

Academic Information

Minimum Graduation Requirements

McCook Senior High School requires a minimum of **two hundred and thirty (230) credit hours** accumulated over at least seven (7) semesters to be eligible to receive a high school diploma. Five credit hours are awarded each semester per successful completion of each class. Only those students who have met the graduation requirements may participate in commencement exercises. Specific course requirements include:

English	40 credit hours (English 9, 10, 11, 12)
Mathematics	30 credit hours (Algebra I, Geometry*, and Algebra II*)
Social Science	30 credit hours (Geography/Civics, World Hist, and Amer Hist)
Science	20 credit hours (Physical Science and Biology)
Physical Education	10 credit hours (Intro to Fitness)
Speech 1	5 credit hours

* = geometry or applied geometry; algebra II)

Advanced Diploma Requirements

An Advanced Diploma may be awarded to students who obtain **at least forty (40) credit hours in the following specified courses** in English, Mathematics, Social Science, and Science.

Specific course requirements include:

English (40)	English 9, Advanced English 9, English 10, Advanced English 10, English 11, AP English 11, Advanced English 11/12, Writing Workshop, The Novel in World Literature, MCC Dual Credit English and AP English 12.
Mathematics (40)	Algebra I, Algebra II/Trig, Geometry, Pre-Calculus, Statistics/Calculus, Senior Math, College Algebra, and any college math course above College Algebra.
Social Science (40)	World Geography/Civics, World History, Honors World History, American History, Honors American History, Government & Law, Economics, and any college social science class.
Science (40)	Physical Science, Advanced Physical Science, Biology, Honors Biology, Advanced Biology, Chemistry, Honors Chemistry, Conceptual Physics, Honors Physics and any college science class.

College Preparatory Recommendations

Many of today's four-year colleges, especially the Division I schools, are requiring a specific number of credit hours in specific areas of high school coursework in order to be admitted to college. To prepare the McCook student for such a requirement, we recommend the following:

English (40)	English 9, Advanced English 9, English 10, Advanced English 10, English 11, AP English 11, Advanced English 11/12, Writing Workshop, The Novel in World Literature, MCC Dual Credit English and AP English 12.
Mathematics (40)	Algebra I, Algebra II/Trig, Adv Algebra II/Trig, Geometry, Pre-Calculus, Statistics/Calculus, Senior Math, College Algebra, or any college math course above College Algebra.
Social Science (40)	World Geography/Civics, World History, Honors World History, American History, Honors American History, Government & Law, Economics, and college social science classes.
Science (40)	Physical Science, Advanced Physical Science, Biology, Honors Biology, Advanced Biology, Chemistry, Honors Chemistry, Conceptual Physics, Honors Physics and college science courses
Foreign Language (20)	Spanish I, Spanish II, Spanish III, Spanish IV, German I, German II,.

To be eligible for Merit Roll or Honor Roll, you must have at least 5 solid subjects per semester. Solid subjects are those that meet 5 days per week and receive 5 credits per semester for successful completion. Pass/Fail grades are not eligible to be considered for Merit or Honor Roll.

2017-2018 COURSE OFFERINGS

ENGLISH

Graduation Requirement = 40 Credit Hours

Course Offerings:

English 9
Advanced English 9
English 10
Advanced English 10
English 11
Advanced English 11
English 12
Writing Workshop
The Novel in World Literature
AP English (Advanced Placement) (UNO)
Dual Enrollment English (MCC) (if approved)

Course Descriptions:

Course Title:	<u>English 9</u>	Recommended for: Grade 9
Course Length:	Year	Course Code: 1091
Credits:	10	
Prerequisite:	<i>English 8</i>	
College Prep:	Yes	

This course is for the average ability Language Arts student. Students need to have solid study habits and the ability to follow directions. The curriculum is designed to meet state standards in each of the five areas: Reading Comprehension, Writing, Organization, Grammar, and Vocabulary. Students are expected to expand their vocabulary, spelling, writing, and comprehension skills, and review grammar rules through short stories, poetry, novels, essays, and drama units.

Course Title:	<u>Advanced English 9</u>	Recommended for: Grade 9
Course Length:	Year	Course Code: 1092
Credits:	10	
Prerequisite:	<i>Advanced English 8</i> or teacher recommendation, summer reading & writing assignment.	
College Prep:	Yes	

This course is designed for those students who demonstrate proficiency with language arts skills, have good study habits and self-discipline. The work is accelerated and designed to challenge students. The class includes the regular English 9 curriculum listed above, however, novels are chosen at a higher reading level and additional writing is added to help prepare students for the variety of high school college preparatory classes.

Course Title:	<u>English 10</u>	Recommended for: Grade 10
Course Length:	Year	Course Code: 0010
Credits:	10	
Prerequisite:	<i>English 9</i>	
College Prep:	Yes	

This course offers a basic understanding of what it takes to be a writer and what writing can teach us. Specific areas of focus include vocabulary and grammar, as well as writing with clarity, organization, and purpose. In addition, the course is meant to improve students' proficiency in reading various types of text including informational text, short stories, poetry, and drama. Other important components include both oral and written analyses. Level of instruction is appropriate for students with varying levels of proficiency.

Course Title:	<u>Advanced English 10</u>	Recommended for: Grade 10
Course Length:	Year	Course Code: 1123
Credits:	10	
Prerequisite:	<i>English 9 (or Advanced English 9)</i>	
College Prep:	Yes	

This is an advanced course; therefore, the curriculum is intended to challenge students who are proficient in reading and writing. The course involves development and demonstration of advanced English skills such as knowledge of literary devices, interpretation of literature, writing, and oral expression. A solid background in literature and composition along with habits of self-directed learning are important factors in student success in this class. Although it is designed primarily for advanced students, an average student, if motivated, could benefit from the course. Summer reading is required.

Course Title:	<u>English 11</u>	Recommended for: Grade 11
Course Length:	Year	Course Code: 1124
Credits:	10	
Prerequisite:	<i>English 9 (or Advanced English 9) and English 10 Grammar/Literature</i>	
College Prep:	Yes	

English 11 is a course that focuses on literature written by American authors. We will read a selection of culturally important texts and discuss their relevance to American life. Written expression will be stressed both as preparation for the state writing assessment as well as preparation for college level writing. This course also stresses the development and demonstration of other advanced English skills such as analysis of texts, knowledge of grammatical rules, and improvement of vocabulary.

Course Title:	<u>Advanced AP English 11</u>	Recommended for: Grade 11
Course Length:	Year	Course Code: 1125
Credits:	10	
Prerequisite:	<i>English 9 (or Advanced English 9) and English 10 Grammar/Literature</i>	
College Prep:	Yes	

(The) AP course in English Language and Composition engages 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.

Course Title:	<u>English 12</u>	Recommended for: Adv. 11 or 12
Course Length:	Year	Course Code: 1126
Credits:	10	
Prerequisite:	English 9 (or Advanced English 9) and English 10 (or Adv English 10), and English 11 (or Advanced English 11)	
College Prep:	Yes	

English 12 is designed to aid students in developing skills necessary for success after high school in college and/or a career. Emphasis is placed on reading and thinking critically, evaluating information, and writing with precision and clarity for many different purposes. Students will participate in seminar activities, write both analytically and creatively, and read selections from all four literary genres. Literacy instruction will be supplemented with ongoing grammar and vocabulary study. Students will create a personal portfolio, including resumes and essays suitable for college and/or career applications.

Course Title:	<u>AP English 12 (UNO)</u>	Recommended for: Grade 12 ONLY
Course Length:	Year (Two college semesters)	Course Code: 1120
Credits:	10 high school/6college credit hours	
Prerequisite:	<i>English 9 (or Advanced English 9) and Advanced English 10 and Advanced AP English 11</i>	
	<i>Summer reading required/AP Exam will be taken in the spring</i>	
College Prep:	Yes	

This course is designed for the mature, highly motivated college-bound senior. Students will be asked to analyze a variety of time periods and multiple genres: short stories, non-fiction, fiction, drama, novels, and poetry. There will be a heavy emphasis on advanced vocabulary study,

critical analysis, timed writings, and preparation to sit for the spring AP Exam. Through effective composition and communication, students will be expected to maintain a “C” average in order to earn college credit.

Course Title: **Writing Workshop** Recommended for Grade 11 or 12
Course Length: Year Course Code: 0012
Credits: 10
Pre-requisite: English 9 or 10, Advanced English 9 or 10

This course is organized according to a workshop format, allowing for more individualized instruction and student choice regarding his/her writing goals. A student may take this course in order to improve those writing skills that will be expected in college or in the workplace, or he/she may enjoy writing creatively and would like to pursue this type of writing in a guided, focused framework. Based on their personal interests and goals, students will choose from three focus options: college prep writing, creative writing, or technical writing. By the end of the semester, students will ultimately produce a writing portfolio that contains no less than 10 finished pieces related to the focus area they have chosen. Particular emphasis will be placed on the writing process through conferencing, peer review, and revision strategies to ensure the quality of the students’ final written portfolio.

Course Title: **The Novel in World Literature** Recommended for Grade 11 or 12
Course Length: Year Course Code: 0080
Credits: 10
Prerequisite: English 9 or 10, Advanced English 9 or 10

This course is designed to increase student reading skills and stamina through an immersive study of the novel as it has appeared during different time periods and in different cultures around the world. Students will use the standard requirements framework for the course to develop and organize a personal reading list for the semester. Students will be required to read several novels, maintain a reading journal and create a culminating project that showcases the reading that they have completed during the semester.

Course Title: **Dual Credit English (Expository Writing 1010/10200)**
Recommended for: Grade 12
Course Length: Year Course Code: 1127
Credits: 10 & MCC Credit
College Prep: Yes
Prerequisite: *English 9 and 10*

Expository 1010 will cover the writing process from the beginning to the end. Students will write five papers, journal, and learn to research for the writing process..

Expository 1020 will cover writing about and in response to literature. Literary criticisms will be covered and students will write five papers.

MATHEMATICS

Graduation Requirement = 30 Credit Hours

Course Offerings:

Algebra I
Applied Geometry
Geometry/Algebra Essentials
Geometry
Algebra II
Algebra II and Trigonometry
Senior Math
Pre-Calculus

Course Descriptions:

Algebra B is a continuation of Algebra A with the goal of fulfilling the high school algebra requirement.

Course Title:	<u>Algebra I</u>	Recommended for: Grade 9
Course Length:	Year	Course Code: 2093
Credits:	10	
Prerequisite:	None	
College Prep:	Yes	

Algebra I is a college prep class which is offered to advanced students in the 8th grade and should be taken in the 9th grade. This course covers areas such as the real number system, equivalent forms of numbers, solving equations and inequalities along with systems of equations and inequalities, graphing techniques, and the study of functions (both linear and quadratic). This course is a pre-requisite for *Geometry* and *Algebra II* and should be taken by all students.

Course Title:	<u>Applied Geometry</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 2094
Credits:	10	
Prerequisite:	<i>Algebra I</i> , Alg A /B, MUST HAVE TEACHER PLACEMENT	
College Prep:	No	

This course will meet the basic objectives of the traditional geometry course. However, the instruction will de-emphasize formal proofs and give greater emphasis to the applications of geometry to the real world. This course is recommended more for students planning to attend a technical school or those who do not plan to continue their formal education after high school graduation. Colleges may not recognize this as math credit in geometry.

Course Title: **Geometry/Algebra Essentials** Recommended for: Grades 11 ONLY
Course Length: Year Course Code: 2094
Credits: 10
Prerequisite: *Teacher referral after Applied Geometry*
College Prep: No

This course will meet the basic essentials of high school math. Instruction will emphasize applications of geometry to the real world and algebra skills will focus on the critical concepts from high school algebra. This course is recommended more for students planning to attend a technical school or those who do not plan to continue their formal education after high school graduation. Colleges may not recognize this as math credit.

Course Title: **Geometry** Recommended for: Grades Adv 9, 10
Course Length: Year Course Code: 2095
Credits: 10
Prerequisite: *Algebra I*
College Prep: Yes

Geometry stresses both the basic structures of geometry and proficiency in developing formal proofs. A gradual approach to formal proofs begins in the very first chapter and continues throughout the text. Algebraic skills are reviewed and strengthened as these methods are applied to solving problems in geometry. In addition to the basic development of geometric theorems, the course includes trigonometry, area and volume, constructions, coordinate geometry, and transformations.

Course Title: **Algebra II** Recommended for: Grades 10, 11, 12
Course Length: Year Course Code: 2102
Credits: 10
Prerequisite: *Algebra I and Geometry or Geometry/Algebra Essentials*
College Prep: Yes

This course continues the college preparatory track of *Algebra I* and *Geometry*. It will include and expand on topics covered in the previous courses. **It is a prerequisite for *Senior Math* and should NOT be taken by students planning to take *Pre-Calculus*.** Special effort will be made to include preparation for the math section on the ACT college entrance exam. Little or no attention will be given to the topics of logarithms and trigonometry. Therefore, **this class does NOT satisfy the prerequisite for *Pre-Calculus*.**

Course Title: **Algebra II and Trigonometry** Recommended for: Grades 10, 11, 12
Course Length: Year Course Code: 2103
Credits: 10
Prerequisite: *Algebra I and Geometry*

College Prep: Yes

This is a fast-paced course that any student planning to attend college or a technical school should include in their list of high school subjects. Many college/tech school areas of study require four years of high school mathematics to meet entrance requirements. This course includes a review of *Algebra I* concepts and expands in those areas. Some areas studied are: complex numbers, linear and quadratic equations, graphing in two dimensions, functions, logarithms, and approximately seven weeks of trigonometry. This course is a prerequisite of Pre-Calculus.

Course Title:	<u>Senior Math</u>	Recommended for: Grade 12
Course Length:	Year	Course Code: 2120
Credits:	10	
Prerequisite:	<i>Algebra II</i> or (<i>Algebra II and Trigonometry with permission of teacher</i>)	
College Prep:	Yes	

Senior Math (Advanced Mathematics Topics) is a college preparatory class that follows *Algebra II*. It is important to note that this course is not a substitute course for *Pre-Calculus*, but is recommended for College Algebra, Statistics and the ACT exam. This course will review topics from *Algebra I*, *Geometry*, and *Algebra II*. New topics will include: trigonometry, sequences and series, discrete mathematics topics, finances and investments, and probability & statistics.

Course Title:	<u>Pre-Calculus</u>	Recommended for: Grades 11, 12
Course Length:	Year	Course Code: 2110
Credits:	10	
Prerequisite:	<i>Algebra, Geometry and Algebra II/Trig all with grades of at least 80% or the permission of instructor for those in Algebra II</i>	
College Prep:	Yes	

This course is strictly a college preparatory course for students with a sincere interest and ability in mathematics. This course builds upon the unity of mathematics and enables the student to visualize mathematics as a whole instead of as unrelated segments. It covers: modern topics in mathematics, conic sectioning, analytic geometry, solving equations of degree greater than two-vector analysis, circular trigonometry, a basic introduction to calculus, and other topics.

SCIENCE

Graduation Requirement = 30 Credit Hours

Course Offerings:

Physical Science 9

Biology

Honors Biology

Anatomy and Physiology

Chemistry

Honors Chemistry

Conceptual Physics

Honors Physics

Course Descriptions:

Course Title:	<u>Physical Science</u>	Recommended for: Grade 9
Course Length:	Year	Course Code: 3091/ & 3092
Credits:	10	
Prerequisite:	None	
College Prep:	Yes	

The first semester will examine the essential aspects of chemistry. Students will explore the following topics: metric measurements, matter, atoms, elements, compounds, the Periodic Table, chemical reactions, acids and bases, and radioactivity.

During the second semester, students will be exposed to the fundamental concepts of physics. The primary areas of study will focus on motion, forces, and energy. Specific topics may include velocity, momentum, and Newton's Laws (motion, work, power, simple machines, and various forms of energy including electricity, light, and sound.)

Student performance will be assessed formally by evaluating daily work, tests, reports, and projects. Informal assessment will also occur in which behavior, organizational skills, communication skills, etc. will be evaluated.

Course Title:	<u>Biology</u>	Recommended for: Grade 10, 11, 12
Course Length:	Year	Course Code: 3100
Credits:	10	
Prerequisite:	<i>Physical Science</i>	
College Prep:	Yes	

This course is a general overview of the life sciences. It covers the fundamental concepts and theories that govern biology. Classroom activities involve lecture, discussion, and laboratories.

Course Title:	<u>Honors Biology</u>	Recommended for: Grade 10, 11, 12
Course Length:	Year	Course Code: 3102
Credits:	10	
Prerequisite:	<i>Physical Science</i>	
College Prep:	Yes	

This course is a general overview of the life sciences it covers the fundamental concepts and theories that govern biology. Classroom activities involve lecture, discussion, and laboratories. This course is more in depth than Biology. It is intended for students that are self-motivated and have a love for learning.

Course Title: **Anatomy and Physiology** Recommended for: Grades 11, 12
Course Length: Year Course Code: 3110
Credits: 10
Prerequisite: *Biology* grade of 80% +, or teacher approval
College Prep: Yes

This course is a college preparatory class for students wishing to take a higher level of science. The course goes into further detail of the biological sciences using the human body as a model. Students considering a career in science or health-related occupations are encouraged to take this class.

Course Title: **Chemistry** Recommended for: Grades 11, 12
Course Length: Year Course Code: 3111
Credits: 10
Prerequisite: *Algebra I* and *Biology* with grades of 80% +, or teacher approval
College Prep: Yes

This class provides students with the necessary background in modern chemistry for their specialized studies and explores how chemistry provides the basis for much of what goes on in our world. Students will also be introduced to many types of laboratory experiments.

Course Title: **Honors Chemistry** Recommended for: Grades 11, 12
Course Length: Year Course Code: 3112
Credits: 10
Prerequisite: *Biology* grade of 90% +, or teacher approval
College Prep: Yes

This class provides students with the necessary background in modern chemistry for their specialized studies and explores how chemistry provides the basis for much of what goes on in our world. Students will also be introduced to many types of laboratory experiments.

Course Title: **Conceptual Physics** Recommended for: Grades 11, 12
Course Length: Year Course Code: 3121
Credits: 10
Prerequisite: *Algebra II/Trigonometry* and *Pre-Calculus* (or currently enrolled)
College Prep: Yes

This course will introduce students to some of the elementary concepts in physics. The course will include classical mechanics, energy concepts, electricity, optics (light and sound) and

magnetism. The students will perform fundamental lab operations. The physical world is mathematical in nature; hence the mathematical requirements above are encouraged. *Chemistry* is also highly recommended.

Course Title:	<u>Honors Physics</u>	Recommended for: Grades 11, 12
Course Length:	Year	Course Code: 3122
Credits:	10	
Prerequisite:	<i>Algebra II/Trigonometry</i> and <i>Pre-Calculus</i> (or currently enrolled)	
College Prep:	Yes	

SOCIAL SCIENCE

Graduation Requirement = 30 Credit Hours

Course Offerings:

Civics
Geography
World History
Honors World History
American History
Honors American History
Government & Law

Course Descriptions:

Course Title:	<u>Civics</u>	Recommended for: Grade 9
Course Length:	Semester	Course Code: 4092
Credits:	5	
Prerequisite:	None	
College Prep:	Yes	

This course is designed to meet the Nebraska State Standards in Social Science 12.3.1 through 12.2.13. This course is a survey of the national, state, and local governments. The students will experience a variety to activities to stimulate and interest them in understanding their rights and responsibilities as citizens. Daily work, projects, exams, and participation make up the assessment in this course.

Course Title:	<u>World Geography</u>	Recommended for: Grade 9
Course Length:	Semester	Course Code: 4095
Credits:	5	
Prerequisite:	None	
College Prep:	Yes	

This course is designed to meet Nebraska State Standards in Social Science 12.4.1 through 12.4.7. This course studies the physical as well as the cultural geography of the world. Climates, landforms, population, regions, weather, and other topics will be the focus of this class. Students will also be able to apply geography to interpret the past, understand the present, and plan for the future. Daily work, projects, exams, and participation make up the assessments in this course.

Course Title: **World History** Recommended for: Grade 10
Course Length: Year Course Code: 4118
Credits: 10
Prerequisite: *World Geography/Civics*
College Prep: Yes

This course is a general survey of world events from the Crusades to the Post-Cold War age. The students will be required to conduct research and develop papers and projects on assigned topics. Students will be actively involved in class discussions and presentations. All students are required to use technology to enhance the learning environment. Dailey work, projects, exams, and participation make up the assessments in this course. Nebraska State Standards for Social Science 12.2.1 through 12.2.11 are covered in this course.

Course Title: **Honors World History** Recommended for: Grade 10
Course Length: Year Course Code: 4119
Credits: 10
Prerequisite: *World Geography/Civics*, HAL Identification, GPA, and Instructor Approval/Recommendation
College Prep: Yes

This course is a study of World History. This is an Honors course and will be more challenging than regular World History. Computer, presentation creation, and research skills are a necessity for success in this course. The student must be able to discuss and present on the causes and effects of various historical, social, economic, and cultural events. Various projects and exams will make up the majority of assessments in this course. Students will be expected to PRESENT to the class throughout the year. The course will cover areas including but not limited to: world religions, the renaissance, reformation, exploration, industrialization, and the twentieth century. Nebraska State Standards of Social Science 12.4.1 through 12.4.5 are covered in this course. Students will also be expected to master essential vocabulary, locations, and people through essential words quizzes.

Course Title: **American History** Recommended for: Grade 11
Course Length: Year Course Code: 4103
Credits: 10
Prerequisite: *World Geography/Civics* and *World History*
College Prep: Yes

American History is a Junior-level two-semester course. Students will explore such areas as the Constitution, Progressive Era, World War 1, Economic Boom of the 1920's and the Crash of the 1930's, World War 2, Cold War, Korean Conflict, 1960's Culture and Vietnam, and the changing roles of American society in the Twentieth and Twenty-First Century. The student will be required to participate in class discussions about subject matter and about Current Events happening in the world around us today. American History students will be expected to master Nebraska State Social Studies Standards 12.4.1-12.4.5c. Students will be required to develop educational debates, ideas and topics, identify use and cite primary sources, and discuss how

varying events in American History have affected our country today and their on-going effects into the future.

Course Title:	<u>Honors American History</u>	Recommended for: Grade 11
Course Length:	Year	Course Code: 4104
Credits:	10	
Prerequisite:	<i>World Geography/Civics</i> , HAL Identification, GPA, and Instructor Approval/Recommendation	
College Prep:	Yes	

Honors American History is a Junior-level two-semester course. Students will explore such areas as the Constitution, Progressive Era, World War 1, Economic Boom of the 1920's and the Crash of the 1930's, World War 2, Cold War, Korean Conflict, 1960's Culture and Vietnam, and the changing roles of American society in the Twentieth and Twenty-First Century. The student will be required to participate in class discussions about subject matter and about Current Events happening in the world around us today and analyze events in a weekly position paper article. American History students will be expected to master Nebraska State Social Studies Standards 12.4.1-12.4.5c. Students will be required to develop educational debates, ideas and topics, identify use and cite primary sources, and discuss how varying events in American History have affected our country today and their on-going effects into the future.

Course Title:	<u>Government & Law</u>	Recommended for: Grade 12
Course Length:	Year	Course Code: 4116
Credits:	10	
Prerequisite:	HAL Identification, GPA, and Instructor Approval/Recommendation	
College Prep:	Yes	

This course is a study in the basic fundamentals of the Constitutional and United States Law. The student must be able to discuss and defend stances on the causes and effects of various historical, social, economic, and cultural events. The "Street Law" text will be the basis for this class. Assessments will be based on the text and class discussions. This course will cover areas including, but not limited to, the United States Constitution, "street law", Nebraska law, and local ordinances. The consequences of failing to conduct one's life in a lawful manner will be stressed. Students will also be expected to master essential vocabulary through essential words quizzes.

VISUAL & PERFORMING ARTS

Graduation Requirement = None

Visual Arts

Annual

Art I

Art II

Art III-IV

Pottery (seniors only) *

Journalism

Newspaper

Performing Arts

Advanced Drama

Speech 2*

Choir

Concert Band

Drama

Speech 1*

Music Theory

Technical Theater*

Course Descriptions for the Visual Arts:

Course Title:	<u>Annual</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 5102
Credits:	10	
Prerequisite:	Journalism, Advisor Approval	
College Prep:	No	

Students interested in art, writing, computer design, photography, and/or business are encouraged to apply their ideas and talents to produce this very special publication of their high school memories. Students will experience firsthand how to operate a desktop publishing business, to plan, budget, and earn the funds needed to produce a product. The class is hands-on learning, working with a team, acquiring lifelong skills, and leaving a personal stamp on a product that lasts forever. Those wishing to be an Editor must apply. See Advisor for details.

Course Title:	<u>Art I</u>	Recommended for: Grades 9, 10, 11, 12
Course Length:	Year	Course Code: 5901
Credits:	10	
Prerequisite:	A \$15 project fee	
College Prep:	No	

A visual awareness in all fine and applied forms of two-dimensional art. Emphasis is placed on basic art elements and principles. Areas covered will be art history, perspective, color theory, composition, design, figure drawing, basic drawing, and how to apply these to two-dimensional forms of art. A nonrefundable \$15.00 project fee is required.

Course Title:	<u>Art II</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 5130
Credits:	10	
Prerequisite:	<i>Art I</i> and a \$20 project fee	
College Prep:	No	

A further development of basic art with more importance put on exploring individual expression in these specific areas: composition, color, design, drawing, watercolor and acrylic painting, and other forms of two-dimensional art. Developing a basic working knowledge of materials in the different artistic medias will be a primary concern for this class. Individual artistic abilities are encouraged in those areas in which each artist excels. A non-refundable \$20.00 project fee is required.

Course Title:	<u>Art III & IV</u>	Recommended for: Grades 11, 12
Course Length:	Year	Course Code: 9986
Credits:	10	
Prerequisite:	<i>Art II</i> , instructor approval, and a \$20 project fee	
College Prep:	No	

This class is for the advanced, creative art student. Those able to work at this level to improve and increase their knowledge of several medias are encouraged to take this class. The problems and solutions encountered by one's creative endeavors in the broadening field of art is the main focus. The focus will be on each young artist's awareness, abilities, and limitations. The primary goal is to prepare the young artist for furthering their artistic education whether to go to a college, art school, art workshops and/or working with art at home. A non-refundable \$20.00 project fee is required.

Course Title:	<u>Journalism</u>	Recommended for: Grades 9, 10, 11, 12
Course Length:	Year	Course Code: 5909
Credits:	10	
Prerequisite:	None	
College Prep:	No	

This course is for students interested in learning about journalism. Students will study and write stories, create advertisements, take photos, layout pages, and learn about ethics and press law. Instruction will include reporting techniques, journalistic writing and style, desktop publishing, public relations, advertising and photojournalism. Students interested in being a member of the school newspaper or yearbook staffs are strongly encouraged to take this course in preparation.

Course Title:	<u>Newspaper</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 5104
Credits:	10	
Prerequisite:	Journalism, Advisor Approval	
College Prep:	No	

In this course, students will publish the McCook High School newspaper (*The Stampede*). Students with an interest in writing, desktop publishing, teamwork, and having an impact on their school and community are encouraged to become a part of this exciting learning opportunity. Students must take Journalism prior to taking this class. Those wishing to be an editor must apply. See advisor for details.

Course Title:	<u>Pottery</u>	Recommended for: Grade 12
Course Length:	Semester	Course Code: 5105
Credits:	5	
Prerequisite:	Senior standing and \$20 project fee	
College Prep:	No	

This course is an introduction to pottery, handling of clay, evolution of form, methods of decoration, and the application of glazes. Students will demonstrate, through production, a variety of techniques and skills required to produce hand-built wheel-thrown pottery. Due to the expense of clay and glazes, a non-refundable \$20.00 project fee is required. This class has a limit of 14 students.

Course Descriptions for the Performing Arts:

Course Title:	<u>Advanced Drama</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 5117
Credits:	10	
Prerequisite:	<i>Drama I</i>	
College Prep:	No	

This course allows the student to further explore the “team” aspect of performance by preparing the one act play for competition. The student will be expected to try-out for and perform his/her part in the school one act play at various contests and public performances. The course will cover monologues, auditioning, and acting/tech resumes. In the spring students will have many projects including a children’s play that is presented to the elementary schools.

Course Title:	<u>Concert Band</u>	Recommended for: Grades 9, 10, 11, 12
Course Length:	Year	Course Code: 5925
Credits:	10	
Prerequisite:	JH Band	
College Prep:	No	

Band meets during 2nd period of the school day. The class begins the year with a five-day Band Camp two weeks before school starts to learn music and marching drills for the upcoming marching contest season. The band performs in parades, at football games, at marching band competitions (during the fall), and at basketball games. The band also presents three concerts during the school year (Fall, Christmas, Mid-Winter, and Spring),. In addition, the band also participates in the District Music Contest. All students are encouraged to take group or private lessons during the school year. The objectives of the class are for the student to gain valuable rehearsal and performance experience, and to demonstrate musicianship, self-discipline, and self-improvement.

Course Title: **Drama 1** Recommended for: Grades 9, 10, 11, 12
Course Length: Year Course Code: 5900
Credits: 10
Prerequisite: None
College Prep: No

This course is designed to give the student an introductory sample to all aspects of drama. The course will include the history of theatre, vocabulary, the basics of theatre, the basics of acting (through improvisation and pantomime), costuming, and light and sound applications. A class play will be presented, wherein all of these aspects will be put to use.

Course Title: **Music Theory** Recommended for: Grades 11, 12
Course Length: Semester Course Code: 8130
Credits: 5
Prerequisite: Participate in band or choir, or take private lessons
College Prep: No

This course is recommended for those who have a strong interest in learning the fundamentals of music. Students who choose to study music in college are highly encouraged to take this class. The course will include intense study of the fundamentals and of aural skills.

Course Title: **Speech I** Required for: Grade 9
Course Length: Semester Course Code: 5924
Credits: 5
Prerequisite: *None*
College Prep: Yes

In this class students will become familiar with the fundamentals of writing and presenting speeches. Students will also become familiar with the process of communication and how it is used in daily life as well as in any career choice.

Course Title: **Speech II** Recommended for: Grades 10, 11, 12
Course Length: Semester Course Code: 4999
Credits: 5
Prerequisite: *Speech I*
College Prep: No

In this class, students will become familiar with every competitive speech event. They will choose two or three of their favorite events, and then prepare and practice them to perfection. They will then compete in speech contests using this prepared material.

Course Title: **Technical Theater**
Course Length: Semester
Credits: 5
Prerequisite: *Drama 1*
College Prep: No

Recommended for: Grades 10, 11, 12
Course Code: 5132

This course will allow students who are more interested in the technical side of theater to perfect their skills by working strictly on the Technical side. Students will work with the lighting, set, sound, and costumes for the show in production.

Course Title: **Choir**
Course Length: Year
Credits: 10
Prerequisite: None
College Prep: No

Recommended for: Grades 9, 10, 11, 12
Course Code: 5902

This course is performance based with the focus upon the correct use of the voice while learning various types and styles of music. The choir will perform in public concerts and participate in music contests, thus learning concert etiquette, rehearsal etiquette, vocal technique, and how to work within an ensemble.

VOCATIONAL EDUCATION

Graduation Requirement = 10 credit hours

Course Offerings

In BUSINESS:

Information Technology Applications 1*
Information Technology Applications 2*
Information Technology Applications 3*
Personal Finance*
Marketing*
Economics*
Consumer Economics*
Entrepreneurship*
Accounting 1
Accounting 2
Introduction to Business
Web Design & Development 1
Web Design & Development 2
Web Design & Development 3
TV/Video Production 1

Course Offerings In

INDUSTRIAL TECHNOLOGY:

Advanced Technical Drawing
Architecture
Electronics I
Electronics II
Electronics III
Exploring Technology
Machine Woods I
Machine Woods II
Technical Drawing
Welding I
Welding II
Woods Technology
Independent Drafting
Independent Welding

Course Offerings In

FAMILY & CONSUMER SCI

Family & Consumer Science

Course Offerings In

AGRICULTURE

Intro to Ag, Food & Natural Resources (9th)
Plant Science*
Florticulture*
Animal Science*
Adv Animal Science*
Ag Leadership
Agri-Business (12th only)

*** = 1 semester only**

business computer applications, and the job search process (letter of application, resume, and interview).

Course Title: **Information Technology Applications 3** Recommended for: Grades 10, 11, 12
Course Length: Semester Course Code:
Credits: 5
Prerequisite: *Information Technology Applications 1 & 2*
College Prep: No

This course will build upon concepts and skills mastered in *Information Technology Applications I*. Included in this course will be an introduction to the most popular business software, **Microsoft Office**. Emphasis will be placed upon business situations and preparing the student for an entry-level position as an Administrative Assistant. Areas covered include: speed building (45 wpm), word processing, desktop publishing, spreadsheets, database, presentations, 10-key, business computer applications, and the job search process (letter of application, resume, and interview).

Course Title: **Introduction to Business** Recommended for: Grades 9, 10, 11, 12
Course Length: Year Course Code: 6907
Credits: 10
Prerequisite: None
College Prep: No

This course is designed to give students a basic understanding of our private enterprise system and how it relates to them as consumers and workers. There is strong emphasis on careers, use of credit, insurance, and basic financial management.

Course Title: **Web Design & Development 1** Recommended for: Grades 10, 11, 12
Course Length: Year Course Code: 6118
Credits: 10
Prerequisite: Teacher Recommendation
College Prep: No

This course is designed to provide the student with knowledge and experience in web page development and file management, while working on the McCook Public Schools web pages. All projects will be completed on PC compatible machines using software such as: *FrontPage*, *Dream Weaver*, *Fireworks*, *Freehand*, and others. Each student will have access to and be responsible for building and maintaining web pages for McCook Public Schools. Grades will be determined by the completeness of the individual pages, the creativity used in the development of the pages, and the efficient use of class time.

Course Title: **Web Design & Development 2** Recommended for Grades 11, & 12
Course Length: Year Course Code: 6139
Credits: 10

Prerequisite Web Page Design
College Prep: No

Course Title: **Web Design & Development 3** Recommended for Grades 12
Course Length: Year Course Code: 8808
Credits: 10
Prerequisite Web Design & Development 1, and Web Design & Development 2
College Prep: No

Course Title: **Entrepreneurship** Recommended for Grades 9,10,11,12
Course Length: Semester (1) Course Code: 6095
Credits: 5
Prerequisite Information Technology 1 or approval of instructor
College Prep: No

The students in Entrepreneurship will learn the skills needed to effectively organize, develop, create, and manage their own business. This course includes economic, human resources, and marketing and business foundations. Additional topics to be addressed are assessment of personal skills, the components of the free enterprise system and its place in our global economy, human relations and interpersonal skills, the importance of business ethics, and the role quality and applications as well as real and/or simulated occupational experiences and projects in the marketing functions.

Course Title: **Personal Finance** Recommended for Grades 12
Course Length: Semester (2) Course Code: 6090
Credits: 5
Prerequisite Information Technology 1 (BCA 1) or Approval of Instructor
College Prep: No

Students enrolled in Personal Finance will understand and use financial principles in making personal and business decisions. They will demonstrate competency by applying and analyzing concepts and principles. Students who complete this course will have the opportunity to be certified as financial literate. Instructional strategies may include computer/technology applications as well as real and/or simulated occupational experiences and projects.

Course Title: **TV/Video Productions** Recommended for Grades 12
Course Length: Semester (2) Course Code:
Credits: 10
Prerequisite Information Technology 1 (BCA 1) or Approval of Instructor
College Prep: No

Through assigned readings, the viewing of numerous videos, and the completion of a series of video assignments, you are expected to acquire a thorough understanding of the basic elements of video production. This understanding should include the following ten areas:

1. General audio and sound mixing techniques, including the handling of common audio problems.
2. Camera placement and operations, including a basic understanding of camera color balancing, camera optics, light levels and the use of special filters.
3. The use and characteristics of the various video and audio recording media.
4. Lighting techniques, including existing light, bounced light and three-point lighting.
5. Technical and production differences between standard definition (SDTV) and HDTV/DTV production.
6. Elements of effective visual composition.
7. Editing techniques: assembly and insert, online and offline, linear and random access, and the use of time-code.
8. An understanding of analog and digital data.
9. A general understanding of postproduction, including associated audio and video equipment.
10. The ability to critique the strengths and weakness of video productions.

Probably most important, the course will provide an opportunity for you to create a variety of video productions, allowing you to express personal creativity while developing the ability to conceptualize story ideas and effectively translate these ideas into video productions.

Course Descriptions In FAMILY & CONSUMER SCIENCE:

Course Title:	<u>Family & Consumer Science</u>	Recommended for: Grade 9
Course Length:	Year	Course Code: 6903
Credits:	10	
Prerequisite:	None	
College Prep:	No	

This is a comprehensive home economics course covering the areas of management, consumerism, related art, food, and nutrition, human development, child care, textiles, clothing, interpersonal relationships, housing, home furnishing, and household equipment.

Course Descriptions In INDUSTRIAL TECHNOLOGY

Course Title:	<u>Architecture</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 6131
Credits:	10	
Prerequisite:	<i>Technical Drawing</i>	
College Prep:	No	

This course covers advanced working drawings, advanced pictorial drawing, design, and architecture. Also included is the study of active and passive solar energy, calculation of energy coefficients, house design, and construction methods including conventional, earth shelter, super insulated, double envelope, rammed earth, and adobe. Much designing, sketching, calculating,

The student will study advanced test instruments, electronic communications, and digital techniques. Optional units include house wiring, electronics for hobbyists, appliance repair and project building, microprocessors, and robotics.

Course Title:	<u>Exploring Technology</u>	Recommended for: Grade 9, 10, 11, 12
Course Length:	Year	Course Code: 6900
Credits:	10	
Prerequisite:	None	
College Prep:	No	

This is an introductory course to woodworking. Basic fundamentals and safe machine tool operation is studied. Guided skill development activities, techniques, and planning are explored. This is a “hands-on” class with several take home skill development activity projects. Fees are required.

Course Title:	<u>Machine Woods I</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 6016
Credits:	10	
Prerequisite:	None	
College Prep:	No	

This course introduces the student to the fundamentals wood/construction technology. This course is designed to help the student develop a life-long interest and skill in wood-working. The course focuses on hand tools and power machines related to the furniture construction field. Areas to be covered include: the basic safe operation and processes of hand and power tools, construction techniques, wood identification, project costs and planning, and career awareness. Fees are required.

Course Title:	<u>Machine Woods II</u>	Recommended for: Grades 11, 12
Course Length:	Year	Course Code: 6024
Credits:	10	
Prerequisite:	<i>Machine Woods I</i>	
College Prep:	No	

The student will be introduced to the fundamentals of cabinet construction. The course focuses on the safe and efficient operation of hand and power tools related to cabinet furniture construction. Areas to be covered include: “face-plate” fabrication, stile & rail door fabrication, dovetail techniques, and molding and hardware installation. Fees are required.

Course Title:	<u>Technical Drawing</u>	Recommended for: Grades 9, 10, 11, 12
Course Length:	Year	Course Code: 6018
Credits:	10	
Prerequisite:	None	
College Prep:	No	

This is the basic course in drawing fundamentals. It covers the aims of drafting, sketching, tools and equipment, lettering, geometric constructions, techniques, working drawings, pictorial drawings, fasteners, developments and intersections (pattern making), and an introduction to CAD. The class is a prerequisite for all advanced drafting courses.

Course Title:	<u>Welding I</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 6019
Credits:	10	
Prerequisite:	None	
College Prep:	No	

This course offers the student the chance to receive credit from both McCook High School and Mid Plains Community College. The student must register for and pay the course fee **before** starting this course. This class is the beginning class in welding technology. The student will be given instruction on the basics of SMAW (stick), GMAW (wire-feed), and oxy-fuel and plasma cutting. Time is spent both in the classroom and in the lab. A lab fee for each semester will be assessed to cover the take-home projects.

Course Title:	<u>Welding II</u>	Recommended for: Grades 10, 11, 12
Course Length:	Year	Course Code: 6020
Credits:	10	
Prerequisite:	<i>Welding I</i>	
College Prep:	No	

This course offers the student the chance to receive credit from both McCook High School and Mid Plains Community College. The student must register for and pay the course fee **before** starting this course. The student will repair and fabricate school and individual projects. Welder qualification will be tested at the end of the second semester. A lab fee of \$5.00 per semester will be charged for the course.

Course Title:	<u>Woods Technology</u>	Recommended for: Grade 12
Course Length:	Year	Course Code: 6127
Credits:	10	
Prerequisite:	<i>Machine Woods I and II</i>	
College Prep:	No	

This course gives the student the opportunity to expand wood-working skills acquired during the past two to three years. Competencies gained will be in the cabinet-making and various related fields. The course centers around the student deciding upon a field of study.

Course Title:	<u>Independent Drafting</u>	Recommended for: Grades 11, 12
Course Length:	Year	Course Code: 6035
Credits:	10	

Prerequisite: *Technical Drawing* and Teacher Approval
College Prep: No

This is an advanced independent study course for the student who has completed Technical Drawing. Areas of study may include: plot plans, foundation plans, typical wall sections, floor plans, elevations, advanced working drawings, and advanced pictorial drawings. Instructor approval required.

Course Title: **Welding 1** Recommended for: Grade 12
Course Length: Year Course Code: 6124
Credits: 10
Prerequisite: *Welding I* and *Metals* and Teacher Approval
College Prep: No

This course offers the student the chance to receive credit from both McCook High School and Mid Plains Community College. The student must register for and pay the course fee **before** starting this course.

Course Descriptions in AGRICULTURE

Course Descriptions:

Course Title: **Introduction to Ag, Food & Natural Resources** Recommended for: Grades 9, 10 if
first year Ag student
Course Length: Year Course Code: 6145
Credits: 10
Prerequisite: None
College Prep: No

The introductory course for the Agriculture, Food and Natural Resources Career Cluster providing knowledge base and technical skills in all aspects of the industry. Learners will be exposed to a broad range of agriculture, food and natural resources careers, cluster foundation knowledge and skills, introduction to leadership development, the FFA organization and career exploration. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.

Course Title: **Agri-Business & Sales** Recommended for: Grades 12 ONLY
Course Length: Year Course Code: 6153
Credits: 10
Prerequisite: None
College Prep: No

This course covers skills necessary for entry into employment or furthering education in an agriculture business. The course includes the study of marketing commodities, business organizations, business structures, job responsibilities, job applications and interviewing, human

relations, marketing, selling, displaying, using business machines, management and entrepreneurship skills. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.

Course Title:	<u>Animal Science</u>	Recommended for: Grades 10, 11, 12
Course Length:	Semester	Course Code: 6147
Credits:	5	
Prerequisite:	None	
College Prep:	No	

This course is focusing on the basic scientific principles and processes that are involved in animal physiology, nutrition, and care in preparation for an animal systems career. Topics include animal diseases, introduction to animal science, animal nutrition, animal science issues, career opportunities and animal evaluation. Classroom and laboratory activities are supplemented through supervised agricultural experiences and leadership programs and activities.

Course Title:	<u>Adv Animal Science</u>	Recommended for: Grades 10, 11, 12
Course Length:	Semester	Course Code: 6146
Credits:	5	
Prerequisite:	Animal Biology	
College Prep:	No	

This course includes advanced scientific principles and communication skills that build on the knowledge and skills learned in Animal Science. Topics include animal waste management, animal science economics, decision making, global concerns in the industry, genetics and breeding. Classroom and laboratory activities are supplemental through supervised agricultural experiences and leadership programs and activities.

Course Title:	<u>Plant Science</u>	Recommended for: Grades 10, 11, 12
Course Length:	Semester	Course Code:
Credits:	5	
Prerequisite:	None	
College Prep:	No	

This course focuses on knowledge, information and skills related to the science of plant production and agronomy, and provides the necessary skills for careers in horticulture, agricultural production and management, and science. The content includes plant growth and reproduction, biotechnology and research, fertilizers, plant and tree identification, controlling weeds and pests, and safe and proper use of agricultural chemicals. Classroom and laboratory activities are supplemental through supervised agricultural experiences and leadership programs and activities.

Course Title: **Floriculture**
Course Length: Semester
Credits: 5
Prerequisite: None
College Prep: No

Recommended for: Grades 10, 11, 12
Course Code: 0131

This course includes the study of structure and functions of plants, including requirements for growth, methods of propagation, and the management of pests and diseases. Identification and selection of plants along with their use and function and physiological processes are also stressed. This class will include work in the greenhouse. Learning about landscape design and vegetable production will be included in this class.

Course Title: **Ag Leadership**
Course Length: Year
Credits: 10
Prerequisite: None
College Prep: No

Recommended for: Grades 10, 11, 12
Course Code: 9963

FOREIGN LANGUAGE

Graduation Requirement = None

Course Offerings:

Spanish I
Spanish II
Spanish III
Spanish IV
German I (Distance Learning, if available)
German II (Distance Learning, if available)
French 1

Course Descriptions:

Course Title: **Spanish I**
Course Length: Year

Recommended for: Grades 9, 10, 11, 12
Course Code: 6909

Credits: 10
Prerequisite: None
College Prep: Yes

In this class, the student will concentrate on developing a good vocabulary in Spanish and learning the basic fundamentals of grammar. The four skills of learning a foreign language will be emphasized, namely: listening, speaking, reading, and writing. The student will be introduced to the culture of countries where Spanish is spoken. Students need to pass the first semester in order to continue their studies second semester.

Course Title: **Spanish II** Recommended for: Grades 10, 11, 12
Course Length: Year Course Code: 6012
Credits: 10
Prerequisite: *Spanish I*
College Prep: Yes

The second year Spanish student will have the opportunity to expand their vocabularies considerably. The student will learn to use several different tenses in Spanish and will be able to develop reading comprehension skills. They will develop skills in conversation and write original compositions in Spanish. The student will need to pass the first semester in order to continue his/her study second semester.

Course Title: **Spanish III** Recommended for: Grades 11, 12
Course Length: Year Course Code: 6120
Credits: 10
Prerequisite: *Spanish I and II*
College Prep: Yes

Third year Spanish students will concentrate on the development of conversational Spanish. They will spend a majority of time learning to speak fluently in order to express original thoughts and guided responses. There is a comprehensive grammar review, an introduction to Spanish literature, and a coverage of Hispanic culture presented in this course.

Course Title: **Spanish IV** Recommended for: Grade 12
Course Length: Year Course Code: 6122
Credits: 10
Prerequisite: *Spanish I, II, and III*
College Prep: Yes

Fourth year Spanish students are expected to converse completely in Spanish. Activities and areas of study include: intense conversational development, detailed presentations of specific grammar topics, and an exploration of Hispanic literature and history.

Course Title: **German I** Recommended for: Grades 9, 10, and 11
Course Length: Year Course Code: 9998
Credits: 10 Offered thru Distance Learning, if available.
Prerequisite: None
College Prep: Yes

Course Title: **German II** Recommended for: Grades 10, 11, 12
Course Length: Year Course Code: 0030
Credits: 10 Offered thru Distance Learning, if available.
Prerequisite: *German I*
College Prep: Yes

Course Title: **French 1** Recommended for Grades 9, 10, 11 and 12
Course Length: Year
Credits: 10
Perquisite: *None*
:College Prep: Yes

ELECTIVE COURSES

Graduation Requirement = None

Course Offerings:

Health Careers*
Office Assistant
Media Assistant
Teacher Assistant
EMT Training

Course Descriptions:

Course Title: **Health Careers** Recommended for: Grade 12
Course Length: Year (2 days a week) Course Code: 8020
Credits: 5
Prerequisite: None
College Prep: No

This class looks at different aspects of the health field. Student travel to the hospital once a week to see experience the careers first hand, and second semester choose a specific field to shadow. The class covers health terminology, microbiology, genetics and other health related subjects. This class is meant for students considering going into some type of profession in the medical field.

Course Title: **Office Assistant** Recommended for: Grade 11, 12
 Course Length: Year Course Code: 8107 SH 8005 JH
 Credits: 10
 Prerequisite: Secretary or Administrative approval
 College Prep: No

The duties of an Office Aide include: answering the phone, delivering messages, working with the mail, making copies, putting away supplies, and other clerical duties.

Course Title: **Media Assistant** Recommended for: Grade 11, 12
 Course Length: Year Course Code: 8150
 Credits: 10
 Prerequisite: Media Center Director or Administrative approval
 College Prep: No

The duties of an Media Aide include: shelving, sorting, delivering, cleaning, entering computer data, assisting staff and students with library material, and other duties

Course Title: **Teacher Assistant** Recommended for: Grades 11, 12
 Course Length: Semester or Year Course Code: 8100
 Credits: 5 or 10
 Prerequisite: Teacher or Administrative approval
 College Prep: No

The duties of the Teacher Aide include: grading, filing, copying, and other duties. You may be a teacher's assistant only one period per day. Freshmen and sophomores are not eligible to be teacher's aides.

Course Title: **EMT Training** Recommended for: Grade 12
 Course Length: Year Course Code: 8021
 Credits: 10 + 8 college credit hours
 Prerequisite: None
 College Prep: No

This course is a study and application of the principles and techniques in the administration of emergency medical management during life-threatening conditions. This training is designed for ambulance attendants, police, fire service personnel, emergency room personnel, and others who are called upon to provide emergency care. The course utilizes lecture and discussion format, including demonstration, practical sessions, ambulance ride-time, and in-hospital training.

Graduates are required to take the National Registry exam and will be awarded EMT certification upon passing this exam. Course requires approximately \$500 tuition, but approximately \$360 is refunded by the State of Nebraska upon successful completion of the course and a passing grade on the final exam. The course is in the afternoon and requires two hours per day, two days per week for both semesters.

Course Title:	<u>ACT Prep</u>	Recommended for: Grade 10, 11, 12
Course Length:	Semester	Course Code: 6200
Credits:	5	
Prerequisite:	None	
College Prep:	No	

This course is an A+ driven class to assist students in preparing for the ACT exam and basic testing skills.

PHYSICAL EDUCATION

Graduation Requirement = 10 Credit Hours

Course Offerings:

Physical Education
Health
Advanced Physical Education
Advanced Weight Training

Course Descriptions:

Course Title:	<u>Physical Education</u>	Recommended for: Grade 10
Course Length:	Semester	Course Code: 7100
Credits:	5	
Prerequisite:	None	
College Prep:	No	

Part of the time, the student will participate in traditional sport activities to enhance cardiovascular fitness. These sport activities include but are not limited to: football, softball, soccer, golf, volleyball, basketball, badminton, pickle ball, and field hockey. On alternating days, the student will engage in muscular strength development and endurance exercises to develop his/her anaerobic performance level. Health concerns will be addressed in a lab setting one/two days per week. Proper shoes and attire are required.

Course Title: **Health**
Course Length: Semester
Credits: 5
Prerequisite: None
College Prep: No

Recommended for: Grade 10
Course Code: 7100

This semester long health course teaches you about healthy living and personal development. Topics include: building a healthy foundation; physical activity and nutrition; mental and emotional health; and personal care and body systems. The course consists of multiple units, divided into student friendly lessons. You will be required to read online lessons along with excerpts from the textbook, and complete weekly vocabulary assignments and quizzes. At the end of each unit, you will take a unit exam, with the last containing your final exam.

Course Title: **Weight Lifting**
Course Length: Semester
Credits: 5
Prerequisite: None
College Prep: No

Recommended for: Grade 10
Course Code: 0021

This semester long health course is a weight lifting class that runs with the health class to meet the physical education requirement instead of physical education.

Course Title: **Advanced Physical Education**
Course Length: Semester
Credits: 5
Prerequisite: *Physical Education / Health*
College Prep: No

Recommended for: Grade 11, 12
Course Code: 7110 & 7111

In this course, a special emphasis will be on the student to develop a personal exercise plan, learning to test for his/her fitness problems, as well as solve said problems. The class will consist of various “cross training” activities each week including: walking, jogging, swimming, biking, aerobic exercise and dance, walleyball, volleyball, basketball, racquetball, pickleball, badminton, and strength enhancement exercises.

Course Title: **Advanced Weight Training** Recommended for: Grade 11, 12
Course Length: Semester Course Code: 7113
Credits: 5
Prerequisite: *Physical Education / Health or instructor approval*
College Prep: No

This class is designed for the serious physical fitness student. Five days per week, the student will engage in muscular strength and endurance building exercises. Performance related components of power, speed & quickness, agility, balance & motor skills will be utilized. Students will have periodic tests of knowledge and kinesiology. Proper stretching techniques and running form will be stressed.