



**STONE RIDGE
CHRISTIAN**

**Course Catalog
2022-2023**

HIGH SCHOOL GRADUATION & CSU/UC REQUIREMENTS

- **A. History/Social Studies**
 - Graduation: 3 years or 30 credits
 - *A-G*: 3 years recommended*
- **B. English**
 - Graduation: 4 years or 40 credits
 - *A-G*: 4 years recommended*
- **C. Math**
 - Graduation: 3 years or 30 credits
 - *A-G*: 4 years recommended*
- **D. Science**
 - Graduation: 2 years (3 years for class of 2026 and graduating classes thereafter) 20 credits
 - one year life science
 - one year physical science
 - one year elective science
 - *A-G*: 3 years recommended*
- **E. World Language**
 - Graduation: 2 years in the same language or 20 credits in the same language
 - *A-G*: 3 years of the same language recommended*
- **F. Visual & Performing Arts**
 - Graduation: 1 year or 10 credits
 - *A-G*: 1 year recommended*
- **G. Electives**
 - Electives: 4 years
 - Bible: 4 years
 - Physical Education: 1 year (2 years for class of 2026 and graduating classes thereafter)
 - One season of sports = 1 semester of PE credit; a student must play four seasons of sports to satisfy PE requirement
 - *A-G*: College Prep Elective 1 year or 10 credits*

*A-G REQUIREMENTS

For students who plan to attend a CSU or UC *immediately* after graduation, they need to meet the high school graduation requirements and the A-G requirements listed with a grade of C or better in every course.

COURSE OFFERINGS

Social Science Department (A)

HONORS GEOGRAPHY

Course Description: God made humans to declare His glory by being like Him. He has made each person in His image (Genesis 1:26-27). As people have carried out the Christian Mandate, they have created cultures, or ways of living that include language, religion, government, customs, and arts. “Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth” (Genesis 1:28). These words of God are often called the Creation Mandate. When the actors in God’s drama obey or live out that mandate, they start changing the very stage they were placed on. This course is constructed around the formulation of knowledge regarding countries, their landforms, bodies of water, climate and vegetation, and how humans have interacted, and in some ways, created these very subjects. Students will complete this course with a thorough understanding about major cultures, countries, political systems, geography, and human relationships.

WORLD HISTORY

Course Description: In this course students examine the major events that shaped the modern world, from the late 18th century through the present, including the cause and course of the two world wars and the Cold War. They trace the rise of democratic concepts and develop an understanding of the historical roots of current world issues, especially as they pertain to international relations. Students develop an understanding of current world issues and relate them to their historical, geographical, political, economic, and cultural contexts.

US HISTORY

Course Description: This course encourages students to develop knowledge related to the events critical to the discovery, colonizing, establishing, and evolving the current world power of the United States of America. Through the lens of a Christian perspective, students will develop a deeper understanding of the elements that have contributed to the slow but steady decline of the principal foundations established by the founding fathers. Ultimately, students will be pushed to increase their understanding of philosophical constructs, both of God and Man, that serve as the governing ideals from which the U.S. has become the number one economic, cultural, and spiritual leader in the Christian world.

AP US HISTORY

Course Description: The Advanced Placement U.S. History course is designed to provide students with the analytic skills and factual knowledge necessary to deal critically with the problems and materials in U.S. history. The program prepares students for intermediate and advanced college courses by making demands upon them equivalent to those made by full-year introductory college courses. In AP U.S. History, students investigate significant events, individuals, developments, and processes in nine historical periods from approximately 1491 to the present. Students develop and use the same skills and methods employed by historians: analyzing primary and secondary sources; developing historical arguments; making historical connections; and utilizing reasoning about comparison, causation, and continuity and change. The course also provides eight themes that students explore throughout the course in order to make connections among historical developments in different times and places: American and national identity; work, exchange, and technology; geography and the environment; migration and settlement; politics and power; America in the world; American and regional culture; and social structures.

AMERICAN GOVERNMENT & ECONOMICS

Course Description: Establishing Justice is the primary purpose of government according to the Bible (1 Kings 10:9; Ps. 72:1-7, 11-14; Prov. 29:14). This was one of the primary purposes the founding fathers created the nation of America. Whether to be free of religious persecution or to be governed by an entity with a better understanding of the ways of democracy, America has made a lasting impression on the development of many countries. Without the foundations of God in our system, America would have never been able to achieve what it has nor will it continue to should God not be its constant center of focus. This course will assist in developing the students' understanding of government under God and the principles by which Christians are instructed to live by as stated in the Bible.

English Department (B)

ENGLISH 9

Course Description: In this course, grammar will be reviewed and World and Christian Literature will be studied. Weekly compositions, spelling, vocabulary and oral presentations will be included. Various forms of literature are read. These include: novels, short stories, poetry, and essays. Students will be required to do a book analysis, research term paper, original short story and original Poetry.

ENGLISH 9 HONORS

Course Description:

Course Theme: “The Hero's Journey”

In this course, emphasis is placed upon reading, writing, and analyzing literature. Literature includes the reading of classic short works, novels, plays, and some non-fiction pieces. Compositions, spelling and vocabulary are included. The elements of a research paper are taught and a paper is required during the second semester. Some group work will be required, as well as projects, presentations, writing assignments, and assessments. In addition, students will be required to complete a novel study project and presentation every quarter.

ENGLISH 10

Course Description: In this course, grammar will be reviewed and World and Christian Literature will be studied. Weekly compositions, spelling, vocabulary and oral presentations will be included. Various forms of literature are read. These include: novels, short stories, poetry, and essays. Students will be required to do a book analysis, research term paper, original short story and original Poetry.

ENGLISH 10 HONORS

Course Description: Course Theme: “Understanding of the Wise Fool”

In this course, emphasis is placed upon reading, writing, and analyzing literature, as well as building upon the skills acquired in 9th grade Honors. Literature includes the reading of classic short works, novels, plays, and some non-fiction pieces. Compositions, spelling and vocabulary are included. The elements of a research paper are taught and a paper is required during the second semester. Some group work will be required, as well as projects, presentations, writing assignments, and assessments. In addition, students will be required to complete a novel study project and presentation every quarter.

ENGLISH 11

Course Description: This course is a systematic survey of American Literature, Authors, and Literary Movements. It is enriched by oral presentations, reading, a study of vocabulary words, and weekly compositions including: essays and research paper techniques with an eye toward college papers that stress logic and rhetoric. Students will be required to complete a book analysis and research paper.

AP LANGUAGE & COMPOSITION (11th)

Course Description: AP Language and Composition is a hybrid junior-year course blending the traditional English 11 American Literature curriculum with The College Board’s AP Language and Composition curriculum. The course exposes students to the major periods, writers, and texts of American literature, and also, incorporates the College Board’s ethos by “[engaging] students in becoming skilled readers of prose written in a variety of rhetorical contexts, and in becoming skilled writers who compose for a variety of purposes. Both their writing and their reading should make students aware of the interactions among a writer’s purposes, audience expectations,

and subjects, as well as the way genre conventions and the resources of language contribute to effectiveness in writing.” This junior-level course approximates a college-level writing course. Students study rhetoric, read novels and non-fiction articles, and write a variety of original essays, in a variety of rhetorical modes. The AP English Language course is developed based on AP English Language and Composition guidelines for students who are willing to do college-level work during high school. Students should expect to devote sufficient time and energy to complete rigorous coursework—extensive reading and writing, AP test preparation, vocabulary practice, use of rhetoric, collaborative language arts assignments, and peer/group discussion activities including Socratic seminars.

ENGLISH 12

Course Description: This course stresses the continued development of writing skills, especially persuasive and expository writing, the study of English grammar and usage and the study of literature through selected authors. Students will make oral presentations, complete a book analysis and write a research paper.

AP LITERATURE & COMPOSITION (12th)

Course Description: The AP English Literature and Composition course focuses intensively on the study and practice of reading, writing, and discussion of the works of major writers. This course is designed to comply with the curricular requirements described in the AP English Course Description and prepare students to take the AP Literature exam. The texts selected for this class require careful, deliberative reading that yields multiple meanings, multiple possibilities for debate and discussion. We will always be in the process of reading an important long work, such as an epic poem, play or novel, but we will also read a variety of short stories and poetry written from the sixteenth century to the present. Analyzing and interpreting this material involves students in learning how to make careful observations of textual detail, establishing connections among their observations, and drawing from those connections a series of inferences leading to an interpretive conclusion about a piece of writing’s meaning and value. The goal of all writing assignments—formal and informal—is to increase your ability to explain clearly, cogently, even elegantly, what you understand about literary works and why you interpret them as you do.

Math Department (C)

ALGEBRA 1

Course Prerequisites: Completion of 8th grade mathematics or enrolled as an advanced mathematics 7th grade student.

Course Description: In this class you will investigate and compare real numbers. You will evaluate and simplify expressions. You will interpret, write and solve equations and inequalities with one and two variables. You will identify, solve and compare linear and exponential functions. You will also describe and compare data. You will study and solve polynomials by factoring and the quadratic formula. Finally, you will translate, compare and solve quadratic, cubic, piece wise, absolute value and square root functions.

GEOMETRY

Course Prerequisites: Grade of B or higher in high school Algebra 1 or Algebra I in 8th grade with a B or higher.

Course Description: The students will learn to develop their deductive and inductive reasoning abilities in geometry. They will take facts using both postulates and axioms and develop sound proofs for mathematical problems and their applications. Skills learned in Algebra are applied in studying properties of various geometric figures. Trigonometry is introduced, as well as geometry and coordinate geometry.

ALGEBRA 2

Course Description: The Mathematics curriculum is composed of conceptual, computational, and functional components with an emphasis upon problem solving, logic, and reasoning. One of the goals of this curriculum is to prepare students to develop skills to succeed in daily life and in various professions. As we study the created universe we are impressed with its mathematical order. The Bible teaches us that the Creator is a God of order (1 Corinthians 14:33). Creation, which is governed by mathematical laws, reflects this character of the One who made it. In addition, the consistency of mathematical truths demonstrates the orderliness, precision, and consistency of God's nature and character. As a tool for studying God's creative handiwork, mathematics helps us discover God's creation laws and patterns. The Christian student should thus master this wonderful gift to advance Christ's kingdom on earth and embrace a greater appreciation of the work of God as expressed in His creation.

ADVANCED ALGEBRA WITH FINANCIAL APPLICATIONS

Course Description: Advanced Algebra with Financial Applications is a mathematical modeling course that is algebra-based, applications-oriented, and technology-dependent. The course addresses college preparatory mathematics topics from Advanced Algebra, Statistics, Probability, Precalculus, and Calculus under seven financial umbrellas: Banking, Investing, Credit, Employment and Income Taxes, Automobile Ownership, Independent Living, and Retirement Planning and Household budgeting. The course allows students to experience the interrelatedness of mathematical topics, find patterns, make conjectures, and extrapolate from known situations to unknown situations. The mathematics topics contained in this course are introduced, developed, and applied in an as-needed format in the financial settings covered. Students are encouraged to use a variety of problem-solving skills and strategies in real-world contexts, and to question outcomes using mathematical analysis and data to support their findings. The course offers students multiple opportunities to use, construct, question, model, and interpret financial situations through symbolic algebraic representations, graphical representations, geometric representations, and verbal representations. It provides students a motivating, young-adult centered financial context for understanding and applying the mathematics they are guaranteed to use in the future.

PRECALCULUS

Course Prerequisites: Completion of Algebra II and teacher recommendation

Course Description: Pre-Calculus includes advanced algebra, geometry, trigonometry, discrete mathematics, and mathematical analysis. Specific topics covered are: relations and functions, exponential and logarithmic functions, trigonometry in triangles, trigonometric functions, trigonometric identities and equations, polar coordinates, sequences and series, and data analysis. All major areas covered in Algebra 2 are reinforced at a greater depth with additional applications. Experience with graphing calculators is incorporated. It blends the concepts and skills that must be mastered before enrolment in a college-level calculus course.

STATISTICS

Course Description: This course is designed to introduce students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students are exposed to four broad themes: exploring data, sampling and experimentation, anticipating patterns, and statistical inference.

Science Department (D)

BIOLOGY

Course Description: This course is the study of living organisms, divided into many specialized fields. God has made a miraculous world and we are the stewards of it. How better to steward it than to study it in detail. How it all interacts at a cellular level and learn how we can take care of the environment and the many plants and animals that live with us. This course will cover topics that include cells, tissues, plants and animals, their organs, and basic biochemistry.

HONORS BIOLOGY

Course Description: Honors Biology holds students to a higher standard with more labs, more presentations and greater depth in each subject field. The assignments will be intensified and labs will be extended to include more detail. Honors Biology is the study of living organisms, divided into many specialized fields. God has made a miraculous world and we are the stewards of it. How better to steward it than to study it in great detail. How does it all interact at a cellular level and learn how we can take care of the environment and the many plants and animals that live in it? This course will cover topics that include cells, tissues, plants and animals, their organs, basic biochemistry and basic human anatomy.

AGRICULTURAL BIOLOGY

Course Description: Agricultural biology is a laboratory science course for the college bound student with career interests in agriculture and biological sciences. Using agriculture as the learning vehicle, the course emphasizes detailed knowledge of the central concepts, principles, and basic factual material of the following topics: molecular and cellular aspects of living things, structure and function of agricultural plants and animals, growth and reproduction in plants and animals, plant and animal genetics, plant and animal diversity and principles of classification, ecological relationships, and animal behavior. This course is centered around an extensive laboratory component in order to connect the concepts of biological science with agricultural applications.

ANIMAL SCIENCE

Course Description: This course will provide students with principles in Animal Science focusing on mammalian production, anatomy, physiology, reproduction, nutrition, respiration, and genetics. This course is intended to successfully prepare those students who plan on majoring in Agricultural Sciences at a college or university. Frequent opportunities are given to develop and apply rational and creative thinking processes of observing, comparing, organizing, relating, inferring, applying, and communicating.

VETERINARY SCIENCE

Course Description: Veterinary Science is a course designed to provide students an applied scientific study in the area of animals and veterinary care. This course focuses on applying animal anatomical and physiological knowledge to the maintenance and improvement of animal health, including; clinical diagnosis of disease and parasites, administration of medications, and common surgical procedures. Biological applications will include studies in cells, genetics, and evolution as they pertain to the animal/veterinary field. Dissections and various other livestock specimens will serve as a supplemental lab practicum throughout the duration of this course. Each unit includes a clinical practice component at the conclusion to put the knowledge learned into a real veterinary clinical situation. Additional emphasis will be placed on industry practices, including office procedures, public relations, and communications, laboratory skills.

CHEMISTRY

Prerequisite: Students must have completed Biology with a grade of “C” or above. Completion or enrollment in Algebra II is required.

Course Description: This course provides an introduction to theory and applications of chemical reactions. It emphasizes structure and bonding, kinetics, use of graphs, tables, chemicals, equilibrium and constants, energy, thermochemistry, and entropy. Students will be required to complete a science project.

AG CHEMISTRY IN THE EARTH SYSTEM (Ag Soil Chemistry)

Course Description: Agriculture Chemistry is a laboratory science course designed for the college bound student with career interests in agriculture. Students will be involved in hands-on laboratory study and receive an in-depth look at various concepts in chemistry including; chemistry and its relationship to agriculture, matter and energy, the periodic table, bonding, chemical reactions, moles, and gasses. Course includes state and national FFA member eligibility.

HONORS ANATOMY & PHYSIOLOGY

Prerequisite: Students must have completed Biology and Chemistry both with a grade of “C” or above.

Course Description: This course covers the structure and function of the human body. The study of anatomy covers what are the body’s structures and systems, physiology is the study of how these structures function. This course will cover topics that include cells, tissues, organs, organ systems, and basic biochemistry. This course is in no way a comprehensive course of human anatomy and physiology, it is more of a survey course that is meant to either give students more appreciation of God’s creation to peak an interest to seek out more education for the medical field.

PHYSICS

Prerequisite: Students must have completed Algebra 2 with a grade of “C” or above. Can be waived or concurrent Algebra 2 enrollment with instructor approval.

Course Description: This course will help students recognize the nature and scope of physics and its relationship to the other sciences. Students will learn about basic topics such as motion, forces, energy, momentum, heat transfer, optics, waves, electricity and magnetism. Students will be engaged in scientific inquiry, investigations, and labs so that they develop a conceptual understanding and basic scientific skills.

**World Language Department
(E)**

SPANISH 1

Course Description: This course is an introduction to the Spanish language through listening, reading, and writing. Students acquire the fundamental vocabulary and grammar necessary to carry on a simple conversation.

SPANISH 2

Course Prerequisites: Successful completion of Spanish 1 with a grade of C or better. Transfer students may be required to take a placement test for proper placement.

Course Description: This course allows students to expand their vocabulary and grammar from Spanish 1 to foster basic communication and conversation in Spanish. Grammar lessons focus on forming a solid knowledge of verb conjugations, noun-adjective agreement, pronouns, and other essential concepts.

SPANISH 3

Course Prerequisites: Completion of Spanish 1 and 2 with grades of C or better.

Course Description: This course is a detailed review of basic structures of the Spanish language with increasing emphasis on fluency and facility in reading and writing. It allows students to further develop their Spanish vocabulary and grammar through readings and conversations in Spanish. In addition, students will learn Hispanic culture, history and geography. A general grammatical review will be given to review and reinforce the previous two years of instruction.

Visual & Performing Arts (F)

ART 1

Course Description: Art is a two semester course that introduces and teaches students the fundamentals of Art and Design. Throughout the school year, students will be taught various lessons, skills, and techniques that will allow and encourage them to build a solid foundation and appreciation of the visual arts. Students will complete projects using pencil, pen and ink, charcoal and pastels oil and soft as well as a variety of mixed media. In addition to hands-on "art making", students will be introduced to art related vocabulary, Art History, Art Criticism, a variety of Art Movements/Styles, and Artists. A strong emphasis on the elements of design will be evident in each project. Slides, lectures, and video will be used as a means to expand the students' knowledge base to the various styles of art we will be exploring. Critical thinking, problem solving, brainstorming activities and skills are fundamental to building a solid foundation in Art Education and are incorporated into every lesson and project.

ART 2

Prerequisites: Art 1

Course Description: This is a two semester intermediate level art course with a focus on helping students develop skills in painting and pencil rendering through observation and application of art principles. This course will build on existing knowledge of art making skills and design concepts complimented by art history, theory, appreciation and criticism. Students will complete projects and discussions designed to build on their understanding of the fundamentals of drawing and painting as a process, and its relation to space, color, and form. Students will improve their techniques in the mediums that they have previously explored and will be introduced to a new set of materials. Disciplines in both two dimensional and three dimensional art; such as advanced drawing (from observation, memory and imagination), advanced painting, printmaking, collage, sculpture and digital art will be the focus of this class.

Art 3

Prerequisites: Art 1 & 2

Course Description: This is a class for advanced art students who want to further their artistic skills in Drawing & Painting. It will also be open to students who have successfully completed Art 2. Students will be expected to use a broad variety of media, techniques, processes, and tools to create original compositions that solve more complex art problems throughout the creative process. In this class, students will build on the skills and ideas learned in earlier sections by working on independent projects that integrate previously learned techniques with new, more complex concepts. All projects will be informed by art history concerns and art analysis. For many of the projects, students will have the opportunity to choose the media they will use depending on the type of portfolio they wish to create. Assignment requirements will concern series work, be conceptual and encourage the artist's personal expression. This course will rely heavily on mastery of technique, thoughtful composition and conceptual features in the creation of compelling works of art.

HISTORY OF FLORAL DESIGN

Course Description: Art and History of Floral Design provides students with a basic knowledge of artistic perception, creative expression, historical and cultural context(s), aesthetic valuing and connections, relations, and

application of the visual art through the design of floral arrangements. Students will connect and apply what is learned in floral art to other art forms, subjects, and post-secondary educational experiences and careers. Students will explore elements and principles of design, two or three-dimensional designs, history of floral art, arrangement styles and techniques, seasonal holidays and occasional designs. The students will use their skills to make a variety of floral arrangements. In addition, all students will learn various types of cut and potted foliage, potted flowering plants, fresh flowers, tools, materials, display techniques, and cut flower care. Students will learn to recognize balance, and harmony within arrangement, along with scale, color, and design. The historical and cultural past of the floral industry will be discussed as it relates to modern floral design and tradition. Students will participate in the student leadership organization, National FFA and complete a Supervised Agricultural Experience project.

THEATER ARTS

Course Description: This course is a study of reading, speaking, listening, acting, observing, and growing in theater. It is designed to present a wide range of theatrical experiences and skills to improve or develop the actor in each student. This is a performance based class, all in preparation for “Follies”! It will include individual and group performances, peer revision, and guidance. It will also include the study of pre-production, including script development, writing, production design, and more.

PHOTOGRAPHIC DESIGN

Course Description: Photography is the art, application, and practice of creating durable images by recording light, either electronically by means of an image sensor, or chemically by means of a light-sensitive material such as photographic film. It is employed in many fields of science, manufacturing (e.g., photolithography), and business, as well as its more direct uses for art, film and video production, recreational purposes, hobby, and mass communication.

YEARBOOK

Course Description: This is a year-long project-based course designed to have students create publication mediums that directly impact society and its various cultures, through visual art and design. Students will use creativity and the artistic process of creating layouts and designs to put together and publish the yearbook. The student will prove their awareness of their target audience while maintaining integrity of their design, photographs, edits and written work. Designers will then edit other student's work for content, design, originality and ethics. They will collaborate to effectively create and deliver a finished product and create their own portfolio that can be used for college and career opportunities.

College - Preparatory Electives

(G)

AG LEADERSHIP & COMMUNICATION

Course Description: This is a course designed to train students as team leaders. Students practice leadership and employability skills by combining computers, technology, and advanced communication skills.

AGRIBUSINESS SALES & MARKETING

Course Description: Students will learn about the principles of Agriculture Business and Communications. Those fundamental principles include the development, management, marketing and media communications of an agriculture business. This course, which focuses on agriculture business sales and marketing, is designed to educate students about the planning, starting and the needs of running an agribusiness.

INTRODUCTION TO AGRICULTURE

Course Description: This course is for students interested in being involved in exploring and developing skills in: California Agriculture, FFA, leadership, public speaking, record keeping, agricultural business, horticulture, plant science, animal and veterinary science.

BIBLE A: HERMENEUTICS/SYNOPTICS

Course Description: This is a course that introduces the nature of the Bible, the definition and need for hermeneutics, and a focus on the life and teachings of Christ, based on Matthew, Mark, and Luke.

BIBLE B: SPIRITUAL GROWTH/BIBLICAL LEADERSHIP'

Course Prerequisites: There are no prerequisites to be in this course. This course is designed to be completed by students who are either in the 9th or 10th grade.

Course Description: This course is designed to establish, strengthen, and stimulate growth in each person's disciplines of prayer, Bible study, and living in the Spirit. In addition, the goal will be for each student to experience the incredible joy and satisfaction of knowing God using him/her as His instrument to build His kingdom and to change the world.

BIBLE C: ROMANS/COMPARATIVE RELIGIONS

Course Prerequisites: There are no prerequisites to be in this course. This course is designed to be completed by students who are either in the 11th or 12th grade.

Course Description: Paul's letter to the Church in Rome is the most important letter ever written. Certainly from a Christian perspective this is so. As we listen to God's message in Romans, we will come to a deeper understanding of ourselves and our world. Once again we will hear the greatest love story of all time, namely, God's love for a sinful and hostile race. Only the cross of Jesus Christ, His Son, could tell it adequately. Here we learn that if we are to belong to Him who loves us most, we will belong to God.

Modern sophistication will not always fare well under the penetrating insights of Romans. Through its passages, God will teach us that so often what the world calls faith is presumption; what it calls forgiveness is indulgence; what it calls freedom is dereliction; what it calls honesty is shamelessness; and what it designates as alternative life-styles are forms of degeneracy.

In Romans we have Paul's boldest indictment of humanity's sin and His grandest declaration of God's deliverance through faith in Jesus Christ. An awareness of both has eternal consequences for all. This course will also examine other world religions and cults, with a focus on the Word of God as the standard, and with a heart of compassion to share the gospel to all.

BIBLE D: APOLOGETICS

Course Prerequisites: There are no prerequisites to be in this course. This course is designed to be completed by students who are either in the 11th or 12th grade.

Course Description: The purpose of this course is to help you understand and remember the critical points about Christianity and other worldviews presented in the book [I Don't Have Enough Faith to be an Atheist](#).

STUDENT GOVERNMENT & LEADERSHIP

Course Description: The Stone Ridge Christian ASB Leadership Vision is to develop well-educated and Christ-centered leaders of character prepared for the global leadership challenges of the future.

In order to achieve this goal, students will participate in direct leadership roles and responsibilities that will expose them to the rigorous challenges of serving and leading others.

Physical Education/Health Department

PHYSICAL EDUCATION

Course Description: In this course, students will develop proficient movement skills in sports that are featured at SRCS. Individual and dual activities that help establish and promote an active lifestyle by setting and attaining personal fitness goals. They will become equipped with tools to initiate and monitor their individual participation in physical activities. Social skills and personal responsibility skills will be gained through teamwork and team building, problem solving and leadership. The Mile Run and FitnessGram PACER will be used to evaluate a student's personal fitness levels and growth throughout the school year.

STRENGTH & PERFORMANCE

Course Description: The focus of this course is to give student athletes the tools to be successful in sports and life after sports. The core principles of this class focus on a pyramid set up. The foundation is FUNDAMENTAL MOVEMENTS. Teaching and helping athletes to move in a way their bodies were designed. This is achieved by a joint by joint approach. Developing mobility and stability and joints that need one or the other or both. We focus on this daily within their warm up routine. Everything is explained in a way the student will understand why this is helping them. On top of fundamental movements we have STRENGTH AND CONDITIONING. This next layer is where we take our good fundamentals and begin adding external loads. Loads vary between weights, bands, forces by individuals and within our conditioning program. Even though loads are being added, fundamental movement is still emphasized day to day. Athletes don't progress their loads if fundamentals break down. The third layer is PERFORMANCE SKILLS. These movements are typically body weight based but involve jump training, speed training and focus on acceleration and deceleration. We can't develop high level athletes if we only focus on strength or only focus on performance. We must have the fundamental movement locked down and then build on top of that with strength and performance. The final layer or "tip of the pyramid" is PROGRAM DESIGN. This encompasses different training phases that athletes go through month to month. Typical training phases last 3-4 weeks. For example, Week 1-4 we could focus on Strength with loads

of 80-95% of 1 rep max. Then we would transition Week 5-8 into power which focuses on moving loads of 50-65% of 1 rep max really fast.