

FHS COURSE DESCRIPTIONS 2016-2017

The Flagstaff High School Mission

The mission of the Flagstaff High School community is to provide a comprehensive education that encourages excellence and cultivates, in each student, those skills and attitudes necessary to become a successful citizen with personal integrity in a diverse world.



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Flagstaff Unified School District 2016-17

Jul-16							Aug-16							Sep-16						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
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31																				
Oct-16							Nov-16							Dec-16						
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9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			
Jan-17							Feb-17							Mar-17						
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	
Apr-17							May-17							Jun-17						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

- First and Last Day of School
- School Closed/Holiday
- Second Semester Begins
- 301 Day-Teacher Training
- End of 1st, 2nd and 3rd Quarters
- Snow Day Makeup*
- Teacher Work Day
- Elementary Conferences
- High School Graduation

*Snow Days will be made up in the following order: 4/26; 4/25; 4/24; 5/11; 5/12

Flagstaff High School 4-Year Educational Plan

Name: _____

Student ID #: _____

Date: _____

Counselor: _____

Grade: _____

FRESHMAN

Fall Semester	Spring Semester

SOPHOMORE

Fall Semester	Spring Semester

JUNIOR

Fall Semester	Spring Semester

SENIOR

Fall Semester	Spring Semester

FUSD Graduation Requirements Class of 2016

<u>Curriculum Subject</u>	<u>Minimum Credits</u>	<u>College Bound Credits</u>
English	4	4
Mathematics	4	4
Science	3	3 (Lab Science)
Social Studies	3	3
P.E./Health	1	1
Fine Art/Vocational	1	1 (Fine Art Only)
Foreign Language	0	2
Electives	6	4
Total Credits	22	22

* 24 total possible credits

<u>Recommended Testing Schedule</u>
9th Grade AZ Merit
10th Grade PSAT, PLAN, AZ Merit
11th Grade PSAT, SAT/ACT, AZ Merit AP Exams, ASVAB
12th Grade SAT/ACT, SAT II, AP Exams, ASVAB

College/University Requirements:

Math: Algebra I, Geometry, Algebra II, Advanced Math Concepts,, H Pre-Calculus, AP Calculus I

English: English 9, English 10, English 11, College Prep English 12

Lab Science: Earth Science, Biology, Chemistry, Physics, Astronomy, Environmental Science

Social Studies: World History/Geography, U.S. History, American Government/Free Enterprise

Fine Art: Art, Ceramics, Choir, Band, Theatre Arts, Digital Photography, Graphic Design, Dance

Foreign Language: Spanish, Navajo ** 3 years preferred in same language

Parent Signature: _____

FUSD FEE SCHEDULE 2016-2017

<u>Course Name</u>	<u>Fee</u>	<u>Course Name</u>	<u>Fee</u>
Elementary Student Dues	1.00	Design & Merchandising I	25.00
Middle School Student Dues	40.00	Design & Merchandising II	25.00
Middle School Sports	30.00	Int. Design/Housing	25.00
High School Student Dues	25.00	Child Development I	25.00
Theatre Arts I	15.00	Child Development II	25.00
Theatre Arts II	15.00	Drafting I	25.00
Theatre Arts III	15.00	Drafting II	25.00
Theatre Arts IV	15.00	Architectural Draft	25.00
Technical Theatre	15.00	CAD I	25.00
Photography	30.00	Metals I	30.00
Art I	25.00	Metals II	30.00
Art II	25.00	Vocational Machine I	40.00
Art III	25.00	Welding I	30.00
Sculpture/Ceramics I	25.00	Vocational Welding I	40.00
Sculpture/Ceramics II	25.00	Vocational Welding II	40.00
Sculpture/Ceramics III	25.00	Woods I	30.00
AP Studio Art-2 Dimensional	25.00	Woods II (Furniture Design & Const.)	30.00
AP Studio Art-3 Dimensional	25.00	CTE Building Trade Class	40.00
Orientation to Health Careers	25.00	Power Mechanics	25.00
Athletic Training	25.00	Auto Care	25.00
Intro. To Culinary Arts	50.00	Auto Mechanics I	40.00
Creative Culinary Skills	50.00	Auto Mechanics II	40.00
Culinary Arts I	50.00	Auto Mechanics III	40.00
Culinary Arts II	50.00	Science Lab Fee	15.00
Pro Start	50.00	(Entry level classes not charged)	
Business Classes	30.00	Advanced Science Course Lab Fee	25.00
Tech Lab Restocking Fee (PLATO)	15.00	PE Elective Class Maintenance Fee	25.00
Links	15.00		
Pay to Participate Fee	125.00	Fee to replace photo ID	5.00
Maximum Pay to Participate per family	200.00		

*Other fees as approved by School Board, as adopted at a public meeting after notice has been given to all parents of pupils enrolled at schools in the District through Board agenda and meeting notices.

*Independent Study courses in the above areas will also include a fee.

*Schools reserve the right to drop classes for non-payment of fees. All course fees are due no later than 10 days after the first day a course meets. Any student who has not paid such fees, made agreed upon progress toward payment or qualified for a full fee waiver by that date shall be administratively dropped from the class.

*Exact class names vary between schools. The fee on the above schedule applies to similar courses.

"Principals are authorized to waive the assessment of all or part of a fee assessed if it creates an economic hardship for a pupil."--ARS 15-342. This also applies to Pay to Participate. Those with financial hardship need to see the principal/administrator.

Not all classes are offered at each High School.

Student Dues must be paid prior to the issuing of lockers or parking permits for school property. If locks are not returned to the Bookstore and if lockers are not left clean, a \$10 lock/locker fee will apply at end of year.

About Advanced Placement

Are you ready for a unique learning experience that will help you succeed in college? Each year, students around the world who want to learn and achieve at the highest level become AP students. Through AP's college-level courses and exams, you can earn college credit and advanced placement, stand out in the admissions process, and learn from some of the most skilled, dedicated, and inspiring teachers in the world.

Why Participate?

With more than 30 courses and exams across multiple subject areas, AP offers something for everyone. Here are just a few reasons to sign up:

Earn College Credit and Advanced Placement

- Receive recognition from more than 3,600 colleges and universities that annually receive AP Exam scores. Over 90% of 4-year colleges in the U.S. provide credit and/or advanced placement for qualifying scores.
- Have time to move into upper-level courses in your field of interest, pursue a double major, or study abroad.
- Design a college experience that suits you and gives you the flexibility to get the most out of your college years.

Stand Out in the College Admissions Process

- Demonstrate your maturity and readiness for college.
- Show your willingness to take the most rigorous courses available to you.
- Emphasize your commitment to academic excellence.

Gain Skills that Will Help You Succeed in College

- Get a head start on college-level work.
- Improve your writing skills and sharpen your problem-solving techniques.
- Develop the study habits necessary for tackling rigorous course work.

Broaden Your Intellectual Horizons

- Be part of a community of students and educators who are passionate, curious, and committed to academic excellence
- Engage in intense discussions, solve problems collaboratively, and learn to write clearly and persuasively
- Take courses that are developed by leading professors to reflect the level of learning happening at colleges throughout the country

How Do I Enroll?

Once you've decided to take the AP challenge it's easy to enroll.

- Talk to an AP teacher or the AP Coordinator at your school about the course you want to take. Discuss the course's workload and any preparation you might need.
- If you are a homeschooled student or attend a school that doesn't offer AP, you can still participate. Each year hundreds of students participate through independent study. Some states even sponsor online AP courses.

Dual Enrollment Courses

Dual Enrollment Courses

Dual enrollment courses allow students to earn both high school and college credits simultaneously. The DE courses are taught at the high school by high school teachers who have the credentials to teach for the college. Students do not have to leave the high school campus, and upon satisfactory completion of the class, students will have an official college transcript to use for transfer credits or for Coconino Community College degree and certification programs. To be eligible for dual enrollment, students must meet all community college admissibility requirements, which include:

- Enrollment certification
- Course placement through the Accuplacer test
- Submission of high school transcripts
- Submission of Certificate of Indian Blood or Birth Certificate.

Dual enrollment courses are articulated and certified each year by the community college. Each course and the instructor must meet the Higher Learning Commission and state of Arizona qualifications; therefore, changes in the dual enrollment status of a course may vary from year to year.

More information can be found at www.coconino.edu. Go to the **high school** tab and you will find information on dual enrollment courses offered at all Coconino County schools, as well as Programs of Study available to all students.

For information on transfer of dual enrollment classes to Arizona Public Universities, visit: www.aztransfer.com

NCAA REQUIREMENTS

Before an athlete can play a sport or receive an athletic scholarship at a Division I or II college, he/she must meet the specific academic criteria as set forth by the NCAA. Students must have at least a 2.0 GPA (based on a 4.0 scale) in 16 core courses. A student must also achieve a minimum combined ACT score on the ACT/SAT, depending upon the student's GPA. To be eligible at a Division I school, the student with a minimum GPA will need a higher test score and the student with a minimum test score will need a higher GPA, based upon the Initial Eligibility Index.

Students must take specific courses in order to meet NCAA eligibility requirements. These include a certain number of college preparatory English, science, social studies, and math courses with at least one year of algebra and geometry. Because the NCAA has such specific requirements, and because these requirements can be confusing, it is very important that athletes meet with their guidance counselors in the ninth grade to obtain information on all of the NCAA requirements. At this time, athletes also need to make certain that their ECAP's include courses that will satisfy NCAA requirements.

Athletes should take the ACT or the SAT no later than the spring of their junior year in order to have time to retake them if necessary. Athletes also need to complete an NCAA Clearinghouse Students Release Form after the junior year in order to initiate the eligibility process.

Academic Catalog

English

Our primary goal is to assist students to become lifelong learners and knowledgeable citizens. Good communication skills-- the ability to read, write, speak, and listen well--will help students succeed in their future education, in their chosen occupation, and in their relationships with others. For these reasons, English is required for four years.

English 9

Description: This course will integrate basic reading, writing, listening and speaking skills through the survey of literature comprised of the short story, mythology, poetry, drama and nonfiction choices. Activities will focus on the incorporation and application of composition, vocabulary development, speech, literary appreciation and language fundamentals. Texts are selected to build upon students' prior learning, to improve reading strategies and to encourage critical thinking. The writing process will be utilized as students compose various forms of writing.

Pre AP English 9

Description: A course for those who have shown above average ability and a motivation to progress in language arts. Students will work with a variety of challenging literary forms including: short stories, myths, legends, novels, poetry, drama and nonfiction. Activities will incorporate the humanities, composition, application of terminology, speech, independent reading, growth in academic responsibility, clarification of language skills, grammar in action, alternative assessment strategies, vocabulary building, and learning options that will address various learning styles.

English 10

Description: English 10 is a survey course that integrates reading, writing, listening and speaking. Units in fiction, nonfiction, poetry and drama from various cultures are studied to build on a student's previous background, as well as preparing students for future high school courses. Writing focuses on the standards. Student speeches focus on the four rhetorical modes. Vocabulary development and multicultural readings round out this dynamic course.

Pre AP English 10

Description: This survey course integrates reading, writing, listening and speaking. The purpose of this course is to introduce students to the elements of rhetoric and literature required for success in AP 11 and 12. Readings include advanced fiction and non-fiction selections. Writing instruction focuses on the elements of effective analysis and argumentation.

English 11

Description: English 11 studies American Literature through the century. The text includes prose, poetry, fiction, non-fiction, and drama. Additionally, students will read a selection of novels by various American authors. Literary selections build on students' previous backgrounds and provide exposure to difficult texts. Writing focuses on the standards and includes usage skills development.

AP English Language and Composition

Description: The purpose of AP English Language and Composition is to enable students to write effectively and confidently in their college courses and in their professional and personal lives. The course emphasizes the expository, analytical, and argumentative writing that forms the basis of academic and professional communication. Additionally, students read complex text with critical attention to a writer's purpose and rhetorical strategies.

Career and College Ready English 12

Description: Career and College Ready English 12 is a survey course for college and career bound seniors. The course stresses literary analysis, research and composition. This course requires students to read, analyze and respond to a variety of literary and non-fiction genres, as well as conduct an extensive research project, review usage and style, and focus on vocabulary and complete challenging writing assignments. This course is designed with the understanding that literacy skills are required for all aspects of post-high school life.

AP English Literature

Description: Advanced Placement English Literature is designed to allow students to study college-level composition and literature at the high school level. Students practice the skills of close reading, critical writing and analytical discussion in an atmosphere of academic challenge. This course is designed for the serious college bound student and allows not only preparation for college but also the chance to earn college credit and/or advanced standing by taking the AP English Literature Exam.

Math

Requirements for Graduation

Students entering the ninth grade in 2009-10 and later must successfully complete at least four (4) units of mathematics and one of the credits must be equivalent to Algebra 2.

Requirements for Arizona University

Arizona university admission for mathematics requires a passing grade of C in Algebra 1, Geometry (pre-AP), Algebra 2 (pre-AP, and one (1) additional math credit that Algebra 2 is a prerequisite

Algebra I

Description: This course introduces students to the structure of Algebra through the use and application of real numbers, linear and quadratic equations, inequalities, systems of equations, polynomials, factoring, graphs and statistics. Appropriate technology will be used to enhance mathematical understanding and problem solving skills. Algebra I is a foundation for all other math courses.

Geometry

Description: This course introduces the student to traditional Geometry topics such as deductive reasoning, properties of polygons and circles, area, surface area and volume formulas, proofs, and basic transformational geometry. Algebra is integrated throughout the course.

Pre AP Geometry

Prerequisite: 1 credit of Algebra 1 and a teacher recommendation (MA50 A/B)

Description: This course aligns with the AZCCRS for Geometry by extending the informal geometry work from grade 8 along with the formal mathematics of Algebra 1 in a rich and rigorous learning experience. Proofs of all types will be used as a basis for constructing viable arguments. Students will be expected to explain their reasoning and critique the reasoning of others through discourse, writing and modeling. Appropriate technology will be used to enhance mathematical understanding. Beyond the standard geometry curriculum, additional opportunities for extended learning will be offered by the instructor and required by the student. Pre-AP Geometry is open to grades 8 and 9.

Algebra II

Prerequisite: 1 credit of Algebra 1 and 1 credit of Geometry (or pre-AP Geometry)

Description: Building on their work with linear, quadratic, and exponential functions, students extend

their repertoire of functions to include polynomial, rational, and radical functions. Students work closely with the expressions that define the functions, and continue to expand and hone their abilities to model situations and to solve equations, including solving quadratic equations over the set of complex numbers and solving exponential equations using the properties of logarithms. The Mathematical Practice Standards apply throughout the course and, together with the content standards, prescribe that students experience mathematics as a coherent, useful, and logical subject that makes use of their ability to make sense of problem situations. Algebra 2 is open to students in grades 10, 11,

Pre AP Algebra II

Description: Building on their work with linear, quadratic, and exponential functions, students extend their repertoire of functions to include polynomial, rational, and radical functions. Students work closely with the expressions that define the functions, and continue to expand and hone their abilities to model situations and to solve equations, including solving quadratic equations over the set of complex numbers and solving exponential equations using the properties of logarithms. The Mathematical Practice Standards apply throughout the course and, together with the content standards, prescribe that students experience mathematics as a coherent, useful, and logical subject that makes use of their ability to make sense of problem situations. Beyond the standard algebra 2 curriculum, additional opportunities for extended learning will be offered by the instructor and required of the student.

Integrated Math Applications (Personal Curriculum)

Description: This course is designed to review and continue the studies of Algebra and Geometry with their applications. Students will study the algebra topics of linear equations, inequalities, functions, and systems; quadratic, polynomial, radical, and exponential functions; and properties of exponents. Integrated Math Applications is open to students in grades 11 and 12.

Survey of Mathematics

Description: This course is designed to meet the needs of the 4th year math course as required by the state. This course will integrate traditional advanced algebra and geometry topics with real world applications and technology. The textbook Blitzer “Thinking Mathematically” is also centered on a variety of skills from areas as financial mathematics, estimation, probability, statistics, and finally set and graph theory. In addition the class will also revisit many of the Geometry and Algebra 2 standards. Reading and writing as well as application of content and problem solving will be emphasized throughout the course. Teaching methods will include but not limited to lecture, individual and cooperative learning activities, as well as hands on activities.

Honors Pre-Calculus

Description: Extending their understanding of complex numbers to points in the complex plane, students come to understand that multiplying a given set of points by a complex number amounts to rotating and dilating those points in the complex plane about zero. Matrices are studied as tools for performing rotations and reflections of the coordinate plane, as well as for solving systems of linear equations. Inverse functions are explored as students study the relationship between exponential and logarithmic functions and restrict the domain of the trigonometric functions to allow for their inverses. The year concludes with a capstone module on modeling with probability and statistics. The Mathematical Practice Standards apply throughout the course and, together with the content standards, prescribe that students experience mathematics as a coherent, useful, and logical subject that makes use of their ability to make sense of problem situations.

Advanced Math Concepts

Prerequisite: C or better in Algebra 2 or in Pre-AP Algebra 2

Description: This course covers algebraic and trigonometric functions. Semester 1 : linear functions, systems of equations, matrices, polynomial functions, factoring, rational expressions, roots and radicals, radical functions. Semester 2: quadratic functions, exponential functions, logarithmic functions, rational functions, conic sections, trigonometric functions. Advanced Mathematics Concepts is open to students in grades 10, 11, 12.

AP Statistics

Description: This course will be equivalent to a non-calculus based college course in statistics. The major concepts and tools necessary for exploring, collecting, and analyzing data will be covered. Students will be expected to plan and conduct a study from which they will do an analysis and make statistical inferences. Students may earn 3 hours college credit if they pass the National Advanced Placement Statistics test. All students are expected to take the AP exam. AP Statistics is open to students in grades 11 and 12.

AP Calculus I

Prerequisite: Successful completion of Honors Pre-Calculus

Description: This course will cover first semester college calculus and provides a study of the concepts of function, limit, continuity, derivative, integral and their applications to real-world situations. Students may earn 3-6 hours college credit if they pass the National Advanced Placement Calculus test. AP Calculus is open to students in grades 10, 11 and 12.

College Mathematics

Prerequisite: Successful completion of Algebra II (MA70A/B). College Mathematics is open to students in grade 12

Description: This course is designed to build student awareness and develop a positive attitude, understanding, and confidence using mathematics in the content areas of finance, growth, probability, statistics, and common applications encountered in society (follows Math 140 curriculum from CCC). This class is not recommended for students who intend to take Pre-Calculus the following year. A passing score on the mathematics placement test from Coconino Community College, a score of 530 on the SAT, or a score of 21 on the ATC mathematics sections is required to take the class for dual enrollment credit.

Science

The requirement for high school graduation in Arizona will be three (3) science credits. These credits may be earned by taking any combination of our course offerings. Entrance to all three Arizona Universities encourages students to be exposed to at least three lab sciences which are to be completed in three of the four disciplines offered. The four disciplines offered are Life Science (L), Earth Science (E), Physical Science (P), and Chemical Science (C). Students bound for a 4-year university must take at least 1 from each of 3 different disciplines. Pre and AP courses count as any discipline. Besides planning for the three different disciplines, many classes have prerequisites in math and/or science for enrollment, so be certain to read the course descriptions carefully.

The following letters are associated with the four different lab science disciplines on the course descriptions:

^L = Life Science

^E = Earth Science

^C = Chemical Science

^P = Physical Science

AP classes count towards any discipline

Below the course name in *italics* are the years the class is available for registration and the prerequisite for enrollment in the class. Any student not meeting prerequisites should not enroll for that course.

Life Science

9th (Non Lab Science—teacher recommendation)

Description: This Life Science course is an integral aspect of the Biological Sciences curriculum. It is a sequence of study developed along with the book *BSCS Biology: A Human Approach*. The class follows an innovative, activity-driven biology program that makes frequent use of human examples in the fundamental concepts being covered. The course is structured to assist in the students' readiness for the lab credit Biology I course offering. Content inquiry emphasis is to explore six unifying principles of biology in living systems: evolution, homeostasis, energy matter and organization, continuity, growth and differentiation, and ecology.

Earth Science^E

9th or 10th (Prerequisites: None)

Description: Through a comprehensive plan of instruction students will experience a curriculum that emphasizes analytical thinking, creative inquiry and independent learning all of which are major ingredients for the scientific method. The program aims at preparing the students for life and for the more rigorous science studies. This laboratory course places an emphasis on space science, geological time scale, geology, plate tectonics, sustainability, and weather. *Fee required.

Oceanography^E

9th, 10th, 11th, and 12th (Prerequisites: None)

Description: This course will allow students to study the physical, chemical, and biological aspects of the ocean. Students will study exploration of the ocean from Polynesians to deep sea submersibles. They will explore the formation of the ocean basins, waves and tides, currents, weather and pollution, coral reef systems, estuaries, and much more! The spectrum of ocean life and lifestyle zones of the ocean will be studied and examined through lab activities and dissections of marine organisms. Critical analysis of coastal and oceanic degradation will be studied in marine ecology, along with the impact of humans on the marine environment and the effects of those impacts. *Fee required.

Biology I^L

9th and 10th (Prerequisites: Algebra I/MA 50)

Description: This is an introductory course in Biology in which the emphasis is placed on the student learning problem-solving methods through inquiry and laboratory activities. Topics studied include taxonomy, cell anatomy and physiology, genetics, systems, ecology, and evolution. *Fee required.

Pre AP Biology I

9th and 10th (Prerequisites: Algebra I/MA 50 and Teacher Recommendation)

Description: This is an introductory course in biology for highly motivated students. Students engage in inquiry-style labs in which they define a testable question, design a plan for collecting data, and determine how to analyze and represent data. Students learn to justify claims using scientific evidence and connect knowledge of phenomena and models across domains. Topics of inquiry include an emphasis on exploration of evolution, energy, information transmission (DNA & genes), and interactions between biological systems. *Fee required.

Chemistry^C

10th, 11th, and 12th (Prerequisites: Algebra I/MA 50 and Biology I/SC 60)

Description: Chemistry is a laboratory science course designed to explore matter and composition of the world. The major instructional areas are: identifying consistencies in experimental data, structure of matter as a key to chemical and physical properties, the mole concept, energy changes in matter, conservation of energy, equilibrium systems and stoichiometric relationships. Laboratory work and scientific method are emphasized. The course is designed to give students a practical foundation for everyday applications of chemistry and skills necessary for further growth in science and related fields. *Fee required.

Pre –AP Chemistry

10th (Prerequisites: Geometry/MA 60 and Teacher Recommendation)

Description: This is a laboratory course designed for the highly motivated college-bound student looking to deepen their knowledge in the sciences. This course will cover an in-depth curriculum including: atomic and molecular structure, chemical reactions, structure and states of matter, solutions, rates of chemical reactions, acids and bases, oxidation and reduction. Opportunities to experience these concepts will come through a variety of learning techniques, such as laboratory experiments, problem solving, lectures, and film. The curriculum will also include a research component (must be approved by the instructor) at a level of achievement equal to that of a student in an honors program. *Fee required.

AP Chemistry

11th and 12th (Prerequisites: Algebra II/MA 70, Pre-AP Chemistry/SC 75, and Teacher Recommendation)

Description: The AP Chemistry course is designed to be the equivalent of the general chemistry course usually taken during the first college year. The AP Chemistry course is designed to be taken only after the successful completion of a first course in Pre-AP chemistry. Topics include atomic theory and atomic structure, chemical bonding, molecular models, behavior of gases, solutions, and solids, chemical reactivity and stoichiometry, chemical kinetics, thermodynamics, and dynamic equilibrium. Approximately 25% of the course is dedicated to laboratory experiments. *Fee required.

Astronomy^{E or P}

11th and 12th (Prerequisites: Algebra I/MA 50 and one previous lab science)

Description: “You are stardust, you are golden!” What does this mean? In the first semester, learn about the scale of our solar system, the constellations, the moon, the planets, and our sun. In the second semester, the topics include examining how astronomers know the distance and composition of stars, the Milky Way Galaxy, the Local Group of Galaxies, how stars are born, and stellar evolution. The death of stars in supernovae or black holes comes next, and the course is finished with searching for possible life on other worlds. This course is both informational and mathematical, with a required nighttime observation and a field trip to Lowell Observatory. *Fee required.

Physics^P

11th and 12th (Prerequisites: Algebra II/MA 70)

Description: Physics is the fundamental science dealing with changes in forms of energy. The focus of this continuation content course is to discover and understand the underlying rules that govern the world around us, and then apply those rules to real-life situations. Students will learn about the fundamentals of motion, force, mechanical energy, thermodynamics, electricity, circuits, sound, and more. Opportunities to experience these concepts will come through a variety of learning techniques, such as laboratory experiments, problem solving, lectures and film. *Fee required.

Anatomy and Physiology^L

12th (Prerequisite: Biology/SC 60 and a total of 3 lab science classes)

Description: This course emphasizes the study of the structure and functions of organs of the human body, but will also include some comparative study of other organisms to investigate how their anatomy/physiology is adapted to function in their habitats. It is designed for students who are interested in pursuing careers in the health sciences. This class uses lecture and daily activities, along with select dissections to study the structure and function of the human body. *Fee required.

AP Physics I

11th and 12th (Prerequisites: Algebra II/MA 70, three previous lab sciences and teacher recommendation.)

Description: This lab-based yearlong course is a rigorous, college level study of motion, static and dynamic mechanics, circular motion, gravitation, work, and energy. There is a strong emphasis on laboratory experimentation and mathematical computation. Students may register for credit through Coconino Community College and/or take the AP Physics 1 exam in May. *Fee required.

AP Physics II

11th and 12th (Prerequisites: Algebra II/MA 70, three previous lab sciences, and teacher recommendations. For CCC credit need AP Physics I—Phy 111).

Description: This is the 2nd year of a rigorous, lab-based study of energy and motion in physics. It is a separate course from AP Physics 1, and has its own exam at the end of the year. The topics include the wave-particle duality of light, geometric and algebraic optics, and the reflection and refraction of light waves. Electricity, household circuits, and motors are discussed in conjunction with magnetism and power generation. *Fee required.

AP Environmental

11th and 12th (Prerequisite: Algebra II/MA 70, Biology I/ SC 60, Chemistry/SC 70 and Teacher Recommendation)

Description: This course is designed to provide students with opportunities to gain knowledge and skills necessary to understand ecological relationships, environmental problems, and the related societal implications. As an Advanced Placement class, the course is designed to be the equivalent of a one-semester introductory college course in environmental science. Emphasis will be placed on environmental technology, oral and written communication, and preparation for the AP Environmental Science Exam. This is a rigorous science course that is recommended only for students with a superior academic record. *Fee required.

AP Biology

11th and 12th (Prerequisites: Algebra II/MA 70, Biology I/ SC 60, Chemistry/SC 70 and Teacher Recommendation).

Description: This AP course is comparable to a two semester college introductory biology course. The design of this course places an emphasis on enduring conceptual understandings (as outlined by the 2012 College Board curriculum framework for biology) within the four big ideas (evolution, energy, information, and interactions). Inquiry-style labs will allow students to define and explore a testable question, design a plan for collecting data, and determine how to analyze and represent data. Students are engaged in laboratory investigations at least 25 percent of the instructional time. The laboratory experiences in this course include: physical manipulation of real materials, simulations, models, and interaction with real data (photographs, computer programs, databases, and remote sensing tools). Dual Enrollment Eligible. *Fee required.

Social Science

FUSD high schools offer the challenge to college-bound juniors and seniors to earn college credit by taking Dual Enrollment US History, AP American Government and American History, AP World History, Psychology in addition to other electives.

AP Human Geography

9th grade AP Academy Recommended Course

Description: AP Human Geography is a college-level course which studies the interactions between physical geography, human migration, cultures and economic relationships. The purpose of the AP Human Geography course is to introduce students to the systematic study of patterns and processes that have shaped human understanding, use, and alteration of Earth's surface. Students employ spatial concepts and landscape analysis to examine human social organization and its environmental consequences. They also learn about the methods and tools geographers use in their science and practice. Topics include: Population, Migration, Cultural Patterns, Political Organization, Agricultural and Rural Land Use, Industrialization and Economic Development, Cities and Urban Land Use, and much more!

World History

10th Grade Required Course

Description: This course will trace world history from the Renaissance through the 1990's. Major topics will include the Renaissance, world exploration, industrial development and major political changes. A strong focus will also be given to the major events of the 20th Century, including global conflicts, genocide and the Cold War. The class will conclude with a study of the collapse of the Soviet Union and the problems confronting today's modern world. Students will also study climates, land forms, mountains, rivers and soils.

AP World History

Prerequisite: Teacher and Counselor Recommendation

Description: AP World History is a course designed to challenge students with in-depth coverage of World History topics and events from pre-history to the modern globalized world. The scope of the class is to prepare students for college level academia along with the AP exam given in the spring. Students who take this course are encouraged to take the exam through which they can earn college credit.

United States History

11th Grade Required Course

Description: US History will allow students to analyze our national experience through time, to recognize the relationships of event and people, and to interpret significant patterns, themes, ideas, beliefs, and turning points in AZ and American history. The course covers the entire course of American History.

AP United States History

Prerequisite: Teacher and Counselor Recommendation

Description: AP U.S. History is a yearlong class designed to provide an in-depth study of United States History from its beginning roots to the modern era. It prepares students for college-level work as well as the Advanced Placement exam in the spring. All students in this course will be highly encouraged to take the exam through which they can earn college credit. Students will receive a weighted grade for this class only if they complete both terms of the course. When Students register they must sign up for both FALL and SPRING terms.

American Government/Economics

12th Grade Required Course

Description: This course is offered in the senior year as a course to better prepare the senior student for the responsibilities of the adult world. **American Government** investigates state and federal government in today's society and the social problems that concern each government. **Economics** is designed to give the student a better understanding of the American economic system. It also provides students with a realistic background for solving and understanding problems that confront the individual. Arizona Government is integrated into the course.

AP American Government

(Prerequisite: Teacher and Counselor Recommendation)

Description: Advanced Placement American Government is an in-depth course that offers a critical exploration of the American political process. The college level curriculum explores such topics as constitutional development, political socialization, the impact of interest groups, and interrelationship of the three branches of government. This class also prepares interested students for the Advanced Placement Government exam. This class fulfills 12th grade American Government requirement.

AP Microeconomics

(Prerequisite: Teacher and Counselor Recommendation)

Description: Advanced Placement Microeconomics is centered on communicating economic principles and having students apply those principles to their world. Besides microeconomics, students will also be exposed to the state standards in economics such as macroeconomics, personal finance, and financial markets. The design of this course will give students who want to take the AP Micro exam in the spring foundational knowledge and skills for passing the exam.

Fine Art

Art I

Description: This course may be the beginning of an art major or an exploratory course for any student at any grade level. It offers an opportunity to work with various media such as pencil, ink, charcoal, pastels, acrylics, and watercolors. Elements of design and art history are emphasized.

Drawing and Painting

Prerequisite: Completion of Art I

Description: Drawing and Painting is designed to give the student a more in-depth experience in a variety of paints including but not limited to acrylic, airbrush, oil, and watercolor, experience painting on different surfaces, drawing in pencil, and chalk or pastels. The students are expected to develop, maintain and experiment in the above areas with teacher guidance. Knowledge and effective use of the principles of design and more research and knowledge of artists in history is expected. *Fee required.

Sculpture & Ceramics

Description: The student learns skills in various sculpture and ceramics techniques. Students perform at their own proficiency level in each area, and increase their knowledge of basic design and art history. Potter's wheel, glazing, hand-building and decorating techniques are included. *Fee required.

AP Studio Art

Prerequisite: Minimum of Painting and Drawing and teacher recommendation.

Description: AP Studio Art has been developed to accommodate serious art students who have expressed an interest in completing the AP Drawing Portfolio or the AP 2-D Design Portfolio. Through studio practice, application of design concepts, and informed decision-making, these students will assemble a body of artwork that demonstrates a high level of quality and growth over time of content, technique, and process. Students will investigate all three parts of their portfolios as required by the AP College Board: Quality, Concentration, and Breadth. All artwork will be documented throughout the year by digital photos and PowerPoint. *Fee required.

Dance I and II

Grades 10, 11, 12, and have passed 9th grade Physical Education/Health

Description: This course is a movement based class that focuses on Ballroom, jazz and modern dance techniques, as well as, improvisation, composition, performance, anatomical analysis of movement, and the history and theory of dance. *Fee required.

Beginning Mixed Choir

Description: This class is for anyone who wants to sing. It introduces the basics of music fundamentals, reading music and choral singing. Outside of school hours attendance for performance is required. This course provides a means for students to express themselves through music performance.

Concert Choir

Description: This is a major performing choir representing the school. Four-part music is prepared for several concerts, festivals and a spring tour. The class is designed for continued development of all vocal skills in preparation of four or more part music. Performance attendance is required. Purchase of uniform may be required. **ALL PERFORMANCES AND REHEARSALS ARE MANDATORY.** Student will be responsible for purchase of performance attire and equipment as well as cleaning fees. The course may be repeated for credit. \$125.00 Participation fee required for AIA activities.

Choraliers

Auditions Required

Description: This is a small select vocal ensemble that specializes in a variety of musical styles. This group performs not only at the same festivals, tours and programs, as the larger vocal group, but it is also called upon to represent the school for special appearances. Performance attendance is required. Uniform may be required. **ALL PERFORMANCES AND REHEARSALS ARE MANDATORY.** \$125.00 Participation fee required for AIA activities

Marching Band/ Concert Band

Description: This is a one-term class meeting each fall and spring semester. This class fulfills graduation requirements for fine arts and may be repeated for elective credit. This course is designed for those students who do not have an instrumental background and are interested in learning to play an instrument. This course will involve outside costs of either renting or buying an instrument. A limited number of school instruments are available for rental. Students will master the basic techniques of any band instrument as well as learn note reading, rhythm, and music theory. Fee required.

Orchestra

Description: This class is offered for students who have played stringed instruments (violin, viola, cello or string bass) for one or more years. Basic orchestral concepts, scales, rhythms, and ensemble awareness skills will be emphasized. **All performances and rehearsals are mandatory.** Students will be required to cover uniform cleaning. The course may be repeated for credit. *Fee required.

Guitar I/II

Description: This course introduces basic folk guitar playing skills (acoustical, not electrical) through the social music medium (folk, classical, pop, etc.). Guitars must be supplied by student. *Fee required.

Theatre Arts

Description: Theatre Arts is a yearlong course that introduces the basics of theatre production. The course includes basic terminology and techniques that are put into practice with supporting roles of stage hands and lighting/sound technology. Elements of teamwork, evaluation, scene work, acting, characterization, play production, theatre history, games and improvisation are incorporated throughout the year. *Fee required.

Career and Technical Education

Culinary Arts:

Introduction to Culinary Arts

Description: This course is an entry-level class providing basic principles in food science, food safety, and food preparation. Students will learn the following skills: kitchen safety and sanitation, how to read a recipe, measuring and mixing techniques, basic cooking techniques, kitchen equipment identification and use, cutlery skills, beginning baking, and nutrition.

Culinary Arts I

Prerequisites: Introduction to Culinary Arts.

Description: This course provides “hands-on” training for students interested in a career in the foods industry. Students obtain a Foods Handlers’ card from the Coconino County Health Department and assume the responsibility for running the Eagle’s Nest Café, a licensed restaurant and bakery. Skills are developed in planning, preparing, marketing and serving meals. Dual enrollment is available through Coconino Community College as HRM 140-Introduction to Hospitality. *Fee required.

Introduction to Pastry and Baking

Prerequisites: Culinary I or ability to test out on foundational assessment

Description: This course is an introduction to baking for students who are interested in a possible baking/pastry career or a great foundation in baking as a life skill. This is a transition class from basic kitchen baking to advanced baking concepts in a state-of-the-art culinary lab. *Fee required.

Culinary Arts II

Prerequisites: Culinary Arts I, Grade of B or better.

Description: This course is a continuation of skills learned in Culinary Arts I. Second-year students work as kitchen managers in planning and preparing meals in Eagle’s Nest kitchen. Students receive their Food Manager’s Card from the Coconino County Health Department as well as learn advanced skills in a state-of-the art kitchen. Students may compete in CCAP and various other culinary competitions to earn college scholarships. This class is dual enrolled to Coconino Community College as HRM 240 – Commercial Food Production and students receive 3 credit hours for successful completion. *Fee required.

Culinary Arts III

Prerequisites: Culinary Arts II, Grade of B or better.

Description: This class is for anyone who might be interested in owning their own business in any aspect of food! Culinary skills and business skills will be taught throughout this class. Instructor will be present but catering managers will be responsible for planning, executing and take down of each special event. *Fee required.

Culinary Competition Skills

Prerequisites: Culinary Arts II, Grade of B or better.

Description: This course is designed for advanced culinary students who want a culinary career. Students learn organizational skills and advanced culinary technical skills in order to attend competitions to earn college scholarships. *Fee required.

Early Child Care:

Child Development I

Description: This course is the study of early childhood development. Units include ages and stages of development, safety, health, meal planning, story-telling, art activities, and puppetry. Students will develop skills to meet the needs and abilities of young children; birth to five years of age. Observations and experiences are completed in the KID'S CENTER, the FHS licensed childcare center.

Child Development II

Description: This course is the continued study of early childhood development . Emphasis will be on Child Development Associate Certification. First Aid and CPR are taken during the class. *Fee required.

Child Care Lab

Prerequisites: Child Development I and II or teacher recommendation.

Description: Students will have hands-on opportunity working in a State of Arizona licensed childcare center. Students will work in the KIDS Center caring for children, assisting in lessons and field trips, and recognizing the developing needs and abilities of young children. *Fee required.

Trade and Industry:

Automotive Technology I

Description: This class is vocational in nature and designed to prepare students to work in the automotive industry or a related field. Students receive instruction in safety and shop procedures. They are given instruction in basic automotive fundamentals, maintenance procedures and repair operations. In this course students will use common hand tools, equipment, and specialized automotive power tools and test equipment. Students will be a member of Skills USA. *Fee required.

Automotive Technology II

Description: Auto Mechanics II is a continuation of the Auto Mechanics I class with more emphasis on live repair work in the shop. Students will diagnose and repair cars. Students will be a member of Skills USA. **Dual Enrollment Eligible** *Fee required.

Automotive Technology III

Description: Auto Mechanics III is a continuation of Auto Mechanics II with more shop experience and self-directed application of prior knowledge. Students will be a member of Skills USA. **Dual Enrollment Eligible** *Fee required.

Welding I

Description: The purpose of this course is to teach the student basic fundamentals of common welding processes. The processes covered are oxyacetylene welding and cutting, shielding metal arc "stick" welding and gas metal arc "MIG" welding. Students will use standard industrial welding tools, materials and equipment while learning in an applied setting. *Fee required.

Welding II

Description: This class will allow the students to further develop the skills they learned in Welding I. Students will be members of Skills USA. *Fee required. *Fee required.

Welding III

Description: Students in Welding III will continue to develop their skills in the field of welding. Completing a certification course aligned with the American Welding Society will be incorporated into the class. S.E.N.S.E (Schools Excelling through National Skills Education) curriculum completers will test to become a certified welder. Students in this class will be SkillsUSA members.

Competitive Welding

Description: Students in this class will be concurrently enrolled in either a Welding II or Welding III class. Students will have the opportunity to compete and participate in various welding competitions through student organizations like SkillsUSA. Competitions will be individual and team events with emphasis on simulating real world experiences found in the welding industry.

Woodworking I

Description: The purpose of this course is to teach the student the fundamentals of general woodworking. Students will use modern-day equipment and tools to aide in the successful completion of a core project in an applied setting of traditional woodworking. *Fee required.

Woodworking II

Description: Woodworking II is a course designed for the student to become familiar with production concepts used in modern industry while further developing their own skills and knowledge in woodworking. The student's project work will mainly consist of their dedication and involvement in a creating a mock corporation, emphasizing the production of fine quality furniture products. Students will also be a member of Skills USA. *Fee required.

Digital Design

Prerequisites: Woodworking I,II

Description: This class is for those interested in learning to operate machines controlled with a computer. Students will design products and learn how to operate a laser engraver to decorate it with your own paint job or burn in a custom logo. Would you enjoy milling shapes using materials such as aluminum, wood, plastics or composites? High tech art? This program prepares students to enter the workforce in the fields of manual machining, CNC machining and programming, tool and die design, and manufacturing engineering. If you are a strong STEM student, enjoy creating interesting projects and working with technology then this program may be for you.

Sports Medicine:

Sports Medicine I

(Pre-requisite: Health)

Description: Sports Medicine is intended for students who have an interest in Sports Medicine or some other health care profession, or learning how to care for their own athletic injuries. Topics include anatomy, taping and wrapping, prevention of athletic injuries, and treatment of athletic injuries, first aid/CPR and administration of an Athletic Training program. *Fee required.

Sports Medicine II

Description: Sports Medicine II is intended for students who have successfully completed Sports Medicine I and would like to further their education in health care. Topics include CPR for the health care worker/professional rescuer, advanced taping/wrapping techniques, medical terminology, vital

signs, therapeutic modalities, crutch fitting and other topics. This course is also for those that may be interested in assisting in the athletic training room as a student aide. *Fee required.

Sports Medicine Internship

Description: This class is for students that have completed Sports Medicine I and II or are currently enrolled in Sports Medicine II. This course would be intended for those that want to assist as an Athletic Training Student Aide in the FHS Athletic Training Room. Therefore, it will involve volunteer hours after school (approximately 10 hours per week). It could be scheduled concurrently with Sports Medicine II and possibly as an after school class. Curriculum will include advanced practice in skills learned in Sports Medicine I/II. It will include medical terminology and anatomical concepts. Students will be expected to participate in Health Occupations Student Association (HOSA) by taking a leadership role or by attending a state conference, and taking the HOSA Sports Medicine exam.

Graphic Communication:

Digital Photography I

Description: Complete your fine art credit through the viewfinder of a digital camera. This course will introduce students to the basic tools and processes of digital photography including Point and Shoot and DSLR camera functions, composition and photo correction. Adobe Creative Suite CS6 (Photoshop, Bridge) programs will be used to prepare students in the Photography field. College Credit through Dual Enrollment is available for sophomores, juniors and seniors.

Fee required. **Dual Enrollment* Fine Art Credit**

Digital Photography II

Description: Advanced digital camera operation and processes of digital photography including: lighting, composition, equipment, editing, and software are the focus of this course. Through weekly photo assignments (portraiture, studio lighting, black and white, nature, object/product, etc.) students will photograph, scan, edit, and print images for professional presentation. Adobe Creative Suite CS6 (Photoshop, Bridge and Lightroom) programs will be used to prepare students in the Graphic Design/Photography field. College Credit through Dual Enrollment is available for sophomores, juniors and seniors. Fee required. **Dual Enrollment* Fine Art Credit** (*Prerequisite: Digital Photo I*)

Digital Photography III

Description: This is the most advanced Digital Photography class offered at FHS. The focus of this course will be developing skills to produce larger projects both photographically and through Photoshop and other digital Software techniques. Students will learn critique skills and how to produce cohesive bodies of work. Printing and mounting techniques for gallery presentation will also be explored. The ins and outs of the Photography world will be studied to ensure that students are industry ready upon graduation. Adobe Creative Suite CS6 (Photoshop, Bridge and Light room) programs will be used to prepare students in the Graphic Design/Photography field.

Fee required. **Dual Enrollment* Fine Art Credit** (*Prerequisite: Digital Photo I and Digital Photo II*)

Graphic Design I

Description: This class is a business based graphic design program where students not only learn the basics of graphic design but do so in a business focused environment. It provides an exploration of the formal elements of design including composition, color, texture, and shape in the form of applied visual problem-solving exercise in which typography and meaningful concepts are added. These will shape the work into effective graphic design communications. *Fee required.

Graphic Design II

Description: This class is an application of design and typographic principles, and type/image integration in order to communicate design projects of moderate and increasing complexity. Emphasis is on development of strong concepts which communicate persuasively, effectively integrating type/imagery and illustration. *Fee required.

Screen printing Internship

(Pre-requisites: Graphic Design I and/or II, Can be concurrent with II)

Description: This class provides a practical application of principle and theory through our school based screen printing business Inked Up. The student learns to set objectives and measure performance against those objectives. They learn the ins and outs of running a team based business that is focused on the application of skills acquired throughout previous business classes. There is a structured reporting process with the instructor to ensure the skills development process is always progressing. *Fee required.

Business I – Business Technology (Microsoft Certification Available)

Description: This course will focus on the programs within Microsoft Office to create business documents, while also featuring emerging technologies and social media. Students will learn to use technology to maximize their productivity, efficiency, and career potential. Students will also learn how businesses are capitalizing on social media trends and how to leverage social media for professional purposes. Throughout the course, Internet safety, etiquette, and social implications will be addressed to help establish students as responsible digital citizens. Web design and computer programming may be included as time allows. At the end of this course, students will be prepared to take the Microsoft Office Specialist Certification Exam *Fee required.

Business II – Business and Finance

(Prerequisite: Business I)

Description: Do you want to be RICH? Knowing how to manage money is the key to both personal and business success and wealth. For the first part of class, students will be introduced to financial management skills and concepts, including budgets, insurance, financial institutions, credit & debt and investments. Buying a car, going to college, paying rent, using a credit card, and getting insurance are all immediate concerns that will be addressed. Students will then use this financial understanding as they look at the rewards and challenges of owning and operating a business. They will evaluate the role of the economy and consumers while learning ways to manage employees, assess risk, and market products. *Fee required. **Dual Enrollment Eligible***

Business III – International Business

(Prerequisite: Business I, II or instructor permission)

Description: This course will explore the opportunities and challenges of a growing global economy and consider what it means to be a global citizen. Students will learn about the economic, environmental, cultural, and political factors that influence international business. Additional topics to be covered include business communications, marketing, finance, ethics, social responsibility, international law, global dependence, international travel, importing and exporting, foreign exchange, and the impact of social media. Students will not only study, but practice business skills as they plan and implement activities and events to raise funds and awareness for their capstone global project(s). *Fee required.

Yearbook Publications I and II

Prerequisite: Digital Photography

Description: Students will demonstrate and apply the skills necessary to prepare our yearbook for plant production. Advanced computer skills are taught by utilizing Jostens Yearbook Online and Adobe

Creative Suite CS4 (Photoshop, Illustrator and InDesign) computer programs. Students will be required to attend extra-curricular activities in order to obtain photos and stories needed for publications. This class is deadline oriented and recommended for organized students. Yearbook Publications II is targeted to advanced students wanting a leadership role in Yearbook production. Fee required.

Physical Education

FUSD requires .5 credit of Physical Education and .5 credit of Health. All students are required to take PE/Health for high school graduation. This course is the prerequisite for all other physical education elective courses. Classes are yearlong.

Physical Education/Health

Description: The class will help students establish a personal fitness program that they will follow throughout the class and their lives. Using fitness measurements such as heart rate monitors, pedometers and following the Fitness Gram model, students will improve their flexibility, cardiovascular fitness and their muscular strength and endurance. The health curriculum at FHS is taught in the personal Fitness class. This 18 week class includes equal measures of physical activity and academic instruction.

Dance I and II

Grades 10, 11, 12, and have passed 9th grade Physical Education/Health

This class combines targeted body-sculpting exercises and high energy cardio work choreographed to music to create a calorie-torching, strength-training dance fitness. It will tone all of your target zones, including arms, abs, glutes, and thighs. By the end of semester, students should see an improvement in their overall cardiovascular endurance, flexibility, muscular endurance and strength.

An added feature of this course is the nutritional component. Students will learn the basics of good nutrition and preparation of nutritional meals.

Recreational Sports and Activities (yearlong)

Description: This course focuses on outdoor activities emphasizing hiking and backpacking, cross-country skiing, orienteering, survival skills, knot tying, first aid, outdoor games (capture the flag, horseshoes, Frisbee, golf, and sand volleyball) and outdoor cooking. Additionally students will experience a wide variety of team and individual sports and lifetime activities including tennis, flag football, soccer, volleyball, archery, badminton, basketball and various other lifetime sports. Also included in this class will be mountain biking, bouldering, and snowshoe activities. Fee required.

Strength Training & Conditioning (yearlong)

Description: The class will be a combination of strength and conditioning, sport specific activities, character building and exam preparations. Emphasis will be placed on power, strength, speed, agility and flexibility. The class is designed for those student athletes who want to achieve a higher skill level and a greater desire for competitive activity. Fee required.

Fit Kids *(Prerequisite: Personal Fitness)*

Fit kids programs offer a broad, general and inclusive fitness opportunity that will help students maximize their health and fitness potential. Realizing the importance of health at a young age is critical to experiencing a lasting, healthy lifestyle. Classes are created with specific objectives in mind.

Core Fit (Cross Fit)

Description: Provides constantly varied workouts each day that combine various functional movements from body-weight exercises to core weightlifting movements. Workouts will require students to push,

pull, run, throw, climb, lift, and jump. While learning how to effectively perform these skills, students will also work as a team, set goals, gain confidence, challenge themselves, and become leaders, regardless of whether or not they play athletics.

***Basketball and Conditioning ~** this course will focus on conditioning activities that will be basketball specific. For example; plyometrics, jump training, agility, speed, and cardiovascular endurance. In addition to conditioning, the course will focus on basketball training, small player games, half court and full court drills. This course is open to women and men who do not play on the FHS basketball teams. The class will be assessed on vertical jumping, PACER, shuttle run, 20 yard dash, and agility.

***Athletic Performance Training ~** this course will focus on skill related fitness training: Power, speed, reaction time, balance, coordination, and agility. In addition, the students will participate in team sports: football, volleyball, soccer, basketball, softball.

Eagle Fit

Description: provide basic strength training techniques including weightlifting, body weight exercises and conditioning. Students will also learn more advanced techniques including power clean, high pull and jerk variations. Students are assessed on their personal development of fitness, skill and knowledge.

Modern Language

Spanish I

Spanish II**

Spanish III***

AP Spanish***

Description: Two (2) years of Spanish are recommended for college-bound students who wish to achieve the language proficiency expected by most four-year colleges and universities. Levels I and II establish a foundation of communication dealing with everyday activities in meaningful cultural contexts and basic grammar. Students learn essential vocabulary, useful expressions and study Hispanic culture. In Spanish III students learn advanced grammatical structures and improve their oral proficiency skills. This course is designed to prepare students for admission to Honors Spanish IV. AP Spanish Language and Culture.

Navajo I and II

Description: The students learn Dine' bizzaad at all levels by listening, speaking, reading, writing, and role-playing. In the first two levels, they learn basic vocabulary and useful expressions. Students are introduced to Navajo culture and history. In advanced levels, students increase their verbal proficiency and study syntax and grammar. Students are immersed in Dine' pragmatics, play writing and literature development.

Additional Year Long Electives

Peer Buddies

Peer Buddies is an elective class designed to allow students on FHS's campus to take an instructional role in the special education settings. Peer Buddies are required to attend a training which provides an overview of typical low-incidence disabilities, terms, and acronyms used in the special education classroom, confidentiality, and specifics on their role (non-medical, low level Positive Behavior Support, importance of routine) in the classroom. In addition to having an instructional role in the classroom, Peer Buddies are required to complete weekly journals, and quarterly research projects on topics such as specific disabilities, history of disability law, and disability rights. Students do need to acquire two

recommendations from in-building teachers or other credible sources to be a Peer Buddy and must maintain appropriate behavior in class and on campus to stay in the class. Juniors or Seniors only."

Dine History and Government

Description: Dine History and Government, a survey course, deals with the political, social and economic development that influence tribal, state, and federal government. The curriculum explores Dine culture, treaties, constitutional development, and political socialization. Students will learn essential vocabulary, geography, mythology and arts on a broad variety of topics dealing with daily life. Opportunities to gain knowledge about native astronomy, medical herbology, ecological relationships, environmental concerns, and related societal implications will be explored. Analysis of major strategies and personalities involved in the Mexican/Indian Wars, the Long Walk, Navajo Code Talkers and Dine' Veteran's contributions to World War II will be emphasized. Introduction to Dine legal system and contemporary legal issues will be discussed. This course is required for students applying for the Navajo Nation Chief Manuelito Scholarship.

J.R.O.T.C

Description: The Army J.R.O.T.C. program is designed to teach high school students the value of citizenship, leadership, service to the community, personal responsibility, and a sense of accomplishment, while instilling in them self-esteem, team work and self-discipline. Its focus is reflected in its mission statement, "To motivate your people to be better citizens." It prepares high school students for responsible leadership roles while making them aware of their rights, responsibilities, and privileges as an American citizen. (JROTC counts as a H.S. PE credit.). Limited spots available at each grade level. Students will travel to Coconino High School for the course.

Student Council

Description: The course is designed to develop personal leadership skills and an understanding of group processes in a democratic society. It seeks to foster in students a better understanding of themselves and their capacity for leadership; to create an understanding of the importance of leadership in a democratic society; and to prepare students to assume leadership roles in the school and community. **Course Outcomes:** 1). Create, plan and communicate a school activity, using leadership skills. 2). Apply knowledge of the principles of problem solving to a given situation and justify selection in order to identify and evaluate a possible solution.

Link Crew

Description: Link Leadership is a nationwide program that connects 11th and 12th graders with freshmen. Upper division students who are selected to the program are trained in mentoring, communication, leadership, empathy, and diversity among other related concepts. Students selected are required to take both the Fall and Spring class. **Application Required.**

Engineering 186

11-12, Prerequisites: Currently enrolled in Pre-AP Calculus, or AP Calculus

Description: The course is designed to develop a student's understanding of engineering problem solving and design practices. Students will study the various fields of engineering, study new achievements in engineering, and give written and oral presentations on those findings. The main focus of the course will be applying the design process (including working drawings, decision matrices, prototype construction, and photo documentation) to several different design projects that will be completed with a team. A demonstration of the end product, a power-point presentation accompanied by a team presentation of the process, and a written report will conclude the project. The teams will rotate with every project, with each student having to be an active and productive member of each team. The design projects will be interspersed with some math topics and projects as they relate to the design practices.

Military History

Description: Military History provides students with a deeper examination of military conflicts from ancient times to the present than is usually found in a survey course. Students will study the causes and effects of conflicts. Analysis of major strategies and personalities involved in each war will be included. Through our exploration we will learn lessons that not only can be applied by warriors, but by all people.

Psychology (11th, 12th)

Description: Psychology is intended to provide an overview of the major aspect of psychology, while providing insight into social and cultural aspects of interpersonal relationships. The course will go into concepts of mental and behavioral processes. Students will investigate various approaches and theories that explain human behavior. This course is intended to provide information about psychology as well as practical experience using the concepts learned.

Outdoor Discovery (Grand Canyon Youth)

Description:

Explore the great outdoors, while gaining valuable knowledge in becoming a competent outdoor leader. Help plan outdoor expeditions and explore the Colorado Plateau with peers from all over Flagstaff. Learn how others have done it before by exploring a number of outdoor related articles and books, as well as attending a speaker series each month highlighting professionals in the field. This class will provide an overview of general expedition logistics, risk management, building community partnerships, outdoor activities, practical skills and much more!

Office Aide

Description: Students will be assigned to either the counseling office, attendance office or the library. Students will learn different office procedures and will be assigned different tasks that will benefit the school. This is a high profile position as you will interact with the public and staff.

Teacher Aide

Description: This is a working course in which a student assists the teacher with clerical tasks. The request must be initiated by the teacher and approved by the administration.

CAVIAT Central Programs

The Coconino Association for Vocations, Industry and Technology (CAVIAT) is a Joint Technical Education District (JTED) that was an approved voter initiative in 2001. CAVIAT works with the Flagstaff Unified School District and Coconino Community College to offer concurrent enrollment and career training opportunities to high school students who live in Coconino County. CAVIAT Central Programs provide career preparation programs, which respond to the needs of the various communities they serve.

*Flagstaff High School **sophomore** students may be eligible for admission into any one of the following programs:

- Fashion Design and Merchandising
- Medical Professions Foundations
- Public Service Foundations

*Flagstaff High School **junior and senior** students may be eligible for admission into any one of the following programs:

- Alternative Energy Technician
- Business
- Fashion Design and Merchandising

- Hospitality Management
- Medical Professions Foundation
- Pre-Health Careers
- Public Service Foundations

*Flagstaff High School senior students may be eligible for admission into any one of the following programs:

- Alternative Energy Technician
- Business
- Certified Nursing Assistant
- Fashion Design and Merchandising
- Hospitality Management
- Law Enforcement
- Medical Professions Foundation
- Pre-Health Careers
- Public Service Foundations

****Specific program descriptions and certifications can be found at: www.caviat.org on either the Parent or Student tab.***

CAVIAT Central Programs require a \$30.00 fee, which must be paid to the CAVIAT administrative offices on the CCC-Fourth Street Campus.

FUSD provides all transportation required for attendance at either CCC Campus--- Fourth Street or Lone Tree.

Flagstaff High School has a Career and Technical Education /CAVIAT counselor, who can be found in the counseling office to address specific CTE, Dual Enrollment or CAVIAT questions.