



HAVERHILL HIGH SCHOOL

CLASSICAL REQUIRED COURSES

A Classical Perspective- Literature

GR 9

CR ½

S

After an introduction to Hellenistic culture and its influences on the development of western art and thought, scholars will enter into a detailed study of the *Oresteia* by Aeschylus. The *Oresteia*, a cycle of three tragic plays (*Agamemnon*, *Libation Bearers* and *Eumenides*), explores the human cost of the Trojan War in Argos after the Greeks return. Scholars will read the plays and reflect on what it means to be human and engage in human relationships. It is the intent of this reflection to begin to answer the underlying questions of the human experience: What do we know? How do we know what we know? How do we express this knowledge? This course will serve to inform the perspective of Classical Academy scholars as they progress through the program. ***This course is a graduation requirement for the Classical Academy.***

A Classical Perspective- Studio

GR 9

CR ½

S

This companion class to a Classical Perspective - Literature will continue to answer the underlying questions of the human experience: What do we know? How do we know what we know? How do we express this knowledge? This studio class will allow a hands on, project-based approach for scholars to continue to explore and express their findings. Scholars will create original works in the disciplines of fine and performing arts.

CVTE COURSES

CTE HEALTHCARE OCCUPATIONS

CTE Healthcare Occupations I

GR 9

CR 1

Y

The Healthcare Occupations I course will provide scholars with opportunities to develop a strong foundation in the fundamentals of healthcare through rigorous coursework and practical skills experience using state-of-the-art equipment and evidence-based practices. This course challenges scholars with exploration of healthcare careers and workplace settings, communicating and interacting with a diverse population of patients, infection control and safety protocols in patient care, measuring vital signs, observing and responding to patient needs, introduction to anatomy and physiology through the study of major body systems in relation to patient care. Scholars will have opportunities to earn certifications in First Aid for First Responders as well as CPR/BLS for Healthcare Providers. ✓ ***School to Career requirement option***

CVTE NAF IT PATHWAYS

CVTE COMPUTER PROGRAMMING AND WEB DEVELOPMENT

CVTE NAF IT Principles of IT Honors

GR 9

CR 1

Y

This is the first course scholars take in the CVTE NAF Academy of Information Technology and Programming and Web Development Programs. It provides an overview of information technology and introduces scholars to the basics of hardware and software. Scholars examine hardware components including peripherals, connectors, and memory. Scholars explore aspects of computer software, learning and using common operating systems, software applications, and programming languages. Scholars will learn the basics of programming by programming robots, developing websites and with the use of Python. Scholars learn about types of networks and network topology, and they set up an email client/server connection. Scholars also consider contemporary issues such as security, privacy, and technological inequality. Scholars will strengthen their public speaking skills by presenting projects to community leaders. Finally, scholars explore career opportunities in IT. ✓ ***School to Career requirement option***, Technology option.

PLTW BIOMEDICAL PATHWAY

Principles of Biomedical Science

GR 9

CR 1

Y

Principles of Biomedical Science is the first course in the Project Lead the Way Biomedical Pathway. Scholars in the course combine the studies of biology and medicine to investigate medical cases while working with the same equipment used by lab technicians and healthcare workers. The course includes inquiry based learning units that incorporate physiology, microbiology, research practices, public health, and biology. Scholars will often be working in collaborative groups which foster critical thinking and communication skills. *Prerequisites: scholars must be in the PLTW pathway and concurrently enrolled in Biology.*

HISTORY ELECTIVES

Classical Greco-Roman Mythology and Culture

GR 9-12

CR ½

S

This course will look at the history of Greco-Roman mythology and how it influenced classical culture and daily life throughout history. We will study the history of myths of the major Olympian gods, how those myths historically have been presented in classical times, and how it shaped their society. We will look at a variety of historical sources including Homer, Hesiod, and others. We will also study the culture and daily life of historical Greece and Rome, everything from their homes and hairstyles to their clothing and culture.

History of the City of Haverhill

GR 9-12

CR ½

S

Haverhill was settled in 1640, Bradford in 1639. In 1897, they became one. Scholars will use a variety of sources to explore the fascinating story of the growth and development of the city of Haverhill. Scholars may visit sites they study, and will do original research in areas of particular interest

Introduction to Government CP

GR 9-12

CR ½

S

This course will teach and encourage scholars to become informed, responsible and engaged citizens through instruction on citizenry rights, voting, the legal system, state and local government, and how to actively participate in their local communities.

Introduction to Government Honors

GR 9-12

CR ½

S

This course will teach and encourage scholars to become informed, responsible and engaged citizens through instruction on citizenry rights, voting, the legal system, state and local government, and how to actively participate in their local communities. *As an Honors class, this section will include additional open response assessments, writing and research projects.*

Mock Trial CP

GR 9-12

CR ½

S

The Mock Trial course will cover basic concepts of law, courtroom demeanor, direct and cross examination, opening statements, closing arguments, courtroom exhibits, evidentiary trial objections, and witness portrayal. It will teach scholars to “think like a lawyer” and expose them to the wide range of law-related careers. Scholars will read and analyze court cases, perform mock trials, take direction from actual attorneys in our community. Finally, scholars will prepare and try an actual case before judges and attorneys in the mock trial competition hosted by the Massachusetts Bar Association (held in January/February).

Mock Trial Honors

GR 9-12

CR ½

S

The Mock Trial course will cover basic concepts of law, courtroom demeanor, direct and cross examination, opening statements, closing arguments, courtroom exhibits, evidentiary trial objections, and witness portrayal. It will teach scholars to “think like a lawyer” and expose them to the wide range of law-related careers. Scholars will read and analyze court cases, perform mock trials, take direction from actual attorneys in our community. Finally, scholars will prepare and try an actual case before judges and attorneys in the mock trial competition hosted by the Massachusetts Bar Association (held in January/February). *As an Honors class, this section will include additional open response assessments, writing and research projects.*

TECHNOLOGY

Computer Technology

GR 9-12

CR ½

S

Computer Technology is an initial course in computer science and applications offering scholars a wide exposure to computer applications (G Suites) which will make their academic efforts more effective. Scholars will also explore introductory concepts in computer science allowing them to make informed decisions about future computer courses and/or careers. The course provides an overview of information technology and introduces scholars to the basics of hardware and software. Scholars examine hardware components including peripherals, connectors, and memory. Scholars explore common operating systems, software applications, and programming languages. Scholars learn about types of networks and consider contemporary issues such as security, privacy, and technological inequality. Finally, scholars explore career opportunities in IT. ✓ *School to Career requirement option. Technology option.*

WORLD LANGUAGES

French I Honors

GR 9-12

CR 1

Y

French I will teach enough basic vocabulary for scholars to enjoy taking part in everyday conversation. Scholars will learn how to talk to other people and tell them about themselves. Writing skills will be introduced, enabling the scholar to write paragraphs in French. Main aspects of French culture are introduced to allow scholars to acquire an appreciation of the customs, traditions and expressions of the French speaking world.

French I CP

GR 9-12

CR 1

Y

French I, teaches enough basic vocabulary for scholars to enjoy taking part in everyday conversation. Scholars will learn how to talk to other people and tell them about themselves. Short, simple stories are read. Writing skills will be introduced, enabling the scholar to write paragraphs in French. Main aspects of French culture are introduced to allow scholars to acquire an appreciation of the customs, traditions and expressions of the French speaking world.

French II Honors

GR 9-12

CR 1

Y

French II is a continuation of French I. It aims to reinforce and strengthen the four basic skills of listening, speaking, reading and writing. Scholars will read and discuss topics in French culture and history. They will also continue to learn and actively use grammar concepts. Scholars will develop dialogues and skits as well as work on individual projects which they will present in French.

Italian I Honors

GR 9-12

CR 1

Y

In Italian I, scholars learn how to carry on simple conversations. As vocabulary is built, they also develop the ability to converse and write on a variety of subjects. Class activities such as films, tapes and songs help teach Italian culture. Scholars will learn the present tense of verbs. Scholars will be required to complete several mastery projects.

Italian I CP

GR 9-12

CR 1

Y

In Italian 1CP, scholars learn to carry on simple conversations. As vocabulary is built, scholars also develop the ability to converse and write on a variety of subjects. Class activities such as films, tapes and songs help teach Italian culture. Scholars will learn the present tense of verbs. Scholars will be required to complete several mastery projects.

Italian II Honors

GR 9-12

CR 1

Y

The scholar will review the basic skills of speaking, writing and reading learned in the first year of the language. As vocabulary increases, the scholar will discuss topics in greater detail, and will use acquired knowledge of grammar to write in both the present and past tenses. The scholars will be required to write an imaginary pen pal letter and write an essay on their daily routine using reflexive verbs. The scholars will read “Un Estate Tutta Diversa.” The customs and traditions of Italy will also be emphasized.

Latin I Honors

GR 9-12

CR 1

Y

Through the study of Latin, scholars will learn how languages work. Scholars in Latin I will begin by reviewing English grammar and syntax as a basis for their study. Once scholars can read short sentences, the course will use a combination of grammar theory and comprehensible input to increase reading proficiency. By studying Latin, scholars will learn how to think in an orderly way, and how to expand English comprehension and vocabulary. They will be introduced to the mythology of ancient Rome.

Latin II Honors GR 9-12 CR 1 Y
 In Latin II Honors, the scholar will continue the study of how Latin works. After a review of the concepts learned in the first year, the scholar will begin reading primary texts from authors including: Caesar, Cicero, Catullus, Ovid, and Vergil. Latin comprehension and vocabulary will be increased, and the scholar will learn more about the life and customs of the Roman people.

Spanish I Honors GR 9-12 CR 1 Y
 In Spanish I, the scholar will study the basic structure and grammar of the Spanish language, and will acquire skills necessary for practical, everyday conversation. Simple and enjoyable reading material will be introduced. Emphasis will also be placed on the culture of Latin American countries where Spanish is spoken. At the honors level, scholars are responsible for reviewing vocabulary on their own outside of class and can expect a faster class pace with more independent practice.

Spanish I CP GR 9-12 CR 1 Y
 In Spanish I, the scholar will study the basic structure and grammar of the Spanish language, and will acquire skills necessary for practical, everyday conversation. Simple and enjoyable reading material will be introduced. Emphasis will also be placed on the culture of Latin American countries where Spanish is spoken.

Survey of World Language & Culture GR 9-12 CR ½ S
 This 1 semester course is designed for scholars who wish to explore what learning a 2nd language has to offer or scholars that would like to explore some of the languages that they have not had a chance to explore yet. The course will look at a variety of the languages that are offered at Haverhill High School in order for scholars to be able to make linguistic comparisons between these languages and English. This course will also explore the cultures of various countries where these languages are spoken. The survey course will give scholars who are beginning their study of a second language a strong foundation on which to build.

FINE ARTS
VISUAL ARTS

Basic Foundations in Art GR 9-12 CR ½ S
 Basic Foundations in Art is open to all scholars. The course includes experiences in the use of both two and three-dimensional materials and concentrates on elements of Art and principals of design as they relate to painting, drawing, printmaking, ceramics, sculpture and other media. Scholars are expected to do outside projects as assigned by the instructor.

Introduction to Wood Technology GR 9-12 CR ½ S
 This introductory course provides all scholars, including those who have not had a recent shop class, with the necessary skills to handle hand tools, popular power tools, and machines found in the home. Scholars will construct projects suited to their individual skill levels. Scholars must provide their own lock to secure assigned safety equipment and materials. Scholars will also participate in designing and building sets in conjunction with Haverhill High School theatrical productions. ✓ *School to Career requirement option.*

Jewelry Making GR 9-12 CR ½ S
 Jewelry Making concentrates on the manipulation of various materials such as metal, paper and clay to create pieces of jewelry. Basic metal fabrication techniques will be employed, including cold connections and soldering. Solder-less wire jewelry and a variety of non-metal construction procedures will be explored. ***Prerequisite: Passing grade in Basic Foundations in Art.***

Photography I GR 9-12 CR ½ S
 Scholars in Photography I will explore the history of photography, the effect of light on various photosensitive materials, pinhole photography and photographic composition. Scholars will learn basic camera operation using manual SLR cameras. Basic black and white darkroom procedures and techniques will be explored. ***Prerequisite: Passing grade in Basic Foundations in Art.***

Printmaking GR 9-12 CR ½ S
 In this introductory course, scholars will explore the art of printmaking and the production of a series of identical images. Various techniques such as wood block, relief, mono-print, and silk screen will be explored. Specific design problems will enable the scholar to develop a vehicle for self-expression while learning new methods. *Prerequisite: Passing grade in Basic Foundations in Art.*

Studio Drawing GR 9-12 CR ½ S
 Scholars will be taught to draw accurately, expressively and creatively. Materials such as pencil, pen and ink, charcoal, markers, pastel, and conte crayon will be explored. Scholars will demonstrate proficiency in a variety of drawing approaches including contour, gesture, and sketch rendering. *Prerequisite: Passing grade in Basic Foundations in Art.*

Studio Painting GR 9-12 CR ½ S
 Scholars will be taught to paint from observation. Each scholar will demonstrate technical proficiency in a variety of media, including acrylic, watercolor and mixed media. Scholars will learn all technical aspects of painting including how to mix and prepare paint, choose brushes and stretch canvases. *Prerequisite: Passing grade in Basic Foundations in Art.*

MUSIC AND PERFORMING ARTS

A Cappella Honors GR 9-12 CR 1 Y
 The HillieHarmonies A Cappella ensemble provides scholars a rewarding experience in learning and performing a cappella vocal ensemble literature of a demanding nature. Required after-school rehearsals are held periodically and all members are required to participate in all public and community outreach performances. During the first semester, scholars will learn seasonal a cappella ensemble repertoire focusing on the annual Winter Concert. Specific components of instruction throughout the year include tempi and phrasing vocabulary, note names in the treble and bass clefs, beginner/intermediate melodic dictation, rhythmic reading in various common meters, as well as ensemble skills consisting of diction, blending, balance, dynamics, and proper microphone technique. A Cappella is a full-year vocal performance class and may be elected four times for credit. Previous singing and performance experience is highly recommended.

AV Stage Tech GR 9-12 CR ½ S
 Scholars will apply their visual storytelling skills to live plays as they become part of the technical crew for Haverhill High School theatre productions. They will broaden their understanding of lighting and sound as dramatic tools both on the stage and the screen. Scholars will study professional theatre equipment and examples of professional theatre performances in addition to doing their own hands-on work. *Prerequisite: Passing grade in Introduction to Filmmaking. ✓ School to Career requirement option.*

Band GR 9-12 CR 1 Y
 The band program is open to all scholars who have previously studied a musical instrument. The program consists of two performing units: Marching and Concert Band. It is expected that scholars electing band will participate in both performing groups. The band program requires after-school rehearsal time and full participation at football games, parades, and other civic and school events. All band scholars are encouraged to study privately when possible. Emphasis will be placed on individual skill development to foster musical independence and leadership. The band performs classical, jazz, rock, pop and holiday music, as well as scores from Broadway shows. Band may be elected four times for credit.

Beginning Band GR 9-12 CR 1 Y
 This course will be for scholars who do NOT already play a concert band instrument and would like to start at the high school level. It is also available to scholars who play an instrument but would like to explore a different band instrument. Scholars will learn from a method/lesson book in a mixed ensemble setting to build skills and have performance opportunities throughout the school year. Scholars who advance quickly in their studies may be invited to perform with the Jazz Band or Marching Band.

Electronic Keyboard Workshop	GR 9-12	CR ½	S
In Keyboard Workshop, scholars will develop keyboard skills in a variety of styles and techniques. Scholars will use those skills in various ensemble, solo and accompaniment performance situations. Topics include Proper technique, notes on the keyboard, grand staff notation including treble and bass clefs, basic music notation & symbols, chord and scale vocabulary, improvisation and much more!			
Foundations of Theater	GR 9-12	CR ½	S
In this survey course, scholars will learn about the history of theatre, from Ancient Greece to contemporary theatre and overview the process of bringing a script to the stage. Scholars will read and analyze a variety of theatrical works, and will take on roles as theatrical artists in the production process and perform. No prior experience required. <i>Foundations of Theater is a required course for all theater elections.</i>			
Guitar Workshop	GR 9-12	CR ½	S
In Guitar Workshop, players from beginning to advanced will develop guitar skills in a variety of styles and techniques. Scholars will use those skills in various ensemble and solo performance situations. Topics covered include tuning, proper technique, identifying notes on the fingerboard, guitar notation methods including standard staff notation, chord diagrams and tablature, chord and scale vocabulary, soloing, accompanying and much more! Scholars are encouraged to bring their own electric or acoustic guitar but some instruments are available.			
History of Film	GR 9-12	CR ½	S
Scholars will watch and analyze a wide variety of films from throughout the 20th Century, ranging from early silent film to the modern blockbuster. By examining these films in their social and historical contexts, scholars will be able to deepen their understanding of film as both a technical craft and an artistic medium. From <i>Godzilla</i> to <i>Sunset Boulevard</i> to the comedy of Buster Keaton, films will feature voices from across the spectrums of race, nationality, and gender. <i>Prerequisite: Passing grade in Intro to Filmmaking or Foundations of Theatre.</i>			
Improvisation	GR 9-12	CR ½	S
This course will delve deeply into the art of improvisation as well as other acting techniques. Scholars will begin with simple improvisation exercises that develop imaginary object use, free association and spontaneity skills, free form improvisation, movement improvisation, and structured improvisation. In addition, scholars will also work within structured scenes and explore different acting methodologies. The ensemble approach is strongly emphasized and the structure will force scholars to invest in each other's success. Thematic work around performance genres, stereotyping character, metaphor and abstraction will be ongoing. Scholars will create, perform and screen a finished piece at end of year arts festival. <i>Prerequisite: Passing grade in Foundation of Theatre.</i>			
Introduction to Filmmaking	GR 9-12	CR ½	S
With this course, scholars will learn the basic language of film and video in order to effectively communicate ideas and emotions visually. These skills will be applicable not only to traditional filmmaking but also music videos, broadcasting, vlogging, and web content. Scholars will analyze a wide range of existing media in addition to creating their own videos. Major units include framing, focus, basic lighting, and editing. <i>Introduction to Filmmaking is a Prerequisite course for any upper level Film classes.</i>			
Jazz Band Honors	GR 9-12	CR 1	Y
Jazz Band is open to all band scholars through audition. Only the most proficient musicians are allowed in the Jazz Band and it is an honor to be invited to participate. The Jazz Band repertoire will include music in various jazz styles including blues, swing, Latin and jazz/rock “fusion” styles emphasizing improvisation techniques and advanced technical skills. It is expected that scholars electing jazz band will participate in marching band which requires some after-school rehearsal time and full participation at football games, parades, and other civic and school events. ✓ <i>School to Career requirement option.</i>			
Mixed Chorus	GR 9-12	CR 1	Y
Mixed Chorus is a Soprano, Alto, Baritone (SAB) ensemble, which gives the scholar an opportunity to learn the fundamentals of participating in a vocal ensemble. This course emphasizes basic vocal technique, ear training and music reading skills. Required after school rehearsals are held periodically and all chorus scholars are expected to participate in all public and community outreach performances.			

Music Exploration GR 9-12 CR ½ S
This is an introductory survey course for those scholars who aren't quite sure of where their musical interests lie and who would like to explore a variety of options. The course features short exploratory units on: keyboard, guitar, music software, (GarageBand) singing, and rhythmic composition using a variety of percussion instruments. By taking this course, scholars will be exposed to a wide variety of options for expressing themselves musically, and will develop a basic understanding of musical notation and theory.

Theatrical Design GR 9-12 CR 1 Y
Theatrical Design will explore the process of creating a show from inception to actualization: including set design & construction, lighting design, and sound. Scholars will learn how to read and analyze a play for specific design elements. Scholars will collaborate with other classes to implement design. Scholars will collaborate with actors from other classes and/or after school productions. No prior theatre knowledge is needed to register for this course. Scholars will be introduced to professional resources in the theatrical field. **Prerequisites: A passing grade in Foundations of Theater and Acting I. (Available to Grade 9 scholars in their second semester)** ✓ **School to Career requirement option.**

World Drumming GR 9-12 CR ½ S
World drumming is the exploration of percussion instruments and traditions from a variety of cultures from around the world. This is a course where scholars use hands-on participation to communicate through percussion instruments, perform in "drum circles," create their own non-traditional instruments and provide accompaniment for other performance arts. A majority of activities will focus on the African Djembe drum and its various applications, but the course will also cover hand percussion, barred instruments such as the xylophone and marimba, concert percussion, and drum set. No drumming experience is necessary to take the course, only a willingness to experience new things.

BUSINESS ELECTIVES

Accounting I GR 9-12 CR ½ S
Scholars will use the multi-journal approach to complete the accounting cycle for proprietorship. The activities will include: analyzing and journalizing business transactions, posting journal entries to a general ledger, and preparing and analyzing financial statements. Scholars will also learn how to write checks and reconcile bank statements. ✓ **School to Career requirement option.**

Business Marketing GR 9-12 CR ½ S
This course focuses on all aspects of marketing, from its foundations through its functions. Exploration of marketing and career opportunities within the field is achieved through careful examination of product and service planning, distribution, financing, risk management, selling, promotion, pricing, purchasing and market information management. This class is designed to provide scholars with the opportunity to actually operate a retail store. They will become involved with all aspects of the operation which include: customer service, management, purchasing, inventory control, sales, cash handling, advertising, and merchandising. It is suggested freshmen interested in business/finance/DECA take this course. ✓ **School to Career requirement option.**

Introduction to Economics GR 9-12 CR ½ S
This course will introduce scholars to the principles of economics, beginning with some of the broad issues and concepts that make up the field of economics. Beginning with some basic definitions, the course builds to introduce economic systems and the concept of scarcity and wants, and how these impact economies. ✓ **School to Career requirement option.**

CULINARY ELECTIVES

Introduction to Food and Nutrition GR 9-12 CR ½ S

This course will introduce scholars to the role of food in their life, and the effects their daily food choices have on their health. They will discover that what they read or hear about food and nutrition is not always true. Scholars will learn to make effective use of resources when organizing a kitchen, caring for equipment and appliances, and purchasing and storing food. Scholars will also develop fundamental skills that are needed to work safely and efficiently in a kitchen or food lab, plan meals, follow recipes and serve them attractively. ***Prerequisite for all consumer science courses.*** ✓ ***School to Career requirement option.***

WELLNESS ELECTIVES

Physical Education I GR 9-12 CR ½ S

Successful completion of Physical Education I provides scholars with the necessary knowledge and skills to improve fitness levels in order to live a healthy lifestyle. Physical fitness is essential for optimal physical wellness. Physical Education I focuses on individual skill development in a variety of physical activities. Scholars participate in basic aquatics to improve the efficiency of their swim strokes via the American Red Cross Swimming Level program and to teach scholars responsibility and safety around water. An introductory fitness unit, utilizing the Fitness Center, will focus on proper and effective use of the weight and aerobic equipment. Scholars will also participate in a variety of team and individual/dual sports as a means of gaining more opportunity for physical activity throughout their life.

Adaptive PE GR 9-12 CR ½ S

This course will consist of participation in various fitness related activities and sports with the purpose of improving a wide variety of sports skills and enhancing overall physical fitness. The various sports/activities that scholars will participate in during the semester include: soccer, whiffle ball, tag games, volleyball, dodgeball activities, football, Frisbee, fitness, basketball, floor hockey, team handball, group challenges, kickball, yoga, badminton, pickle ball and badminton. During this course scholars will be able to:

- Understand basic rules and terminology for each sport
- Understand, develop and improve on skills and strategies for various sports
- Maintain and/or improve personal fitness levels
- Exhibit attributes of positive sportsmanship within each sport played
- Understand and apply safety principles specific to each individual sport
- Exhibit a positive attitude as a participant of each selected sport

Health I GR 9-12 CR ½ S

A required course of study for that focuses on communication and interpersonal skills, health assessment, risk and protective factors and behavior management. The course promotes lifetime skills and health-enhancing activities. Scholars participate in an assessment of various areas of wellness: physical, emotional, social, life planning, environmental, spiritual, cultural and intellectual wellness. Scholars assess personal wellness, identify resources, set goals, and plan strategies and learn how to look at decision-making. Topics include, but are not limited to: Basic nutrition, types of fats, how various nutrients affect the body, BMI, disordered eating and body image, energy drinks, skin cancer, sleep, Internet safety will be explored. Sexuality will focus on basic anatomy and physiology of the male and female reproductive system, STD's, birth control, preventive exams, and basic safety issues in dating will be discussed. Friendships, bullying and harassment will also be addressed within this course. Scholars will maintain journals and evaluate progress throughout the program.

Adaptive Health GR 9-12 CR ½ S

This course will consist of participation in various fitness related activities in combination with valuable health education lessons with the purpose of improving fitness levels and developing a basic understanding of important health and wellness topics. The topics covered in this course will include:

- Fitness - health and skill related fitness components, personal pre- and post- fitness assessments, path of blood through the heart, major muscles in the body, major bones in the body, ways to improve health related fitness components such as flexibility, cardiovascular endurance and muscular strength and endurance

- Nutrition – major nutrients and their importance, balanced meals and snacks, serving sizes and portion control, water consumption, organic vs. conventional food
- Managing stress and anxiety
- Personal care, healthy behaviors and communicable diseases
- Healthy relationships – family and peers
- Growth and development: lifecycle and understanding adolescent growth and change Drugs, alcohol and tobacco
- Injury prevention and safe behaviors
- First aid and how to deal with an emergency
- Environmental health-air, land, water, healthy environment

USMC JROTC I

GR 9-12

CR 1

Y

LE – I is designed to form good habits, self-discipline and sound study skills under the watchful supervision of senior cadets, the senior marine instructor (SMI) and marine instructor (MI). While strengthening character, the scholar will develop respect for, and an understanding of, the need for constituted authority in a democratic society. It is also designed to instill the value of citizenship, Service to the United States, personal responsibility, accountability, authority and a sense of accomplishment. Military organization from the lowest to highest echelons are studied and how they interact with various segments of government. Military terminology, rank structure, chain of command, military justice, uniform inspections, drill and ceremonies, and physical training are all used in developing citizen and leadership values. All scholars are required to wear a military uniform one time per week for entire year. This is a graded event and the uniforms are provided by the USMC at no cost to the scholar. Freshmen through seniors are invited to sign up for this elective course. ✓ *School to Career requirement option.*

USMC JROTC II

GR 10-12

CR 1

Y

LE – II includes close order drill to include sword drill as well as marksmanship safety instruction, and marksmanship skill training with Crossman 177 pellet rifles. These pellet rifles are provided by the USMC along with all the necessary safety equipment, targets, traps, pellet ammunition and essential shooting equipment to conduct proper marksmanship training in our approved shooting range. USMC history from 1945 through the Vietnam war is studied in detail. Ethics and law of land warfare is also studied. Developing strong citizenship skills with an emphasis on leadership. The addition of public speaking, confidence building skills, advanced drill techniques and becoming a classroom leader are paramount to leadership development. *Prerequisite for this course is satisfactory completion of USMC JROTC I.* ✓ *School to Career requirement option.*