors. Students will also explore current trends, ethical issues, and safety within these industries.

## **EVENT PLANNING**

**.50 credit**

**Grades 9-12**

Do you love planning parties...then you'll love Event Planning and Management! This course is designed for students interested in learning about this multi-billion dollar industry. Students will learn all the facets of event planning including: site selection, budgeting, promotion, and catering. Students will organize, plan, and evaluate various meetings and events such as conferences, sporting events, and even weddings.

### **ACCOUNTING 1**

**.50 credit**

**Grades 10-12**

Accounting 1 students will develop skills beginning with an understanding of the basic elements and concepts of double-entry accounting systems related to service businesses organized as a sole proprietorship. Skills include understanding of the accounting equation, analyzing business transactions,

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entering transactions in journals, posting to ledgers, compiling end-of-period financial statements, preparing closing entries, and managing cash.

### **ACCOUNTING 2**

**.50 credit**

**Grades 10-12**

Accounting 2 students will develop advanced skills that build upon those acquired in Accounting 1. Students continue applying concepts of double-entry accounting systems related to merchandising businesses. Additional accounting skills will be developed, including preparing and journalizing payroll records, calculating and recording adjusting entries, and interpreting financial information.

### **ADVANCED ACCOUNTING**

**1.0 credit**

**Grades 11-12**

Continued accounting skills, projects, and software use.

### **ECONOMICS CE**

**1.0 credit**

**Grades 11-12**

Students study economic theory, problem solving, and various economic systems with an emphasis on free enterprise. Students experience economics first hand by participating in computer simulations and the stock market game. A local business person with practical experience team teaches this course during the second semester. Fulfills the social studies elective requirement for graduation.

### **BUSINESS COMMUNICATIONS**

**1.0 credit****Grades 11-12**

Business Communication 1 teaches students to communicate in a clear, courteous, concise, complete and correct manner on both personal and professional levels. Competency will be developed in oral, written, interpersonal, technological, and employment communication. Listening skills will be incorporated throughout the semester. Competency will be developed in oral, written, social, technological, employment, and organizational communication with listening skills incorporated throughout the semester. The goal is to provide students with a practical, proficient portfolio consisting of a resume, job application, and an oral presentation. Students will complete the course with a greater understanding of the need for effective communication skills to advance in a business career. Fulfills the senior English requirement for graduation.

**31****FAMILY & CONSUMER SCIENCE ELECTIVES CTE****CHILD DEVELOPMENT****.50 credit****Grades 9-12**

This is a comprehensive course designed to help students understand a child's physical, intellectual, emotional, and social growth and development. Focus is given to parenting skills, positive guidance/discipline techniques, human reproduction and prenatal development information. Students will study the growth and development of newborns, infants, toddlers and preschoolers. They will also experience parenting through the use of computerized infant simulators. State Skills Certificate is available.

**Note:** By Utah state law, parental or guardian consent is required for a student to participate in human sexuality instruction. State policy states that instruction includes the importance of marriage and the family, abstinence from sexual activity before marriage, and fidelity after marriage. Consult the local school district on its policy regarding the teaching of human sexuality and district approved instructional materials.

**CLOTHING****.50 credit****Grades 9-12**

This course prepares students with the basic knowledge and skills needed for sewing projects/clothing construction. Students will receive instruction and hands-on experience with electronic sewing machines, sergers, small sewing tools, and pressing equipment, as well as practice sewing basic construction techniques and knowing sewing terminology and symbols. An understanding

of fibers and fabric construction will also be covered. Students will complete simple projects designed to improve their sewing skills and to create an interest in sewing. State Skills Certificate is available.

## **INTERIOR DESIGN**

**.50 credit**

**Grades 9-12**

This course enables students to explore their creativity in the field of interior design. Identification of the elements and principles of design are emphasized. Other topics included are furniture arrangement basics, floor plan evaluation, area planning and careers. This course will strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math (STEM) education. FCCLA may be an integral part of this course.

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## **FOODS 1**

**.50 credit**

**Grades 9-12**

This course is designed to provide students with an understanding of the basic principles of nutrition to maintain a healthy level of fitness for life. Instruction includes the selection, preparation and care of food as it relates to the food pyramid. Each of the basic nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water) will be discussed. State Skill Certification is available.

## **FOODS 2**

**.50 credit**

**Grades 9-12**

Prerequisite: Foods 1. This course is designed for students to expand their knowledge of the principles of nutrition and food preparation. Attention will be given to the selection and preparation of food and personal health. Topics include: nutrition throughout the life cycle, meal planning & management, meal service and etiquette, and consumerism skills. Preparation techniques will focus on salads, soups, casseroles, breads, meats, poultry and pastries. State Skill Certificate is available.

## **CULINARY MANAGEMENT AND ARTS;PROSTART 1 & 2 CE**

**1.0 credit each year**

**Grades 10-12**

Prerequisite: Foods 1 and Foods 2



Concurrent Enrollment: UVU HM1110H72 Food Production Principles

This course is a two-year industry-based program that is designed to train students for career opportunities in the restaurant and food service industry. Students will develop food preparation skills, customer relations, menu planning, accounting procedures and other skills associated with food service. At the end of each year, students will be tested by the National Restaurant Association.

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## **INFORMATION TECHNOLOGY ELECTIVES CTE**

### **DIGITAL GRAPHIC ARTS INTRODUCTION**

**.50 credit**

**Grades 9-12**

**\*see description under art electives**

### **EXPLORING COMPUTER SCIENCE**

**.50 credit**

**Grades 9-12**

Exploring Computer Science is designed to introduce students to the field of computer science through an exploration of engaging and accessible topics. Rather than focusing the entire course on learning particular software tools or programming languages, the course is designed to focus the conceptual ideas of computing and help students understand why certain tools or languages might be utilized to solve particular problems. The goal of Introduction to Computer Science is to develop in students the computational thinking practices of algorithm development, problem solving and programming within the context of problems that are relevant to the lives of today's students. **This course will fill the Computer Technology credit that is required for graduation.**

### **COMPUTER PROGRAMMING 1**

**1.0 credit**

**Grades 9-12**

An introductory course in computer programming/software engineering and applications. The course introduces students to the fundamentals of computer programming. Students will learn to design, code, and test their own programs

while applying mathematical concepts. Teachers introduce concepts and problem solving skills to beginning students through a programming language such as C# and Java.

The second half of the year reviews and builds on the concepts introduced in the first semester. This semester introduces students to more complex data structures and their uses, including sequential files, arrays, and classes. Students will learn to create more powerful programs.

## **COMPUTER PROGRAMMING 2**

**1.0 credit**

**Grades 10-12**

This course builds on the programming 1 skills and introduces students to more complex data structures and their uses, including sequential files, arrays, and classes. Students will learn to create more powerful programs within a specific programming languages.

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## **INTRODUCTION TO SERVERS**

**.50 credit**

**Grades 10-12**

Prerequisite: intro to computer science or computer programming 1

This course covers system hardware, software, storage, best practices in an IT environment, disaster recovery and troubleshooting. Students will be able to install, configure, maintain and troubleshoot basic and advanced services. This course will prepare students to take the Comptia Server+ certification exam.

## **INTRODUCTION TO NETWORKS**

**.50 credit**

**Grades 10-12**

This course covers deeper aspects of network technologies, installation and configuration, media and topologies, management, and security. Students will be able to design networks and install, configure, maintain, and troubleshoot network devices. Employment opportunities include network administrator, network technician, network installer, help desk technician and IT cable installer. This course will prepare students to take the Comptia Network+ certification exam.

## **A+ COMPUTER REPAIR**

**.50 credit**

**Grades 10-12**

Students will learn necessary competencies for an entry-level IT professional, including installing, building, upgrading, repairing, configuring, troubleshooting, optimizing, diagnosing, and performing preventative maintenance of basic personal computer hardware and operating systems.

## **SKILLED & TECHNICAL ELECTIVES CTE**

### **MTEC WELDING-after school Mon-Thurs. 3 hours per evening**

#### **Credits based on hours attended**

#### **Grades 11-12**

The welding technology program will prepare students to work in a wide variety of industries, from car racing to manufacturing. The work that welders do and the equipment they use vary, depending on the industry. The most common and simplest type of welding today, arc welding, uses electrical currents to create heat and bond metals together—but there are more than 100 different processes that a welder can use. The type of weld is normally determined by the types of metals being joined and the conditions under which the welding is to take place. Welding is the most common way of permanently joining metal parts. In this process, heat is applied to metal pieces, melting and fusing them to form a permanent bond. Because of its strength, welding is used in shipbuilding, automobile manufacturing and repair, aerospace applications, and thousands of other manufacturing activities. Welding also is used to join beams in the construction of buildings, bridges, and other structures and to join pipes in pipelines, power plants, and refineries. Students will learn welding and cutting processes including the joining of parts according to blueprints or written specifications. Students learn industrial requirements for occupational skills needed in the welding field. The welding program emphasizes hands-on individualized instruction. In the Welding Technology Program, students have the opportunity to become skilled in shielded metal arc welding, gas metal arc welding, flux-cored arc welding, and gas tungsten arc welding.

Skills taught also include drawing and welding symbol interpretation and thermal cutting processes. MTECH's Welding Technology Program prepares students for employment as tackers, welding operators, in industrial and farm maintenance, all-position structural welders, aluminum and stainless TIG welders, welding foremen, supervisors, consultants, and welding inspectors.

## **WOODS 1: WOODWORKING**

**.50 credit**

**Grades 9-12**

Woods 1 is the first class in a sequence of woodworking courses that prepares an individual to apply technical knowledge and skills needed to create custom cabinets and fine furniture. Safe use of woodworking tools and machinery is stressed and the importance of producing quality work. Students will learn how to safely operate several woodworking machines, as well as build a piece of face frame furniture.

## **WOODS 2 FURN DESIGN & MANUFACTURING CE**

**1.0 Credit**

**Grades 10-12**

Prerequisite: Woodworking (Woods 1)

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Concurrent Enrollment: UVU CAW1140H72 Millworking and Safety Shop I

Woods 2 is the second class in a sequence of woodworking courses that prepares an individual to apply technical knowledge and skills needed to create custom cabinets and fine furniture. The safe use of woodworking tools and machinery is stressed as well as the importance of producing quality work. Students will participate in a manufacturing unit in which the class will mass produce a furniture project. Students will be introduced to turning, bending, and CNC projects. Students will conclude the year by designing, estimating, and building a custom piece of furniture.

## **WOODS 3 FURN DSN/MFG II CE 1240H72 Millworking Shop II**

**1.0 Credit**

**Grades 11-12**

prerequisite: WOODS 2 FURN DSN/MFG

Woods 3 is the third in a sequence of woodworking courses that prepares an individual to apply technical knowledge and skills needed to create custom cabinets and fine furniture. Students will plan and carry out a manufacturing project as a group and will be introduced to more advanced small projects including drawing parts to be cut on CNC. Students will conclude the year by designing, estimating, and building a project that meets the CAW 1240 requirements.

## **CABINETRY/MILLWORK CE-MUST TRAVEL TO WORK SITE**

**1.0 Credit**

**Grades 11-12**

Prerequisite: WOODS 1

Concurrent Enrollment: UVU CAW1130H72 Residential Cabinetry

Cabinetmaking is a woodworking course that prepares an individual to apply technical knowledge and skills needed to create custom cabinets and fine

furniture. Safe use of woodworking tools and machinery is stressed as well as the importance of producing quality work. Students will be involved in learning about residential cabinetry. Drawing, estimating, and building custom cabinetry will be part of the students class work. Students will also build a personal project, and learn how to draw and make parts on CNC.

### **Construction Trades Foundation**

**.50 credit**

**Grades 9-12**

This foundation course generally prepares students in basic safety, introduction to blueprint reading, intro to power tools, intro to hand tools, and intro to construction math. It includes an industry overview, what to expect on the job and specific career opportunities. It is the entry level course toward the construction pathways.

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### **Building Construction**

**1.0 credits**

**Grades 11-12**

This course will include traveling to a job site and building a home in Wasatch County from the ground up. Students will learn valuable skills to take into the career field.

### **INTRODUCTION TO TV & FILM**

**.50 credit**

**Grades 9-12**

This is a one semester course that is meant for students who would like a brief introduction to TV PRODUCTION. Students will receive basic instruction in the use of cameras and microphones. They will learn to use Final Cut Pro and will receive a brief introduction to DVD Studio Pro. Students will produce a variety of video projects, including a music video and at least one project of their own design. At the end of the semester, they will produce a DVD portfolio for a final project.

### **TV PRODUCTION**

**1.0 credit**

**Grades 10-12**

No pre-requisite is required for this full-year class. This is an activity oriented instructional course which gives students hands on opportunities in video/broadcast productions. Students will learn the basic skills necessary to film and edit video projects. They will learn basic camera skills as well as the basics of non-linear editing. Students will produce a number of specialty videos, some of which will be broadcast during the daily announcement programs and other venues and some of which will be used in the Video Yearbook. Students will

use Final Cut Pro, Photoshop, Excel, Firefox, as well as basic word processing programs. Students will gain writing, thinking, organizing, speaking, performing and production skills through their activities in this class. This class prepares students to participate in the TV News class.

### **TV NEWS**

**1.0 credit**

**Grades 11-12**

Prerequisite: TV PRODUCTION

The students in this class will produce the daily news program which is broadcast to the student body. They will also help produce the Video Yearbook for the current school year. This class is responsible to produce a high pressure, real-time TV program which is broadcast to all students in the high school. A commitment to excellence and a high degree of personal discipline is necessary for success in this class. Students will use Final Cut Pro, Photoshop, Excel, Firefox, DVD Studio Pro as well as basic word processing programs.

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### **FILM PRODUCTION 1 & 2**

**1.0 credit each**

**Grades 10-12**

INTRO TO TV/FILM PREREQUISITE-This course is designed to provide students with the basic knowledge and skills related to the video production industry. This includes instruction and hands-on assignments in the following areas: camera operation, audio systems, lighting systems, pre-production, studio operations, control room operations, visual effects and graphics, and copyright laws.

### **LAW ENFORCEMENT**

**.50 credit**

**Grades 9-12**

This course prepares individuals to perform the duties of police and public security officers, including patrol and investigative activities, traffic control, crowd control, public relations, witness interviewing, evidence collection and management, court procedures and the law in general. Basic crime prevention methods, weapon and equipment operation, equipment maintenance, and other routine law enforcement responsibilities are also included. Prerequisite, none.

### **AUTOMOTIVE TECHNICIAN BEGINNING CE**

**1.0 credit**

**Grades 11-12**

### **ADVANCED AUTOMOTIVE TECHNICIAN CE**

**1.0 credit**

**Grades 11-12**

Both classes take place at the UVU Wasatch Campus in the automotive bay.

## **WORK-BASED LEARNING**

**.25-2.0 credits**

**Grades 11-12**

Students receive high school elective or CTE credit for successful completion of Work-Based Learning. Internships are available for a limited number of qualified juniors or seniors who have a strong interest in exploring a particular career field. Work-Based Learning provides an opportunity for career training, work experience related to the students course of study or chosen occupation. Internships are individualized and voluntary. Students will gain insight in the Work-Based Learning program through work experience, internships that may be paid or unpaid and/or an apprenticeship (must be State Certified). Students must be enrolled in a class at the high school that is related to the worksite. Students are also required to attend mandatory meetings and complete the required paperwork. Students interested in expanding their resume through a work-related experience, see your Counselor for more information

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## **ENGINEERING TECHNOLOGIES**

### **INTRODUCTION TO ENGINEERING & TECHNICAL DESIGN**

**.50 credit**

**Grades 9-12**

An introductory course to explore engineering and technical design solutions using critical thinking in Science, Technology, Engineering & Mathematics (STEM). Includes: Design Professions & Teams using the Engineering Design Process, Documenting the Design Process through Sketching & the Engineering Notebook, Design Measuring, Design Visualization, Geometric Construction & Computer Aided Design (CAD), Assembly Drawings & Fasteners, Multi-view Drawings, Dimensioning & Tolerancing, and Presentation of a Final Team Design Project.

### **TECHNICAL DESIGN 2A CE**

**.50 credit**

**Grades 10-12**

Prerequisite: Introduction to Engineering and Technical Design  
An introductory course designed to explore several engineering disciplines. Students will work in engineering teams to solve problems dealing with digital electronics, mechanical design, and robotics. Students will develop problem solving skills while applying science, math, and technology. The course is structured around digital electronics, robotics using Lego Mindstorms and Parallax Basic Stamps, and mechanical design using industry software Solid Works. Students will also use the rapid prototyping 3D printer.

## **TECHNICAL DESIGN 2B CE**

**1.0 credit**

**Grades 10-12**

Concurrent Enrollment: UVU EGDT 1040H72 Computer Aided Drafting- AutoCAD and EGDT1071H72

Technical Design 2 is an activity oriented course that provides the opportunity for the students to develop employable skills in 2D and 3D CAD software.

Instructional activities include 2D mechanical and architectural drawings and 3D modeling using Solid Works. The 3D printer will be used throughout the course. The state skills competency test will be given at the completion of the course.

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## **ARCHITECTURE DESIGN CE**

**.50 credit**

**Grades 10-12**

Prerequisite: Intro to Engineering and Technical Design

Concurrent Enrollment: UVU EGDT1020H72 3D Architectural Modeling

Architectural Design 1 is an activity oriented course that includes laboratory experiences directly related to the Architectural drafting industry. Instructional activities include floor plans, foundation plans, plot plans, elevations, wall sections, and sectional views. The state skills competency test will be given at the completion of the course. Industry standard software (Autodesk Revit) will be used.

## **ADVANCED COMPUTER AIDED DRAFTING (CAD)**

**1.0 credit**

**Grades 11-12**

Prerequisite: Technical Design 2

Instructional activities include advanced concepts in AutoCAD and 3D modeling design using Solid Works. Students will also incorporate rapid prototyping using the 3D printer.

## **ROBOTICS AND AUTOMATION**

**1.0 credit**

**Grades 11-12**

Robotics and automation is a lab based, hands-on curriculum combining electrical, mechanical and engineering design principles. Students will learn to control and program robotic devices by applying science, math and technology. Robotic and automation concepts will include mechanical design, prototype development, design testing, model assembly and proper engineer



documentation. Industrial automation, robotic applications and career opportunities will also be discussed.

### **ENGINEERING 1**

**.50 credit**

**Grades 9-12**

The first in a sequence of “hands on” courses that tie observations and concepts common to a variety of different engineering disciplines in order to develop a better understanding of basic math and science principles used in engineering. By utilizing problem-solving skills in a laboratory environment, students will develop skills and attitudes that impact and expand occupational opportunities in engineering.

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### **ENGINEERING 2**

**.50 credit**

**Grades 9-12**

The second in a sequence of “hands on” courses that tie observations and concepts common to a variety of different engineering disciplines in order to develop a better understanding of basic math and science principles used in engineering. By utilizing problem-solving skills in a laboratory environment, students will develop skills and attitudes that impact and expand occupational opportunities in engineering.

## **EDUCATION ELECTIVES CTE**

### **TEACHING AS A PROFESSION 1**

**.50 credit**

**Grades 9-12**

How do you individually learn? How is that different than those around you? And how can we, as a society, structure learning to influence change? This course will help you explore careers in education and discuss current educational issues.

### **TEACHING AS A PROFESSION 2**

**.50 credit**

**Grades 9-12**

Prerequisite: TAP 1

Inspiration-What impact can a single teacher have on student and community learning? What makes an effective teacher? A memorable teacher? Are they the same? This course will explore class structuring, management, and motivation through hands-on observation and participation in classrooms across the district.

### **TEACHING AS A PROFESSION 3 CE**

**1.0 credit**

**Grades 11-12**

Prerequisite: teaching as a profession 1 & 2

Industry based teacher preparation course.

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### **PEER TUTORING**

**.50 credit**

**Grades 9-12**

Students will assist with our special needs students, with instructor guidance. Attendance and the ability to help others is a must for this course! Only mature students may request this course.

### **EARLY CHILDHOOD EDUCATION**

**1.0 credit**

**Grades 11-12**

Prerequisite: child development

## **CENTER FOR ADVANCED PROFESSIONAL STUDIES** **COURSES (CAPS)**

Center for Advanced Professional Studies (CAPS) programs are nationally recognized, innovative high school programs. Students fast forward into their future and are fully immersed in a professional culture, solving real world problems, using industry standard tools and are mentored by actual employers, all while receiving high school and college credit. CAPS is an example of how business, community and public education can partner to produce personalized learning experiences that educate the workforce of tomorrow, especially in high skill, high demand jobs. WHS works with over 3 dozen local industries, teaching professional skills to our youth.

All courses are available by application and interview, to 11<sup>th</sup> and 12<sup>th</sup> grade students. The courses are located in the UVU Wasatch Campus, in a blocked semester and are worth 1.0 credit

### **CAPS: BUSINESS MARKETING & ENTREPRENEURSHIP**

The Business, Marketing, and Entrepreneurship course provides students hands-on experiences working with local business thinkers and leaders. The course focuses on developing innovative thinking and communication skills. Students will learn about latest marketing technologies and practices for small businesses. Additionally, students will understand the key elements of starting, operating, and growing a business.

Throughout the semester, local industry mentors from small and large companies will mentor students which will lead to strong networks and greater business exposure for students seeking to become business owners and leaders.

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### **CAPS: DIGITAL DESIGN & SOFTWARE DEVELOPMENT**

Digital Design and Software Development are one of the key pillars of a national push to promote science, technology, engineering, and math (STEM) courses to students. With thousands of technology jobs remaining unfilled each year throughout the United States, the demand for high-skill training has never been greater.

Students enrolled in the Digital Design and Software Development course will gain hands-on experience by working on cutting edge projects and utilizing current technologies. Students should expect to spend time solving problems for local businesses using latest computer and software tools. To help students achieve their goals to learn and do, local industry experts and mentors will work with CAPS students to teach and inspire.

As a rising industry that provides quality, lasting jobs, students will learn important skills that will be a catalyst to their development and preparation for training within the medical and health sectors. Students will be mentored by some of Utah's best experts in the medical field and will enjoy working on real-life projects that will benefit them for years to come.

### **CAPS: ENGINEERING & INDUSTRIAL DESIGN**

The Industrial Design Strand provides students the opportunity to experience the careers and skills necessary to work in the Industrial Design field while developing real world, hands-on experience. The Industrial Design program will be led by innovative, cutting edge engineers, drafters, tradesmen, and business professionals who work in the Industrial sector.

#### **What students learn**

CAPS Industrial Design combines stimulating engineering fundamentals, unthought-of innovation, and entrepreneurship. Students will use technical knowledge to create needed solutions in a variety of sectors. The course sequence begins with a broad-based idea that is eventually honed down to a specific

project. Students will have hands-on, active learning opportunities and will be fully immersed in a project sponsored by a local business doing work nationally and internationally over a host of different product categories and market segments.

### **The Outcome**

This experience in the Industrial Design Program will help set a course for a student's future educational and occupational understanding, interest, and success.

### **CAPS: MEDICINE & HEALTH**

Within the ever-changing world of healthcare, knowledge of medical practices and procedures has never been greater. Students taking the Medicine and Health course will receive up-to-date training and experience in hospital administration, medical policies and procedures, and current business operations. Additionally, students will be able to understand the push for preventative measures within the healthcare industry.

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As a rising industry that provides quality, lasting jobs, students will learn important skills that will be a catalyst to their development and preparation for training within the medical and health sectors. Students will be mentored by some of Utah's best experts in the medical field and will enjoy working on real-life projects that will benefit them for years to come.

### **CAPS: ENVIRONMENT & AGRICULTURE**

Throughout the beautiful Heber Valley are many businesses and organizations devoted to enhancing and preserving our natural resources and quality of life. Among these organizations are the U.S. Forest Service, the Bureau of Land Management, and the Utah State Parks System. Additionally, local farms and dairies are important components of our economy.

Students participating in the Environment and Agriculture course will receive first-hand experience by working with real-life projects while solving a variety of important issues. Local experts from public, private, and non-profit organizations will mentor students while teaching important thinking skills. These experiences will propel students into become leaders within the agriculture and natural resources sectors.

**AIR FORCE JUNIOR RESERVE OFFICER TRAINING CORP. JROTC****1. credit****Grades 9-12**

This mission of AFJROTC is to “develop citizens of character, dedicated to serving their nation and community.” The objectives of AFJROTC is to: Educate and train cadets in citizenship; Promote community service; Instill responsibility, character, and self-discipline through academic instruction, practical application and leadership opportunities; and provide instruction in air and space fundamentals. AFJROTC is NOT a recruiting program nor does a student incur any military obligation as a cadet.

Curriculum: The AFJROTC curriculum is organized into three main categories—Aerospace Science (40%), Leadership Education (40%) and Wellness/Physical Training (20%). Aerospace Science and Leadership Education is based on a four-year sequence of instruction (100 for first year cadets, 200 for second, and so on) but can be blended and taught in any order to meet the needs of the unit. Aerospace Science (AS) acquaints cadets with: History of Aviation (AS 100); the Science of Flight (AS 200); Cultural Studies (AS 220); Space Exploration and technology (AS 300); Management of the Cadet Corps (AS 400, for cadet leadership) and Survival Skills (AS 440).

Leadership Education (LE) provides cadets with instruction in: Traditions, Wellness and Citizenship (AS 100); Communication, Awareness and Leadership (LE 200); Life Skills and Opportunities (LE 300) and Principles of Management (LE 400). As part of the LE curriculum, all cadets will receive weekly instruction on drill and ceremonies, which includes (but not limited to) how to wear the uniform, marching, military ceremonies and protocol.

For the 2019-2020 school year, all cadets will be taught in a blended grade classroom (all grades and cadet experience levels) and will receive AS 300 Exploring Space and LE 300 Life Skills and Career Opportunities. For AS 300, objectives include: Astronomy, space exploration, history of spaceflight, manned and unmanned spaceflight, orbits and orbital maneuvering, spacecraft and launch vehicle development and production plus space technology advances. For LE 300, objectives include financial management skills; career paths; applying to college; college life and career goals; process for pursuing career goals; working for government agencies and creating a plan for successful career development.

For the 2020-2021 school year, all first, second, and third year cadets will be taught AS 100 and LE 100. AS 100 (The History of Aviation) focuses on the civilian and military contributions to aviation; the development, modernization and transformation of the Air Force and space exploration history. LE 100 (Traditions, Wellness and Citizenship) discusses military traditions; values and ethics; stress management; US Flag customs and courtesies; citizenship and government and personal wellness. Fourth-year cadets will receive AS 400 (Management of the Cadet Corps) or AS 440, Survival Skills and LE 400, Principles of Management.

Physical Fitness is a required part of AFJROTC and motivates cadets to lead healthy and active lifestyles, provides leadership opportunities, builds esprit-de-corps and increases cadet confidence.

## **SOCIAL STUDIES ELECTIVES**

### **PSYCHOLOGY**

**.50 credit**

**Grades 9-12**

This course introduces the student to the scientific study of human behavior. It emphasizes the manner in which the individual can apply various psychological theories and concepts to better understand one's self, one's motives, and one's relationship with other people. The major units of study are: theories, intelligence, human development, emotions, consciousness, abnormal behavior, mental health, and social psychology.

### **PSYCHOLOGY 1010: DISTANCE LEARNING CE**

**General Psychology**

**1.0 credit**

**Grades 11-12**

An introductory course in modern scientific psychology. Covers major domains of scientific psychology including biological foundations, sensations, perception, learning, motivation, human development and abnormal psychology. Examines major psychological and professional applications.

### **SOCIOLOGY 1010: DISTANCE LEARNING CE**

#### **Introduction to Sociology**

**1.0 credit**

**Grades 11-12**

Studies and compares social groups and institutions and their interrelationships. Includes culture, socialization, deviance, stratification, race, ethnicity, social change, and collective behavior.

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### **SOCIOLOGY 1200: DISTANCE LEARNING CE**

#### **Sociology of the Family**

**1.0 credit**

**Grades 11-12**

Discusses the family in the context of society and its seven sociological institutions: family, media, government, economy, technology, education, and religion. Evaluates how changes in these institutions have facilitated many changes in the structure and function of the modern family. Examines traditional, current, and anticipated definitions of the family using core sociological theory and research tools. Evaluates cultural influence on the family. Focuses on strengthening marriages at the levels of dating, mate selection, marriage, newly wedded adjustment, parenting, finance, proactive family maintenance, and elderly family experiences. Emphasizes the application of one's own life and family experiences while maintaining scientific rigor and critical awareness.

### **CURRENT ISSUES**

**.50 credit**

**Grades 11-12**

As current as the latest headlines, this class will explore world events and issues by looking for their causes and historical background. Students will study and analyze national changes, world-wide changes, trends and predictions for the future. Information for classroom discussion will come from on current publications (newspapers, magazines, and Internet). Students who enjoy politics, current events, debates, class discussions, role playing, & technology will enjoy this course. Students will be challenged to argue and provide valid/relevant/timely evidence \*they\* find, to support their position on a variety of contemporary issues.

## **AMERICA AT WAR**

**.50 credit**

**Grades 10-12**

Throughout American history, the experience of war has fundamentally shaped the ways that Americans think about themselves, their fellow Americans, and the meanings of national citizenship. War has also posed challenges of representation, both for those who fought as well as those who did not. This subject examines how Americans have told the stories of modern war in history, literature, and popular culture, and interprets them in terms of changing ideas about American national identity.

## **ECONOMICS CE**

**1.0 credit**

**Grades 10-12**

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This course focuses on the study of economic problems and the methods by which societies solve them. Characteristics of the market economy of the United States and its function in the world and methods of applying economics to one's life are explored. This is a college level concurrent enrollment course which satisfies the social studies general education requirement at most colleges and universities and will transfer to any state sponsored college/university in Utah. Students earn 3 semester hours of Economics 1010: Economics as a Social Science credit by successfully completing the entire school year.

## **FFA LEADERSHIP (approval only)**

**1.0**

**Grades 10-12**

## **STUDENT GOVERNMENT (by election only)**

**1.0 credit**

**Grades 9-12**

## **PHYSICAL EDUCATION ELECTIVES**

### **CHEERLEADING (by audition only)**

**1.0 credit**

### **DRILL TEAM (by audition only)**

**1.0 credit**



**ADVANCED P.E. FOOTBALL WEIGHTS (Coach Coburn recommends for all football team members; both semesters)** The Advanced Weight Training class is designed to provide an opportunity during the school day for athletes to participate in a structured strength and athletic enhancement program. The class is geared toward the student who shows an above average interest and ability in physical education through participation on a UHSAA sponsored athletic team. The goals of the class are, improving performance, reducing injuries and improving self- confidence. In order to get the full benefit of the program, all athletes should enroll in the class both semesters every year.

**.50 credit**

**Grades 9-12**

Class will include aerobic and anaerobic training and conditioning specific to WHS football teams.

**ADVANCED P.E. BASEBALL (COACH APPROVAL PRIOR)**

**.50 credit**

**Grades 9-12**

This course is for members of the WHS baseball team, and includes a try out.

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**ADVANCED P.E. SOFTBALL (COACH APPROVAL PRIOR)**

**.50 credit**

**Grades 9-12**

This course is for members of the WHS girl's softball team and includes a try out.

**A.M. ADVANCED WEIGHTS FOR STUDENT ATHLETES**

**.50 credit**

**Grades 9-12**

This class takes place at 6:30 a.m. on black days, for students participating in a WHS sport.

**ADVANCED WEIGHTS FOR USHAA STUDENT ATHLETES**

**.50 credit**

**Grades 9-12**

The Advanced Weight Training class is designed to provide an opportunity during the school day for athletes to participate in a structured strength and athletic enhancement program. The class is geared toward the student who shows an above average interest and ability in physical education through participation on a UHSAA sponsored athletic team. The goals of the class are, improving performance, reducing injuries and improving self- confidence. In order to get the full benefit of the program, all athletes should enroll in the class both semesters every year.

**GENERAL WEIGHT TRAINING**

**.50 credit**

**Grades 9-12**

This strength training course is designed to give students the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness & strength. Students will benefit from comprehensive weight training exercises, plyometric exercises, agility training, and cardiorespiratory activities.

### **HIIT CONDITIONING**

**.50 credit**

**Grades 9-12**

This class is designed for students trying to improve their athletic performance. It is an intensive weights class with some high intensity interval training that works strength and cardio. Free weights are used to enhance specific training needs. Muscle development is focused on proven research to help prohibit common injuries. Core work is also emphasized daily. This class will simulate the workout a student would get in a cross-fit setting. Olympic lifts will be used. Each workout will end with a HIIT session.

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### **YOGA**

**.50 credit**

**Grades 9-12**

Yoga is an ancient practice that has been around for thousands of years. In this class you will learn to breathe correctly, be mindful, and practice postures of Astanga yoga. You will also become stronger, more flexible, and more in balance. We will work on positive habits such as journaling, proper nutrition, self-reflection, self control, and positivity. You will be graded heavily on class participation, so attendance is crucial.

### **SPORTS YOGA**

**.50 credit**

**Grades 10-12**

Similar to the other yoga classes offered at WHS, this will be a Vinyasa flow class with Ashtanga postures promoting strength, flexibility, and balance. This class will be more strenuous and will focus on poses and stretches especially beneficial to athletes.