

# 2017-2018 COURSE CATALOG

**Capital High School  
2707 Conger Avenue NW  
Olympia, WA 98502  
(360) 596-8000  
Fax (360) 596-8001**

**Principal..... Curtis Cleveringa  
Assistant Principal:..... Michelle Anderson  
Assistant Principal:..... Jennifer Hewitt  
Dean Of Students:..... Daniel Grimm**

**Administrative Office                    596-8000  
ASB Office:                                596-8071  
Athletic Office:                          596-8073  
Athletic Director                        596-8070  
Attendance Office:                      596-8019  
Website:                                  <http://capital.osd.wednet.edu>  
Olympia School District Website: <http://osd.wednet.edu>**

**Career Counselor:                        Amanda Beers                                596-8041  
Graduation Specialist:                    Jane Allaire                                  596-8029**

**Counselors:                                Jenny Morgan    (A-D)                                596-8022  
    Norah Jensen    (E-K)                                        596-8024  
    Joel Komschlies (L-Q)                      596-8020  
    Nicole Sande     (R-Z)                                        596-8028**



# TABLE OF CONTENTS

|  |                 |
|--|-----------------|
| <b>GENERAL INFORMATION.....</b>                  | <b>Page 3</b>   |
| <b>EARNING HIGH SCHOOL CREDITS.....</b>          | <b>Page 4</b>   |
| <b>GRADUATION REQUIREMENTS.....</b>              | <b>Page 5</b>   |
| <b>NCAA APPROVED COURSES .....</b>               | <b>Page 6</b>   |
| <b>4-YEAR PLAN OF STUDY.....</b>                 | <b>Page 7</b>   |
| <b>ADDITIONAL EDUCATIONAL OPPORTUNITIES.....</b> | <b>Page 8-9</b> |

- APEX
- Avanti High School
- International Baccalaureate Program (IB)
- New Market Skills Center
- Olympia Regional Learning Academy (ORLA)
- Running Start – South Puget Sound Community College (SPSCC)
- Tech Prep
- World Language – Competency Based Credit

|  |                    |
|--|--------------------|
| <b>ALTERNATIVE EDUCATION.....</b>              | <b>Pages 9-12</b>  |
| <b>ENGLISH LANGUAGE LEARNERS (E.L.L.).....</b> | <b>Pages 12</b>    |
| <b>ENGLISH DEPARTMENT .....</b>                | <b>Pages 12-14</b> |
| <b>FINE ARTS .....</b>                         | <b>Pages 14-20</b> |
| <b>HEALTH AND FITNESS .....</b>                | <b>Pages 20-21</b> |
| <b>MATH .....</b>                              | <b>Pages 22-26</b> |
| <b>CAREER AND TECHNICAL EDUCATION .....</b>    | <b>Pages 27-38</b> |
| <b>SCIENCE .....</b>                           | <b>Pages 39-42</b> |
| <b>SOCIAL STUDIES.....</b>                     | <b>Pages 43-44</b> |
| <b>WORLD LANGUAGES.....</b>                    | <b>Pages 45-49</b> |

# General Information

## Repeated Classes

A failed class may be repeated without prior permission; however approval from the department coordinator will be needed to repeat a class for grade improvement. As in accordance with Washington Administrative Code (WAC), WAC 392-415-055; *only the highest mark/grade earned for a class/course taken more than once to improve a mark/grade shall be included in the calculation of grade point averages.* The lower grade will remain on the transcript but will not be calculated into the G.P.A.

## Pass/Fail

If a class has been approved by the student's counselor, the department coordinator, and the principal, the pass/fail petition must be submitted within the first 10 days of the semester.

## Graduation Walking Policy

In order to participate in the commencement ceremony, seniors must be enrolled by second semester, and must maintain satisfactory progress in the proper number and type of courses that will satisfy all graduation requirements. This may include evening courses or correspondence courses that are approved by a CHS Counselor and completed before commencement ceremonies. Summer school credits may not be planned to establish a student's eligibility to walk in the graduation ceremony.

## Withdraw Policy

A student who withdraws from a class after the 10<sup>th</sup> school day of the semester will receive an F. If special circumstances exist, the student may appeal the rule by presenting a written request to the counselor. Such requests are reviewed by the counseling center, which makes a recommendation with input from your teacher to the administrators.

## Transcripts

Any student and/or parent may request an official transcript. Electronic transcripts are FREE and may be requested through the student's counselor. Official paper transcripts cost \$5 for up to 10. Any transcript that is needed for a scholarship is always FREE! If a student is ordering a paper transcript for their college application, it is the student's responsibility to mail it. If the transcript is to be included with any additional reports/forms, please note that on the order form.

## Class Registration

It is important to plan your class selection carefully! Be intentional about your choices; how do they fit into your future plans as well as meeting graduation requirements. Ask questions if you do not understand the requirements of the course. Most classes are year-long and will not be changed without extenuating circumstances. Requests will be reviewed by both your counselor and administrator.

\*\*\*\*\*

## Notice of Non-discrimination

The Olympia School District complies with all federal rules and regulations and does not discriminate on the basis of race, color, national origin, sex, disability, sexual orientation, marital status, or age in its programs and activities, does not tolerate sexual harassment, and provides equal access to the Boy Scouts and other designated youth groups. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities. The following people have been designated to handle inquiries regarding the non-discrimination policies, reports of alleged sexual harassment, concerns about compliance, and/or grievance procedures:

Jeff Carpenter, Olympia School District Title IX RCW 28A.640 Officer  
Knox Administrative Center, 1113 Legion Way SE, Olympia, WA 98501  
(360) 596-8544

Nancy Faaren, Section 504 and ADA Coordinator  
Knox Administrative Center, 1113 Legion Way SE, Olympia, WA 98501.  
(360) 596-8585

## EARNING HIGH SCHOOL GRADUATION CREDITS

Twenty-two (22) credits earned in grades 9 through 12 are required to graduate for the class 2018-2020. Twenty-four (24) credits earned in grades 9 through 12 are required to graduate for the class of 2021 and beyond. Capital High School operates on a semester system with a six period day; .5 credit is granted for the successful completion of a semester's work in each class.

| Subject   | Class of 2018-2020 | Class of 2021 and beyond   |
|---|--------------------|--|
| <b>English</b>  | <b>4.0 Credit</b>  | <b>4.0 Credit</b>  |
| <b>Mathematics</b><br>• Algebra 1 and above                       | <b>3.0</b>         | <b>3.0</b>   |
| <b>Science</b><br>• One Lab Science required                      | <b>2.0</b>         | <b>3.0</b>   |
| <b>Social Studies</b>   |                    |  |
| • World History   | <b>1.0</b>         | <b>1.0</b>   |
| • United States History or IB History of the Americas             | <b>1.0</b>         | <b>1.0</b>   |
| • Civics/Psychology or IB History of the 20 <sup>th</sup> Century | <b>1.0</b>         | <b>1.0</b>   |
| • Washington State History*                                       | <b>.50</b>         | <b>.50</b>   |
| <b>Health and Fitness*</b>  | <b>2.0</b>         | <b>2.0</b>   |
| <b>Fine Arts</b>  | <b>1.0</b>         | <b>2.0</b><br>(1.0 credit can be used for Personalized Pathway**)  |
| <b>Career and Technical Education</b>                             | <b>1.0</b>         | <b>1.0</b>   |
| <b>World Language OR Personalized Pathway Requirement**</b>       | <b>0</b>           | <b>2.0</b><br>(2.0 credits can be used for Personalized Pathway**) |
| <b>Electives</b>  | <b>5.5</b>         | <b>3.5</b>   |
| <b>Total Credits</b>  | <b>22.0</b>        | <b>24.0</b>  |

*\*Washington State History: Requirement may be satisfied in middle school*

*\*Health and Fitness: Second year credit may be waived under certain conditions... see Board Policy 2127.*

- **Class of 2018 and beyond:** Earn a Certificate of Academic Achievement by passing the state assessment requirements. For more information visit: [www.k12.wa.us/GraduationRequirements](http://www.k12.wa.us/GraduationRequirements).
- Complete a High School and Beyond Plan.
- **\*\*Personalized Pathway Requirement for the class of 2021 and beyond** are related courses that lead to a specific post high school career or educational outcome chosen by the student based on the student's interests and High School and Beyond Plan, that may include Career and Technical Education, and are intended to provide a focus for the student's learning.

## Graduation Requirement FINE ARTS

**To meet this requirement the student must have a full year in one course.**

The following CHS programs are currently recognized as meeting the state requirements in the arts and will fulfill this graduation requirement:

|                              |  |
|------------------------------|--|
| <b>Music</b>                 | Band, Choir, or Orchestra  |
| <b>Theater</b>               | Introduction to Theatre Arts<br>Adv. Theater Production and Performance<br>IB Theater Arts<br>Stagecraft |
| <b>Visual Arts</b>           | Drawing/Painting 1/2<br>Ceramics, Sculpture & 3-D Design 1 and Advanced<br>IB Visual Arts (HL)           |
| <b>Arts &amp; Technology</b> | Digital Design 1/2/3<br>IB Film Cinematography   |

## Graduation Requirement CAREER & TECHNICAL EDUCATION (CTE)

**To meet this requirement the student must have a full year in one course.**

The following CHS programs are currently recognized as meeting the state requirements in Career and Technical Education and will fulfill this graduation requirement.

|                              |  |
|------------------------------|--|
| <b>Business</b>              | Any course in Business   |
| <b>Drafting</b>              | Any course in Drafting   |
| <b>Marketing</b>             | Any course in Marketing  |
| <b>Horticulture</b>          | Biology CTE<br>Introduction to Horticulture  |
| <b>Industrial Technology</b> | Any Course in Industrial Technology  |
| <b>Service</b>               | Intro to Leadership<br>Adv. Leadership   |
| <b>Sports Medicine</b>       | Any course in Sports Medicine  |
| <b>Arts &amp; Technology</b> | Any course in Arts & Technology  |
| <b>Theatre</b>               | Stagecraft   |
| <b>Additional Options</b>    | Yearbook<br>Journalistic Writing 12 <sup>th</sup> English<br>Journalism<br>American Sign Language I and II |

**New Market Skills Center** - 14 different half-day technical skills training programs are available, all of which meet the definition of Career and Technical Education. Please see a CHS counselor or the NMSC website [www.newmarketskills.com](http://www.newmarketskills.com) for more information.

**South Puget Sound Community College (SPSCC)** - Students should see their CHS counselor for approved courses.

# National Collegiate Athletic Association (N.C.A.A.)

## Approved Core Classes

### English

9<sup>th</sup> English  
10<sup>th</sup> English  
10<sup>th</sup> Honors English  
11<sup>th</sup> English  
11<sup>th</sup> IB English  
12<sup>th</sup> English  
12<sup>th</sup> IB English  
Journalistic Writing – 12 grade English  
9<sup>th</sup> English Fundamentals (IEP)  
10<sup>th</sup> English Fundamentals (IEP)  
11<sup>th</sup> English Fundamentals (IEP)  
12<sup>th</sup> English Fundamentals (IEP)

### Mathematics

Algebra 1  
Geometry  
Algebra 2  
Pre-Calculus  
IB Discrete Math  
IB Calculus  
IB Calculus HL  
Math Lab Algebra (IEP)  
Math Lab Algebra/Geometry (IEP)

### Natural/Physical Science

Physical Science  
Biology  
Honors Biology  
Chemistry  
IB Chemistry 1  
IB Chemistry 2  
Human Anatomy & Physiology  
Physics  
Honors Physics  
Environmental Studies

### Social Studies

Civics  
Psychology/Sociology  
IB Psychology  
US History  
World History  
Honors World History  
IB History of the Americas  
IB History of the Twentieth Century

### Additional Core Classes

French 1  
French 2  
French 3  
French 4  
IB French 3  
IB French 4  
Japanese 1  
Japanese 2  
Japanese 3  
Japanese 4  
IB Japanese 3  
IB Japanese 4  
Spanish 1  
Spanish 2  
Honors Spanish 2  
Spanish 3  
Spanish 4  
IB Spanish 3  
IB Spanish 4  
American Sign Language

# CAPITAL HIGH SCHOOL

## General Four Year Course Planning Worksheet

Please visit the Washington Student Achievement Council to see the most up to date minimum college admission standards. <http://www.wsac.wa.gov/college-admissions>

Student Name \_\_\_\_\_ Class of \_\_\_\_\_

| <u>9<sup>th</sup> Grade</u>   | <u>10<sup>th</sup> Grade</u>  | <u>11<sup>th</sup> Grade</u>  | <u>12<sup>th</sup> Grade</u>  |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| <b><u>First Semester</u></b>  | <b><u>First Semester</u></b>  | <b><u>First Semester</u></b>  | <b><u>First Semester</u></b>  |
| 1. 9 <sup>th</sup> English    | 1. 10 <sup>th</sup> English   | 1. 11 <sup>th</sup> English   | 1. 12 <sup>th</sup> English   |
| 2. Math                       | 2. World History              | 2. U.S. History               | 2. Senior Social Studies      |
| 3. Science                    | 3. Math                       | 3. Math                       | 3. _____                      |
| 4. P.E./Health                | 4. Science                    | 4. Science*                   | 4. _____                      |
| 5. Fine Arts                  | 5. Fine Arts**                | 5. _____                      | 5. _____                      |
| 6. World Lang./PPR**          | 6. World Lang./PPR**          | 6. _____                      | 6. _____                      |
| _____                         | _____                         | _____                         | _____                         |
| <b><u>Second Semester</u></b> | <b><u>Second Semester</u></b> | <b><u>Second Semester</u></b> | <b><u>Second Semester</u></b> |
| 1. 9 <sup>th</sup> English    | 1. 10 <sup>th</sup> English   | 1. 11 <sup>th</sup> English   | 1. 12 <sup>th</sup> English   |
| 2. Math                       | 2. World History              | 2. U.S. History               | 2. Senior Social Studies      |
| 3. Science                    | 3. Math                       | 3. Math                       | 3. _____                      |
| 4. P.E./Health                | 4. Science                    | 4. Science*                   | 4. _____                      |
| 5. Fine Arts                  | 5. Fine Arts**                | 5. _____                      | 5. _____                      |
| 6. World Lang./PPR**          | 6. World Lang./PPR**          | 6. _____                      | 6. _____                      |
| _____                         | _____                         | _____                         | _____                         |
| _____                         | _____                         | _____                         | _____                         |

\* 3<sup>rd</sup> year of Science is a requirement for Class of 2021

\*\***For class of 2021 and Beyond: Personalized Pathway Requirement (PPR)** are related courses that lead to a specific post high school career or educational outcome chosen by the student based on the student's interests and High School and Beyond Plan, that may include Career and Technical Education, and are intended to provide a focus for the student's learning.

## Additional Educational Opportunities

### **APEX**

Online credit recovery for junior or senior students who have previously failed a graduation requirement. Offered in a proctored computer lab setting, with zero-hour and after-school options depending on proctor availability. Enrollment by counselor and/or administrator only. Note: APEX credit retrieval courses are not NCAA-approved.

### **Avanti High School (grades 9-12)**

Avanti High School is a “School of Choice” in the Olympia School District. Contact Michael Velasquez, Principal, at [mvelasquez@osd.wednet.edu](mailto:mvelasquez@osd.wednet.edu) for more information, or visit Avanti’s website at [ahs.osd.wednet.edu](http://ahs.osd.wednet.edu).

### **International Baccalaureate Program (IB) (grades 11-12)**

The International Baccalaureate Diploma program (IB) is a rigorous pre-university course of study, leading to examinations that meet the needs of highly motivated secondary school students. Please go to [http://capital.osd.wednet.edu/academics/ib/international\\_baccalaureate](http://capital.osd.wednet.edu/academics/ib/international_baccalaureate) to see more information regarding this program.

### **New Market Skills Center (grades 11-12)**

The New Market Skills Center is available to junior and senior level students only. New Market provides career and technical education in 22 industry-standard programs. For more information visit their website at [www.newmarketskills.com](http://www.newmarketskills.com).

### **Olympia Regional Learning Academy (ORLA) (grades 9-12)**

ORLA utilizes iConnect, an online learning program that offers students grades 9-12 the opportunity to earn their high school diploma. Students can be enrolled on a full-time or part-time basis. Please contact Celeste Waltermeyer at [cwaltermeyer@osd.wednet.edu](mailto:cwaltermeyer@osd.wednet.edu) for more information. ORLA is not NCAA-approved.

### **Running Start (grades 11-12)**






The Running Start program is a cooperative program between Capital High School and the local community colleges open to juniors and seniors. Students must pass the Computerized Placement Test (CPT) in English and Reading, administered at South Puget Sound Community College in order to participate in the Running Start program. Students receive both college and high school credit for 100 level and above classes completed at the community college. For more information about the program contact your counselor.



### **Tech Prep**

As part of the agreement between **South Puget Sound Community College** and **Capital High School**, credits earned in certain high school Career and Technical Education classes can also be awarded as college credit. Once you have met all of the requirements and registered to receive credit, you will have a college transcript. At **Capital High School** the following courses are available for earning college credit:



| Capital High School   |                            |                            | South Puget Sound Community College |                          |        | Career Cluster  |
|---|----------------------------|----------------------------|-------------------------------------|--------------------------|--------|---|
| Course Name   | Term                       | Grade                      | Course #                            | Course Name              | Credit |   |
| Architectural Drafting 2A<br>Architectural Drafting 2B  | 1 semester<br>1 semester   | B or better<br>B or better | CAD 120                             | Architectural Drafting I | 5      |  |
| Drafting Technology   | 2 semesters                | B or better                | CAD 101                             | Mechanical Drafting      | 5      |  |
| Introduction to Marketing<br>Advanced Marketing   | 2 semesters<br>2 semesters | B or better<br>B or better | BUS 160                             | Principles of Marketing  | 5      |  |
| Metals/Welding  | 2 semesters                | B or better                | WELD 111                            | Oxy-Acetylene Welding I  | 4      |  |
| Sports Medicine   | 1 semester                 | B or better                | MED 103                             | Medical Terminology      | 3      |  |
| <i>For courses where more than one high school class or semester is required for credit, grade minimums must be met in each individual class or semester.</i> |                            |                            |                                     |                          |        |   |

## World Languages- Competency-Based Credits

In July 2010, the Washington State Board of Education (SBE) endorsed a model policy and procedure for districts to offer competency-based credits for world languages (i.e. based on a student's demonstrated proficiency in a language that was not gained via high school coursework). Students interested in gaining high school credit in this way may contact your student's counselor for more information.

## ALTERNATIVE EDUCATION DEPARTMENT

### (Students with Individual Education Plans (I.E.P.) only)

The Special Services Department endeavors to provide students with the opportunity to develop their skills in a way that accommodates their individual needs. The basic goal of the Special Services Department is to provide students with I.E.P.'s opportunities to work on skills associated with academic, vocational, social, and behavioral needs. The underlying emphasis for this program is to prepare students for life after high school. This preparation can be for college, work, or other individually designed goals.

Entrance into the program is by referral through the Olympia School District Special Services or the natural progression of a student already having an I.E.P. from middle school. Based on the referral process, which includes a detailed assessment covering basic academic skills and career education, individual goals and objectives are designed for each student as part of the student's Individual Educational Plan. Students and parents are involved in the initial I.E.P. conference and in annual conferences thereafter. At this conference, yearly goals, present levels of performance, and all aspects of the I.E.P. are carefully reviewed. The process satisfies requirements as defined by Individuals with Disabilities Education Act (I.D.E.A.).

### SAB Program

**Credit:** Elective

**Prerequisite:** IEP

**Length:** 1 year

**Grade Level:** 9,10,11,12

The Social Affective block, a one or two period class offered at Capital High School, is intended to empower students with persistent and prolonged behavioral difficulties to regain a sense of self-worth and engagement in school and to confront those behaviors which have kept them from being successful in the past. Specific skills to be obtained include self-management techniques, proficiency in work completion, and appropriate social skills. Admission to the program is determined by the alternative education team and is re-evaluated at least semi-annually.

## **English Fundamentals**

**Credit:** English

**Prerequisite:** IEP

**Length:** 1 year

**Grade Level:** 9,10,11,12

This special education course is a class for students with an I.E.P. in Reading and/or Writing. This course focuses on improving students' reading and writing skills and targeting individual I.E.P. goals. Coursework is modified to meet each student's learning needs as well as grade level academic standards.

## **Essentials of English**

**Credit:** English and Elective

**Prerequisite:** IEP

**Length:** 1 year

**Grade Level:** 9,10,11,12

Essentials of English is a course that teaches reading and writing skills. Soft skills and hard skills for the work force are taught. Students are taught job readiness skills and interpersonal and social skills. Guest speakers visit throughout the year and each semester ends with a mock interview assessing what each student learned in class. This class must be taken in conjunction with Employment, Literacy, and Application.

## **Employment, Literacy, and Application**

**Credit:** English and Elective

**Prerequisite:** IEP

**Length:** 1 year

**Grade Level:** 9,10,11,12

Students learn skills for employment and independent living. This course has a volunteer component, in which students learn how to work with a potential employer. Students learn appropriate soft skills for the workplace, self-advocacy, how to complete an employment application and resume accurately, use of public transit as well as how to target their strengths, preferences, interests and needs as it relates to employment and living independently. This class must be taken in conjunction with Essentials of English.

## **Life Skills Program**

**Credit:** Elective

**Prerequisite:** I.E.P.

**Length:** 1 year

**Grade Level:** 9,10,11,12

The Life Skills Program provides a variety of opportunities and experiences to facilitate increased knowledge and independence for all students. Specific skills are taught both individually and in groups and are generalized through functional classroom and community-based activities. Students may also participate in volunteer experiences in the community.

## **Math Lab - Basic**

**Credit:** Math

**Prerequisite:** IEP, placement test

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This Special Education course is a class designed for students with an I.E.P. in the area of math. The Math Lab-Basic course is a year-long class that satisfies a high school math credit. Students will be working on their individualized math goal(s) while exploring real life math concepts. The student will be working to improve their basic 4 computation skills, improve their problem solving skills, real-life financial calculations, fraction calculations, exponent work, percent work, financial budgets, and many other practical life math skills. Students will continue in the Math Lab-Basic until all concepts are mastered.

## **Math Lab – Pre-Algebra**

**Credit:** Math

**Prerequisite:** IEP, placement test, passed Math-Lab Basic

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This Special Education course is a class designed for students with an I.E.P. in the area of math. The math lab is a year-long class that satisfies a high school math credit. Students will be working on their individualized math goal(s) while exploring pre-algebraic concepts. The students will continue to practice their basic 4 computation skills, improve their problem solving skills, work with fractions, exponents, and percent work. Students will also address pre-algebra skills such as: integer computation, linear equations, slope, graphing, order of operations, and statistics/probability. Students will continue in the Math Lab-Pre-Algebra until all concepts are mastered.

## **Math Lab – Algebra**

**Credit:** Math

**Prerequisite:** IEP, passed Math Lab-Pre-Algebra, passed Pre-Algebra final exam as placement indicator

**Length:** 1 year

**Grade Level:** 10, 11, 12

This Special Education course is a class designed for students with an I.E.P. in the area of math. The math lab is a year-long class that satisfies a high school math credit. Students will be working on their individualized math goal(s) while exploring pre-algebraic concepts. The students will continue to practice their basic 4 computation skills, improve their problem solving skills, work with fractions, exponents, geometry, and percent work. Students will also address algebra skills such as: integer computation, linear equations, inequalities, slope, graphing, order of operations, radicals, Pythagorean Theorem, functions, quadratic equations, statistics/probability, systems of equations, and polynomials. Students will continue in the Math Lab-Algebra until all concepts are mastered.

## **Math Lab – Geometry**

**Credit:** Math

**Prerequisite:** IEP, passed the Algebra 1 final exam as a placement indicator, passed Math Lab-Algebra

**Length:** 1 year

**Grade Level:** 11, 12

This Special Education course is a class designed for students with an I.E.P. in the area of math. The math lab is a year-long class that satisfies a high school math credit. Students will be working on their individualized math goal(s) while exploring geometric concepts. The students will continue to practice their basic 4 computation skills, improve their problem solving skills, and work with fractions. Students will also work with the following topics: Measurement, Plane Geometry, Solid Geometry, Coordinates, and Trigonometry. Students will continue in the Math Lab-Algebra/Geometry until all concepts are mastered.

## **Math Lab – Financial Planning**

**Credit:** Math (this course is not NCAA approved)

**Prerequisite:** IEP

**Length:** 1 year

**Grade Level:** 12

This Special Education course is a class designed for students with an I.E.P. in the area of math. The math lab is a year-long class that satisfies a high school math credit. Students will be working on their individualized math goal(s) while exploring Personal Finance concepts. The students will continue to practice their basic 4 computation skills, improve their problem solving skills, and work with fractions. Students will also work with the following topics: Money Management, Borrowing, Earning Power, Investing, Financial Services, and Insurance concepts. Students will continue in the Math Lab-Financial Planning until all concepts are mastered.

## **Social and Organizational Skills (SOS)**

**Credit:** Elective

**Prerequisite:** IEP

The Social and Organizational Skills class (SOS) offered at Capital High School is intended to help students develop and hone social, communicative, and organizational skills. The organizational aspect of the class includes practice in recording assignments/due dates as well as the understanding of behavioral expectations from classes. The social strand of the curriculum includes opportunities to practice social interactions by role playing and encouraging participation in social events. In addition to these offerings, students also receive a weekly lesson from a licensed speech pathologist, designed to help them interpret the nuances of language and social cues around them. Entrance into the SOS class is determined by the alternative education team. Continued enrollment is considered annually.

## Transition Program

**Length:** This program is for students ages 18-21

The Transition Program is a multi-faceted community-based program for students with disabilities who need continued special education support to concentrate on a community-based functional approach to learning. Students receive assistance in the following areas: vocational training and job exploration, job readiness skills, independent living skills, leisure/recreation, transportation, and continuing education. The goals of the program are to assist students and their families in developing and establishing support leading to active participation in the community, and to increase independent living skills.

## ENGLISH LANGUAGE LEARNER (ELL)

ELL English Language Development class promotes the acquisition of English by students whose primary language is not English. Research based instruction strategies help students acquire English skills in listening, speaking, reading and writing. This class also supports students in their content area courses.

The basic goal of the English Language Learner (ELL) program is to design and deliver an instructional program that will:

- Develop English fluency and comprehension
- Promote academic growth
- Promote social and emotional development
- Promote successful adjustment to the school mainstream
- Promote respect for all languages and cultures

## ELL English Language Development Class

**Credit:** Elective

**Prerequisite:** ELL student

**Length:** 1 year, (may be repeated for four years)

**Grade Level:** 9,10,11,12

The ELL class will help students acquire English skills in listening, speaking, reading, and writing. This class also supports students in their content area courses.

## World Languages-Competency-Based Credits

In July 2010, the Washington State Board of Education (SBE) endorsed a model policy and procedure for districts to offer competency-based credits for world languages (i.e. based on a student's demonstrated proficiency in a language that was not gained via high school coursework). Students interested in gaining high school credit in this way may contact their student's counselor for more information.

## ENGLISH DEPARTMENT

### English Department Philosophy

To meet the English requirements for graduation, students must complete a year-long course in the ninth, tenth, eleventh, and twelfth grades. Approximately one third of the total English program is devoted to the study of writing, one-third to the study of literature, and one-third to the study of the English language and oral communication. The program is sequenced, which enables learning to continue and build on what has been taught before. The basic curriculum provides students with the opportunity to gain a strong traditional high school English education.

### Read 180

**Credit:** Elective

**Prerequisite:** None (placement based on standardized reading assessments and teacher recommendation.)

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This course will focus on improving reading skills. Students will take this course in addition to 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> English, so there will be links to the student's English class to provide extra support in that course as well.

## **9th Grade English A, B**

**Credit:** English

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9 (Required)

This is a skills-based course that will focus on writing in a variety of modes through the study of plays, novels, short stories and poetry. Research and public speaking skills will also be addressed.

## **10th Grade English A, B**

**Credit:** English

**Prerequisite:** Successful completion of 9<sup>th</sup> grade English

**Length:** 1 year

**Grade Level:** 10 (Required)

This survey course gives students an overview of world literature, drama, creative writing, and expository writing. Included is Greek drama, one or more plays by Shakespeare, a selection of international short stories, modern drama, and further exploration of poetry. The class emphasizes literary analysis and the continued development of critical thinking, speaking/discussion skills, and written compositions.

## **11th Grade English A, B**

**Credit:** English

**Prerequisite:** Successful completion of 10<sup>th</sup> grade English.

**Length:** 1 year

**Grade Level:** 11

Junior English is a survey course in American Literature that stresses reading, research, writing, and oral communication skills.

## **11th Grade IB English A, B**

**Credit:** English

**Prerequisite:** Successful completion of 9<sup>th</sup> and 10<sup>th</sup> grade English, complete a survey, and complete a summer assignment.

**Length:** 1 year

**Grade Level:** 11

This course is the first in a two-year sequence necessary to satisfy the requirements of the IB Language A1 Program. This course is appropriate for students with strong skills and interest in reading and writing and a desire to take on rigorous college-level work. Students will complete an extensive study of several literary works, several of them in translation. Projects will include preparation of several long papers, oral presentations, seminar discussions and creative pieces.

## **12th Grade English A, B**

**Credit:** English

**Prerequisite:** Successful completion of 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade English

**Length:** 1 year

**Grade Level:** 12

This class integrates all English Language Arts strands including reading, writing, speaking, listening, viewing, and critiquing a variety of texts.

## **12th Grade IB English A, B**

**Credit:** English

**Prerequisite:** Successful completion of 11<sup>th</sup> IB English or have permission from the instructor

**Length:** 1 year

**Grade Level:** 12

Twelfth grade IB is the second in a two-year sequence necessary to satisfy the requirements of the IB Language A1 Program. This course is appropriate for students with strong skills and interest in reading and writing and a desire to take on rigorous college-level work. Students will complete an extensive study of poetry, plays, and novels. Written and oral work will be vigorously pursued with an emphasis on critical thinking. Students will complete all assignments required by the International Baccalaureate Program and will prepare for the IB exam given in May.

## **Journalistic Writing 12<sup>th</sup> English A, B**

**Credit:** English, CTE or Elective

**Prerequisite:** None

**Length:** Student must be enrolled in Newspaper the entire year.

**Grade Level:** 12

Journalistic writing allows students to write for the school newspaper and meets the writing requirements for college preparatory writing. The topics vary and include news, opinion, sports, and general interest articles. Along with writing articles for each issue of *The Outlook* students work with InDesign and various other computer programs while assisting in the overall production of the paper.

# **FINE ARTS DEPARTMENT**

## **Fine Arts Department Philosophy**

This department believes that education in the arts is a vital component of the high school curriculum. All students should be provided an opportunity to develop an appreciation of the arts through hands-on experiences. Art instruction should challenge the intellectual, creative, and expressive powers of each student. Encouragement should be given to all students to strive for their personal level of excellence and recognition should be given when this is achieved.

## **Fine Arts Department Objectives**

- To provide an instructional program in the basic skills and understandings of art concepts, media, tools, and equipment.
- To provide sequential learning experiences in the arts and opportunities for independent study in particular areas.
- To encourage students in seeing their art projects as contributing to the home, school, and community environments.

## **Music**

### **Music Department Philosophy**

To provide the opportunity and instruction for those students who wish to expand their musical skills and participate in music performance groups. Students can take music classes with solid academic studies, participate in all sports and prepare for any college. All students are encouraged to enroll. Students are graded on effort and participation daily, performance attendance, classroom attendance and concert critiques.

## **9th Grade Band A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Previous experience in middle school band.

**Length:** 1 year

**Grade Level:** 9

**Requirements:** Performances of regular concerts and contests large group. All concerts are outside of the school day on designated evenings. Students may compete in sports and be in band at the same time; conflicts can be resolved between the teacher and the coach. This band combines with concert band and wind ensemble to make up the Cougar marching band in the fall for 4-5 Friday nights in September and October. This class is designed to provide a separate experience for just 9th grade students to come together in one band at one grade level. Students learn major and minor scales, technical studies, and traditional band literature. We have fun! Students must provide white and black shoes and socks.

## **Concert Band A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Previous experience in 9th grade band.

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Requirements:** Performances (concerts and contests) are outside of the school day. Good attendance is required by each member. Students may compete in sports and be in band at the same time; conflicts can be resolved between the teacher and the coach. This course provides an opportunity to further skills in performance and musicianship in a concert band situation. Students develop skills and basic musicianship in areas of tone production, rhythm (various meters), and ensemble playing in order to develop good intonation and ear training, and counting skills. This band combines with 9<sup>th</sup> grade band and wind ensemble to make up the Cougar marching band in the fall for 4-5 Friday nights in September and October. Concert uniform: Girls-long black dress/skirt & top, Boys-Band uniform variation.

## **Wind Ensemble A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Audition and instructor's permission only

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Requirements:** Performances (concerts and contests) are outside of the school day. Good daily attendance is required by each member. Students may compete in sports and be in band at the same time; conflicts can be resolved between the teacher and the coach. Students will develop skills in technique, sight-reading, and tone production. They will also develop analytical skills to improve their listening and intonation. Students will develop ensemble skills. This band combines with concert band and 9<sup>th</sup> grade band to make up the Cougar marching band in the fall for 4-5 Friday nights in September and October. The class is limited in instrument section numbers. Private lessons are advised and recommended. Class literature is of the advanced nature and extra rehearsals and performances are expected. This is an auditioned group. Concert uniform: Girls-Long black dress/skirt & top, Boys-Tuxedo.

## **Jazz Band A, B (0 Hour)**

**Credit:** Fine Arts or Elective (.25 credit each semester)

**Prerequisite:** Concert Band or Symphonic Band - Admission by audition only

**Length:** 1 year

**Grade Level:** 10-12

**Requirements:** Students must be involved in another music performance group. Performances and concerts are scheduled outside of the regular school day and attendance is required. Students will develop improvisational skills in playing and interpreting in the jazz idiom. This twenty-one-piece group is chosen by audition and cuts are made. Rehearsals are from 6:45-7:45 a.m. daily during the school year, September - June. The band performs for outside the school day gigs, festivals, and concerts.

## **9<sup>th</sup> Grade Orchestra A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Previous experience playing a string instrument (violin, viola, cello, and string bass).

**Length:** 1 year

**Grade Level:** 9

**Supplies:** Students must provide their own instrument and uniform (tuxedo for boys, orchestra dress for girls).

**Requirements:** Students are expected to participate in daily rehearsals and performances. Four to five performances will take place outside of the school day.

Concert Orchestra is an entry-level ensemble for freshmen and other string players who wish to gain orchestral experience. Emphasis will be placed on building technique and understanding of musical concepts through performance on string instruments. Students, especially those taking private lessons, will be strongly encouraged to participate in solo and ensemble festivals. Students will be expected to fulfill individual practice requirements outside of the school day. Participation in evening and weekend performances and festivals is required, as well as two concert critiques of other music groups per semester. Chamber music opportunities will be available.

## **Symphony Orchestra A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Completion of 9<sup>th</sup> grade strings

**Length:** 1 year

**Grade Level:** 10, 11, and 12

**Supplies:** Students must provide their own instrument and uniform (tuxedo for boys, orchestra dress for girls).

**Requirements:** Students are expected to participate in daily rehearsals and performances. Four to five performances will take place outside of the school day.

Symphony Orchestra students will advance their individual string technique and understanding of music through performance of a wide variety of orchestra music. Symphony Orchestra will collaborate with the Wind Ensemble to perform full orchestra music. Students, especially those taking private lessons, will be strongly encouraged to participate in solo and ensemble festival. Students will be expected to fulfill individual practice requirements outside of the school day. Participation in evening and weekend performances and festivals is required, as well as two concert critiques of other music groups per semester. Chamber music opportunities will be available.

## **Chamber Orchestra A, B**

**Credit:** Fine Arts or Elective (.25 credit each semester)

**Prerequisite:** By audition only

**Length:** 1 year, Monday nights 7:00 p.m. -8:30 p.m. and Wednesday mornings 7:45 a.m. to 8:35 a.m.

**Grade Level:** 10, 11, and 12

The total emphasis is on performing. Students are expected to possess strong skills that allow for the study and performance of major chamber orchestra literature. Students have many performances throughout the community. Rehearsals are outside the school day.

## **Choir**

### **Chamber Choir A, B (0 Hour)**

**Credit:** Fine Arts or Elective (.25 credit each semester)

**Prerequisite:** By audition only

**Length:** 1 Year

**Grade Level:** 10, 11, 12

**Supplies:** Tuxedos and Choir Dress

Class size limited to sixteen students. This is an a capella, mixed ensemble that rehearses during the zero hour class period on Monday, Wednesday and Fridays. Students will learn various styles of choral music including jazz, show, pope, renaissance, etc. and are expected to attend all performances.

### **Concert Choir A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Soprano/Alto

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Supplies:** \$15 Uniform Fee

This is a beginning choir open to soprano and alto singers who want to improve their skills and navigate vocal issues that are unique to the soprano and alto voice. There is a strong emphasis on skill development and the performance of a variety of both sacred and secular choral literature. Students are expected to take part in all performances by the group outside the school day.

### **Choralaires A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** By audition only

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Supplies:** Black dress and red heels

This course is for the advanced Treble singer and will focus on higher levels of performance of more demanding treble voice literature. Each student will experience and perform a wide range of music from many cultures and time periods. Students are expected to take part in all performances by the group outside the school day.



## **Men's Choir A, B (0 Hour)**

**Credit:** Fine Arts or Elective (.25 credit each semester)

**Prerequisite:** None

**Length:** 1 Year

**Grade Level:** 9, 10, 11, 12

**Supplies:** Black dress pants, dress shirt and black shoes

Men's Choir has singers from grades 9-12 who are beginning musicians. No experience is required for this course. Man Choir is open to any and all men who would like to come together to make some music! Learn how to use your full range and sing in falsetto. This is a highly energetic group and requires 100% participation on all levels. This group rehearses during the zero hour class period on Tuesdays and Thursdays.

## **Success Oriented Music Education A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Application and teacher approval

**Length:** 1 Year

**Grade Level:** 9, 10, 11, 12

This unique music class is designed to give all students a chance to perform at their individual best. Students needing extra assistance are paired with mentors to enable them to be more successful in alternative music and singing activities. All students can expect to be an active participant. The goal of the class is to make music a fun activity where self-esteem is fostered.

## **Symphonic Choir A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** By audition for grades 10-12 (No audition needed for 9<sup>th</sup> grader)

**Length:** 1 year

**Grade Level:** 10, 11, 12 (Grade 9 if tenor or bass)

**Supplies:** Tuxedos and Choir Dresses

Symphonic Choir is a mixed choral group for the advanced singer that focuses on higher levels of performance. Students will perform music from a side variety of cultures and time periods. All members will be required to participate in all daily rehearsals and scheduled performances throughout the school year.

# **Theatre**

## **Introduction to Theatre Arts A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9,10,11,12

This course is designed to offer an introduction and overview to the theatre. Areas covered in depth include: vocabulary, roles in the theatre, pantomime, movement, acting (scene work and one act plays), theatre evaluation, and theatre history (from ancient Greek to the present), the reading of plays, and film study. Students will be involved every day in some performance-based activity. There is an emphasis on memorization, working as a team, and classroom attendance. Students will be creating projects throughout the term in groups/teams just as they would encounter in the professional theatre world. ***This course will not count as an English credit.***

## **Advanced Theatre Production and Performance A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Introduction to Theatre Arts (A/B) & instructor approval

**Length:** 1 Year

**Grade Level:** 10, 11, 12

This is an advanced course for theatre students to put their skills to work. Students will write and direct monologues, scenes and one act plays which will then be produced over the course of the year. Students will explore advanced acting techniques and styles; study famous dramatists; and participate in film study. ***This course will not count as an English credit.***

## **IB Theatre Arts A, B**

**Credit:** Fine Arts or IB Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 11, 12

This year long course is one of the IB elective choices for students pursuing an IB diploma or Certificate with an interest in the dramatic arts. Students will step into the roles of Creator, Director, Designer, and Performer, while exploring theatre in context, learning theatre processes, and presenting theatre. This course covers multiple IB Assessments including a Director's Notebook, Research Presentation, and a Devised Collaborative Theatre piece. *This course will not count as English credit.*

## **Stagecraft A, B**

**Credit:** Fine Arts, CTE, or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

Technical theatre students will study theatre safety, set design and construction, lighting and audio for the theatre. Students will be expected to obtain proficiency in using the systems in the Capital High School theatre. Other activities will include scenic painting, costume design and construction and property construction in preparation for the upcoming CHS productions.

## **Visual Arts**

### **Drawing/Painting 1 A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11 and 12

This is primarily a studio art course that focuses on developing skills and techniques in media specific to drawing and painting. Students will use the elements of art to draw from observation and imagination. In addition, students will be asked to interpret and analyze artworks from a variety of time periods and cultures. Students are encouraged to find their artistic voices, while continuing to develop the technical skills to visually communicate their ideas in powerful and effective ways. The creative process for each project includes practice exercises, sketches, research and finally the making of a final product, which is critiqued for a final grade. Original, progressive, high quality studio work is expected.

### **Drawing/Painting 2 A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Grade of B or better in Drawing/Painting 1

**Length:** 1 year

**Grade Level:** 10, 11 and 12

Students build on the skills they learned in Draw/Paint 1 to further their artistic development. At this level, focus on technical skills is minimized and an emphasis is placed on individual style, voice and expression. Students have the opportunity to experiment with a wide variety of high quality artistic media. Studio projects offer some initial guidance, but leave a lot of room for individual artistic choices. Students are also expected to write personal artist's statements and engage in critical discussions about their own work, as well as the work of their peers and professional artists. This class is encouraged for those who have serious interest in art and/or plan on pursuing a visual arts career. Each student will compile a digital artist's portfolio throughout the course of the year. Students may repeat this class and work independently at more advanced levels if needed.

### **Ceramics, Sculpture & 3-D Design 1 A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** None

**Length:** 1 Year

**Grade Level:** 9, 10, 11, 12

Ceramics, Sculpture, & 3-D Design 1 is a beginning level class for students without previous art experience or for those who need further development or review of basic skills. Studio activities are based on mastery of basic technical concepts of Ceramics, Sculpture, & 3-D Design. Lessons focus on the use of basic design fundamentals as they pertain to the areas of Ceramics, Sculpture & 3-D Design.

## **Ceramics, Sculpture, & 3-D Design Advanced A, B**

**Credit:** Fine Arts or Elective

**Prerequisite:** Grade of B or better (or instructor approval) in Ceramics, Sculpture, & 3-D Design 1.

**Length:** 1 Year, repeatable

**Grade Level:** 10, 11, and 12

Ceramics, Sculpture, & 3-D Design Advanced is for students who have taken Ceramics 1 or completed 1 year of this course. Studio activities are based upon mastery of technical Ceramic and Sculptural concepts. Advanced hand building, sculpture, wheel throwing, glazing, and 3-D design will be explored. Special emphasis will be placed on the history and culture of 3 Dimensional Arts. Additional years of this course include studio activities that are based upon mastery of advanced technical Ceramic and Sculptural concepts, mediums, and materials. Special emphasis will be placed upon the creation of cohesive, portfolio worthy, works of art.

## **Digital Design A, B**

**Credit:** CTE, Elective or Fine Arts

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student Leadership Organization:** FBLA

This course is designed for students to gain an introduction to the Adobe programs Photoshop, Illustrator, Dreamweaver, and Flash. The programs are used for graphic enhancement, web-page development, and animation. Students will learn about elements of art in digital photography and through visual design techniques. Students will produce collages, logos, business cards, advertisements and websites including a personal portfolio website showcasing their best work! Students will post their websites on a remote server and maintain them. May count as a Fine Arts credit.

## **Digital Design 2 A, B**

**Credit:** CTE, Elective or Fine Arts

**Prerequisite:** Digital Design A, B

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Student Leadership Organization:** FBLA

This course is a continuation of Digital Design 1A/1B. Students will produce 3-fold brochures, newsletters, mini-yearbooks and websites including websites for clients and a personal portfolio website showcasing their best work. Students will post their websites on a remote server and maintain them. Students will also use Flash to create simple interactive games, digital narratives, and mobile apps. Students will continue skill development of the Adobe CC programs – Photoshop, Illustrator, DreamWeaver and Flash. May count as a Fine Arts credit.

## **Digital Design 3 A, B**

**Credit:** CTE, Elective or Fine Arts

**Prerequisite:** Digital Design 2 A, B

**Length:** 1 year

**Grade Level:** 11, 12

**Student Leadership Organization:** FBLA

This course is a continuation of Digital Design 1A/1B and 2A/2B. Students will produce interactive designs and a personal portfolio website showcasing their best work. Students will post their websites on a remote server and maintain them. Students will also use Flash to create simple interactive games, digital narratives, and mobile apps. Students will continue skill development of the Adobe CS6 programs – Photoshop, Illustrator, Flash, and DreamWeaver.

## **Film Cinematography A, B**

**Credit:** CTE or Fine Art Prerequisite: None

**Length:** Repeatable

**Grade Level:** 9, 10

Learn the art and science of motion pictures. Learn the skills needed to communicate dramatic information, ideas, moods, and feelings through the making and producing of video/cinema. Includes instruction in theory of cinema technology and equipment operation; production, directing, editing, cinematographic art, audio techniques for making specific types of cinema and the planning and management of cinema operations. This course is great preparation for testing in IB Film Cinematography junior or senior year.

## **Film Cinematography (IB) A, B**

**Credit:** CTE or Fine Art Prerequisite: None

**Length:** Repeatable

**Grade Level:** 11, 12

Learn the art and science of motion pictures. Learn the skills needed to communicate dramatic information, ideas, moods, and feelings through the making and producing of video/cinema. Includes instruction in theory of cinema technology and equipment operation; production, directing, editing, cinematographic art, audio techniques for making specific types of cinema and the planning and management of cinema operations. This is an IB class anyone upperclassmen can take. Juniors and seniors can test in IB for this course.

## **IB Visual Arts (HL)**

**Credit:** Fine Arts or Elective

**Prerequisite:** Previous Art Course and Teacher Approval

**Length:** 1 year

**Grade Level:** 10, 11, 12

The IB Diploma Programme visual arts course encourages students to challenge their own creative and cultural expectations and boundaries. It is a thought-provoking course in which students develop analytical skills in problem-solving and divergent thinking, while working towards technical proficiency and confidence as art-makers. In addition to exploring and comparing visual arts from different perspectives and in different contexts, students are expected to engage in, experiment with and critically reflect upon a wide range of contemporary practices and media. The course is designed for students who want to go on to further study of visual arts in higher education as well as for those who are seeking lifelong enrichment through visual arts. Juniors and seniors can test in IB for this course.

# **HEALTH & FITNESS DEPARTMENT**

## **Health & Fitness Department Philosophy & Goals**

- **Physical** -- The students understand their potential and constantly strive to better their skills and realize the importance of physical exercise.
- **Social** -- The students abide by the rules, demonstrate good sportsmanship, accept responsibility, contribute to the welfare of the group, and respect the rights of others.
- **Emotional** -- The students demonstrate self-control regardless of how trying the situations may be, consider cooperation rather than winning at all costs, and gain relaxation through physical activity as a participant or as a spectator.
- **Mental** -- The students learn rules, strategies, and an understanding of activities for participation or as a spectator.

**Uniforms are required for P.E. classes.**

**Uniforms are available for purchase from the ASB office or check-out, if applicable.**

**Daily attendance and participation are critical for a successful experience in all Health & Fitness classes.**

## **Freshman Health & Fitness**

**Credit:** Health/PE

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9

This class is intended to increase a student's understanding of physical, social, emotional, and the mental aspects that relates to an individual's well-being. One semester of classroom health and one semester of physical education are required for graduation. Both classes require attendance and daily participation to successfully earn credit. In physical education, dressing down daily in the Capital High School uniform is required. Weekly class format is three days of sport related activities and two of fitness.

## **10-12 Lifetime Activity & Fitness A, B**

**Credit:** PE

**Prerequisite:** Freshman Health and Fitness

**Length:** 1 semester (may be repeated)

**Grade Level:** 10, 11, 12

This class is designed to offer the students the opportunity to play paddle/racket sports, court sports, and alternative sports through one semester. It is the intentions to have the students perform all activities from a recreational skill level. Games change each semester. A sample of games might include tennis, badminton, volleyball, basketball, team handball, golf, Takraw, lacrosse, speedball, ultimate Frisbee, and floor hockey to name a few. Through handouts, discussions, skill practice, and game playing the students will learn history, rules, and strategies, which will enable them to play with a level of confidence. Weekly class format is three days of sport related activities and two of fitness.

## **Body Shape A, B**

**Credit:** PE

**Prerequisite:** Freshman Health & Fitness

**Length:** 1 semester (may be repeated)

**Grade Level:** 10, 11, 12

Body Shape is a unique strength class designed to work your whole body through group fitness activities using a variety of equipment such as free weight, body bars, bands and balls. Yoga, Pilates, muscle sculpting, interval training, and station work are some of the activities students can expect from this class. This class is great for students who want to improve muscular strength and endurance to increase their metabolism. Daily participation and completion of assigned work are critical to earn credit.

## **Strength Training A, B**

**Credit:** PE

**Prerequisite:** Freshman Health and Fitness

**Length:** 1 semester (may be repeated)

**Grade Level:** 10, 11, 12

This progressive coed class is open to all students who desire to learn the fundamentals of sound lifting techniques and proper training principles. Students are given daily exercise programs that are designed to meet the specific training levels and needs of individuals. Various assessments are made to measure the students understanding of weight room nomenclature, anatomy, fitness concepts, lifting technique, and training principles. **While each student should experience a significant improvement in their strength, stamina, and flexibility, students are evaluated only upon their active participation and successful completion of assigned tasks, not upon the individual's strength or strength gains.** Students who repeat this class may expect to be challenged each semester with new learning and to act as peer mentors to first time students.

## **Success Oriented Health & Fitness A, B**

**Credit:** PE

**Prerequisite:** Instructor approval

**Length:** 1 semester (may be repeated)

**Grade Level:** 9, 10, 11, 12

This unique Health & Fitness class is designed to give all students a chance to perform at their individual best. Students needing extra assistance are paired with mentors to enable them to be more successful in various types of team, individual, developmental, and alternative activities. All students can expect to be an active, suited participant. The goal of the class is to make Health & Fitness a fun place where self-esteem is fostered.

# MATH DEPARTMENT

## Math Department Philosophy

Beginning with the class of 2014, a student must have 3 years of math which includes Algebra 1, Geometry, and Algebra 2 or a 3<sup>rd</sup> year alternative math to graduate from Capital High School and pass the Smarter Balanced Assessment exam requirements. The appropriate third year of math to meet graduation requirements is determined by the student's High School & Beyond Plan. For a more specific look at course content, a copy of the course Scope and Sequence may be requested. A state mandated test is a graduation requirement.

## Intervention Strategies A, B

**Credit:** Elective

**Prerequisite:** None, placement based on teacher/administrator recommendation.

**Length:** 1 year

**Grade Level:** 9

This course is taken concurrently with Algebra 1 and is graded on a pass/fail basis. It emphasizes understanding numbers and variables, and leads to the solving of equations. Supports the learning of the fundamentals of Algebra.

## Algebra 1 A, B

**Credit:** Math

**Prerequisite:** Placement test score or instructor recommendation

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Required Material:** Scientific Calculator

Students will learn the fundamental language, structure and methods of Algebra. Specifically these concepts will be applied to solving and graphing linear equations, solving systems of linear equations, operations with polynomials, quadratic equations, exponential functions, and problem solving.

## Geometry A, B

**Credit:** Math

**Prerequisite:** Algebra 1

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Required Material:** Scientific Calculator

The focus of this course is to examine Euclidean Geometry in depth. Students will examine the topics of proof and logic, the construction of geometric figures with a ruler and straight edge, similarity and congruence, general properties of circles and polygons, perimeter and area, three-dimensional shapes, and their surface area and volume.

## Algebra 2 A, B

**Credit:** Math

**Prerequisite:** Algebra 1 and Geometry

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Required Material:** Scientific Calculator

A scientific calculator is required, a graphing calculator is optional. This course is an extension of the topics introduced in Algebra 1 and Geometry with an emphasis on graphing and modeling. Polynomials and factoring, systems of linear equations, and statistics will be examined. Students will cover the concept of functions with special focus on linear, quadratic, polynomial, exponential, logarithmic, and trigonometric. Meets the 3<sup>rd</sup> year math requirement for graduation.

## **IB Discrete Math A, B**

**Credit:** Math

**Prerequisite:** Algebra 2 (with a B or better required)

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Required Material(s):** Graphing calculator

This course will cover a broad range of mathematical topics. Students will study concepts in the areas of algebra, sets & logic, statistics & probability, functions, trigonometry & geometry, financial mathematics, and some other advanced mathematical topics. As a part of the course, the students will complete a project exploring a mathematical topic of their own choice. *Two semesters of Discrete Math will prepare a student for the IB math studies exam.*

## **Pre-Calculus A, B**

**Credit:** Math

**Prerequisite:** Algebra 2 (with a B or better required)

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Required Material(s):** Graphing calculator

This course emphasizes a variety of functions. Algebraic functions will include polynomial, exponential, and logarithmic functions. Graphing and deriving equations from data will be explored on the calculator. Another focus will be on trigonometric functions, their graphs, trig identities, and problem solving using right and non-right triangle equations. The course will include Statistics and Probability, which includes sampling techniques, measures of dispersion, combinations, permutations, and normal curves. **This course is the first year of the two year sequence with IB Calculus to meet the IB SL Mathematics requirement.**

## **IB Calculus A, B**

**Credit:** Math

**Prerequisite:** Pre-Calculus (with a B or better required)

**Length:** 1 year

**Grade Level:** 11, 12

**Required Material(s):** Graphing calculator

This course develops the concept of the derivative and the integral, and applies the concepts to polynomial and transcendental functions. Knowledge of the calculus concepts is used to solve maximum, minimum, related rates, area, and volume problems. Students will be expected to complete their mathematical exploration for IB internal assessment during the fall term. *Two semesters of Calculus will prepare a student for the IB SL Mathematics exam.*

## **IB Calculus HL A, B**

**Credit:** Math

**Prerequisite:** IB Calculus A, B (strongly recommended students achieved a "B" or better)

**Length:** 1 year

**Grade Level:** 11, 12

**Required Material(s):** Graphing calculator

This course continues the study of calculus begun in the IB Calculus class. Topics developed in this class include convergence or divergence of sequences and series, solving first-order differential equations and integration techniques. Additional probability and statistics concepts will be addressed in preparation for the IB HL Mathematics exam. Students will be expected to complete their mathematical exploration for the IB internal assessment during the fall term. *Two semesters of IB Calculus HL will prepare a student for the IB HL Mathematics exam.*

## **CTE/Vocational Math: 3<sup>rd</sup> year options**

The following math classes will meet the 3<sup>rd</sup> year of math for students who have *already* earned one credit in Algebra 1, one credit in Geometry, *and* their High School & Beyond Plan indicates a future career goal in a technical area. The 3rd year Math Option district form will need to be completed and kept in the student's cumulative file. See your Counselor.

## **Financial Algebra A, B**

**Credit:** 3<sup>rd</sup> Year Math, CTE or Elective

**Prerequisite:** Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student Leadership Organization:** FBLA

By combining algebraic and graphical approaches with practical business and personal finance applications Financial Algebra motivates high school students to explore algebraic thinking patterns and functions in a financial context. An applications-based learning approach provides students with the basic knowledge required to make some of life's most important financial decisions such as finding a job, money management, apartment and house hunting, buying a car, budgeting, protecting yourself as a consumer, wise use of credit, and gaining insight into the world of investing and banking. This course will also inform students of their financial responsibilities as citizens, students, family members, consumers, and active participants in the business world through a fun and entertaining computer simulation. Financial Algebra encourages students to be actively involved in applying mathematical ideas to their everyday lives. Can qualify for a student's 3<sup>rd</sup> year of Math, if taken after Algebra 1.

## **STEM/Robo-Math**

**Credit:** 3<sup>rd</sup> Year Math, CTE or Elective

**Prerequisite:** Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This course equips students with a hands-on understanding of the mathematical underpinnings of the robotics engineering and technology. Utilizing the Lego EV3 Robotics system, students will learn and apply principles of Mechanical Engineering, Software Engineering, Electrical Engineering, Computer Science and Systems Design Engineering. Working in engineering teams, students will use applied math and science to design, build and program a variety of robots to meet challenging specifications. The underlying mathematical concepts explored include Computational Thinking, Boolean Logic, Variable-based Coding, Modeling/Mapping, and Graphical Analysis. No prior programming or robotics experience is required. If students have met all other math requirements this will count as a 3<sup>rd</sup> year math class.

## **Drafting Math**

**Credit:** 3<sup>rd</sup> Year Math, CTE or Elective

**Prerequisite:** Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

In this course, students will use concepts from Algebra and Geometry to solve real-life problems when designing a house. Students will learn and apply the skills needed by architects, engineers, and builders. By working with length and area, designing two-dimensional and three-dimensional models, and matching elevations to floor plans students will develop their geometry and spatial sense. In the design of a house, students will be given a budget, analyze square footage, and estimate cost. Can qualify for a student's 3<sup>rd</sup> year of Math, if taken after Algebra 1.

## **Boat Manufacturing**

**Credit:** 3<sup>rd</sup> Year Math, CTE or Elective (3<sup>rd</sup> year math equivalency credit if certain conditions are met)

**Prerequisite:** None. However, 3<sup>rd</sup> year math credit requires Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 10, 11, 12

Build boats and learn how to work in wood, metals, plastics and composites. You will learn to use different tools including computer controlled routers, mills, lathes, lasers and plasma cutters as well as production welding, machining and composite layup techniques. The CorePLUS Manufacturing curriculum (working towards the Boeing sponsored Aerospace Machinist Certificate) will also be offered as an option in this class. This is a math intensive class and you can expect to learn geometry, trigonometry and the Cartesian co-ordinate system. Some computer programming (G and M code) will also be used to control the machines that make the parts we will need to build the boats. You will be expected to behave in a safe and professional manner at all times in this class.



## **Bicycle Manufacturing**

**Credit:** Occupational Education/CTE or Elective (3<sup>rd</sup> year math equivalency credit if certain conditions are met)

**Prerequisite:** None. However, 3<sup>rd</sup> year math credit requires Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Fee:** \$2.00 for safety glasses

Build bicycles from the ground up! Ever wondered how a bike frame is designed and welded? Do you want to learn how to assemble a bicycle? This class will teach you how to design a bicycle frame, accurately cut and weld the tubes and then how to add the components to make it a rideable bike. You will learn to use different tools including manual and CNC mills and lathes, Tig welders, specialized bicycle mechanic tools and hand tools. The CorePLUS Manufacturing curriculum (working towards the Boeing sponsored Aerospace Machinist Certificate) will also be offered as an option in this class. This is a math intensive class and you can expect to learn geometry, trigonometry and the Cartesian co-ordinate system. Some computer programming (G and M code) will also be used to control the machines that make the parts we will need to build the bikes. You will be expected to behave in a safe and professional manner at all times in this class.

## **Precision Manufacturing**

**Credit:** CTE or Elective (or 3<sup>rd</sup> year of math if certain conditions are met)

**Prerequisite:** None. However, 3<sup>rd</sup> year math credit requires Algebra and Geometry (or may be taken concurrently with Geometry)

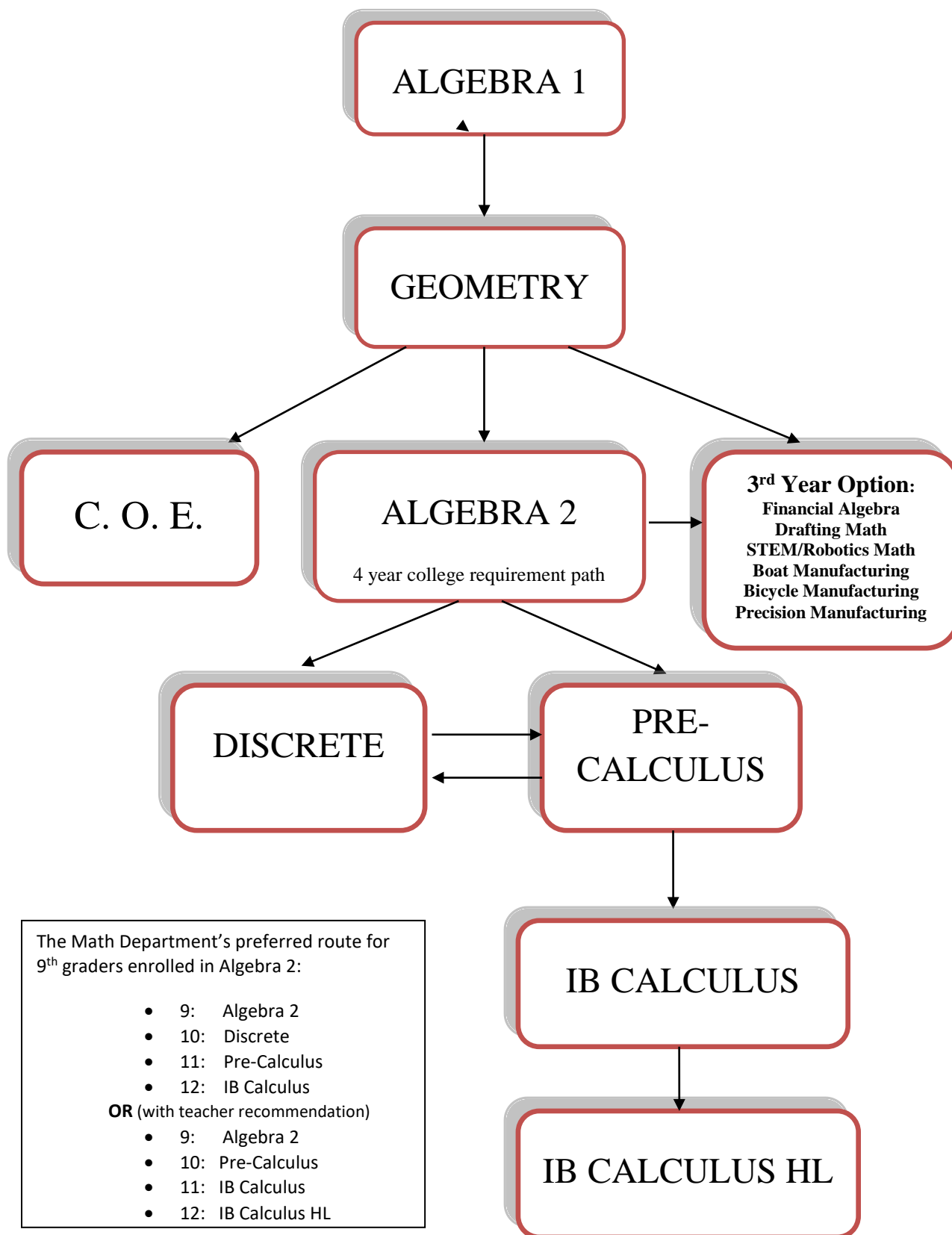
**Length:** 1 year

**Grade Level:** 10, 11, 12

**Fee:** \$2.00 for safety glasses

Learn to make parts to within a thousandth of an inch! Ever wondered how parts are made for engines and instruments? Do you want to learn how to machine steam engines? This class will teach you how to accurately cut parts on lathes and milling machines. You will learn to use different metalworking machines including manual and CNC mills and lathes. The CorePLUS Manufacturing curriculum (working towards the Boeing sponsored Aerospace machinist Certificate) will also be offered as an option in this class. This is a math intensive class and you can expect to learn geometry, trigonometry and the Cartesian co-ordinate system. Some computer programming (G and M codes) will also be used to control the machines that make the parts we will need to build the boats. You will be expected to behave in a safe and professional manner at all times in this class.

# Capital High School Math Sequence



# CAREER & TECHNICAL EDUCATION (CTE) DEPARTMENT

## Arts & Technology

### Capital News Service (CNS) A, B

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 semester (may be repeated)

**Grade Level:** 9, 10, 11, 12

**Fee:** 8GB or higher SD card required for this class

This course includes the study of the many skills required to plan and produce videos. Techniques for developing, writing, and filming news; developing features and editorials; and using the audio and visual equipment will be studied. This class is responsible for the production of the Capital News Service Program and the daily announcements. Filming and editing outside of class on own time are expectations of this class.

### Game Design 1 A, B

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

Learn how to work in the game design industry. Use the Unity game development ecosystem: a powerful rendering engine fully integrated with a complete set of intuitive tools and rapid workflows to create interactive content. Includes instruction in graphics software and systems; computer programming; digital multimedia; graphic design, video game design and development; graphics devices, processors, and standards; attributes and transformations; projections; surface identification and rendering; color theory; algebra; geometry; trigonometry and introduction to various mathematical concepts related to interactive computer and computer graphic-based applications.

### Game Design 2 A, B

**Credit:** CTE or Elective

**Prerequisite:** Game Design 1 A, B

**Length:** 1 year

**Grade Level:** 10, 11, 12

This course is a continuation of Game Design 1. Get ready to create complex 3D worlds with Unity's rapidly scalable scene building blocks. Dive into scripting with industry-standard languages in diverse, skilled teams. Join forces with other talented students to invent new worlds.

### Film Cinematography A, B

**Credit:** CTE or Fine Art Prerequisite: None

**Length:** Repeatable

**Grade Level:** 9, 10

Learn the art and science of motion pictures. Learn the skills needed to communicate dramatic information, ideas, moods, and feelings through the making and producing of video/cinema. Includes instruction in theory of cinema technology and equipment operation; production, directing, editing, cinematographic art, audio techniques for making specific types of cinema and the planning and management of cinema operations. This course is great preparation for testing in IB Film Cinematography junior or senior year.

## **Film Cinematography (IB) A, B**

**Credit:** CTE or Fine Art

**Prerequisite:** None

**Length:** Repeatable

**Grade Level:** 11, 12

Learn the art and science of motion pictures. Learn the skills needed to communicate dramatic information, ideas, moods, and feelings through the making and producing of video/cinema. Includes instruction in theory of cinema technology and equipment operation; production, directing, editing, cinematographic art, audio techniques for making specific types of cinema and the planning and management of cinema operations. This is an IB class anyone upperclassmen can take. Juniors and seniors can test in IB for this course.

## **Photography and Video Production A, B**

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Fee:** 8GB or higher SD card required for this class

We believe doing is learning. Students will learn powerful communications skills through hands-on, project-based activities. The course includes basic and advanced digital photography techniques and image manipulation with Adobe Photoshop. Students will work with cameras ranging from point and shoot to 35mm DSLR's with changeable lenses. Students also develop skills in video editing with Apple iMovie and Apple Final Cut Pro Suite. Video topics will include publishing to websites, like YouTube, and DVD's. Students will build a portfolio of work to use for a culminating project, job interview or college application enhancer.

## **Introductory Robotics A, B**

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

We believe doing is learning. This course will introduce students to engineering concepts and technology design through the Lego EV3 Robotics system. Students will learn and apply principles of Mechanical Engineering, Software Engineering, Electrical Engineering, Computer Science and Systems Design Engineering. Working in engineering teams, students will use applied math and science along with their newfound technology skills to design, build and program a variety of robots to meet challenging specifications. No prior programming experience is required. Student will also learn programming in JAVA to control the robots and prepare for Robotics Engineering and for FTC or FRC competitions.

## **Robotics Engineering A, B**

**Credit:** CTE or Elective

**Prerequisite:** Introductory Robotics (CHS or OSD middle school) or enrolled in math higher than Geometry or Physics

**Length:** 1 year (may be repeated)

**Grade Level:** 9, 10, 11, 12

**Fee:** \$2.00 safety glasses fee

Robotics Engineering builds on the learning and skills from Introductory Robotics and takes these to a new level, including competing in international FIRST Tech Challenge. In Mechanical Engineering, students will supplement the plastic NXT components with the stronger and more capable metal-based Tetrax technology. In Software Engineering, students will move from programming in a picture-based language (NXT-G or EV3) to a JAVA based language in Android studio. In Electrical Engineering, students will work with heavy-duty DC motors, precision servo motors, motor encoders/controllers/multiplexers, advanced electronic sensors, and associated power systems. In Computer Science Engineering, students will integrate remote control systems and wireless event control systems. In System Design Engineering, the students will form large teams to tackle the FIRST Tech Challenge through a combination of autonomous and remote-controlled robotics systems. There is out-of-class and weekend requirements for this class. Students must have passed the Introductory Robotics course (either at CHS or an OSD middle school) to enroll in Robotics Engineering.

## **STEM/Robo-Math A, B**

**Credit:** 3<sup>rd</sup> Year Math/CTE or Elective

**Prerequisite:** Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This course equips students with a hands-on understanding of the mathematical underpinnings of the robotics engineering and technology. Utilizing the Lego EV3 Robotics system, students will learn and apply principles of Mechanical Engineering, Software Engineering, Electrical Engineering, Computer Science and Systems Design Engineering. Working in engineering teams, students will use applied math and science to design, build and program a variety of robots to meet challenging specifications. The underlying mathematical concepts explored include Computational Thinking, Boolean Logic, Variable-based Coding, Modeling/Mapping, and Graphical Analysis. No prior programming or robotics experience is required. If students have met all other math requirements this will count as a 3<sup>rd</sup> year math class.

## **School of Rock A, B**

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** Repeatable

**Grade Level:** 9, 10, 11, 12

Produce sound recordings as finished products or as components of film/video, broadcast, live, and mixed media productions. Includes instruction in sound equipment operation and maintenance, music composition, dialogue recording, sound effects (foley), sound track editing, dubbing, mixing sound, sound reinforcement, amplification, mp3 creation, and CD production. Learn to work with musicians, producers, editors, directors, artists, and production managers. You do not have to be a musician to take this class, just love music and sound!

## **Business**

### **Digital Design A, B**

**Credit:** CTE, Elective or Fine Arts

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student Leadership Organization:** FBLA

This course is designed for students to gain an introduction to the Adobe programs Photoshop, Illustrator, Dreamweaver, and Flash. The programs are used for graphic enhancement, web-page development, and animation. Students will learn about elements of art in digital photography and through visual design techniques. Students will produce collages, logos, business cards, advertisements and websites including a personal portfolio website showcasing their best work! Students will post their websites on a remote server and maintain them. May count as a Fine Arts credit.

### **Digital Design 2 A, B**

**Credit:** CTE, Elective or Fine Arts

**Prerequisite:** Digital Design A, B

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Student Leadership Organization:** FBLA

This course is a continuation of Digital Design 1A/1B. Students will produce 3-fold brochures, newsletters, mini-yearbooks and websites including websites for clients and a personal portfolio website showcasing their best work. Students will post their websites on a remote server and maintain them. Students will also use Flash to create simple interactive games, digital narratives, and mobile apps. Students will continue skill development of the Adobe CC programs – Photoshop, Illustrator, DreamWeaver and Flash. May count as a Fine Arts credit.

## **Digital Design 3 A, B**

**Credit:** CTE, Elective or Fine Arts

**Prerequisite:** Digital Design 2 A, B

**Length:** 1 year

**Grade Level:** 11, 12

**Student Leadership Organization:** FBLA

This course is a continuation of Digital Design 1A/1B and 2A/2B. Students will produce interactive designs and a personal portfolio website showcasing their best work. Students will post their websites on a remote server and maintain them. Students will also use Flash to create simple interactive games, digital narratives, and mobile apps. Students will continue skill development of the Adobe CS6 programs – Photoshop, Illustrator, Flash, and DreamWeaver. May count as a Fine Arts credit.

## **Espresso/Smoothie Store Operations A, B**

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student leadership organization:** FBLA

Espresso/Smoothie Store Operations is an exploratory course that focuses on the general process and techniques of direct wholesale and retail buying and selling operations and introduces individuals to related careers. This includes instruction in the principles of entrepreneurial economics, basic sales skills, the distribution channels for goods and services, and supervised practical application experiences. Students will apply marketing and business concepts of retail sales, customer service, advertising, and accounting through operating the school espresso/smoothie store. Students will also learn about the history, culture and diversity of the coffee industry and gain barista skills.

## **Espresso/Smoothie Store Management A, B**

**Credit:** CTE, Elective

**Prerequisite:** Espresso/Smoothie Store Operations, application/interview process (spring), and instructor approval

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Student Leadership Organization:** FBLA

Espresso/Smoothie Store Management is a preparatory course that generally prepares students to undertake and manage the process of developing consumer audiences and moving products from producers to consumers. Class includes instruction in buyer behavior and dynamics, principles of marketing research, demand analysis, cost-volume and profit relationships, pricing theory, marketing campaign and strategic planning, market segments, advertising methods, sales operations and management, consumer relations, retailing, and applications to specific products and markets.

## **Espresso/Smoothie Store Management 2 A, B**

**Credit:** CTE or Elective

**Prerequisite:** Instructor approval, Espresso Store Management

**Length:** 1 year

**Grade Level:** 11, 12

**Student Leadership Organization:** FBLA

The purpose of this course is to provide updated information and additional skill development relative to the current and projected technologies that will be experienced by employees and managers. Programs utilized may include the daily planner/calendar, electronic mail, word processing, spreadsheet, database, and presentation software.

## Financial Algebra A, B

**Credit:** 3<sup>rd</sup> Year Math/ CTE or Elective

**Prerequisite:** Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student Leadership Organization:** FBLA

By combining algebraic and graphical approaches with practical business and personal finance applications Financial Algebra motivates high school students to explore algebraic thinking patterns and functions in a financial context. An applications-based learning approach provides students with the basic knowledge required to make some of life's most important financial decisions such as finding a job, money management, apartment and house hunting, buying a car, budgeting, protecting yourself as a consumer, wise use of credit, and gaining insight into the world of investing and banking. This course will also inform students of their financial responsibilities as citizens, students, family members, consumers, and active participants in the business world through a fun and entertaining computer simulation. Financial Algebra encourages students to be actively involved in applying mathematical ideas to their everyday lives. Can qualify for a student's 3<sup>rd</sup> year of Math, if taken after Algebra 1.

## Street Law/Law and Justice

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade level:** 9, 10, 11, 12

**Student Leadership Organization:** FBLA

Street Law uses interactive methods to give students a practical understanding of law and our legal system. Street Law focuses on criminal law and juvenile justice relevant to students' lives and develops knowledge and skills essential in our law-oriented society. Law and Justice provides a basic foundation in law required to succeed in business by introducing students the basics of the legal system, ethics, criminal law, torts, contracts, consumer and housing law, property law, employment law, business organizations, and law and finance. The highlights to this class are the visits and interaction of judges, lawyers, and various speakers as well as field trips to the Thurston County courthouses and the juvenile hall. Students also perform mock trials. It is a fun, and interactive way to learn how law is applied in today's society.

## Drafting

### Basic Engineering Drafting Technology 1 A, B

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This is an *elective course*. CADD (Computer Aided Design/Drafting) and Board Drafting (Manual Drafting), lettering and sketching, geometric construction; multi-view drawing (orthographics), pictorial drawing (isometrics, one and two point perspective), sectional views, and auxiliary views are part of this year long course. Manual drafting tools are used for exercises and AutoCAD software is used for the same or similar exercises within an area of study.



## Drafting Math

**Credit:** 3<sup>rd</sup> Year Math/ CTE or Elective

**Prerequisite:** Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 10-12

In this course, students will use concepts from Algebra and Geometry to solve real-life problems when designing a house. Students will learn and apply the skills needed by architects, engineers, and builders. By working with length and area, designing two-dimensional and three-dimensional models, and matching elevations to floor plans students will develop their geometry and spatial sense. In the design of a house, students will be given a budget, analyze square footage, and estimate cost.

## Adv. Engineering Drafting Technology 2 A, B

**Credit:** CTE or Elective

**Prerequisite:** 1 year Basic Engineering Drafting Technology 1

**Length:** 1 year

**Grade Level:** 10, 11, 12

The students will expand on the knowledge gained in Drafting Technology I, including fasteners and basic ACAD skills. An overview of this course includes: sectional views; auxiliary views; flat pattern development; threaded fasteners; working drawings; careers in drafting; engineering applications; civil engineering and surveying; structural engineering; and residential architecture.

## Architectural Drafting 2 A, B

**Credit:** CTE or Elective

**Prerequisite:** 1 year of Basic Engineering Drafting Technology 1

**Length:** 1 year

**Grade Level:** 10, 11, 12

An overview of the course includes knowledge of: porch and entryway design; kitchen design; bath and sleeping area design; the utility area and garage; living and dining area; door and window selection; window and door charts; lighting fixtures; bath and kitchen fixtures; house systems; electrical and plumbing; decks and patios; plot plans; a set of working drawings with detail drawings for construction presentation, scale models of sheds, decks and stairs; and roof trusses.



## Advanced Architectural Drafting 3 A, B

**Credit:** CTE or Elective

**Prerequisite:** 1 year Architectural Drafting II

**Length:** 1 year

**Grade Level:** 11, 12

**Requirement:** ACAD computer skills.

This is an elective course in which the advanced drafting students will develop skills in the use of ACAD drafting.

## Advanced Architectural Drafting 4 A, B

**Credit:** CTE or Elective

**Prerequisite:** Architectural Drafting III

**Length:** 1 year

**Grade Level:** 12

**Requirement:** ACAD computer skills.

This is an *elective course* in which the advanced drafting students will develop advanced skills in ACAD drafting and prepare portfolios.

# Horticulture

## Biology CTE A, B

**Credit:** Lab Science credit **and** will meet CTE graduation requirement. If student has already met their Science requirement, they will receive CTE credit instead. This course is currently not NCAA approved and is under review.

**Prerequisite:** 1 year of Algebra 1

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student leadership organization:** FFA

This class provides an overview of concepts in biology through textual, laboratory and technological means with an emphasis on plant structure and function. The primary goal is to learn the biological content outlined in State and National Science standards, provide hands-on inquiry learning experiences, improve study skills, develop analytical skills and enhance technical writing skills through the exciting medium of living systems. Subjects studied include biochemistry, cell biology, genetics, evolution, ecology, and engineering applications. The course meets the NGSS standards to pass the Washington State End of Course Assessment in Biology. Because it can be used to fulfill the CTE requirement, students must also complete a Leadership component that includes lessons on career and personal development, and a Supervised Agricultural Experience (SAE) to demonstrate a new skill. SAE and Leadership each require an additional 6 hours/semester outside of class.



## Introduction to Horticulture A, B

**Credit:** CTE, Elective or Science (This is not an approved NCAA course.)

**Prerequisite:** 1 year approved science

**Length:** 1 year

**Grade Level:** 11, 12

**Student leadership organization:** FFA

Major topics include basic botany (plant anatomy, growth, and development); plant reproduction techniques (seeds, cuttings, tissue culture); the plant environment (soil, light, water, air); identification of native and commercial plants; greenhouse construction and maintenance; pest management; the horticulture industry; marketing; and career and personal development. Because it can be used to fulfill the CTE requirement, students must also complete a Leadership component that includes lessons on career and personal development, and a Supervised Agricultural Experience (SAE) to demonstrate a new skill. SAE and Leadership each require an additional 6 hours/semester.

## Industrial Technology

### Bicycle Manufacturing

**Credit:** Occupational Education/CTE or Elective (3<sup>rd</sup> year math equivalency credit if certain conditions are met)

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Fee:** \$2.00 for safety glasses

Build bicycles from the ground up! Ever wondered how a bike frame is designed and welded? Do you want to learn how to assemble a bicycle? This class will teach you how to design a bicycle frame, accurately cut and weld the tubes and then how to add the components to make it a rideable bike. You will learn to use different tools including manual and CNC mills and lathes, Tig welders, specialized bicycle mechanic tools and hand tools. The CorePLUS Manufacturing curriculum (working towards the Boeing sponsored Aerospace Machinist Certificate) will also be offered as an option in this class. This is a math intensive class and you can expect to learn geometry, trigonometry and the Cartesian co-ordinate system. Some computer programming (G and M code) will also be used to control the machines that make the parts we will need to build the bicycle. You will be expected to behave in a safe and professional manner at all times in this class.



### Boat Manufacturing

**Credit:** CTE or Elective (or 3<sup>rd</sup> year of math if certain conditions are met)

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Fee:** \$2.00 for safety glasses

Build boats and learn how to work in wood, metals, plastics and composites. You will learn to use different tools including computer controlled routers, mills, lathes, lasers and plasma cutters as well as production welding, machining and composite layup techniques. The CorePLUS Manufacturing curriculum (working towards the Boeing sponsored Aerospace machinist Certificate) will also be offered as an option in this class. This is a math intensive class and you can expect to learn geometry, trigonometry and the Cartesian co-ordinate system. Some computer programming (G and M codes) will also be used to control the machines that make the parts we will need to build the boats. You will be expected to behave in a safe and professional manner at all times in this class.

## Metals/Welding Technology A, B

**Credit:** CTE or Elective

**Prerequisite:** Basic math skills \*

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Fee:** \$2.00 for safety glasses, plus actual project material cost.

The students will learn and practice welding techniques necessary for the metal working industry or hobby applications. Individual and group activities are designed to simulate industrial welding operations. A major portion of each class is spent working on projects in a large, well-equipped laboratory classroom. Student will prepare a portfolio of their work. **\*Appropriate basic math skills to read rulers, add, subtract, multiply, and divide fractions, decimals, and whole numbers.** You will be expected to behave in a safe and professional manner at all times in this class.

## Precision Manufacturing

**Credit:** CTE or Elective (or 3<sup>rd</sup> year of math if certain conditions are met)

**Prerequisite:** None. However, 3<sup>rd</sup> year math credit requires Algebra and Geometry (or may be taken concurrently with Geometry)

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Fee:** \$2.00 for safety glasses

Learn to make parts to within a thousandth of an inch! Ever wondered how parts are made for engines and instruments? Do you want to learn how to machine steam engines? This class will teach you how to accurately cut parts on lathes and milling machines. You will learn to use different metalworking machines including manual and CNC mills and lathes. The CorePLUS Manufacturing curriculum (working towards the Boeing sponsored Aerospace machinist Certificate) will also be offered as an option in this class. This is a math intensive class and you can expect to learn geometry, trigonometry and the Cartesian co-ordinate system. Some computer programming (G and M codes) will also be used to control the machines that make the parts we will need to build the boats. You will be expected to behave in a safe and professional manner at all times in this class.

## Woods Technology A, B (Beginning/Advanced)

**Credit:** CTE or Elective

**Prerequisite:** Basic math skills \* Advanced status requires a passing grade and teacher's approval.

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Fee:** \$2.00 for safety glasses, plus actual cost of materials for projects.

Students will learn and practice creative woodworking techniques necessary for the woodworking industry or the woodworking hobbyist. Individual and group activities are designed to simulate industrial woodworking operations. A major portion of each class is spent working on projects in a large, well-equipped laboratory classroom. Students will prepare a portfolio of their work.\***Appropriate basic math skills to read rulers, add, subtract, multiply, and divide fractions, decimals, and whole numbers.** You will be expected to behave in a safe and professional manner at all times in this class.

## Marketing

### Introduction to Marketing A, B

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student leadership organization:** DECA

Marketing is a full year course geared toward preparing students for the competitive business world. Students will gain understanding of business topics such as business ownership, advertising and promotion, product development and leadership skills. Students will have opportunities to work independently on projects that relate to their career goals. This class will also help students get an edge when preparing resumes and applying for jobs. With several guest speakers, field trip opportunities and ties to DECA, this fun course is hands on and designed for gaining experience beyond the classroom. **Option:** See Marketing Work Based Learning Program.



### Advanced Marketing A, B

**Credit:** CTE or Elective

**Prerequisite:** Introduction to Marketing and teacher approval

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Student leadership organization:** DECA

Advanced marketing is a high energy course that builds upon the business and marketing skills developed in Marketing. Students who have successfully completed 1 semester of Intro to Marketing are eligible to enroll in Advanced Marketing. Students will apply their marketing skills to real world business situations as well as the student store. With several guest speakers, field trip opportunities and ties to DECA, this course is designed for gaining experience beyond the classroom. **Option:** see Marketing Work Based Learning Program.



## **IB Business Management (SL) A, B**

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 11, 12 (students interested in testing for the IB credit must take this class in the 11<sup>th</sup> or 12<sup>th</sup> grade)

**Student leadership organization:** DECA

This course emphasizes understanding technical innovation, daily business functions including marketing, human resources, management and finance. This course prepares students for a Standard Level examination at the end of the course. Students should have an interest in business and leadership development.

## **IB Business Management (HL) A, B**

**Credit:** CTE or Elective

**Prerequisite:** Successfully complete IB Business Management SL

**Length:** 1 year

**Grade Level:** 11, 12 (students interested in testing for the IB credit must take this class in the 11<sup>th</sup> or 12<sup>th</sup> grade)

**Student leadership organization:** DECA

Student must successfully complete IB Business Management SL. IB Business Management HL is an extension of the SL course. Content includes accounting and finance, marketing, human resources, business strategy, operations and external business influences.

## **Student Store Management A, B**

**Credit:** CTE or Elective

**Prerequisite:** Introduction to Marketing and instructor approval

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Student leadership organization:** DECA

Student Store Management is a one year course in which students will apply marketing and business concepts through operation and management of the CHS student store. Students will learn the fundamentals necessary for owning or managing a small business.

**Option:** See Marketing Work Based Learning Program

## **Business & Marketing Work-Based Learning A, B**

**Credit:** CTE or Elective

**Prerequisite:** Concurrent or prior enrollment in Marketing or Business class and part-time employment in an occupation related to the CTE course and career goals (instructor approval required for enrollment).

**Length:** 1 semester each (may be taken for a full year.)

**Grade Level:** 10, 11, 12 (must be 16 years of age)

Work-Based Learning provides students with an opportunity to gain exposure to an occupational area related to their interests and career goals. The objectives of the program are to prepare students to successfully obtain and maintain employment while developing employment skills. Students will receive credit based upon their performance at the work site, completion of required paperwork and school assignments related to the program, and official documentation of 180 work hours per semester.

## **Services**

### **Introduction to Leadership A, B**

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10

**Student Leadership Organization:** DECA

The Leadership program will reflect the belief that students want to become meaningfully involved in the school community through Servant Leadership and taking care of the “little things that matter so the big things will take care of themselves.” The class is based on the concept that leadership can be developed in a variety of school areas, curricular and co-curricular. Students will learn about leadership and provide services to students, parents, staff, and the community.

## Advanced Leadership A, B

**Credit:** CTE or Elective

**Prerequisite:** Application and instructor approval

**Length:** 1 year (May be repeated)

**Grade Level:** 11, 12 (10<sup>th</sup> with teacher approval)

**Student Leadership Organization:** DECA

The Leadership program will reflect the belief that students want to become meaningfully involved in the school community. The class is based on the concept that leadership can be developed in a variety of school areas, curricular and co-curricular. Students will learn about leadership and provide services to students, parents, staff, and the community. Hands on projects in this class include canned food drive, dance planning, assembly preparation, committee responsibilities, and serving our school community.

## Sports Medicine

### Foundations of Sports Medicine

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Fee:** \$15 lab fee

In this year long course students will learn the basics of sports medicine, medical careers, medical terminology, general nutrition, and basic athletic training procedures. Basic lab sessions include prophylactic taping, nutritional analysis and diet management. This course is designed for students who have interest in various medical professions and learning more about sports medicine related injuries and management. Students will earn certification in First Aid and CPR.

### Sports Medicine A, B

**Credit:** CTE, Elective or Science (NCAA does not accept this course for a science credit)

**Prerequisite:** Teacher permission required

**Length:** 1 year (may be repeated for full three-year program)

**Grade Level:** 10, 11, 12

This is a three year course designed for students who plan on making medicine a career. Sophomores will have priority in scheduling for this course. In this course, students will learn the basics of anatomy, physiology, biomechanics, kinesiology, general nutrition, and basic athletic training procedures. Lab sessions cover training room operations 40 hours per semester and cover taping & wrapping, athletic injury assessment, advanced CPR, use of heat & cold modalities, record keeping, rehabilitation, and time management skills. Also included are job shadow and internship opportunities. Extended hours are required per instructor's specifications.



### Sports Medicine Practicum A, B (After School)

**Credit:** CTE or Elective

**Prerequisite:** Instructor permission; Must be taken concurrently with Sports Medicine Class.

**Length:** 1 or 2 semesters (may be repeated)

**Grade Level:** 10, 11, 12

**Special Information:** Only offered as an after-school class

Taken concurrently with Sports Medicine, this course offers opportunities for application of skills in dealing with injuries of team members in various sport training programs. Students acquire on-the-job experience working with the athletic trainer, team physicians, and other health care professionals.

## Theatre

### Stagecraft A, B

**Credit:** Fine Arts, CTE or Elective

**Prerequisite:** Introduction to Theatre Arts (A/B) & instructor approval

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

Technical theatre students will study theatre safety, set design and construction, lighting and audio for the theatre. Students will be expected to obtain proficiency in using the systems in the Capital High School theatre. Other activities will include scenic painting, costume design and construction and property construction in preparation for the upcoming CHS productions.

# Additional Career & Technical Education Offerings

## American Sign Language 1 A, B

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

American Sign Language I is an introduction to language and culture of the deaf. The course will provide insights into deaf cultural values, historical aspects of the language, and the community as well as provide a foundation for every day communication with the community. One such example is learning the difference between the use of Deaf and deaf in terms of cultural and medical terms when referring to the D/deaf and their communities. This course will aid students in learning about a variety of careers utilizing ASL in different ways. Students will create a variety of presentational platforms for their peers about interacting with a wide spectrum of Deaf and deaf people after graduating High School. Students are expected to be able to record homework through a mode of video recording equipment available and occasional presentations live before the class. There may be one or two guest speakers to come in and present about ASL growth, their own experiences, and/or careers that utilize ASL. Students must maintain a C- or 70% to remain in the class for semester 2 and to move on to the next level.

## American Sign Language 2 A, B

**Credit:** CTE or Elective

**Prerequisite:** American Sign Language 1 with 70 % (C-) or above

**Length:** 1 year

**Grade Level:** 10, 11, 12

American Sign Language II is a continuation of American Sign Language 1 into the language and culture of the deaf. Students in this class will delve into the nuances of certain phrases and usage of language in the class. Students are expected to participate and demonstrate proficiency for the teacher and peers both live and through video. Guest speakers (if available) will come in to the class and present about experiences and careers they have chosen that use ASL. Students must have maintained a C- or 70% prior to enrolling and to enter second semester. Screening for ASL II for transfer students is preferred if possible.

## Journalistic Writing 12<sup>th</sup> English A, B

**Credit:** CTE or English

**Prerequisite:** None

**Length:** Student must be enrolled in Newspaper the entire year.

**Grade Level:** 12 (11<sup>th</sup> with teacher approval)

Journalistic writing allows students to write for the school newspaper and meets the writing requirements for college preparatory writing. The topics vary and include news, opinion, sports, and general interest articles. Along with writing articles for each issue of *The Outlook* students work with InDesign and various other computer programs while assisting in the overall production of the paper.

## Journalism A, B

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** Student must be enrolled in Journalism the entire year.

**Grade Level:** 9, 10, 11, 12

Journalism allows students to write for the school newspaper. The topics vary and include news, opinion, sports, and general interest articles. Along with writing articles for each issue of *The Outlook* students work with InDesign and various other computer programs while assisting in the overall production of the paper.

## Yearbook A, B

**Credit:** CTE or Elective

**Prerequisite:** By application only-Apply in April for following year

**Length:** 1 year

**Grade level:** 10, 11, 12

Students will be involved in the planning and production for the entire school year. This course requires many after school hours.

# SCIENCE DEPARTMENT

## Science Department Philosophy

The science curriculum is designed to provide students with an understanding of scientific processes and to show applications of scientific thinking both to everyday practical experiences and to problems of society. Science courses are also provided to prepare students for technical studies in college and to offer options to students with interests or plans in specific areas.

The majority of students entering Capital High School should take **Physical Science** their freshman year. If incoming freshmen intend to take the IB Chemistry sequence as upperclassmen, they should enroll in **Honors Biology** their freshman year. Please see individual course descriptions for course prerequisites.

**Sports Medicine** - For students interested in the Sports Medicine program, the recommendation is to take the one year **Foundations of Sports Medicine** course freshmen year concurrently with biology or physical science. Then, as a sophomore, students may enter a three-year program taken concurrently with other science course requirements and electives. It is also recommended that you have Biology, Physics and Chemistry knowledge to get the most out of the program.

## Suggested General Science Course Sequence

| <u>9<sup>th</sup> Grade</u>   | <u>10<sup>th</sup> Grade</u>   | <u>11<sup>th</sup> Grade</u>  | <u>12<sup>th</sup> Grade</u>  |
|---|--|---|---|
| <ul style="list-style-type: none"> <li>• Physical Science</li> </ul>  | <ul style="list-style-type: none"> <li>• Biology</li> <li>• Biology (CTE)</li> <li>• Honors Biology</li> </ul> | <ul style="list-style-type: none"> <li>• Chemistry (College req.)</li> <li>• IB Chemistry I (approval req.)*</li> <li>• Physics or Honors Physics</li> <li>• Sports Medicine (non lab)</li> <li>• Intro to Horticulture</li> <li>• Anatomy &amp; Physiology</li> <li>• Environmental Science</li> </ul> | <ul style="list-style-type: none"> <li>• Chemistry (College req.)</li> <li>• Physics or Honors Physics</li> <li>• IB Chemistry I or II (approval required)*</li> <li>• Sports Medicine (non lab)</li> <li>• Intro to Horticulture</li> <li>• Anatomy &amp; Physiology</li> <li>• Environmental Science</li> </ul> |
| <p><i>With the exception of IB Chemistry I, the above classes can be taken in either 11<sup>th</sup> or 12<sup>th</sup> grade.</i></p> <p><i>*Very motivated students who were not on IB Science Track in 9<sup>th</sup> and 10<sup>th</sup> grade can opt into IB Chemistry with teacher approval.</i></p> |  |   |   |

## Suggested IB Science Track

| <u>9<sup>th</sup> Grade</u>  | <u>10<sup>th</sup> Grade</u>  | <u>11<sup>th</sup> Grade</u>   | <u>12<sup>th</sup> Grade</u>   |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>• Biology</li> <li>• Biology (CTE)</li> <li>• Honors Biology</li> </ul> | <ul style="list-style-type: none"> <li>• Physics</li> <li>• Honors Physics</li> </ul> | <ul style="list-style-type: none"> <li>• IB Chemistry I</li> <li>• Chemistry</li> <li>• Sports Med.</li> <li>• Intro to Hort.</li> <li>• Anatomy &amp; Physiology</li> </ul> | <ul style="list-style-type: none"> <li>• IB Chemistry II</li> <li>• Sports Med.</li> <li>• Intro to Hort.</li> <li>• Anatomy &amp; Physiology</li> </ul> |

## Physical Science A, B

**Credit:** Lab Science

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9

**Required Materials:** Basic calculator, composition notebook, 1” 3 ring binder

Students will be exposed to the same science concepts during this year regardless of teacher/class period. Instruction will be coordinated continually to meet the new standards.

Various topics will be explored, including foundation in physics and chemistry, as well as introductory Earth and Space science.

State and National Science standards will be met for course completion, covering physical science content, scientific processes in labs, and engineering activities. An established format will be used for lab reports, emphasizing formal scientific communication.

Collection and analysis of scientific data and observations is essential to this learning process. Grades are based on tests (40%), labs (30%) and classwork (30%)

## Biology A, B

**Credit:** Lab Science

**Prerequisite:** 1 complete year of Physical Science or Geometry (may be taken concurrently)

**Length:** 1 year

**Required Materials:** Basic calculator, composition notebook, 1” 3 ring binder, glue stick

This class provides an overview of concepts in biology through textual, laboratory and technological means. The primary goal is to learn the biological content outlined in State and National Science standards, provide hands-on inquiry learning experiences, improve study skills, develop analytical skills and enhance technical writing skills through the exciting medium of living systems. Subjects studied include biochemistry, cell biology, genetics, evolution, ecology, and engineering applications. Students are expected to meet established state standards in these subject areas and pass the Washington State End of Course Assessment in Biology.

## Biology CTE A, B

**Credit:** Lab Science credit **and** will meet CTE graduation requirement. If student has already met their Science requirement, they will receive CTE credit instead. This course is currently not NCAA approved and is under review.

**Prerequisite:** 1 year of Algebra 1

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

**Student leadership organization:** FFA

This class provides an overview of concepts in biology through textual, laboratory and technological means with an emphasis on plant structure and function. The primary goal is to learn the biological content outlined in State and National Science standards, provide hands-on inquiry learning experiences, improve study skills, develop analytical skills and enhance technical writing skills through the exciting medium of living systems. Subjects studied include biochemistry, cell biology, genetics, evolution, ecology, and engineering applications. The course meets the NGSS standards to pass the Washington State End of Course Assessment in Biology. Because it can be used to fulfill the CTE requirement, students must also complete a Leadership component that includes lessons on career and personal development, and a Supervised Agricultural Experience (SAE) to demonstrate a new skill. SAE and Leadership each require an additional 6 hours/semester outside of class.

## Honors Biology A, B

**Credit:** Lab Science

**Prerequisite:** “A” in 8<sup>th</sup> grade science and desire to pursue IB Chemistry. Or “A” in Physical Science and teacher recommendation.

**Length:** 1 year

**Required Materials:** Basic calculator, composition notebook, 1” 3 ring binder, glue stick

This class is for self-motivated students interested in pursuing advanced science coursework (Honors Physics and IB Chemistry) and science careers, and for students who are passionate about learning more about our very rapidly-expanding understanding of biological systems. The course will cover molecular, cellular, evolutionary, and organismal biology, as well as heredity, molecular genetics, and ecology. Scientific process and practice in all aspects of laboratory work will be stressed. Students are expected to come to class prepared every day, participate in all aspects of the class, and work both independently and collaboratively. Grades are based on tests (45%), lab reports/projects (35%) and classwork (20%).

## **Chemistry A, B**

**Credit:** Lab Science

**Prerequisite:** 1 year of an approved science class and Algebra 2 (may be taken concurrently)

**Length:** 1 year

**Grade Level:** 10 (with approval), 11, and 12

**Required materials:** Bound lab note book

This class features a lab-oriented approach to Chemistry designed to enable students to learn about the properties and interaction of matter through observation and experimentation. Strong skills in Algebra 1 recommended.

## **IB Chemistry I A, B**

**Credit:** Lab Science

**Prerequisite:** Biology (B or better) and Physics (B or better recommended) and Algebra 2 (B or concurrent)

OR Chemistry A, B

OR permission of instructor

**Grade Level:** 11 or 12 only

**Required materials:** Scientific Calculator

This class is the first in a rigorous 2-year program. Chemical principles govern the physical environment as well as biological systems. Chemistry is a prerequisite for many courses in higher education, such as medicine and biological and environmental sciences. In this course, selected inorganic and organic chemistry topics will be covered in depth. Laboratory investigations will comprise approximately 25% OF THE COURSE. Students will be expected to keep a well-maintained laboratory portfolio. Students attempting an IB diploma must successfully complete IB Chemistry I, IB Chemistry II in grade 12, and take the IB Chemistry exam in May of grade 12.

## **IB Chemistry II A, B (HL)**

**Credit:** Lab Science

**Prerequisite:** IB Chemistry IA and B

**Required material(s):** Scientific Calculator

**Grade Level:** 12

This class is the second in a rigorous 2-year program. Selected advanced chemistry topics will be covered in depth. Laboratory investigations will comprise approximately 25% of the course. Students will be expected to keep a well-maintained laboratory portfolio. Students attempting an IB Diploma must successfully complete IB Chemistry I in grade 11, IB Chemistry II in grade 12, and take the IB Chemistry exam in May of grade 12.

## **Physics A, B**

**Credit:** Lab Science

**Prerequisite:** 1 year of approved year of science and Algebra 2 (may be taken concurrently) or instructor approval.

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Required Material(s):** Scientific calculator

Students will use the scientific method and problem solving techniques to learn basic concepts including mechanics, waves, and electromagnetism. Students will gain an elementary knowledge of modern physics.

## **Honors Physics A, B**

**Credit:** Lab Science

**Prerequisite:** 1 year of approved year of science and Algebra 2 (may be taken concurrently) or instructor approval.

**Length:** 1 year

**Grade Level:** 10, 11, 12

**Required Material(s):** Scientific calculator

This course is more rigorous than Physics A, B and intended for students with an interest in science and/or mathematics. It is strongly encouraged that sophomores who will be taking IB Chemistry their junior year enroll in this course. Through concepts of physics, students will learn problem solving techniques, lab write-up protocols and other valuable skills transferrable to advanced science classes. Students will use the scientific method and problem solving techniques to learn classical physics concepts including mechanics, waves, energy, and electromagnetism. Students will gain an elementary knowledge of modern physics.



## Human Anatomy and Physiology A, B

**Credit:** Elective or Lab Science

**Prerequisite:** Successful completion of Biology

**Length:** 1 year

**Required Materials:** \$20.00 fee for the year, composition notebook, glue stick

**Grade Level:** 10, 11, 12

Anatomy and Physiology is a yearlong course that provides students an opportunity to explore the intricate and sophisticated relationship between structure and function in the human body. The course offers students an environment in which they may explore the body systems: Integumentary, Skeletal, Muscular, Nervous, Endocrine, Cardiovascular, Lymphatic, Respiratory, Digestive, Urinary, and Reproductive. Laboratory activities and dissections reinforce concepts and principles presented in the course. The culminating project will involve a dissection of a cat.

## Environmental Studies A, B

**Credit:** Lab Science

**Prerequisite:** Biology

**Length:** 1 year

**Grade Level:** 10, 11, 12

The focus of this course will be to introduce students to environmental issues that impact the world around them. Topics covered will be (but not limited to): an introduction to environmental science and the living world, populations, land and water use, energy resources and consumption, pollution, and global climate change. Each of these topics will investigate the scientific, economic, legal, and ethical aspects surrounding them, with an emphasis on conservation, environmental economics and sustainability. Class will be composed of guest speakers, labs, investigations, discussions, and group/individual assignments. Students will be required to participate in 5 hours of environmental service (can be completed within the school day) and will be actively involved in the school's composting program.

## Introduction to Horticulture A, B

**Credit:** CTE, Elective or Lab Science (This is not an approved NCAA course.)

**Prerequisite:** 1 year approved science

**Length:** 1 year

**Grade Level:** 11, 12

**Student leadership organization:** FFA

Major topics include basic botany (plant anatomy, growth, and development); plant reproduction techniques (seeds, cuttings, tissue culture); the plant environment (soil, light, water, air); identification of native and commercial plants; greenhouse construction and maintenance; pest management; the horticulture industry; marketing; and career and personal development. Because it can be used to fulfill the CTE requirement, students must also complete a Leadership component that includes lessons on career and personal development, and a Supervised Agricultural Experience (SAE) to demonstrate a new skill. SAE and Leadership each require an additional 6 hours/semester.

## Sports Medicine A, B

**Credit:** Science, CTE or Elective (This course is not NCAA approved)

**Prerequisite:** Teacher permission required

**Length:** 1 year (may be repeated for full three-year program)

**Grade Level:** 10, 11, 12

This is a three year course designed for students who plan on making medicine a career. Sophomores will have priority in scheduling for this course. In this course, students will learn the basics of anatomy, physiology, biomechanics, kinesiology, general nutrition, and basic athletic training procedures. Instructional materials and activities support attainment of National Safety Council, American Sports Medicine Association, and The National Athletic Trainers' Association industry standards. Lab sessions cover training room operations, taping and wrapping, athletic injury assessment, advanced first aid, use of heat & cold modalities, record keeping, rehabilitation, and time management skills. Also included are job shadow and internship opportunities. Extended hours are required per instructor's specifications. *NCAA does not accept this course for a science credit.*



# SOCIAL STUDIES DEPARTMENT

## **World History A, B**

**Credit:** World History

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 10

This course is designed to give students a well-rounded investigation into the history, geography, and culture of various areas in the world. Students will study the themes of global expansion & encounter, age of revolutions, international conflicts, emergence & development of new nations, and the challenges to democracy & human rights through which modern ideologies have developed. Students who excel may also participate in the IB social studies courses in 11<sup>th</sup> and 12<sup>th</sup> grades. Students will complete the state required Curriculum Based Assessment.

## **Honors World History A, B**

**Credit:** World History

**Prerequisite:** Grade of B or better in 9<sup>th</sup> Grade English

**Length:** 1 year

**Grade Level:** 10

The content of the course is the same as World History. Students in Honors World History will experience a more rigorous program refining the skills necessary for success in college and IB courses at Capital High School. This course is designed to prepare students for participation in the International Baccalaureate Diploma Program. State required Curriculum Based Assessment completed.

## **United States History A, B**

**Credit:** U.S. History

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 11

This course reviews U.S. history from our early days as a nation to the present. The first semester moves from early nationhood through World War I. The second semester goes from WWI to the present. Emphasis throughout is on how present situations, policies, and conditions have been shaped by past events and contributions from diverse racial, social, cultural, and economic groups. Students will complete the state required Curriculum Based Assessment.

## **IB History of the Americas A, B**

**Credit:** U.S. History

**Prerequisite:** Successful completion of 10<sup>th</sup> grade English and recommendation from 10<sup>th</sup> grade social studies teacher

**Length:** 1 year

**Grade Level:** 11, 12

This course deals with the history of the western hemisphere beginning with European exploration and settlement and extending to the mid-twentieth century. Students will be challenged to assess historical materials, weigh evidence and interpret historical information. History of the Americas is the first of two history courses necessary for students interested in an International Baccalaureate Diploma or Certificate. All students enrolled will complete a 2000-word essay emphasizing skills and an important historical topic of interest. Students will complete the state required Curriculum Based Assessment.

## **IB Psychology A, B**

**Credit:** Elective or .50 Senior Social Studies

**Prerequisite:** Approved IB Program application

**Length:** 1 year

**Grade Level:** 11, 12

IB Psychology is an in depth examination of human behavior using a levels of analysis approach. The course culminates in the study of mental illness, including causes and treatment. This course is one of the elective subjects students may select to study in pursuit of an IB Diploma or Certificate. The course is also open to motivated students interested in a more in depth study of psychology.

## **IB History of the Twentieth Century A, B**

**Credit:** Senior Social Studies

**Prerequisite:** Recommendation of 11<sup>th</sup> grade HOTA instructor

**Length:** 1 year

**Grade Level:** 12

This course is designed for motivated students interested in rigorous and in depth study of the world in the twentieth century. In addition to normal course work, emphasis is placed on the analysis of primary sources and the successful completion of the IB exam in history in May of the senior year though this is not required. Students will also complete the state required Curriculum Based Assessment.

## **IB Theory of Knowledge (O Hour Class Only)**

**Credit:** Elective

**Prerequisite:** IB Diploma Candidates

**Length:** 1.5 semesters

**Grade Level:** 12

This course is intended to stimulate critical reflection upon the knowledge and experience gained inside and outside the classroom. TOK challenges students to question the bases of knowledge, to be aware of subjective and ideological biases, and to develop a personal mode of thought based on analysis of evidence expressed in rational argument. *This course is a required interdisciplinary course for IB diploma candidates.*

## **IB Theory of Knowledge With Civics**

**Credit:** Elective, Social Studies Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 12

This course is intended to stimulate critical reflection upon the knowledge and experience gained inside and outside the classroom. TOK challenges students to question the bases of knowledge, to be aware of subjective and ideological biases, and to develop a personal mode of thought based on analysis of evidence expressed in rational argument. *This course is an interdisciplinary course for any senior. Senior Civics curriculum will be taught in conjunction with Theory of Knowledge curriculum.*

## **Psychology/Sociology**

**Credit:** Senior Social Studies

**Prerequisite:** None

**Length:** 1 semester

**Grade Level:** 12

Students will participate in an introduction to the fields of psychology and sociology; their histories, perspectives and current status. Both psychology and sociology address complex issues so that students can develop a greater understanding of individuals and societies.

## **Civics**

**Credit:** Senior Social Studies

**Prerequisite:** None

**Length:** 1 semester

**Grade Level:** 12

Students will learn the principles of democratic civic responsibility and involvement while studying local, national and international issues through the use of media and research. Students will study both the U.S. and Washington State constitutions. Students will complete the state required CBA.

# WORLD LANGUAGES

## World Language Department Philosophy

The World Languages Program is designed to provide students the opportunity to study one or more popular world languages. It is the philosophy of the department that every person is able to and should learn another language to broaden his/her perspective of the world and its cultures. The study of another language also serves to inform and deepen the understanding of the learner's native language.

- All world language courses are open to students in grades 9-12. Freshmen with strong study skills are encouraged to study a world language.
- Languages must be studied in sequential order, i.e.: Language 1 AB; 2 AB; etc.
- Students starting a first year world language course are required to have passed English the previous school year. A grade of a "C" or better in English is recommended.
- Students may be required to purchase workbooks and/or dictionaries.
- Students must maintain passing grades at all times. If a student does not pass, he/she must repeat that section the following year to continue the study of the language.

### To be successful in taking a language, students must:

1. Have good attendance. Missed class time impacts performance and understanding.
2. Develop and utilize effective study habits and skills.
3. Participate enthusiastically. Constant practice is a key component.
4. Seek opportunities for out-of-class practice on a regular basis.
5. Realize that learning another language is a long-term commitment.

## IB for World Language

Students interested in the International Baccalaureate Degree (IB) program can study the three modern languages of French, Japanese, and Spanish. Years one and two will experience standard classes to become adequately familiarized with the target language. Third and fourth-year students who are working toward an IB Diploma or Certificate will experience a greater academic challenge than standard classes. There will be more projects and more intensive use of the target language in discussions, presentations, and a wide variety of written production to adequately prepare them for the oral and written IB exams.

## French 1 A, B

**Credit:** Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

During this first-year course, the focus will be on self-expression: describing and answering questions about yourself, your friends, and family, and what goes on in your daily life. Students will develop beginning speaking, listening, reading and writing skills in French. From the first day, students will be expected to communicate in French as much as possible.

## French 2 A, B

**Credit:** Elective

**Prerequisite:** "C" or better in French 1 recommended

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

During the second-year course, students will be building on the concepts and themes learned in French 1. The focus will remain on self-expression and communicating about yourself, the people around you and your daily life, but your expression will become richer and more complex. Students will continue developing skills in speaking, reading, writing and listening in French. Students will also continue to make connections between people, languages and cultures.

## **French 3 A, B**

**Credit:** Elective

**Prerequisite:** “B” or better in French 2 recommended.

**Length:** 1 year

**Grade Level:** 10, 11, 12

During this third-year course, students will continue building on their first years of study to begin thinking more in French and to use the language more naturally and spontaneously. Students will begin to push beyond using the language simply as a means of exchanging information and start to use it to also share and discuss ideas. The range of vocabulary and language, primarily in terms of tense, will be significantly expanded. The textbook will be supplemented by research projects, music, literature, films and authentic texts. The class will be conducted in French.

## **IB French 3 A, B**

**Credit:** Elective

**Prerequisite:** "B" or better in French 2 is recommended.

**Length:** 1 year

**Grade Level:** 10, 11, 12

Student goals will mirror those of French 3. IB students, however, will be expected to complete a more rigorous workload and demonstrate deeper understanding. This course will prepare students for IB French 4, as well as introducing the expectations of the IB exam.

## **French 4 A, B**

**Credit:** Elective

**Prerequisite:** “B” or better in French 3 recommended.

**Length:** 1 year

**Grade Level:** 11, 12

As a capstone language course, students will continue to refine previous concepts while using the language in new ways. The focus will move from using French merely for exchanging information, to using it to share, discuss, and analyze ideas. Material for this course will come from a variety of sources: the media, music, literature, textbooks, and the Internet. Discussions, presentations, and role-playing, as well as extended writing and reading, will be regular components of the class. The class will be conducted in French.

## **IB French 4 A, B**

**Credit:** Elective

**Prerequisite:** “B” or better in IB French 3 recommended.

**Length:** 1 year

**Grade Level:** 11, 12

This course will be a capstone to high school language classes where students will continue refining previous concepts and integrating new ones by using the language in a multitude of new ways. Students will push beyond using the language as a means of primarily exchanging information and use it to share, discuss, and analyze ideas. The target language will be a vehicle for critical thinking, supported by expansion of vocabulary and linguistic structures. Material for this class will come from a variety of sources: the media, music, literature, textbooks, films and the internet. Discussions, presentations, role playing and debates, as well as extended writing and reading will be regular components of the class. Students will be prepared to take the IB exam in the spring. The class will be conducted in French.

## **Japanese 1 A, B**

**Credit:** Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This course is an introduction to Japanese. This course will provide students with a basic knowledge of Japanese through the practice of speaking, listening comprehension, reading, and writing (Hiragana, Katakana, and limited Kanji), as well as the students being introduced to the Japanese culture. Students will acquire the basic sentence structure with emphasis on usage of the correct particles.

## **Japanese 2 A, B**

**Credit:** Elective

**Prerequisite:** A grade of “C” or better in Japanese 1 recommended.

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This second year course will continue acquiring the four basic skills. Students will increase their knowledge of writing longer sentences through usage of correct grammar, vocabulary, and verb conjugations. This course will guide the students to build the foundation necessary to communicate fluently. Students will continue to build on their kanji vocabulary, and will be exposed to the Japanese culture through textbook, video, media, and the Japanese teacher’s experiences.

## **Japanese 3 A, B**

**Credit:** Elective

**Prerequisite:** A grade of “B” or better in Japanese 2 recommended.

**Length:** 1 year

**Grade Level:** 10, 11, 12

This course serves to expand vocabulary and stimulate discussion to develop oral proficiency while continuing to develop the writing skills, as well as broaden cultural understanding of the Japanese world. Students will also review the grammatical elements and Kanji learned in second year, at the same time the students will continue to build their kanji vocabulary, including kanji combinations. The class will be conducted in Japanese.

## **IB Japanese 3 A, B**

**Credit:** Elective

**Prerequisite:** A grade of “B” or better in Japanese 2 recommended

**Length:** 1 year

**Grade Level:** 10, 11, 12

This course is focused on the demands of the IB diploma program. Students will increase their knowledge of kanji. Students are exposed to more reading and writing more complex formats. The emphasis is placed on discussion in Japanese after reading and watching videos, Japanese TV news, and using Japanese websites. Students will do presentations by creating their own stories, the culture differences between Japan and America, and on given research subjects. The class will be conducted in Japanese.

## **Japanese 4 A, B**

**Credit:** Elective

**Prerequisite:** A grade of “B” or better in Japanese 3 recommended.

**Length:** 1 year

**Grade Level:** 11, 12

This course is designed to reinforce and expand the students’ Japanese language skills they have already acquired during the first three years. The students will continue to work on more depth in literature and writing, with emphasis on kanji combinations and culture. Additionally, increased emphasis will be placed on speaking through various activities such as role playing, making researched presentations, and creating stories. The class will be conducted in Japanese.

## **IB Japanese 4 A, B**

**Credit:** Elective

**Prerequisite:** A grade of “B” or better in IB Japanese 3 recommended.

**Length:** 1 year

**Grade Level:** 11, 12

This course is focused on the demand of the IB diploma program. Under the theme of the IB program such as population problems, education systems, current affairs, etc., students will find information through books, media, newspaper, and discuss, write, and present their findings in class. Students will review and reinforce kanji introduced in IB Japanese 3 with acquiring more combination of kanji. Students will also be exposed to more depth in Japanese customs, people, and land. The class will be conducted in Japanese.

## **Spanish 1 A, B**

**Credit:** Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

This course is an introduction to speaking Spanish in which students will explore the rich culture and the language that has evolved. Students will acquire a strong base for written and oral communication in Spanish, with an emphasis on using the language in meaningful and authentic situations in and outside the classroom.

## **Spanish 2 A, B**

**Credit:** Elective

**Prerequisite:** A grade of "C" or better in Spanish 1 recommended.

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

The second year class will be an expansion and extension of first year Spanish. The students will increase their working knowledge of useful vocabulary and communication through the use of various verb tenses and language structures. The class is designed to guide the students to acquire a foundation necessary to communicate with fluency.

## **Honors Spanish 2**

**Credit:** Elective

**Prerequisite:** A grade of "B" or better in Spanish 1 and teacher recommendation

**Length:** 1 year

**Grade Level:** 10, 11, 12

Students who wish to challenge themselves with a faster paced Spanish II curriculum in preparation for IB Spanish III should register for this course.

## **IB Spanish 3 A, B**

**Credit:** Elective

**Prerequisite:** A grade of "B" or better in Spanish 2 recommended.

**Length:** 1 year

**Grade Level:** 10, 11, 12

The IB Spanish language program will follow the format and content of regular third-year studies but will be accelerated to teach to the demands of the IB diploma program. In addition, the IB students will be exposed to more literature and required to write and speak in more complex formats. Communication in the language will be more varied, extensive and rigorous. The students will take a more independent role in their learning. The class will be conducted primarily in Spanish.

## **IB Spanish 4 A, B**

**Credit:** Elective

**Prerequisite:** A grade of "B" or better in Spanish 3 recommended.

**Length:** 1 year

**Grade Level:** 11, 12

The IB Spanish language program will follow the format and content of regular fourth-year studies but will be accelerated to teach to the demands of the IB diploma program. In addition, the IB students will be exposed to more literature and required to write in more complex formats. Communication in the language will be more varied, extensive and rigorous. The students will take a more independent role in their learning.

## **American Sign Language 1 A, B**

**Credit:** CTE or Elective

**Prerequisite:** None

**Length:** 1 year

**Grade Level:** 9, 10, 11, 12

American Sign Language I is an introduction to language and culture of the deaf. The course will provide insights into deaf cultural values, historical aspects of the language, and the community as well as provide a foundation for every day communication with the community. One such example is learning the difference between the use of Deaf and deaf in terms of cultural and medical terms when referring to the D/deaf and their communities. This course will aid students in learning about a variety of careers utilizing ASL in different ways. Students will create a variety of presentational platforms for their peers about interacting with a wide spectrum of Deaf and deaf people after graduating High School. Students are expected to be able to record homework through a mode of video recording equipment available and occasional presentations live before the class. There may be one or two guest speakers to come in and present about ASL growth, their own experiences, and/or careers that utilize ASL. Students must maintain a C- or 70% to remain in the class for semester 2 and to move on to the next level.

## **American Sign Language 2 A, B**

**Credit:** CTE or Elective

**Prerequisite:** American Sign Language 1 with 70 % (C-) or above

**Length:** 1 year

**Grade Level:** 10, 11, 12

American Sign Language II is a continuation of American Sign Language 1 into the language and culture of the deaf. Students in this class will delve into the nuances of certain phrases and usage of language in the class. Students are expected to participate and demonstrate proficiency for the teacher and peers both live and through video. Guest speakers (if available) will come in to the class and present about experiences and careers they have chosen that use ASL. Students must have maintained a C- or 70% prior to enrolling and to enter second semester. Screening for ASL II for transfer students is preferred if possible.