

Curriculum Guide and Course Catalog



Regis St. Mary Catholic School
Regis Campus

550 West Regis Street
Stayton, Oregon 97383

(503)769-2159

www.regishighschool.net

SCHOOL MISSION

Regis Catholic High School is a welcoming community where faith enhances academic excellence as we prepare students to become servant leaders in their families, schools, churches and communities.

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OVERVIEW

The course catalog is designed to assist you in planning your course selections. Please keep in mind your future goals and interests as you select your courses. Select courses that will challenge you to work hard and that will engage you in the curriculum.

The academic program at Regis High School is rooted in a traditional curriculum, while offering a variety of elective courses. Regis strives to meet the educational needs of each student by focusing on the spiritual, intellectual, physical and creative development of a student’s gifts and talents.

Over 95% of Regis graduates pursue post-secondary education. In an effort to help our students succeed in their future endeavors, we have continued to expand the number of courses available in our curriculum for college credit through College Credit Now and dual-enrollment programs.

Regis also partners with ASPIRE (Access to Student Assistance Programs in Reach of Everyone) which provides mentoring and resources to help students access education and training beyond high school.

Course availability will be based on the number of requests. All courses may not be offered each semester.

GRADUATION REQUIREMENTS

Students are encouraged to strive for the best education possible. To graduate, a student must earn a minimum of 25 credits. One-half credit represents one semester of successful course work. A full schedule consists of seven classes per semester.

Course	Credits	Course	Credits
• English	4	• Health	1
• Mathematics	3	• Physical Education	1
• Science	3	• Senior Seminar	.5
• Theology	4	• Fine/Applied Arts/Technology/Business	1
• Social Studies (to include World History, US History, Personal Finance, Government and Economics)	3.5	• Electives	2
• Foreign Language	2	• Christian Service*	60 hrs.

Freshman Year

Credits

- Theology 9 1.0
- English 1.0
- World History 1.0
- Mathematics 1.0
- Physical Science 1.0
- PE .5
- Health .5
- Essential Skills/Keyboarding .5
- Elective .5

Sophomore Year

Credits

• Theology 10	1.0
• English	1.0
• Mathematics	1.0
• Biology	1.0
• PE	.5
• Health	.5
• Foreign Language	1.0
• Electives	1.0

<u>Junior Year</u>	<u>Credits</u>
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• Theology 11	1.0
• English	1.0
• U.S History	1.0
• Mathematics	1.0
• Science	1.0
• Foreign Language	1.0
• Electives	1.0

<u>Senior Year</u>	<u>Credits</u>
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• Theology 12	1.0	
• Writing 115/121		1.0
• Government	.5	
• Economics	.5	
• Personal Finance	.5	
• Senior Seminar	.5	
• Electives	3.0	

CHRISTIAN SERVICE PROGRAM

Christian Community Service - *To serve as Christ asks us to serve*

To fulfill graduation requirements, students must complete a total of 60 service hours. These hours may be obtained by serving the school, church/parish, community or others with special needs (not family or relatives). A student may not receive money or other payment for qualifying service. For an overnight service experience, students may earn a maximum of 10 hours per day. Service hours must be recorded on the appropriate form and turned in to the school office by the end of each semester. Forms for each academic year must be turned in by the last day of the school year, or they will not be accepted. Students should check

with their Theology instructor for appropriateness of particular service projects.

FOUR YEAR PLANS

Four-Year Plans and Student Schedules - In the first semester of the Freshman year, students will create a four-year plan outlining their academic program leading to graduation. The four-year plan should reflect the student's post high school plan for college and/or career. It is important to realize that goals and interests often change and as a result the plan should be re-visited prior to forecasting and making course requests for the next academic year. Parents and the Counselor are expected to approve the four-year plan each year at the time of forecasting. All students are expected to enroll in at least seven classes each semester. Seniors wanting to enroll in less than seven classes may do so with permission from their parents and the Counselor and after giving consideration to their academic goals and written four-year plan.

COLLEGE ADMISSION

Freshman Requirements for Oregon Public Universities

High School Graduation Requirement: High school students must graduate from a standard or accredited high school.

Subject Requirements: High school graduates must satisfactorily complete at least **25 credits**. Some universities, in selectively admitting students, may consider additional college preparatory coursework. Students must earn a grade of "C" or better in order for a course to be counted as meeting part of the subject area requirements.

English (4 credits): Shall include the study of the English language, literature, writing, speaking and listening, with emphasis on and frequent practice in writing expository prose all four years.

Mathematics (3 credits): Includes Algebra I, Geometry and Algebra II. One unit of higher level math (i.e. Pre-calculus or Calculus) is strongly recommended in the senior year. Algebra and geometry taken prior to the ninth grade will be accepted. Students must have completed, at a

minimum, a course at the Algebra II level (or equivalent) or higher to meet the math requirement.

Science (3 credits): Shall include a year each in two fields of college preparatory lab sciences such as biology, chemistry, physics.

Social Studies (3 credits): Shall include one year of global or world studies, American studies, and one year of social studies elective.

World Language (2 credits): Two years of the same high school-level world language, or a grade of “C” or above in the third year of a high school-level language, or two terms of a college-level language with a grade of “C” or above, or satisfactory performance on an approved assessment of second language knowledge and/or proficiency. Demonstrated proficiency in American Sign Language (ASL) is acceptable in meeting the second language requirement.

Grade Requirements: Students must earn a C or better in classes that are required for college admission to an Oregon Public University.

COURSE OFFERINGS

<p>Theology</p> <ul style="list-style-type: none"> • The Revelation of Jesus Christ in Scripture • The Mission of Jesus and the Church • The Sacraments and Morality • Sacred Scripture and History of the Church • Christian Service <p>Language Arts</p> <ul style="list-style-type: none"> • English 9 • English 10 • English 11 • English 12/Writing 115* • English 12/Writing 121* <p>Social Studies</p> <ul style="list-style-type: none"> • World History • U.S. History* • U.S. Government • Economics • Pacific Northwest History • Current History • Psychology • Sociology • Travel Geography* <p>Mathematics</p> <ul style="list-style-type: none"> • Algebra I • Geometry • Algebra II • Pre-Calculus • Calculus <p>Digital Courses</p> <ul style="list-style-type: none"> • See Counselor for options 	<p>Science</p> <ul style="list-style-type: none"> • Physical Science • Biology • Chemistry • Physics <p>Foreign Language</p> <ul style="list-style-type: none"> • Spanish I • Spanish II • Spanish III <p>Fine & Applied Arts</p> <ul style="list-style-type: none"> • Art and Theater Survey • Art I/Art II/Art III • Fundamentals of Theater • Advanced Theatre • 3-D Design • Digital Media <p>Technology and Business</p> <ul style="list-style-type: none"> • Essential Skills/Keyboarding • Accounting* • Business Principles and Management* <p>Health and Physical Education</p> <ul style="list-style-type: none"> • Physical Education 9 • Health 9 • Physical Education 10 • Health 10 • Weights & Conditioning <p>Dual Enrollment Courses</p> <ul style="list-style-type: none"> • See Counselor for options <p>* College Credit Now Credit Courses</p>
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THEOLOGY

The Revelation of Jesus Christ in Scripture

Grade Level: 9

Credit: 1.0

Prerequisite: None

The purpose of this course is to give students a general knowledge and appreciation of the Sacred Scriptures. Through their study of the Bible they will come to encounter the living Word of God, Jesus Christ. In the course they will learn about the Bible, authored by God through Inspiration, and its value to people throughout the world. If they have not been taught this earlier, they will learn how to read the Bible and will become familiar with the major sections of the Bible and the books included in each section. The students will pay particular attention to the Gospels, where they may grow to know and love Jesus Christ more personally. Second semester students will explore the answer to "Who Is Jesus Christ?" The purpose of this course is to introduce students to the mystery of Jesus Christ, the living Word of God, the Second Person of the Blessed Trinity. In this course students will understand that Jesus Christ is the ultimate Revelation to us from God. In learning about who he is, the students will also learn who he calls them to be.

The Mission of Jesus and the Church

Grade Level: 10

Credit: 1.0

Prerequisite: None

This course examines God's plan of Salvation which begins with the Fall of Adam and Eve and continues through to today. In the first semester the course covers the Creation, how God promised salvation through his covenants, how those covenants are fulfilled in Christ and how the Church continues God's plan through the mystery of redemption and Christian discipleship. In the second semester the course examines more closely the promises of the Old Testament which prepared the way for the Church and how God's plan is ultimately fulfilled in Christ. The Church is seen as the Sacrament of Salvation and understood within the context of the Church as a Communion of Saints.

The Sacraments and Morality

Grade Level: 11

Credit: 1.0

Prerequisite: None

The purpose of this course is to help students understand they can encounter Christ today in a full and real way in and through the sacraments, and especially through the Eucharist. Students will examine each of the sacraments in detail so as to learn how they may encounter Christ throughout life. Second semester students learn that it is only through Christ that they can fully live out God's plans for their lives. Students are to learn the moral concepts and precepts that govern the lives of Christ's disciples.

Sacred Scripture and the History of the Catholic Church

Grade Level: 12

Credit: 1.0

Prerequisite: None

The purpose of this course is to give an overview of Sacred Scripture with an introduction to the basic principles for understanding and interpreting the Bible. Given the limits of a semester of study, it will not be possible to introduce all the books of the Bible here. Rather the focus is made to project a sense of the unity of the narrative for the divine plan of salvation, the presence of God's action in this record of his Revelation, and his desire to share his merciful love with us. Second semester presents a catechesis of the Church and the Body of Christ in history: its nature and meaning, images, marks, life and ministry, guide to moral life, and the role of prayer. The purpose of the course is to supply the students with a general knowledge of the Church's history from apostolic times to the present.

Christian Service

Grade Level: 9,10,11,12

Credit: No credit/60 Service Hours Required for Graduation

ENGLISH

English 9

Grade Level: 9

Credit: 1.0

Prerequisite: None

Students read a wide variety of American and world literature including short stories, poetry, plays and several novels. Writing is explored through crafting numerous scholarly papers including essays, fictional and nonfictional stories, biography and poetry. Elements of writing and organization are studied in detail including writing outlines, literary critiques, strong thesis statements, captivating openings, vivid descriptions and satisfying conclusions.

English 10

Grade Level: 10

Credit: 1.0

Prerequisite: None

This course builds on the skills acquired the previous year. Critical reading of literature, the art of writing, grammar skills, and vocabulary are the focus of this course. The writing emphasizes summarizing, paraphrasing, and exposition with an introduction to argumentative and research writing. Reading covers genres, novels, and an epic.

English 11

Grade Level: 11

Credit: 1.0

Prerequisite: None

This course presents the literature of the United States in a historical context and provides an understanding of relevant literary movements and writer's techniques. It stresses close reading of literary works, vocabulary development, and critical analysis of literature. It points out connections between past and present ideas and events. The class also emphasizes research and interpretive skills through the writing of a research paper that requires students to use MLA format guidelines. Students will write frequently in various modes with an emphasis on expository writing and will use a writing process to improve their control of the elements of effective communication.

English 12/Writing 115

Grade Level: 12

Credit: 1.0

Prerequisite: Placement Examination

Students will have the opportunity to earn college credit by taking WR 115 - English Composition _ through Chemeketa Community College's dual credit program. This course is a survey of British literature from the Anglo-Saxon Period to the present

with an emphasis on more contemporary works, including several novels. It stresses developing comprehension strategies and articulating ideas clearly. Students will connect themes in literary texts to their own experiences and to issues in modern life. This course focuses on expository writing, but includes other types of writing as well.

English 12/Writing 121

Grade Level: 12

Credit: 1.0

Prerequisite:

Placement Examination

Students will have the opportunity to earn college credit by taking WR 121 – English Composition – through Chemeketa Community College’s dual credit program and by taking the College Board’s Advanced Placement English Language and Composition Examination.

SOCIAL STUDIES

World History

Grade Level: 9

Credit: 1.0

Prerequisite: None

The course surveys the growth and development of the modern world beginning with Age of Exploration through World War II. Over the course of the year, students will develop an understanding of the political, geographical, social and economic factors that have influenced the growth and development of modern nations.

U.S. History

Grade Level: 11

Credit: 1.0

Prerequisite: None

The class begins with the Civil War, tracing the political, economic, and social factors in our country's development. Particular emphasis will be placed on the influences on our domestic and foreign policies and increasing role of our country in the world. The course concludes with the Vietnam War.

Personal Finance

Grade Level: 12

Credit: .5

Prerequisite: None

In this course, students will learn ways to develop strategies for managing their financial resources. Students will be able to better understand their various financial responsibilities including management of income and expenses; voluntary compliance in the federal and state income tax systems; budgeting; bank services; credit; insurance and personal investment decisions.

U.S. Government

Grade Level: 12

Credit: .5

Prerequisite: None

This course focuses on the principles of the American government system. Students will examine the origins of American Democracy, the U.S. Constitution and the principles contained within the U.S. Constitution, the operation of the three branches of government, political parties and the electoral process. Opportunities are provided for discussing current issues with which our government is involved.

Economics

Grade Level: 12

Credit: 1.0

Prerequisite: None

This course introduces students to the basic characteristics of the United States economic system with an emphasis on students learning about effective decision-making as it applies to consumerism. They will also learn about microeconomics and macroeconomics theory and principles in terms of supply and demand, and pricing; the Federal Reserve System; as well as a comparison of other economic systems used throughout the world.

Pacific Northwest History

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: None

Students taking this class will study the growth and development of the Pacific Northwest from the early discovery and exploration to the present. Emphasis will be on the economic, political, social, and geographical factors influencing Oregon's growth and development. Local history will also be included as well as a look at the future role Oregon will play in the greater Northwest and the growing global market.

Current History

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: None

This course covers U.S. History since 1970. The course will present an in-depth look at the major personalities, social movements, trends, foreign policies, and domestic achievements during the last 30 years in our country's history. Particular emphasis will be on the American commitment to encouraging democratic principles throughout the world and the current status of American foreign policies.

Psychology

Grade Level: 12

Credit: .5

Prerequisite: None

The Psychology course is offered to seniors as a social studies elective. It is designed for students planning on attending college, but non-college bound seniors are also encouraged to take the course. The course is a general survey of the basic principles of psychology; the leading schools of psychology; and an introduction to the different methods of research. The course also provides an overview of the growth and development of psychology as a discipline and its application to daily life.

Sociology

Grade Level: 12

Credit: 1.0

Prerequisite: None

This course is designed primarily for college-bound seniors. The course will introduce students to the growth and development of the study of group behavior and

dynamics of society. The course will also provide an overview of the leading sociological perspectives and their application to social issues. Sociological research methods will also be covered. Particular emphasis will be on American institutions and their relationship to group behavior.

Travel Destination Geography

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: None

This course focuses on the geographical areas of North, South, and Central America as travel destinations. It emphasizes information on the geography, climate, culture, and attractions of those countries designated as major tourist destinations. College Credit Now is available through Chemeketa Community College for students who complete all course work with above 80%.

MATHEMATICS

Algebra I

Grade Level: 9

Credit: 1.0

Prerequisite: Recommendation of 8th grade teacher; placement exam score.

Algebra 1 is the main foundation course for the study of high school mathematics. Its goal is to foster a deeper understanding of algebraic ideas through the use of manipulatives, applications, and technology. Through topics such as signed numbers, transformations, linear equations and graphs, systems of equations, exponents, factoring, and quadratic functions, students will receive a foundation necessary to be successful in subsequent courses.

Geometry

Grade Level: 10

Credit: 1.0

Prerequisite: Freshman placement exam Score; teacher recommendation.

This course introduces terminology, postulates, and theorems relating to points, lines, angles, planes, circles, polygons, and solids. Use of Geometer's Sketchpad software for transformations and tessellations, and discovering properties for circles, triangles, and quadrilaterals is emphasized. Constructions with compass and protractor are practiced as well.

Algebra II

Grade Level: 10, 11, 12

Credit: 1.0

Prerequisite: Completion of Algebra I and Geometry.

Algebra II is the gateway course to higher level math courses including pre-calculus and calculus. Topics include transformations, systems of equations, matrices, quadratic functions, the Fundamental Theorem of Algebra, exponentials and logarithms, trigonometry, conics, rational functions, statistics and probability.

Pre-Calculus

Grade Level: 11, 12

Credit: 1.0

Prerequisite: Completion of Algebra I, Geometry and Algebra II with a B or higher, or teacher recommendation.

Pre-Calculus is an advanced course in mathematics for those who are planning college study in a technical or scientific field. It is designed as a primer for the study of calculus. Topics include functions, transformations, trigonometric, parametric and circular functions, triangle trigonometry, logarithms, two and three-dimensional vectors, polar coordinates, sequences and infinite series.

Calculus

Grade Level: 12

Credit: 1.0

Prerequisite: Completion of Pre-Calculus with a grade of B or higher, or teacher recommendation.

Introduction to Calculus is an advanced course in mathematics for the student continuing study in a technical or scientific field. Including extensive use of graphing calculator technology, topics include the slope of a curve, the derivative, limits, differentiation and integration techniques, the Fundamental Theorem of Calculus, and applications of integration such as areas and volumes. The course would be excellent preparation for the Advanced Placement Test for Calculus AB.

SCIENCE

Physical Science

Grade Level: 9

Credit: 1.0

Prerequisite: None

Physical Science is a laboratory-based science course. Some concepts are abstract, requiring critical thinking and independent work. Course topics will include measurement, the metric system, scientific method, introduction to physics, chemistry, and earth and space science. Instruction methods will include lecture, discussion, problem solving, laboratory exercises, and projects.

Biology

Grade Level: 10

Credit: 1.0

Prerequisite: Completion of Integrated Science, or teacher recommendation.

This course introduces the major concepts and themes in life science. Areas of study include: basic biochemistry, cells, cellular processes, genetic probability, genetic processes, evolution, ecology, classification, and kingdoms of life. An emphasis is placed on scientific inquiry and laboratory investigations.

Chemistry

Grade Level: 11, 12

Credit: 1.0

Prerequisite: Concurrent enrollment in, or completion of, Algebra II.

Chemistry is the course in which students study the basic constituents of matter. It is an abstract course, requiring much critical thinking and independent work. Instruction methods will include lecture, discussion, problem solving, laboratory exercises, and projects. Topics include the scientific method, measurement, the atom, the periodic table, chemical reactions & bonding, stoichiometry, acids & bases, and nuclear and organic chemistry. Instruction methods will include lecture, discussion, problem solving, laboratory exercises, and projects.

Physics

Grade Level: 11, 12

Credit: 1.0

Prerequisite: Completion of Chemistry with a B or better and Geometry with a B or better, OR teacher recommendation.

Physics is the course in which students apply conceptual and mathematical skills they have acquired to study basic physical phenomena. Topics include Newtonian Mechanics, thermodynamics, optics, and modern physics. Instruction methods will include lecture, discussion, problem solving, laboratory exercises, and projects. Algebra and geometry are used in problem solving, experimental technique, and data analysis.

FOREIGN LANGUAGE

Spanish I

Grade Level: 10, 11, 12

Credit: 1.0

Prerequisite: None

This course introduces students to the sounds, basic structure, and vocabulary of Spanish. Cultures of countries where Spanish is spoken are explored. The importance of accurately using Spanish grammar and vocabulary is emphasized.

Spanish II

Grade Level: 11, 12

Credit: 1.0

Prerequisite: Completion and/or proficiency of Spanish I.

The second year of Spanish continues and builds on the vocabulary and grammar, listening, speaking, writing, and reading skills, and the cultural understanding of the first year of Spanish. It especially adds to the understanding and practice of verb use, going into more verb tenses. Reading and writing in Spanish move beyond basic sentences to paragraphs and stories. Speaking and listening continue to be practiced in day-to-day situations.

Spanish III

Grade Level: 11, 12

Credit: 1.0

Prerequisite: Completion and/or proficiency of Spanish II.

The third year of Spanish continues the study, understanding, and practice of the language, with an emphasis upon conversation and paragraph writing, focusing upon day-to-day situations and deepening cultural awareness.

FINE AND PERFORMING ARTS

Art I

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: Intro to Art or teacher recommendation.

The purpose of this class is to further students' understanding and appreciation of art in multiple forms in hopes that they gain interest in artistic study after high school. The curriculum for this course changes somewhat every year due to repeating students. A strong work ethic and self-motivation will be paramount for the success of the student in this class. Primary focus areas will be drawing and painting in various media with a heavy emphasis on technique.

Art II

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: Art I or teacher recommendation.

The focus of this class is to apply the techniques learned previously to achieve a narrative within the student's work. Psychology, color theory, pop art, graphic design, abstract expressionism, and impressionism in various media are the primary focus areas for this class. The combination of utilizing color theory and the need for a narrative in each piece will force students to think more about the imagery, composition, and meaning behind their work. The curriculum for this class changes annually due to repeating students.

Art III

Grade Level: 12

Credit: .5

Prerequisite: Art I or Art II, or teacher recommendation.

This class runs congruently with Art I and II. This class is designed to further the progress of students with a vested interest in pursuing art in college, while not being a "college prep" class. Self-motivated students will be a must because there will be more independent study in this class focused on Art History and theory.

Fundamentals of Theater

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: None

This course is designed to develop an understanding of the acting process as well as the development of social skills, self-confidence and teamwork. Study includes theatre games, stage awareness, movement, voice, characterization, and history of theatre.

Technical Theater

Grade Level: 10,11,12

Credit: .5

Prerequisite: Fundamentals of Theater

This class is designed for the student who enjoys designing, building and working a theatrical production. Areas of study: sound, lighting, managerial roles of a production, publicity, props, costumes, set design and construction, make-up and hair. This course does require some of the student's time outside of the school day.

3-D Design

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: Art I or teacher recommendation.

This class focuses on 3-dimensional media. Students will learn basic principles of working with clay, both on a pottery wheel and by hand.

Digital Media

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: None

Digital Media is a project-focused course where students will publish the yearbook as well as support the school's website and other uses of digital technology.

TECHNOLOGY AND BUSINESS

Essential Skills/Keyboarding

Grade Level: 9

Credit: .5

Prerequisite: None

This course is designed to introduce/maintain essential skills that are necessary for a successful high school experience. It includes keyboarding with an emphasis on touch typing and its application. An overview of the Career Information System is included which looks at careers, job skills, college admission and scholarship applications. The student will also describe the ethical choices that are part of technology and how this relates to Catholic Church teaching. This course also includes fundamental skills necessary for high school and beyond. Time management, test-taking skills, and speaking and listening are some of the topics covered during this course.

Accounting

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: None

The Accounting course is designed to give students an understanding of basic procedures of business accounting using the double entry system and to study the accounting cycle for a service and merchandising business. These principles are applied to both a manual system of bookkeeping and a computerized system of bookkeeping. In addition, students will get the opportunity to use standard accounting software. This course prepares prospective college business majors in the language of business.

Business Principles & Management

Grade Level: 10,11, 12

Credit: .5

Prerequisite: None

This course is designed to give the student a theoretical and practical knowledge of the principles of business and management. The course features a variety of field trips to local area businesses to illustrate classroom content. In addition, students apply business principles in a project where an outlet mall is developed.

HEALTH AND PHYSICAL EDUCATION

Physical Education 9

Grade Level: 9

Credit: .5

Prerequisite: None

This class will provide each student with a variety of activities emphasizing physical fitness, team and individual (lifetime) sports and recreation. Fundamentals, health practices, safety concerns, game rules, basic strategies, and skill development will be emphasized in each activity.

Physical Education 10

Grade Level: 10

Credit: .5

Prerequisite: None

Students will further develop the knowledge of physical fitness, individual (lifetime) sports, recreation and some team sports by building on the physical skills and basic rules learned in PE 9 with the more advanced strategies and rules of each game.

Health 9

Grade Level: 9

Credit: .5

Prerequisite: None

The curriculum covers current health issues with emphasis on prevention, wellness and decision-making skills. The course is divided into units concerning all aspects of social, mental, and physical health. Healthy choices are examined ethically, morally and with the dignity of the person in mind.

Health 10

Grade Level: 10

Credit: .5

Prerequisite: None

The curriculum further covers current health issues with the emphasis on prevention, wellness, and decision-making. The course is divided into units concerning all aspects of social, mental and physical health. Healthy choices are examined ethically, morally and with the dignity of the person in mind.

Weights and Conditioning

Grade Level: 10, 11, 12

Credit: .5

Prerequisite: None

Weight training gives students a base for proper and safe techniques for all lifts, how and why to use different lifts as well as the purpose of sets and reps. Through this program, the student strengthens the muscles that surround the major joint areas of

the body. This should help prevent athletic injuries as well as enhance their athletic ability and performance. Students will design a fitness program to meet their particular needs and gain an understanding of the life-long benefits of weight training.

DIGITAL AND DUAL ENROLLMENT COURSES

Digital Courses

Grade Level: 9, 10, 11, 12

Credit: Varies

Prerequisite: Varies

Regis offers a wide variety of digital courses. Students interested in taking a digital class should contact the Counselor for a list of available options.

Dual Enrollment Courses

Grade Level: 10, 11, 12

Credit: Varies

Prerequisite: Varies

Dual enrollment courses are offered online through Grand Canyon University. Students interested in taking a course should contact the Counselor for a list of available options and minimum requirements.