



Sugar-Salem
High School



2021-2022 ACADEMIC YEAR
STUDENT REGISTRATION **HANDBOOK**

2021-2022 Academic Calendar

Subject to Change

August 10-11 – Registration Days
August 18 – First Day of School
September 6 – Labor Day (No School)
September 10- Staff Development (No School)
October 4-8 – Harvest Break
October 29 – Staff Development (No School)
November 12- Staff Development (No School)
November 23 – End of Trimester 1
November 24 – 26 – Thanksgiving Break
December 10 - Staff Development (No School)
December 23- December 31 – Winter Break
January 17 – Civil Rights Day (No School)
January 28- Staff Development (No School)
February 11- Staff Development (No School)
February 14 – Presidents’ Day (No School)
March 3- End of Trimester 2
March 4- Staff Development (No School)
April 11-15 – Spring Break
April 22- Staff Development (No School)
May 30 – Memorial Day (No School)
June 1 – Graduation
June 2- Last Day of School

Administration

Principal – Jared Jenks
Assistant Principal – Jay Miller
Secretary – Julie Clark
Secretary – Terri Shirley
Counselor– Jocelyn Hobbs
Counselor– Tami Saunders

Sugar-Salem High School

1 Digger Drive

Sugar City, Idaho 83448
Phone: (208)356-0274
Fax: (208) 359-3167

Sugar-Salem High School Graduation Requirements 2021-2022

Our course description booklet has been prepared by the staff and administrators of Sugar-Salem High School. The courses in this booklet represent the available offerings for the coming school year. The counseling office reserves the right to update this handbook at any time. Each student should carefully study the information that pertains to his or her grade level. The student should then work with his or her parents to choose the courses that include the required classes and the electives which reflect his/her needs.

If you have any questions or concerns, please do not hesitate to contact the counselors, administrators, and/or teachers. The decisions that you make in selecting courses are important in developing the skills you will need in the future. Take the time NOW in order to help develop your mind for tomorrow.

There are times when class changes must be made. Changes are to be made prior to the first week of each trimester. Please contact the counseling office and fill out a schedule request form online. No changes will be allowed after the sixth school day of a trimester. Please make sure during the first week of school that your schedule for the year is correct and you have not overlooked any required subjects.

Sugar-Salem High school recognizes all classes offered in this registration book as meeting the requirements for graduation. Any class or correspondence course that is taken from another school while enrolled here must be approved by the administration of the school.

The school will allow a maximum of twenty (20) such courses to be counted toward graduation.

To be eligible to participate in extra-curricular activities, the school requires students to maintain a 2.0 grade point average. In addition, the Idaho High School Activities Association (IHSAA) requires students to have passed 4 of 5 credits (or 3 of 4 credits if student took Release Time) the previous trimester and to be carrying 3 credits the trimester of participation.

Sugar-Salem High School

Credit and Course Requirements – 2021-2022

Required Courses	Credits
English	8
Reading	1
Speech or Debate	1
Math <small>(2 credits must be taken senior year)</small>	8-6
Science	6
History	2
Government	2
Health	1
Economics	1
P.E.	1
Humanities	2
Professional/Technical	2
Computers/Keyboarding	1
Electives	14- 16
Total	50

Courses Requirements

Freshmen

English I A, B; Reading; Speech & Communications;
Physical Science A, B;
3 sections of Math AND 6 Electives

Freshman students must take Input Technologies if they did not pass keyboard @ 50 WPM in Junior High

Sophomores

English II A, B; Health; U.S. History A
Biology A and B
3 sections of Math (if Geometry) or 2 sections of Math (if Algebra II) AND 6/7 electives

Juniors

English III A, B;
U.S. History B, Economics
2 sections of Science; AND 9 electives
We HIGHLY recommend to take Math this year

Seniors

English IV A, B OR AP English A, B; Government A, B; 2 sections of Math AND any other elective needed to graduate

There are 15 credits that can be completed in a typical year. Credit is not given for release time (seminary/work release). School district policy requires that a student must be in class 90% of the time to receive credit for each course.

The Student Handbook contains the policies and procedures for student conduct during school and at school functions. Please refer to that handbook for additional information.

Course Offerings

LANGUAGE ARTS

- «English I (9)
- «English II (10)
- «English III (11)
- «English IV (12)

(\$)(T) Forestry Range Science (10-12)

(\$)(T) Equine Science (10-12)

(\$)(T) Aquaculture (10-12)

Health (10) (This course is not considered a science course)

H – Humanities T – Career/Technical C – Computer \$ – Course Fee * – Dual Credit « – NCAA

«AP English IV (12)

Reading (9)

«Speech and Communications (9)

MATHEMATICS

«Extended Algebra A, B, C (all 3 required)

«Extended Geometry A, B, C (all 3 required)

«Algebra II A, B or Extended C (student's choice)

«Pre-Calculus A (Functions), B (Trigonometry)

«* Math 143 (College Algebra) & 144 (Trigonometry)

Senior Math A, B (12)

«*Calculus A, B, C (Math 170)

ALEKS Math (teacher recommendation)

SCIENCE

«Physical Science A, B (9)

«Biology A, B (10)

«Zoology (11-12)

«Human Biology (11-12)

Astronomy (11-12)

« **(\$)** Chemistry I A, B (11-12)

«Anatomy / Physiology A, B (11-12)

« **(\$)** Forensic Science (11-12)

Sports Science (11-12)

(\$) Physics A, B (10-12)

(\$)(T) Animal Science (10-12)

(\$)(T) Plant & Soil Science (10-12)

(\$)(T) Veterinary Science (10-12)

SOCIAL STUDIES

«US History A (10)

«US History B (11)

«U.S. Government A, B (12)

«Economics (11)

FAMILY AND CONSUMER SCIENCE

(\$)(T) Foods and Nutrition (10-12)

(T) Interior Design (10-12)

(T) Parent & Child Development (10-12)

(\$)(T) Beginning Culinary (10-12)

(\$)(T) Advanced Culinary (10-12)

(\$)(T) International Foods (10-12)

AGRICULTURE

(T) Intro to Agriculture (9-12)

(\$)(T) Floral Design (9-12)

(\$)(T) Agricultural Woods (9-12)

(\$)(T) Intro to Ag Mechanics (9-12)

(\$)(T) App Greenhouse/Nursery (10-12)

(\$)(T) Agriculture Welding (10-12)

(\$)(T) Agricultural Fabrication A (11-12)

(\$)(T) Wildlife Management (9-12)

(\$)(T) Ag Structures (10-12)

(T) Ag Leadership (9-12)

BUSINESS EDUCATION / COMPUTER SCIENCE

- (S)(C)(T) Print Design (9-12) (\$20 fee)
- (S)(C)(T) Exploring Computer Science (9-12)
- (S)(C)(T) Web Design (9-12)
- (C)(T) Yearbook A, B, C (10-12)
- (C)(T) Input Technologies (9-12)
- (C)(T) Intro to Business (9-12)
- (C) (T) Adobe Certification (9-12)
- (C) (T) Digger Design (9-12) a

ART/PHOTOGRAPHY

- (S) (H) Art I A, B (9-12)
- (S)(H) Art Medium Exploration (9-12)
- (S)(H) Ceramic Sculpture A, B (9-12)
- (S)(H) Design, Color, & Painting (9-12)
- (S)(H) Photography (9-12)

MUSIC

- (H) Beginning Choir (9-12)
- (H) Serenades Choir (Audition)
- (H) Women's Choir (9-12)
- (H) Men's Choir (9-12)
- (H) Concert Choir (9-10)
- (H) Fall Concert Band
- (H) Spring Concert Band

MUSIC (continued)

- (H) Symphony Strings A, B, C (9-12)
- (H) Concert Orchestra A, B, C (9-12)
- (H) Beginning Jazz Band (Audition)
- (H) Advanced Jazz Band (Audition)
- (H) Wind Ensemble
- (H) Percussion Ensemble

DRAMA

- (H) Drama (9-12)

- (H) Play Production (9-12)
- (H) Technical Theatre Design (9-12)

PHYSICAL EDUCATION

- Cheerleading A, B (must make squad)
- Life Time Sports (9-12)
- Beginning Strength & Conditioning (9-12)
- Advanced Strength & Conditioning (9-12)
- Girls Weight Training (9-12)

LANGUAGE COURSES:

- « (H) Chinese A & B (10-12)
- « (H) Spanish I A & B (9-12)
- « (H) Spanish II A & B (10-12)
- (H) Spanish for Spanish-Speakers (9-12)
- (H) World Language Exploration (9-12)

ELECTIVES

- (T) Robotics (9-12)
- Academic Decathlon (9-12)
- Holocaust & Human Rights (12)
- American History through Film (11-12)
- World Affairs (11-12)

SPECIALTY CLASSES/ DUAL CREDIT

- Teacher or Library Aide (12)
- ELL (9-12)
- Released Time A, B (Seminary)
- * Communications 1210 (10-12)
- * English 101 (12)
- * HLTH 255 Wellness through Healthy Living (10-12)
- * Spanish 1101/1102 (10-12)
- * Math 143 & 144
- * Math 170 A & B & C

Course Descriptions

Language Arts

Grade Description

9 ENGLISH I

(Two Trimesters)

English 9A students will study grammar, reading analysis, and writing skills. Our myPerspectives textbook will provide insights through the reading of fiction and nonfiction works on American Voices, Survival, and Civil Rights

10 ENGLISH II

(Two Trimesters)

NEED DESCRIPTION

11 ENGLISH III

(Two Trimesters)

11A: This course covers the importance of both fighting for and maintaining freedom. We will learn from our Founding Fathers just how difficult it can be to work together and create a functioning country. This will be connected daily to current events and the turmoil our country is facing. Next, we will learn about individuality and the importance of being yourself and contributing to society in your own way. Finally, we will learn about something that has been ever-present in today's society, the power of protest and change. We will connect the words of historical figures such as Abraham Lincoln, Frederick Douglas, and Sojourner Truth to present times realizing that there will always be a struggle for freedom and change. We will be responding to these texts through a mix of assignments such as research papers, argumentative essays, creating children's books, and explaining historical documents in the simplest of terms.

11B: This course will explore the role and importance of a book's setting as we dive into the works of Mark Twain. We will learn about our own responses to fear and those of others while experiencing the Salem witch trials through Arthur Miller's, *The Crucible*. Finally, we will explore the ordinary with short stories and excerpts from authors such as Ambrose Bierce and Alice Walker. The goal will be to not only learn to read and comprehend meaningful texts, but to learn to express thoughts clearly and concisely through both verbal and written means. We will be responding to these texts with a variety of assignments ranging from research papers and argumentative essays to answering questions from a character's point of view.

12 ENGLISH IV

(Two Trimesters)

12A: This course is both a survey of early British Literature and a preparation for life outside of high school. This course will study excerpts from classic works like Beowulf, "Sir Gawain and the Green Knight," and Canterbury Tales, and will cover a variety of short stories and William Shakespeare's Macbeth. Students will gain experience writing applications, résumés, cover letters, proposals, memos, and other professional documents that they may experience after high school.

12B: As students prepare to take the leap that is high school graduation, they begin asking some vital questions about their future and themselves: "Who am I?" and "What is my life amounting to?" This course tackles some of these questions head on. The course includes a study of works including Frankenstein and Hamlet, taking students through a study of identity, culture, consciousness, and the sublime as we try to answer the overarching question: "what have I learned of value in my life thus far?"

12 **Dual Credit English 101**

(One trimester)

English 101 emphasizes the process and strategies of writing academic essays with critical attention to purpose and audience; focus and development to support a thesis; and organization and coherency. Students write analytical essays based on readings, observations, and ideas: develop various strategies to respond to different rhetorical situations; and edit for style, voice, and conventions of standard usage. This course introduces MLA format.

12 **AP ENGLISH IV**

(Two Trimesters)

Prerequisite: Teacher Approval

Senior level AP English centers on an in-depth study of literature. Particular attention is directed toward writing and citation in formal analytical essays and research papers. Furthermore, students write analytical essays and complete multiple choice exams that are aligned with questions on the Advanced Placement Exam. (This course may not be taken in conjunction with college English courses.)

9 **READING**

(One Trimester)

Our focus in Reading is to help the student gain skill and strategies for efficient reading. Also, it is my hope that while in this class, each student will experience the joy and satisfaction of reading. Reading really is a magic carpet!

9 **SPEECH & COMMUNICATIONS**

(One Trimester)

Fulfills the SPEECH graduation requirements. Class focuses on all forms of communications. Students will learn the following skills: listening, organizing, presentation, research, interviewing, speaking, confidence, working in a group, reasoning & analysis. Students will give 4 speeches.

LANGUAGE COURSES**Grade Description****10-12 (H) CHINESE A & B**

(Two Trimesters)

This course assumes that students have NO training in Mandarin Chinese. The emphasis is, therefore, on developing the basic communicative skills (basic reading, writing, and speaking) to help a student with everyday communication. The course will also help students develop an understanding of Chinese culture and history.

9-12 (H) Spanish I A & B

(Two Trimesters)

Prerequisite: C or above in English

This two-trimester course is designed to acquaint students with the basic skills of listening, speaking, reading, and writing Spanish within a limited scope. The focus is communication in Spanish, incorporating understanding of Hispanic cultures, connecting with other disciplines, comparing native language to Spanish, and participating in multicultural communities. This course provides practice in correct use of basic vocabulary and language structures to enable students to function effectively within realistic settings. Spanish IA and IB will each fulfill one of the elective credits required for graduation and should be taken sequentially. Class will be conducted primarily in Spanish with the goal of helping each student become a competent communicator.

10-12 (H) Spanish 2 A & B

(Two Trimesters)

Prerequisite: Spanish 1A & B, C or above in English

This two-trimester course is designed to acquaint students with the intermediate skills of listening, speaking, reading, and writing Spanish within a limited scope. The focus is still on communication in Spanish, incorporating understanding of Hispanic cultures, connecting with other disciplines, comparing native language to Spanish, and participating in multicultural communities. This course provides practice in correct use of intermediate vocabulary and language structures to enable students to function effectively within realistic settings. Spanish 2A and 2B will each fulfill one of the elective credits required for graduation and should be taken sequentially. Class will be conducted primarily in Spanish with the goal of helping each student become a competent communicator.

11-12 (H) Spanish 1101 & 1102 (ISU)

(Three Trimesters)

Prerequisite: Spanish 1 A & B recommended or teacher approval

This is a college level course taught over three trimesters intended to teach students basic communication skills and grammatical structures in Spanish and to acquaint them with the culture of Spanish-speaking countries. Students can receive 8 credits by completing 1101 & 1102 through ISU. Students must enroll in all three trimesters. Class will be conducted in Spanish with the goal of helping each student gain more fluency and competency as a communicator.

9-12 (H) World Language Exploration

Prerequisite: None

This 1 trimester course is an exploratory program to introduce students to multiple foreign languages, with a few language skills expected. Children receive paramount benefit not so much from the particular language chosen for instruction, but from the experience and process of learning various languages and studying their cultures. This experience develops the intellectual flexibility necessary for future study of languages other than English.

9-12 (H) SPANISH FOR SPANISH-SPEAKERS

(One trimester)

Prerequisite Native Spanish speaker/Heritage speaker

Spanish for Native Speakers is designed specifically for native/heritage speakers of Spanish who already have a good oral language proficiency level. The purpose of this course is to enable students whose heritage language is Spanish to develop, maintain, and enhance proficiency in Spanish by providing them the opportunity to listen, speak, read, and write in a variety of contexts and for a variety of audiences including the family, school, and the community. Course will allow students to explore the cultures of the Hispanic world including their own, and it will enable students to gain a better understanding of the nature of their own language as well as other languages to be acquired.

Mathematics

Grade Description

9-12 ALEKS Math A, B, C
(Three Trimesters)

This course is designed for students who struggle with math and are behind their peers in mathematical preparation. Registration for this class requires administrative approval based on teacher recommendation only. The ALEKS program is a computer based platform. The program determines individual strengths and weaknesses and then designs a customized accelerated program to remediate students so they can join their peers in a regular classroom as soon as possible.

9-12 ALGEBRA I A, B, C
(Three Trimesters)

Students study properties of real numbers. Letters will be used as variables to represent real numbers. This course covers a wide range of topics such as problem solving through the solution of equations, algebraic expressions, polynomials, factoring, graphing, square roots rational exponents, linear, quadratic, exponential equations and modeling problems. This class is not available to students who have passed Geometry A.

9-12 GEOMETRY A, B, C

(Three Trimesters)

PREREQUISITE: Algebra I

This course is designed to give students an understanding of logical approaches to solving both mathematical and everyday problems and to aid the student in applying algebra to the geometric discipline. This course covers angles, geometric proof, triangles, parallel and perpendicular lines, quadrilaterals, right triangle trigonometry, circles, elementary coordinate geometry and surface area/volume of geometric solids. This course is not available to students who have passed Algebra IIA.

10-12 ALGEBRA II A, B or (C)

(Two Trimesters/Three Trimesters)

PREREQUISITE: GEOMETRY

This course is designed to solidify the skills learned in Algebra I, and Geometry and to give a more comprehensive background of algebraic skills necessary to pursue more advanced college-level mathematics. The course covers algebraic equations and inequalities in one and two variables, systems of linear and non-linear equations in two and three variables, powers with rational exponents, rational and irrational expressions, radicals, complex numbers, quadratic equations, arithmetic and geometric sequences and series, exponential and logarithmic functions and an introduction to other transcendental functions with an emphasis on reading and graphing transformations of functions.

11-12 PRE-CALCULUS A, B

(Two Trimesters)

PREREQUISITE: ALGEBRA II:

Pre-Calculus A will be a continuation of Algebra II. The course will cover such topics as exponents and logarithms, number theory, 12 basic functions, probability and statistics. It is designed to be taken in same year as trigonometry.

Pre-calculus B (Trigonometry) shows the relationships between sides and angles of triangles and an introduction to radian angle measure. Much of the course is about how to use trigonometric relationships as periodic functions and how to use them to solve problems involving periodicity. The concepts studied will have applications in surveying, navigation, calculus, engineering, physics, and chemistry.

11-12 DUAL CREDIT MATH 143 & 144

(Two Trimesters)

PREREQUISITE: ALGEBRA II:

M1143 is the same course as Pre-Calculus A (see description above) but is a dual credit (high school and college credit) course with Idaho State University and only with certain teachers. Students will need to earn a qualifying score on the ACT, SAT or ALEKS exam before they will be allowed to register for the course with ISU. It is designed to be taken in same year as trigonometry.

M1144 is the same course as Trigonometry (see description above). Satisfactory completion (C- or higher) of M1143 will serve as prerequisite for registering for this course with ISU. Successful completion of M1143 will earn 3 college credits. M1144 – 2 college credits.

- 12 **DUAL CREDIT CALCULUS A, B, C** (Math 1170)
(Three Trimesters)

Two credits of math & one elective credit

PREREQUISITE: PRE-CALCULUS A & B or M1143 and M1144

Students will need to earn a qualifying score on ACT, SAT or ALEKS exam or successful completion of both M1143 and 1144 to register with ISU for the dual credit course. Students may take this course only for high school credit with the successful completion of Pre-Calculus A and B or M1143 and M1144.

Calculus is the study of the concept of limit, differential and integral calculus and its applications to the fields of science, engineering, economics and business. This course is worth four college credits, and three high school credits. Students may also choose to take the AP exam in May for AP college credit.

- 12 **SENIOR MATH A, B**
(Two Trimesters)

PREREQUISITE: GEOMETRY

Senior Math A covers four main topics:

(1) Personal money managements such as bank accounts, different forms of credit, the cost of credit, credit scores and reports, and differences in renting/leasing as opposed to owning a home or car.

(2) Financial planning such as household budgets, planning for retirement, estate planning and management, types of life insurance and investing.

(3) Education, employment and income such as incomes from different career paths.

(4) Taxes

Senior Math B will cover topics in quantitative literacy, probability and elementary statistics.

Science

Grade Description

- 9 **PHYSICAL SCIENCE A, B**
(Two Trimesters)

Required during freshman year. Topics covered include atomic structure, compounds, chemical reactions, motion, forces, energy, and others.

- 10 **BIOLOGY A & B**
(Two Trimesters)

This course covers basic biological concepts: chemistry and energy, the cell, metabolism, reproduction, basic genetics and evolution. This course is a prerequisite for taking zoology, botany, human biology, and human anatomy and physiology.

10-12 **ZOOLOGY**

(One Trimester)

Prerequisite: BIOLOGY

General study of the animal kingdom. Includes the identification and evolutionary development of the different groups of animals throughout the Earth's history. Dissections of various animals provides comparison of body systems and structures.

10-12 **HUMAN BIOLOGY**

(One Trimester)

Prerequisite: BIOLOGY

Basic coverage of biological principles as related to humans. Not open to students who have taken anatomy and physiology.

10-12 **ASTRONOMY**

(One Trimester)

Prerequisite: BIOLOGY

Learn about the stars, planets, solar systems, galaxies, black holes, how the universe is trying its best to exterminate all life, and more!

10-12 **\$(T) ANIMAL SCIENCE**

(One Trimester)

A course designed to examine animal species, their body systems, and their relationship to agriculture.

10-12 **\$(T) PLANT AND SOIL SCIENCE**

(One Trimester)

A course designed to examine soil and plant relationships that affect the production of food and fiber. Topics include soils, plant anatomy and physiology, and plant pests.

11-12 **\$(T) VETERINARY SCIENCE**

Prerequisite: BIOLOGY

(One Trimester)

A course of designed to impart information about the causes, diagnosis, and treatment of diseases and injuries in animals, typically emphasizing domestic and farm animals. Business management and interpersonal skills required for a successful veterinary practice will also be emphasized.

10-12 **\$(T) EQUINE SCIENCE**

(One Trimester) **MUST HAVE HORSES AND TRANSPORTATION**

Equine Science is a course designed to enhance the understanding of equine care and systems. Students will develop a deeper understanding of career opportunities, industry expectations, knowledge and skills related to the care and maintenance of horses, donkeys, and mules. A survey of equine science, including equine evolution, breeds and breeding, selection and conformation, nutrition and feeding, facilities, handling, and health management. Students will also go on out on 2-3 rides during the trimester.

11-12 **(\$)** CHEMISTRY A, B

(Two Trimesters)

Prerequisite: BIOLOGY

Designed to give students a better understanding of general chemistry and also prepare students who go on to college. College chemistry is required of students in engineering, agriculture, biology, forestry, medicine, nursing, home economics and many other fields.

11-12 **(\$)** PHYSICS A, B

(Two Trimesters)

This is a lab-based science class studying the laws of nature. Included are topics in motion, machines, energy, rocketry, sound, light, magnetism, and nuclear physics. College physics is typically required of students in engineering, medicine, robotics, and many other fields.

11-12 **SPORTS AND EXERCISE SCIENCE**

(One Trimester)

Prerequisite: BIOLOGY

This is a lab-based course that is focused on the movement and function of biological systems. Special emphasis is given to how those systems relate to exercise, athletics, and training.

11-12 **ANATOMY/PHYSIOLOGY**

(Two Trimesters)

Prerequisite: BIOLOGY

The class is designed for A and B students who want to pursue further study of the human body. It is a lecture lab course covering ten different body systems, internal and external. It is a good background course for students planning for college.

11-12 **(\$)** FORENSIC SCIENCE

(One Trimester)

Prerequisite: BIOLOGY

Forensic science is the use of science to solve crimes. Learning forensics can be an introduction to many careers and includes many science disciplines such as anatomy & physiology, genetics, chemistry, immunology, and physics. Class is open to students who are self-motivated and have at least a B-cum GPA. The class will consist of lab work including fingerprinting, document analysis, crime scene investigation, blood splatter analysis, DNA fingerprinting, blood detection and hair/fiber analysis. Class size limited.

11-12 **AQUACULTURE**

Prerequisite: Intro to Wildlife Management**NEED DESCRIPTION**11-12 **FORESTRY RANGE SCIENCE****Prerequisite: None****NEED DESCRIPTION**10 **HEALTH** (this course is NOT a science course)

(One Trimester)

This is a state required course. All students must have this class to graduate. This wellness course introduces students to all seven dimensions of wellness (physical, intellectual, emotional, spiritual, social, environmental, and financial) and allows students to practice making changes in each dimension by establishing, practicing and reflecting on individualized SMART goals related to health and wellness concepts. This course provides an overview of current health topics relevant to students and stimulates awareness of personal health decisions and their relationship to optimal self-care patterns and lifestyles. This course meets the General Education requirement for wellness. This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests.

Social Studies

Grade Description

- 10 **U.S. HISTORY A**
(One Trimester)
This course is an introduction to United States history. It will cover Pre-Columbian History, the American colonies, America's War for Independence, the founding and launching of the new nation, and key issues that must be addressed by the new nation, market revolution, westward expansion, the Civil War and reconstruction era, as well as the issues of migration, industrialization, and urbanization. Time period being studied: 1200 B.B to 1917 A.D.
- 11 **U.S. HISTORY B**
(One Trimester)
Prerequisite: U.S. History A
This course will focus on the emergence of America's Modern Era through World War II. Specific topics that will be addressed include: Progressive Era; American Imperialism; World War I; the 1920's; the Great Depression and New Deal; World War II; the Cold War era, 1950's, Civil Rights Movements, Vietnam War, and into the United States in today's world. Time period being studied: 1900 to present day.
- 12 **U.S. GOVERNMENT A, B**
(Two Trimesters)
Prerequisite: All required History courses
Government A course focuses on the underpinnings of American political system, the evolution of democracy, and the rights and responsibilities of being an American citizen.

Government B course strengthens the foundations of the American political system by looking further into the three branches of government. Students will complete their required senior project in Government B, following the guidelines of Project Citizen. This is a group project with a professional presentation open for all parents to attend.
- 11 **ECONOMICS**
(One Trimester)
This course will give the students a greater understanding of economics principles ranging from the viewpoint of the individual consumer or small business owner to the global economy. The course will study the law of supply and demand, forms of business, labor unions, government finances and influence on the economy, money and prices, inflation and deflation cycles. The course also relates history and politics to the study of economics.

Family & Consumer Science

10-12 **(\$)** **(T)** **NUTRITION & FOODS**

(One Trimester)

The nutrition and foods course is designed to address nutrition and personal lifestyle. Content emphasis is on food preparations techniques and other areas of nutrition. Career options in nutrition and related fields are explored. Foods and Nutrition is required to move on to Beginning Culinary.

10-12 **(T)** **INTERIOR DESIGN**

(One Trimester)

This course addresses housing decisions. Emphasis is on skills in planning for, acquiring, and maintaining interiors of homes. Hands on application of art and interior design principles are emphasized. Guest speakers are included.

10-12 **(T)** **PARENT CHILD DEVELOPMENT**

(One Trimester)

Parenting and preparing to become a parent. Real Care Baby experience is included. Prenatal development, growth, and development of children to age five. A preschool teaching experience is also included.

10-12 **(T)** **BEGINNING CULINARY**

Prerequisite: Foods & Nutrition AND must pass the Idaho Food Safety Exam with a 75% or better.

The CTE capstone course provides students with a foundation in professional food preparation with practical application in career opportunities, reinforced basic skills, food safety and sanitation, use of commercial equipment, industrial food preparation, business

management, service techniques and employability skills. Family, Career and Community Leaders of America, FCCLA, leadership activities are an integral part of this course. Food Production, Management, and Services may articulate to a culinary arts program at a postsecondary technical college.

10-12 (T) ADVANCED CULINARY

Prerequisite: Beginning Culinary & pass the ServSafe food handlers or managers exam.

This CTE capstone course prepares students for gainful employment and/or entry into postsecondary education in the food production and service industry. Content provides students the opportunity to apply the marketable culinary arts and food service skills they have acquired by assuming increasingly responsible positions, including participation in a cooperative education experience. Family, Career and Community Leaders of America, FCCLA, leadership activities are an integral part of this course. Advanced Food Production, Management, and Services may articulate to a culinary arts program at a postsecondary technical college.

10-12 (T) INTERNATIONAL FOODS

Prerequisite: Foods & Nutrition

The CTE International Cuisine course provides students with a foundation in professional food preparation with practical application in career opportunities, reinforced basic skills, food safety and sanitation, use of commercial equipment, industrial food preparation, and employability skills. This course provides students with project-based learning experiences in the art and science of international food preparation and presentation. Emphasis is placed on the creation of menus, assembly of ingredients, cooking methods, and presentation techniques for Western and Northern Europe, Southern Europe, Eastern Europe, Asia, Africa, and Latin America meals

Agriculture

Grade Description

9-10 (T) INTRO TO AGRICULTURE

(One Trimester)

An introductory course designed to introduce beginning students to agricultural education. This course includes agricultural career development, leadership, communications, and personal finance.

9-12 (\$)(T) INTRO TO AGRICULTURAL MECHANICS

(One Trimester)

This laboratory course is designed to provide students with introductory level experiences in selected major areas of agricultural mechanics technology which may include small engine maintenance and repair, metal fabrication, concrete construction, building construction, plumbing, surveying, electrical wiring, maintenance of agricultural machinery, equipment and tractors. Learning activities include information, skill development and problem solving.

9-12 **(\$)(T) APPLIED GREENHOUSE**

(One Trimester)

A course designed to prepare students in greenhouse and nursery operation and management.

10-12 **(\$)(T) AGRICULTURAL WOODS**

(One Trimester)

NEED DESCRIPTION

10-12 **(\$)(T) AGRICULTURAL STRUCTURES**

(One Trimester)

Must have taken Ag Mech and Ag Woods

A course designed to develop skills in ARC and oxy-acetylene welding and the processes that deal with the joining of metal for the agricultural industry.

10-12 **(\$)(T) AGRICULTURAL WELDING**

(One Trimester)

Teacher Approval Required

A course designed to develop skills in ARC and oxy-acetylene welding and the processes that deal with the joining of metal for the agricultural industry.

11-12 **(\$)(T) AG FABRICATION**

(One Trimester)

Prerequisite - Agriculture Welding and Teacher Approval Required

A course to develop skills in metal equipment assembly and joining.

9-12 **(\$)(T) WILDLIFE MANAGEMENT**

(One Trimester)

A course designed to examine the importance of forestry, wildlife, and outdoor recreation with emphasis on efficient use of natural resources. This course will count as a Science credit or a CTE credit.

9-12 **(\$)(T) FLORAL DESIGN**

(One Trimester)

A course designed to develop skills in floriculture and the techniques used to develop and complete a variety of retail items normally sold in a retail florist business. The skills learned are necessary to gain and maintain employment in the retail florist industry.

9-12 **(T) AG LEADERSHIP**

(One Trimester)

Prerequisite - Active FFA Membership

A comprehensive course in developing agricultural leadership, citizenship, and cooperation. It includes topics in personal development, group and individual interpersonal communications skills, and communication skills as they pertain to FFA Career Development Events and Leadership Development Events.

Business Education/Computer Science

Grade Description

9-12 **(T) (C) INPUT TECHNOLOGIES**

(One Trimester)

This course is required for all freshman who did not pass Keyboard at the Junior High School with 50 WPM or better. Students will learn proper keyboarding techniques as well as other forms of inputting. Students will also learn basic document formatting and Word functions.

9-12 **(\$) (T) (C) PRINT DESIGN**

This is a beginner graphic design style course that will introduce students to the basic design principles while learning to create print media such as posters, business cards, brochures, and a magazine. \$20 fee.

9-12 **(T) (C) WEB DESIGN (Repeatable)**

This is a beginner web design course that will introduce website creation. Students will learn what makes a good website, how to design a responsive website using a CMS, and some design basics such as logo creation and branding.

9-12 **(T) (C) INTRO TO BUSINESS**

This is an introductory course providing opportunities to learn and experience a variety of topics in the field of business. Students are exposed to various economies, career exploration, marketing, finance, entrepreneurship. There will be a group project where you will create your own business and try to gain investors.

9-12 **(\$) (T) (C) EXPLORING COMPUTER SCIENCE**

(One Trimester)

This is a beginning course in computer basics. Students will be introduced to the basic concepts of computers and applications. The content will include research on the history of computers, basic hardware concepts in building a computer, Internet navigation and web publishing, computer terminology, concepts in safety and prevention, basic programming, and concepts in computer applications such as Microsoft Windows.

10-12 **(T) (C) YEARBOOK**

(Three Trimesters)

Prerequisite: Teacher Approval

If you've ever thought about owning your own business or becoming an entrepreneur, yearbook can give you some real-world experience in business. We are creating a product, so we make sure that our product is one that our customer (the students) will want to buy. You will become proficient in several programs such as graphic design software, photo-editing software, and online design.

The skills that you will learn in this class will take you into whatever careers you want to pursue. The best yearbook staff is inclusive of students of all skill levels and interests:

- Students who love art will love the photography and graphic design side.
- Students who love organization will love the business side, the reference section, all of the yearbook lists and deadlines.
- Students who like computers will learn eDesign or InDesign quickly and become the kids who can teach themselves Photoshop.
- Writers become great yearbook interviewers and storytellers.
- Social butterflies are great at building interest in the yearbook and making sales.

9-12 ***(PTE) (C) ADOBE ACADEMY**

The Adobe Certified Associate certifications include: Photoshop, Illustrator and InDesign; Dreamweaver; and Premiere Pro. Students can gain experience working with industry-standard software and technology in order to succeed in the digital workplace.

9-12 ***(PTE) (C) DIGGER DESIGN**

In this Graphic Design class, students will learn the principles of design using Adobe design software to enhance photos and create digital drawings, logos, advertisements, magazine layouts, and more. Students complete the trimester by creating a digital portfolio to showcase their work. No prior art or design experience is necessary for this class.

Projects may include: Log designs, Advertisement designs, photograph manipulation, and creation of graphics.

Art/Photography

Grade Description

9-12 **(\$) (H) ART I A**

(One Trimester)

In this class, students will be given an introduction to art, specifically drawing. They will learn basic vocabulary and techniques. They will be able to put these concepts into practice in their work. Students will begin by learning all the basics of proportional drawing. They will also learn to draw a wide variety of subjects including still life, animals, landscapes and faces. Students will work mostly with graphite pencils. They will also learn about graphic design and will get a chance to design artwork that is not necessarily realistic in nature. Students will be encouraged to be creative and share their ideas. They will have the opportunity to choose their own subject matter and draw what interests them as well as classroom objects and images that are assigned. Art 1B will be the second half of this introduction class.

9-12 **(\$)(H) ART I B**

(One Trimester)

Prerequisite: Art I A

In this class, students will continue the introduction to art that began in Art1A, specifically drawing. They will learn more basic vocabulary and techniques. They will be able to put these concepts into practice in their work. Students will begin by learning drawing techniques that add on to what they already know. They will also be able to draw a wide variety of subjects including still life, animals, landscapes and figures. Students will work with graphite pencils, charcoal and colored pencils. They will also learn about abstract (nonrepresentational) art and will get a chance to design artwork that is not necessarily realistic in nature. Students will be encouraged to be creative and share their ideas. They will have the opportunity to choose their own subject matter and draw what interests them as well as classroom objects and images that are assigned.

9-12 **(H) Art Medium Exploration**

(One Trimester)

In this class, students will be given an opportunity to experiment with different art mediums. They will learn basic vocabulary and techniques. They will be able to put these concepts into practice in their work. Students will create many different works of art, giving them a chance to learn about how different mediums are used. Their work will range from two-dimensional to three-dimensional projects. They will create mixed media drawings, paintings, collages, book arts projects and more. Students will be encouraged to be creative and share their ideas. They will have the opportunity to choose their own subject matter and draw or create what interests them.

9-12 (H) CERAMIC SCULPTURE A

(One Trimester)

In this class, students will be given an introduction to ceramics. They will learn basic vocabulary and techniques. They will be able to put these concepts into practice in their work. Students will begin by learning all the basics of how to handle and mold clay. They will also learn how clay is dried out, fired in a kiln and glazed for a finished product. Students will work only with their hands in this class. They will create small pots and bowls and gradually work up to larger projects for both utilitarian and aesthetic purposes. Students will be encouraged to be creative and share their ideas. They will have the opportunity to design their own projects and create things that interest them. Ceramics B will be the second half of this introduction class where students will learn the more advanced technique of throwing clay on a pottery wheel.

9-12 (H) CERAMIC SCULPTURE B

(One Trimester)

Prerequisite: Ceramic Sculpting A

In this class, students will learn about more advanced ceramics processes. They will learn higher-level ceramics vocabulary and techniques. Students will begin by learning about how to create lids and handles for the pots that they already know how to make. They will also learn how the kiln works and about the ingredients and chemicals that make up the clay and glazes they work with. Students will work not only with their hands in this class but also on a pottery wheel. Their time will be spent mostly working on hand built projects as they rotate through time learning how to throw on the pottery wheel. They will have the opportunity to design their own projects and create things that interest them.

10-12 (\$) (H) DESIGN, COLOR & PAINTING

(One Trimester)

In this class, students will learn about painting techniques and processes, as well as color theory. They will also learn about basic design and composition and what colors work well together. Students will learn painting and color vocabulary. They will be able to put these new concepts and techniques into practice in their work. Students will begin by learning about how to mix colors and will create their own unique color wheel. They will also learn about different kinds of paintbrushes and how to properly care for these supplies. Students will work on various paintings and use acrylic and watercolor paint. Their time in class will mostly be spent working with paint, but some projects will involve colored pencils and/or oil pastels. Students will be encouraged to be creative and share their ideas. They will have the opportunity to design their own projects and paint things that interest them.

9-12 **(\$)(H) PHOTOGRAPHY**

(One Trimester)

In this class, students will be given an introduction to digital photography. They will learn basic photo vocabulary and techniques. They will be able to put these concepts into practice in their work. Students will begin by learning some photography background, about film and darkroom developing. They will also learn all about how to work the digital cameras, design their images well, and how to take pictures showing different ideas and emotions in various settings. Students will work entirely with digital SLR cameras and will also be provided with an SD card and flash drive to use for the Trimester. They will learn about how to properly handle the photography equipment and care for the cameras. Students will be encouraged to be creative and share their ideas. They will have the opportunity to choose their own subject matter and photograph what interests them based on the locations that we visit. In this class, we are always going on small field trips outside. We will walk together, as a class, down Main Street and around parks and areas near school.

Music/Drama

Grade Description

9-12 **(H) BEGINNING CHOIR**

(One Trimester)

Open Enrollment. No Audition Required.

This class focuses on the basics of singing and music theory. Students will explore different genres of music including classical, gospel, jazz, folk music, acapella, and others.

11-12 **(H) SERENADES CHOIR**

(One Trimester)

Audition only

(Two Trimesters Required)

This class is an advanced auditioned choir. It focuses on more advanced music and music theory. Auditions take place in April for the following school year. This choir is considered a Varsity level and will travel from time to time for adjudicated festivals and other performance opportunities. Also because this class is considered Varsity level students will be expected to maintain high academic standing to be able to travel and participate fully. Auditions for this class will consider the following skills; sight-reading, intonation, vocal tone and range.

9-12 **(H) WOMEN'S CHOIR**

Open Enrollment. No Audition required.

This choir is for young women looking to advance their musicianship skills. It is a beginner level choir meaning anyone can join and be successful. As well as learning, the basics this class will focus on more developed part-singing and acapella music.

9-12 **(H) MEN'S CHOIR**

Open Enrollment. No Audition required.

This choir is for young men looking to advance their musicianship skills. It is a beginner level choir meaning anyone can join and be successful. As well as learning, the basics this class will focus on more developed part-singing and acapella music.

9-10 **(H) CONCERT CHOIR**

(One Trimester)

Open Enrollment. No Audition required.

This class is great for developing important musicianship and vocal skills and singing a wide variety of music. It is recommended, but not required, to take two trimesters; students not taking two trimesters should be approved by the director. Along with many other genres, this choir has the opportunity in the fall to experience Christmas and holiday music of all kinds. The spring class will focus on competitive music and producing an entertaining concert. This choir will travel with the Serenades Choir from time to time.

9-12 (H) FALL CONCERT BAND

(One Trimester)

This class is a performance class which will require playing contemporary concert band literature and will also feature pep band music. The pep band music will be used for the athletic events for the remainder of the year. Students who wish to be in Pep Band should be in Fall Concert Band.

9-10 (H) SPRING CONCERT BAND

(One Trimesters)

This is a performance class. It will require playing all types of music. Participation in concerts, music clinics and festivals required.

10-12 (H) PELLE BLEU CHAMBER ORCHESTRA A & B

(Two Trimesters Required)

The PELLE BLEU Chamber Orchestra is the advanced orchestra. Orchestra members will continue to develop both individual and ensemble playing skills and perform a wide variety of quality music in classical, folk, jazz and contemporary styles. During the 1st trimester, rehearsals will be held on Wednesdays from 5:30-7:00 p.m. Class periods will be held during 2nd and 3rd trimesters. During the 3rd trimester, select band members will meet weekly with the orchestra for Full Symphony rehearsals. Travel and participation in concerts and festivals is required. Auditions take place in the Spring for the following school year.

9-12 (H) CONCERT ORCHESTRA A, B & C

(Three Trimesters Recommended) **NO AUDITION**

This is a performance class in which students will continue to develop both individual and ensemble playing skills and perform a wide variety of quality orchestral music such as classical, fiddle, folk, jazz and pop styles. Participation in concerts and festival is required.

9-12 (H) BEGINNING JAZZ BAND

(One Trimester) **AUDITION ONLY**

This is a performance class. They will perform for school and community functions. Literature includes swing, blues, rock, ballads, and Latin styles. Improvisation is emphasized.

9-12 (H) JAZZ BAND

(One Trimester) **AUDITION ONLY**

This is a performance class. They will perform for school and community functions. Literature includes swing, blues, rock, ballads, and Latin styles. Improvisation is emphasized.

11-12 (H) Wind Ensemble

(One Trimesters)

This is a performance class for seniors and juniors, or by invitation. It will require playing all types of advanced band music. Participation in concerts, music clinics, graduations and festivals is required.

09-12 **(H) PERCUSSION ENSEMBLE**
NEEDS DESCRIPTION

DRAMA

Grade Description

9-12 **(H) DRAMA**

(One Trimester)

Students will learn the fundamentals of acting and theatre by studying all the elements of theatre including acting, playwriting, theatre history, and terminology. Students will memorize scenes and monologues and will perform in class. Students may also be required to read and study plays. First trimester Drama will focus on preparing students for the District and State competitions.

9-12 **(H) Play Production**

(One Trimester)

PREREQUISITE: Students must have taken Drama or Technical Design or have been in a Sugar-Salem High School Production

Students will study, learn, and practice all aspects of the production of a single play. Each student will be responsible for both an onstage and a backstage role. Students will study the script and create all technical elements needed for production including set design, set construction, costume design, costume construction, properties, advertising, sound design, lighting design, make-up, and hair. Rehearsals will take place during class time. Students will be required to pass memorization tests and complete technical designs

9-12 **(H) TECHNICAL THEATER DESIGN**

(One Trimester)

Students will learn the fundamentals of technical design for the theatre by studying and executing technical designs in set, costumes, make-up and properties. Students will participate in reading and analyzing scripts for group and personal design projects. The majority of class time will be used for research and designing. The amount of time actually

spent working on a set will change depending on the type of show being produced each trimester. This is not a carpentry or construction class.

Physical Education

Grade Description

- 9-12 **CHEERLEADING**
(Two Trimesters)
You must have tried out and been placed on the cheer squad.
- 11-12 **LIFETIME SPORTS**
(One Trimesters)
This course concentrates on lifetime sports and leisure time activities with emphasis on physical fitness.
- 9-12 **ADVANCED STRENGTH AND CONDITIONING**
(One Trimester)
Only for those who have already taken beginning strength and conditioning and know how to do all the lifts we use in our training program.
- 9-12 **BEGINNING STRENGTH AND CONDITIONING**
(One Trimester)
Beginning weights is first period and for anyone who has not taken a weights class. It teaches the students how to properly perform all the movements used in class and how to follow the training program.
- 9-12 **GIRLS WEIGHT TRAINING**
(One Trimester)
Must have taken a weight training class prior to enrolling.

Elective Classes

Grade Description

- 9-12 **Academic Decathlon**
Prerequisite: Approval of teacher
This class is focused each year around a particular theme, such as a certain country or a period in history. It prepares students to compete with the team at local, state, and national levels and includes ten subjects: art, music, literature, social science, science, math, economics, essay, interview, and speech. Participants are expected to sign up for both first and second trimesters. The team includes students from each of the following GPA ranges: 2.0-2.9, 3.0-3.75, and 3.76-4.0, and therefore the class seeks out and benefits from diverse academic backgrounds. Students develop valuable life skills including teamwork, interview, testing, and public speaking skills. Those with an interest in the class must fill out an application and be approved by the teacher.
- 12 **Holocaust & Human Rights**
Seniors Only

This class will use the Holocaust as a lens through which to look at both past and present Human Rights issues, and examining choices and the power of individuals to make a difference.

11-12 **AMERICAN HISTORY THROUGH FILM**

This course is designed to look at history through the use of movies, documentaries, and television. Students will go beyond textbook presentations of history and literature. Selected films will be used to interpret history, reflect historical values, and determine the influence the media has had on history. Historical themes, film themes, and the impact of literature on film may be discussed. All films viewed during the course will have a PG13 rating or lower. The parent permission form will be distributed the first day of class.

10-12 **WORLD AFFAIRS**

Want to stay up on what's happening in the world around you? This is the elective for you!! Stay informed on sports, the newest in technology, science discoveries, the good, bad, and ugly in the political world, and more. With the help of primary sources and access to reputable sites, we'll dive into greater knowledge and empower you to make a change.

12 **HOLOCAUST & HUMAN RIGHTS**

Seniors Only

This class will use the Holocaust as a lens through which to look at both past and present Human Rights issues, and examining choices and the power of individuals to make a difference.

12 **TEACHER AIDE**

SENIORS ONLY

(One/Two Trimester)

Must have a cumulative GPA of 3.0 or better.

Librarian must sign Pre Admission form for Trimester and Period.

9-12 **ELL STUDY SKILLS**

Must qualify through testing

(Three Trimesters)

This English Language Learner Study Skills Class is designed to help students succeed in their other classes. We will go over study techniques, effective note taking and writing strategies that can be used across all subjects. Students will be given most of the time in class to work on other coursework and be given assistance as needed.

9-12 **RELEASE TIME (SEMINARY)**

(Two Trimesters)

Counselors will add to your schedule but there is no credit received for graduation.

9-12 **Peer Mentor Program—Course Description**

Being kind and helping one another are great traits to help. Did you know that you could get high school credit by helping out either a peer (same-age) mentor or a cross-age (younger) peer mentor through our peer mentoring program? It also would look great on a college application. **Peer Mentors** serve to support and encourage students who could be in groups such as new to the school (freshman, new move-ins) or peers who struggle or delayed academically or behaviorally. Peer mentors also benefit from interacting with each other in positive ways through volunteer experience, often building new relationships beyond their normal circle of friends. High school mentors build personal skills and confidence that can help prepare them for their lives after high school. Again, their involvement in the program can also be a meaningful addition to applications for colleges and future jobs. A peer is matched with a same-age or cross-aged student (mentee) for the purpose of guiding and supporting the mentee in many areas of his/her academic, social, behavioral, and/or emotional development. It also focuses on the youth-youth relationships.

What can Peer Mentoring Achieve?

For the mentors, there has been reported improvement in:

- Connectedness to school
- Self-esteem
- Empathy and moral reasoning
- Intrapersonal communication and conflict resolution skills
- Relationships with parents

For the mentees, this program has shown a positive impact on:

- Connectedness to school and peers
- Feelings of competency and self-efficacy
- Grades and academic achievement
- Prosocial behavior and attitudes

Both groups will develop stronger skills in the 5Cs of youth development.

- Competence: Positive view of one's actions in specific areas including social, academic, cognitive, and vocational
- Confidence: The internal sense of overall positive self-worth and self-efficacy, identity, and belief in the future.
- Connection: Positive bonds with people and institutions—peers, family, school, and community—in which both parties contribute to the relationship.
- Character: Respect for societal and cultural rules, possession of standards for correct behaviors, a sense of right and wrong (morality), spirituality, and integrity
- Caring & Compassion: A sense of sympathy and empathy for others

What do Peer Mentors do?

- 1:1 interactions
- Tutoring/Assist with homework assignments
- Role model appropriate behaviors
- Teach mini-lessons
- Develop skills in leadership; goal setting; establishing and maintaining boundaries; listening and communication skills; and problem-solving skills

College Courses

Grade Description

- 12 **(\$ English 101 (CSI))**
(One trimester)
English 101 emphasizes the process and strategies of writing academic essays with critical attention to purpose and audience; focus and development to support a thesis; and organization and coherency. Students write analytical essays based on readings, observations, and ideas: develop various strategies to respond to different rhetorical situations; and edit for style, voice, and conventions of standard usage. This course introduces MLA format.
- 10-12 **(\$ COMMUNICATIONS 1210 INTRO TO PUBLIC SPEAKING (NNU))**
(One Trimester)
Fee: Free with Advanced Opportunities or \$195.
An introduction to public speaking with studies in listening, verbal and nonverbal techniques, organization, and presentation skills. Emphasis will be placed on the speaker's delivery, speech construction, audience connection, and the effective use of the communication process in individual presentations and group discussions.
- 10-12 **HLTH 255 Wellness Through Healthy Living (CSI)**
This advanced wellness course introduces students to all seven dimensions of wellness (physical, intellectual, emotional, spiritual, social, environmental, financial) and allows students to practice making changes in each dimension by establishing, practicing and reflecting on individualized SMART goals related to health and wellness concepts. This course provides an overview of current health topics relevant to students and stimulates awareness of personal health decisions and their relationship to optimal self-care patterns and lifestyles. This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests.

*Starting in the Fall of 2021 students will have the option to have college courses broadcasted in from Idaho State University and College of Eastern Idaho. In order to take

these classes, you must be in good standing academically and have room in your schedule. See the counseling office for more details.