

La Salle High School



2022-2023 Course Catalog

English Department Courses

English 1

In this course, students will develop skills as a critical reader and as a capable writer in preparation for college and career. Using basic genres of literature, short story, nonfiction, novel, poetry, and drama, the students will develop the skills necessary for academic reading and writing. At the freshmen level, the focus will be learning how to write strong, cohesive, and unified paragraphs. Through assignments involving critical reading, response, and research, students will generate complex questions and explore multiple perspectives. Students will also become familiar with a variety of formats, focusing especially on analytical and persuasive writing. Students will learn some of the basics of academic research, including proper citations and how to distinguish a valuable source from one less worthy of attention. Students may earn honors credit by satisfying additional requirements.

English 2

The goal of English 2 is to introduce and develop skills in literary analysis and writing. Each will be equally emphasized. The course is structured according to the basic genres of literature: short story, nonfiction, novel, poetry, and drama. Within this structure, students are challenged to deepen their knowledge and practice of study skills and to identify thematic patterns in the literature. Thinking and reasoning skills will be developed to encourage appreciation and aptitude for the study of literature. Emphasis is placed on expanding their vocabulary, learning the importance of writing as a process fed by practice in grammar and form, and developing strength in oral communication skills. Students may earn honors credit by satisfying additional requirements.

English 3

In this course the students will further develop abilities to analyze literature, think critically, and write clearly and appropriately. Using many different genres of American literature, including novels, short stories, poems, essays, commentaries, and drama, the students will be exposed to various styles of writing and perspective of the American experience and culture throughout its history. The course is also designed to help the students recognize and understand the influence of the social issues of the different time periods and their relevance to contemporary thought. Students will be expected to cultivate their capabilities in writing, by sharpening their mechanics and style. The course heavily emphasizes composition techniques in various types of writing, including, but not limited to, persuasive and expository writing, narrative and prose comparing and contrasting, and opinion and commentaries. All types of writing will involve clarity of expression, organized presentation, and depth of content.

Honors Students will:

- fulfill Honors expectations 1st and/or 2nd semester to receive an Honors designation on their transcript.
- achieve a grade of at least 88% (B+) both 1st & 2nd semester in English 3.
- thoroughly complete all Honors assignments and earn a minimum grade of 85% (B) on those assignments.
- Students will meet as designated usually at lunch for discussion. Failure to attend can result in loss of Honors credit.

English 4

In this course the students will further develop abilities to analyze literature, think critically, and write clearly and appropriately. During first semester, English 4 focuses on elements of dystopian societies and the subsequent satire presented in these environments. The students will be exposed to and analyze various works which present strong commentaries on humanity and the status quo. Second semester is the Shakespeare Unit. Student will review previous curriculum as well as engage in a survey of 12-15 of the Bard's most prominent plays, addressing and reinforcing the satire of dystopian elements mastered in the first term. The unit culminates in a large project. Overall, the course is designed to help the students recognize and understand the influence of the social issues of present day and their relevance to contemporary thought. Students will be expected to cultivate their capabilities in writing, by sharpening their mechanics and style. The course also heavily emphasizes discussion in various forms, including, but not limited to, persuasive discourse and debate, opinion and commentary. Both the written and oral elements of the course will involve clarity of expression, organized presentation, and depth of content.

UWHS English Composition – Exposition (ENGL 131)

This course focuses on the study and practice of good writing. Topics are derived from a variety of personal, academic, and public subjects. Students will scaffold toward final written products that feature application of four essential outcomes as defined by the University of Washington's English Writing Program. This course satisfies both La Salle High School graduation requirements for English (1-semester) and receives 5 college credits through the University of Washington (fees required). Offered fall semester only. Prerequisite: at least a B in English 3 and teacher permission.

UWHS English Composition- Literature (ENGL 111)

This course focuses on the study and practice of good writing. Topics are derived from reading and discussing stories, poems, essays and plays. Students will scaffold toward final written products that feature application of four essential outcomes as defined by the University of

Washington's English Writing Program. This course satisfies both La Salle High School graduation requirements for English (1-semester) and receives 5 college credits through the University of Washington (fees required). Offered spring semester only. Prerequisite: at least a B in English 3 and teacher permission.

Speech and Debate

Speech and Debate is a course that covers a variety of styles of public speaking and formal debate. This course will include research, analysis and practice. Students will become familiar and gain confidence in the differing styles through instruction, research, and practice. Each student will have the opportunity to work on their professionalism, public speaking, analytical skills, research and communication abilities. Each unit will culminate in performance, covering our different, learned styles, preparing them for their future studies and chosen career paths.

Religious Studies Department Courses

Religion 1A – Introduction the Bible

This one semester freshmen class will begin with an introduction to our Lasallian heritage and the world-wide Lasallian Institute today. As the course proper begins, our study will lead each student toward a deeper understanding of the Bible and the history of salvation presented within it. Students will become familiar with the design and structure of the bible and develop an understanding of basic exegetical skills. The class will come to know the people of our salvation history: the early leaders of Israel, the judges and kings and the prophets. Finally, students will study how Jesus Christ became the fulfillment of salvation history and the Israelites covenant with God.

Religion 1B - Jesus Christ

In this second semester freshmen course, students encounter Jesus Christ, the Second Person of the Trinity. This course leads the students toward a deeper understanding of divine Revelation, the Trinity, the Incarnation, Jesus, salvation, and discipleship as a response to God's love. This course will lead students through a thorough examination of the Gospels and cover Paul's letters and his profound insight into the nature and meaning of the Risen Jesus. Students will continue to become familiar with the design and structure of the bible and continue their practice of basic exegetical skills.

Religion 2A - The Paschal Mystery

The first semester sophomore course focuses on Jesus Christ as he is revealed in the witness of the New Testament. Emphasis is on both Jesus' humanity and divinity, as one who heals, forgives, and serves. Students learn about and engage in the methodological study of Scripture in the Catholic Christian tradition, with an emphasis on literary form and historical-critical method. This course builds on the concepts introduced in freshmen year.

Religion 2B - The Church

The second semester course begins at the inception of the Church founded on their transformative experience of the Risen Christ on Easter Sunday. The Book of Acts and the letters of St. Paul are used as a starting point. Through this historical lens, the nature of the Church being one, holy, catholic, and apostolic is discussed. Students learn about the sustaining and renewing force of the Holy Spirit throughout the centuries, especially in the lives of Catholic Christians throughout the ages. Particular attention is paid to the Second Vatican Council and the election of Pope Francis as the latest waves of renewal in the Church.

Upper Division Religious Studies (Juniors and Seniors)

Justice and Peace (1st Sem) is a one semester course for juniors and seniors. This course will serve as an introductory survey of Catholic Social Teaching (especially the Seven Principle Themes of Catholic Social Teaching) as the means for understanding and pursuing justice and a just society, as well as communities defined by peace and nonviolence. Students will examine the Scriptural foundations for Christian justice and peace, study ways to create a more just and peaceful world, and analyze contemporary critical issues that challenge followers of the Gospel to act on behalf of justice. Principles derived from Scripture, Catholic Social Teaching, the Catechism of the Catholic Church, and the consistent ethic of life are the basis for analysis. This course will also pay special attention to the theme of Care for God's Creation using the United States Conference of Catholic Bishops 2001 Pastoral Letter "The Columbia River Watershed: Caring for Creation and the Common Good" as a case study.

Prayer and Spirituality (2nd Sem) is a one semester course for juniors and seniors. Students will carefully consider various forms of Christian prayer and spirituality throughout history. The fundamental assumption of this course is that prayer and spirituality have everything to do with life and the human experience. By studying spirituality—and the spiritual life of various men and women of faith—we will grow to appreciate the major tenet of our Catholic, Lasallian heritage of remembering God’s holy presence in our lives. We will also develop a greater appreciation for the spiritual dimension of our world, society, and our own individual lives, as well as the lives of others. In addition to the historical survey of Catholic Christian spirituality, several forms of prayer will be explored and practiced within the classroom setting.

Math Department Courses

Pre-Algebra

The Pre-Algebra course is to serve as a bridge between elementary mathematics and Algebra 1. It is designed for incoming freshmen who have not yet acquired the skills and concepts to be successful in La Salle’s Algebra 1 course. This course will build a foundation of algebraic concepts through the use of technology, manipulatives, problem solving, and cooperative learning. Concepts include algebraic expressions, linear equations, polynomials, factoring, inequalities, geometry, statistics, and graphing. Problem solving, reasoning, estimation, and connections between math and everyday applications will be emphasized throughout Pre-Algebra.

Algebra 1

This first course in algebra includes a review of basic arithmetic skills, solving equations, factoring fractions, linear and quadratic equations, functions, inequalities, word problems, and rational and irrational numbers. Emphasis is placed on problem solving and application principles.

Geometry

This course emphasizes the development and understanding of the power and application of deductive and inductive proofs. The study of three-dimensional figures is covered. Attention is paid to logical argument and computation involving geometric plane and solid figures. The study of real numbers begun in Algebra 1 is related to geometric concepts.

Algebra 2

This course includes a thorough review of important topics covered in a first course in algebra as well as the development of related skills. New topics may include exponential functions and logarithms, sequences and series, and matrices. Some basic trigonometric concepts may be included. Emphasis is placed on both understanding and the development of important problem-solving skills. Honors students will meet each week to prepare for SAT Subject Test. In order to earn credit in Honors Algebra 2, students must earn at least a 500 on the SAT Math Level 1 test.

Pre-Calculus

In preparation for calculus and other college level mathematics courses, this course includes: functions and the graphs of functions, trigonometry, polynomials, systems of inequalities and linear programming, exponential and logarithmic functions, complex numbers and polar coordinates, the conic sections, sequences, series and limits, as well as an introduction to calculus.

AP[®] Statistics

AP Statistics is an introductory college-level statistics course that introduces students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students cultivate their understanding of statistics using technology, investigations, problem solving, and writing as they explore concepts like variation and distribution; patterns and uncertainty; and data-based predictions, decisions, and conclusions.

Personal Finance

This course will inform students how individual choices directly influence occupational goals and future earnings potential. Real world topics covered will include income, money management, spending and credit, as well as saving and investing. Students will design personal and household budgets utilizing checking and saving accounts, gain knowledge in finance, debt and credit management, and evaluate and understand insurance and taxes. This course will provide a foundational understanding for making informed personal financial decisions leading to financial independence.

AP[®] Calculus AB

Building enduring mathematical understanding requires understanding the why and how of mathematics in addition to mastering the necessary procedures and skills. To foster this deeper level of learning, AP Calculus AB is designed to develop mathematical knowledge conceptually, guiding you to connect topics and representations throughout the course and to apply strategies and techniques to accurately solve diverse types of problems. Pre-requisite: B or higher in Pre-Calculus or teacher approval.

Social Studies Department Courses

World History

This course is an introduction to the history of mankind. We begin with hominid ancestors and then trace the development of major civilizations, diverse human cultures, technologies, governments and religions all the way up through the two World Wars. The primary objectives are twofold: students will 1) become familiar with a broad base of general content knowledge that allows them to be more fluent and informed members of society, and 2) develop their mastery of critical reading and textual analysis through the use of both primary and secondary historical sources.

US History

This class will expose you to the study of events from the 1500s to the present looking at the development of events from a US and global perspective. During the first semester the class will look at the United States from early colonization to the Civil War. In the second semester we will take a more global approach to our study and look and how the world has developed from the late 1800s to the present. The study of this history will encompass analysis of events, cause and effect relationships, and the use of primary sources.

Eastern Washington University AMERICAN HISTORY BEFORE 1877 (HIST 111 concurrent enrollment course)

This course examines the changes and continuities of early American history from the development of colonial societies to the end of Reconstruction. Following a chronological timeline, students will evaluate and discuss historical voices in national events such as the Great Awakening, American Revolution, and the Civil War. Students will examine primary and/or secondary sources to produce a research project. Pre-requisite: B or higher in World History or teacher approval.

Eastern Washington University HS: AMERICAN HISTORY SINCE 1877 (HIST 112 – concurrent enrollment course)

This course examines changes and continuities of modern American history from the Reconstruction era to the present day. Following a chronological timeline, students will evaluate and discuss historical voices in national events such as Progressivism, World War II, the Civil Rights Movement and globalization. Students will examine secondary and/or primary sources to produce a research project. Pre-requisite: teacher approval.

Contemporary World Issues (CWI)

In this course, students apply knowledge gained in previous years of study to pursue a deeper understanding of the institutions of American Government and the social structure that is in place to address pressing needs in our world. In addition, they draw on their studies of World and American history, geography, and other societies to compare differences and similarities in world governmental systems today. This course is the culmination of history/social sciences classes to prepare students to solve society's problems, to understand and to participate in the current events, and to be a responsible citizen of the United States and the World.

Science Department Courses

Physical Science

Physical Science is a one-semester introductory course that explores the concepts of physics and chemistry. The course is designed both to help students understand the natural world and to help prepare students for future science classes. A strong emphasis is placed on hands-on experimentation where students will be spending most of their time investigating scientific phenomena. The goal of this type of scientific inquiry is for students to discover concepts rather than the concepts simply being learned from lecture material. Students will learn how to use various tools in a laboratory, how to design an experiment with controls and variables and how to collect and analyze data. Concepts include the scientific method, the metric system, phases of matter, density, the periodic table and chemical reactions.

Biology

Biology features a year-long curriculum in life science and emphasizes cellular physiology, genetics, plant and animal classification, anatomy, ecology, and evolution. This class will provide students with the tools to appreciate the life that surrounds us, the interdependence of all life on earth and the interactions between the living world and the non-living physical factors of earth. Students will also gain an understanding of how living organisms change over time and the forces that drive the change. Field trips, the salmon hatchery and Ahtanum Creek on campus are also part of the course. Honors students will meet each week to prepare for SAT Subject Test. In order to earn credit in Honors Biology, students must earn at least a 500 on the SAT Biology E or SAT Biology M test.

Introductory Chemistry is a one-year laboratory course that focuses more on practical concepts and scientific discovery and puts less emphasis on mathematical calculations. The introductory course covers all the principles that UW Chemistry investigates, such as atomic structure, molecular bonding and chemical reactions. Classic experiments will be combined with computer-based techniques in laboratory activities to provide detailed results that reinforce the material learned in lecture. Data collection and data analysis will require algebra-based mathematical principles, but more complex formulas will be minimized to focus on the practical applications. Concepts such as matter, molecules, laws and energy will be introduced, which will then provide the students with the opportunity to test their knowledge through hands-on experimentation. The goal of this type of scientific inquiry is for students to discover concepts, to document their observations and to create information.

UNIVERSITY OF WASHINGTON HS Chemistry 110

UW Chemistry is a one-year laboratory problem-solving science course that delves into atoms, their structure and their interactions with one another in the form of chemical reactions both in the laboratory and in the chemical world that surrounds us. Concepts such as matter, molecules, laws and energy will be introduced, which will then provide the students with the opportunity to test their knowledge through hands-on experimentation. The goal of this type of scientific inquiry is for students to discover concepts, to document their observations and to create information. Classic experiments will be combined with computer-based techniques in laboratory activities to provide detailed results that reinforce the material learned in lecture. Students may choose the option of taking the course as part of the University of Washington in the High School program. This program allows students to earn college credit, while taking the course at La Salle. Students that pursue this option will be required to complete additional work and to take regular exams provided by the university. Students that do not enroll with the university will still receive recognition on their transcript of completing a college level course.

UNIVERSITY OF WASHINGTON HS Physiology

Survey of Physiology is a UWHS course that examines physiological processes in the human body. Students taking this elective science course are eligible for UW credits. We will begin the semester at the molecular/cell level and then examine the major organs and body systems in greater detail. The major topics of investigation include the skeleton, nerves and senses, circulatory, immune, respiratory, renal, digestive and reproductive systems. Prerequisite: Junior or Senior status and teacher permission.

Environmental Science

Environmental Science is a one-semester advanced science elective that will cover the concepts of ecology, ecosystems, population dynamics, biodiversity, renewable and non-renewable earth resources, energy, pollution and sustainability. The course will be lab/field based with the La Salle campus and Ahtanum Creek used extensively. Ahtanum Creek and the associated 9 acres of riparian habitat on campus provide a real-world lab experience and the class spends a significant amount of time at the creek. All that we have learned during the class is brought together in the final month as we lead field days for students from local elementary schools. Prerequisite: Junior or Senior status.

Marine Biology

Marine Biology is a one-semester elective science course that examines the biological and ecological characteristics of marine life. Earth's geological processes are first investigated to show how the various habitats are being created. Students then learn about the chemical and physical features of the ocean that help create the diverse habitats. The course studies the life that exists from the intertidal zone to the ocean floor. After covering the diversity of life, the various habitats in the ocean will be investigated in higher detail and include coral reefs, the mid-water zone and the ocean floor. The class concludes with how humans are affecting the ocean and the responsibility we have in maintaining it from our coastal regions to the deep-water environments. Prerequisite: Junior or Senior status.

Introduction to Robotics

Robotics is a newly revised year-long science elective that introduces concepts of electronics, mechanics, and computer coding. Students build small robots, learn about circuitry and wiring and then become familiar with writing programs that allows their robots to perform various tasks. Programs include creating music, making lights blink in alternating patterns and navigating the robot through mazes with whisker sensors, infrared sensors and light sensors. Robots will be programmed to follow lines, avoid object, follow object and compete in head-to-head combat. This course utilizes a basic C code that will not only program their robots, but it can also be applied to more advanced coding used in technology industries. This course satisfies an occupational or science credit.

Essentials of Engineering

Essentials for Engineering is a year-long course with the goals of introducing students to foundational concepts of the practice of engineering, engineering disciplines and career opportunities, and engineering problems and projects of the past, present, and future. Students will gain understanding of, and practice with, all stages of the design process through hands-on and real-world engineering challenges. The course will also build skills in engineering documentation, mathematical calculations, written and verbal communication, project presentation, engineering drawing and dimensioning, and measurement and 3-D modeling.

Central Washington University HS Physics 111 & 112

CWU Physics is a one-year algebra-based (non-calculus) lecture and laboratory problem-solving course that explores the physical world and the natural laws that govern it. This is an elective science course usually for seniors that examines the phenomena of motion, electricity, light, heat and sound where matter, forces, energy and magnetism collide. Studying physics provides students with the tools and knowledge to test various phenomena using the scientific method in the form of hands-on experimentation. Understanding the laws of physics allows students to make predictions about their experiments and allows them to compare their results with the expected findings. Students may choose the option of taking the course as part of the Central Washington University's College in the High School Program that allows students to earn college credits while still attending high school. This program allows students to earn 5 units of college credit per semester, while completing the course at La Salle.

Prerequisite (Corequisite) Requirements:

Physics 111—Prerequisite: successful completion of a comprehensive year-long high school pre-calculus course, or equivalent, the year prior to enrollment in PHYS 111 or Co-requisite: concurrent enrollment in a comprehensive year-long high school pre-calculus course, or equivalent.

Physics 112—Successful completion of PHYS 111

Agricultural Science

Agricultural Science is a one-semester, science or occupational elective offered in the Fall. This course is designed to give students a hands-on overview of animal and plant science, soil science and agriculture policy. Students will go on farm visits and meet with professionals in the field as well as complete on-campus agriculture projects. This class is for students who have taken chemistry or are taking chemistry concurrently.

World Languages Department Courses

Spanish 1

This is an introductory course to learn the Spanish language. Students will learn to identify and explain articles, nouns, adjectives, adverbs, and object pronouns in Spanish. They will also analyze important verbs in the present tense of Spanish such as ser, estar, tener, gustar, and AR/ER/IR verbs. Students will be able to interpret and discuss vocabulary words that pertain to greetings, descriptions, school, clothing, activities, food, shopping, sports, family, home, and health. Finally, students will develop an understanding and appreciation of Hispanic culture locally, nation-ally, and globally.

Spanish 2

Spanish 2 begins with a review of the material presented in Spanish 1. In Spanish 2, students will go a little deeper into the world of present tense verbs and pronouns, and will be discovering past tense verbs, commands, and reflexive verbs. Furthermore, students will be getting acquainted with more vocabulary to help get around in the Spanish-speaking world. We will be focusing on different countries and cultures, all in an effort to deepen understanding and appreciation of Hispanic culture globally, nationally, and in their own community.

Spanish 3

Course is designed to allow students to build upon previously learned vocabulary and grammar acquired in Spanish 2, provide students with opportunities to combine old and new skills to compose complete thoughts in writing and speaking, to develop a more advanced listening comprehension, and especially to become more confident in speaking. The course will include many opportunities to become familiar with the concepts and strategies related to the AP Spanish course that follows.

Spanish for Speakers

Course is designed for those students whose first language is Spanish, and/or who speak it fluently. Emphasis will be on practicing reading and writing basics, as well as focusing on the rules of spelling and accents. Learning about the differences and similarities of lands distant from that with which they are familiar, will also be a primary goal. This will take place through appreciation of literary works created by Latin-American writers, the study of historical events and important figures, as well as the study of world maps.

Spanish for Speakers 2

Course is designed for those students whose first language is Spanish, and/or who speak it fluently. Students must have already taken the first year of Spanish for Speakers. Emphasis will remain on continuing to master good reading and writing skills in the target language and developing a deeper knowledge of advanced vocabulary as it relates to Latin- American literature. At this level, there is also a more intense focus on public speaking, literature analysis, geographical knowledge, as well as an appreciation for art, dance and other cultural aspects of the Spanish-speaking world.

AP[®] Spanish Language & Culture

Course is designed to be an intensive immersion into the Spanish language and the cultures of the world in which it is found. The course will be exclusively taught in Spanish, and students will be expected to use the language daily, both in and outside the classroom. Coursework will consist of listening, speaking, reading, and writing, using a combination of textbooks and real-world sources. Students will be expected to express thoughts and views on a variety of topics, including those emphasized within the themes of the AP Language and Culture Exam: *Families and Communities, Science and Technology, Beauty and Esthetics, Contemporary Life, Global Challenges and Personal & Public Identities*. The course prepares students for the AP Exam and for further study of the Spanish language, culture, and literature. A student who completes this course will achieve the skills and knowledge required to pursue an advanced level, college or university, Spanish language course. While taking the AP Exam is not a requirement, by attempting the AP Exam, a student who achieves a score of 3, 4 or 5 could be eligible to receive college or university credits commensurate with his/her score. Pre- requisite: B or higher in Spanish 3 or teacher approval.

Health and Physical Education Department Courses

P.E. and Health

The Physical Education and Health course is structured to introduce basic principles of healthy living, as well as actively participate in a variety of activities intended to promote a healthy, active lifestyle. The class is designed so students learn about themselves, study health-related issues, and participate in physical fitness.

Yoga and Meditation

In this class students will learn the skills of various different yoga techniques. Through this class students will learn breathing techniques, basic to intermediate yoga, different equipment that can be used, as well as how to create a sequence. By the end of this class, students will be able to perform their own yoga sequences so they can continue incorporating yoga into their daily life. Along with gaining extensive knowledge in the practice of yoga, students will learn a variety of meditation techniques that will be applicable beyond this class and in their own lives and routines. Everyone is welcome and no prior experience of yoga or meditation is required for this course.

Weight Training

This course is offered before school and also during the day. The 0-period class meets before school promptly at 7:00AM. Daily attendance is required for credit. This course is designed to serve two purposes. First, the class is intended to teach proper lifting techniques, safety, and structured workout components to high school students. Secondly, a more advanced opportunity is to develop student-athletes for athletic achievement at the highest high school level and to prepare them for college athletics. The course will include a structured through a variety of exercises including strength training, plyometrics, as well as drills to improve quickness, explosiveness, and agility. In addition to the physical fitness component, the course will introduce students to the basics of human anatomy and body movement, as well as nutrition, exercise technique, program design, and testing and evaluation.

Strength & Conditioning (Advanced Weight Training)

Prerequisite: Weight Training. This advanced course is designed to provide a comprehensive overview of strength and conditioning. The Strength and Conditioning class will provide an opportunity for development of strength and conditioning for various sports and fitness related activities. The course has two major components: physical fitness and academic instruction. The course will include a structured workout routine that is designed to help improve students' strength, conditioning, fitness, and kinesthetic awareness through a variety of exercises including strength training, plyometrics, as well as drills to improve quickness, explosiveness, and agility. Workouts would also involve constantly varied functional movements performed at high intensity. Strength and Conditioning will also introduce students to a variety of certifications available involving strength and conditioning, including the National Strength and Conditioning Association (NSCA)'s Certified Strength and Conditioning Specialist (CSCS®).

Fitness for Life

The Fitness for Life class is a semester course, which can be taken both semesters, that will focus on the elements of fitness and different styles of the fitness world. The course will examine nutrition, first aid in cases of fitness injuries, and healthy choices. The bulk of the class will be dedicated to understanding the importance and the different ways of being active beyond high school.

UNIVERSITY OF WASHINGTON HS Physiology

Survey of Physiology is a UWHS course that examines physiological processes in the human body. Students taking this elective science course are eligible for UW credits. We will begin the semester at the molecular/cell level and then examine the major organs and body systems in greater detail. The major topics of investigation include the skeleton, nerves and senses, circulatory, immune, respiratory, renal, digestive and reproductive systems. Prerequisite: Junior or Senior status and teacher permission.

Visual and Performing Arts Department Courses

Band

Band is performance ensemble open to all instrumental music students at La Salle. Students will be provided the opportunity to develop proficiency on their instrument, as well as learn the fundamentals of music theory, history and appreciation. Performance opportunities include formal concerts and festivals, community events and pep music for basketball and football games as well as travel. Prerequisites: 1-year experience or permission of instructor. This course satisfies 1-year of the arts elective requirement for graduation.

Orchestra

Orchestra is a performance ensemble open to all string students at La Salle. Students will perform in a variety of school and community venues throughout the school year and will travel on music department field trips. Orchestra students will be provided the opportunity to develop proficiency on their instrument and learn string techniques as well as the fundamentals of music theory, history and appreciation. This course satisfies 1-year of the arts elective requirement for graduation.

Choir

Choir is designed to provide an atmosphere for the enjoyment, appreciation and performance of all types of choral music. The instruction and improvement of voice quality, intonation, music-reading ability, sight-singing ability, and the overall development of musicianship is stressed in conjunction with the learning of each piece of music. Students will perform in a variety of school and community events throughout the school year. This course satisfies 1-year of the arts elective.

Music in Film & Media

Music in Film & Media is a course for any student who enjoys music and movies – no musical talent or abilities required! In this course we will watch a variety of movies and television shows and explore how music enhances the movie or television watching experience. This course will develop an understanding of what music is and the influence it has in film, television, video games and pop culture.

Art

Art is a year-long course in which students learn basic principles of design. Students are introduced to the materials, skills, and techniques of drawing, painting, and design. They explore various aspects of artistic expression. They use a variety of media: pencil, charcoal, pen and ink, collage, assemblage, tempera, watercolor, and acrylic painting. This course satisfies the arts elective requirement for graduation. This course satisfies 1-year of the arts elective requirement for graduation.

Advanced Art

Advanced Art is a year-long course in which students build on the content of Art 1 to emphasize in-depth drawing, painting, and sculpture through complex studio projects. Students learn to analyze and understand their own work and technical aptitude. Complementing the art projects, research, written work, and reading are incorporated into the course. This course satisfies 1-year of the arts elective requirement for graduation. Prerequisite: Art class and teacher permission.

Graphic Design

Graphic Design is a year-long course that introduces students to the core principals of the subject matter. This course introduces students to the characteristic manner of expressions, basic designs, various constructions, and execution of graphic design, and its visual aesthetics at particular times and places throughout history. The course covers how the look of graphic design has evolved and what caused this evolution, starting with commercial art at the beginning of the industrial revolution in the 19th century and ending with the current digital era.

Drama

Drama is a year-long introduction to the basic elements of theatre. We will spend most of our time developing three fundamentals of dramatic performance: improvisational creativity, movement, and voice work. Students will be introduced to both solo and collaborative performance, character analysis, 'devised' playwriting, basic theater criticism, and the fundamentals of stagecraft. In the Fall, the class will perform a one-act play; in the Spring, the class will produce short skits of their own making for the Follies. This class fulfills one of two required Art credits.

Advanced Drama

Advanced Drama is a year-long course for those students who have completed Drama 1 and want to take their acting and performance skills to the next level, as well as developing a critical analysis of the dramatic arts. This class is meant for students who want to push themselves and each other to explore the range of human emotions and relationships. Students will be introduced to several acting styles and approaches, as well as formal script and character analysis. Advanced Drama students will all take considerable parts in a Fall one-act production, in addition to producing a short performance of their choosing or devising for the Follies performance in the Spring. Finally, Advanced Drama students will be expected to attend and formally evaluate at least one live theater production during the year. This class will be offered only every other year and fulfills one of two required Art credits. Prerequisite: Drama class and teacher permission.

Film Studies

This course will allow you to learn and think critically about the most prominent and important visual narrative media of our time: film! In this course, you will get the opportunity to watch a wide variety of culturally and historically significant films spanning the whole history of the medium. In the process of examining many different genres and themes, you will learn about different styles of filmmaking, cultural and historical trends that influence filmmaking, ways in which filmmakers develop and communicate messages through their films, and film criticism. This class is not just about watching movies – it is also about learning *how* to watch them in a more informed and expert manner, as demonstrated through post-viewing discussions, analyses, short essays, and projects. Prerequisite: Junior or Senior status.

Occupational Department Courses

Skills for Life

Skills for Life is a one semester class designed to increase student knowledge and skills necessary for everyday living. The course emphasizes specific skill sets to help develop the whole person in preparation for independent living and success beyond high school. Students will learn a variety of practical skills, including lifestyle and housekeeping skills, basic etiquette, emergency preparedness, CPR/1st Aid, and more.

The course teaches students to understand good decision-making skills, basic concepts of nutrition, food preparation, use, and care of equipment, kitchen organization, budgeting, and the relationship of nutrition and physical fitness to good health. Students will learn cooking techniques and food preparation, an understanding of basic construction techniques, and the use of sewing machines. This knowledge will be applied in the creation of simple, practical, and useful sewing projects. Home management skills will also be an integral part of this course.

Lightning Prep

Lightning Prep is a required course for all incoming freshmen students, and it fulfills an occupational credit. The course is designed to 'prep' new students for this next stage of their life as a high school student here at La Salle, and we do this in several ways: 1- introduction to our 1:1 learning environment, the various uses of their iPads, and expectations of our college preparatory environment; 2- development of basic research and digital literacy skills; 3- introduction to the Lasallian core values and culture; 4- discussion and a guest presenter on the topic of healthy relationships and responsibility; 5- facilitation of bonding within the freshman class and of participation in co-curricular life at La Salle. We cover a lot of essential and helpful topics that are often overlooked by the standard high school academic curriculum, and we have fun doing it.

Peer Tutoring

Peer tutors will assist freshman or sophomore teachers in the classroom with one-on-one mentoring and teaching. This is an excellent opportunity for upperclassmen to develop their teaching skills and share the wisdom of their experience with the newest members of our school community. Peer tutors will choose to assist in one of the following subjects: English, Math, Spanish, or Lightning Prep. Prerequisite: Department Chair approval required.

Campus Ministry Leadership

This course will provide the student leadership necessary to promote the goals and objectives of the Student Life programs at La Salle, with a special Campus Ministry tasking and focus. As Student Life leaders, students will be charged with planning and implementing events to foster the spiritual and personal growth of our school community. In addition to robust academic leadership content, class time will be spent preparing liturgies, assemblies, class retreats, charity drives, social justice awareness programs, community service, and more—as well as learning and developing vital leadership skills. Students will receive training in a variety of leadership areas. A special effort will be made to match each student's gifts and talents with specific leadership needs on campus. Prerequisite: Teacher permission.

Student Activities Leadership

This course will provide the student leadership necessary to promote the goals and objectives of the Student Activities programs at La Salle. As Student Activity leaders, students will be charged with planning and implementing events to foster the personal growth of our school community. Class time will be spent preparing assemblies, rallies, charity drives, dances, student ambassador events, intramurals and more—as well as learning and developing vital leadership skills. Students will receive training in a variety leadership areas and character development. Prerequisite: Teacher permission.

Christian Service Leadership

This course will focus on Spiritual gifting throughout Scripture. We will evaluate gift-based ministry and vocational calling with an emphasis on the individual student and where they feel gifted and called. We will also incorporate the student leadership skills necessary to promote the goals and objectives of the Student Life programs at La Salle, with a special Service tasking focus. As Student Life leaders, students will be charged with planning and implementing events to foster the spiritual and personal growth of our school community and to better develop and encourage our students' individual gifts and abilities. In addition to robust academic leadership content, the student will spend time preparing and executing service initiatives, charity drives, social justice awareness programs, community service and beyond. Students will receive training in a variety leadership areas. A special effort will be made to match each student's gifts and talents with specific leadership needs on campus.

Essentials of Engineering

Essentials of Engineering: This STEM course will introduce students to the foundational and essential practices of Engineering while showcasing a large variety of Engineering disciplines and career paths. Students will work hands-on to develop the skills and master the practices that Engineers rely on. Students will understand the engineering challenges that are present today and are likely to arrive in the future. This is a hands-on, project-based course where students are fully supported while they learn by doing. As a STEM course, students will learn skills and processes that support scientific inquiry, fully integrate technology in their learning, and develop mathematical analysis and modeling skills all through Engineering projects.

Marketing

This course evaluates marketing as a system for the satisfaction of human wants and a catalyst of business activity. It presents a comprehensive framework that includes a) researching and analyzing customers, company, competition, and the marketing environment, b) identifying and targeting attractive segments with strategic positioning, and c) making product, pricing, communication, and distribution decisions. Cases and examples are utilized to develop problem-solving abilities.

Yearbook, Journalism & Digital Media

While working together as a staff, students taking this year-long course will produce the annual high school yearbook. Students will develop marketable skills such as meeting specific deadlines, taking on publication roles, designing spreads, desktop publishing, photography, and feature writing. Students will learn investigative skills, responsible reporting, and journalistic writing techniques as they read, respond to, and write their own news and feature articles for both the yearbook and for independent projects/assignments. Students will conduct interviews, research, write, and design their own publications.

Scope and Sequence 2022-2023

English - 4 credits required.

Route #1 | English 1 => English 2 => English 3 => English 4

Route #2 | English 1 => English 2 => English 3 => UWHS English [Fall=131: Exposition; Spring=111: Literature]

Route #3 | Foundations of English 1 => English 2 => English 3 => English 4

Route #4 | Foundations of English 1 => English 2 => English 3 => UWHS English [Fall=131: Exposition; Spring=111: Literature]

Religious Studies - 4 credits required

Route #1 | Religious Studies 1 => Religious Studies 2 => Junior/Senior Religion Courses

Route #2 | Religious Studies 1 => Religious Studies 2 => Junior/Senior Religion Courses

Mathematics - 3 credits required

Route #1 | Pre-Algebra => Algebra 1 => Geometry => Algebra 2

Route #2 | Algebra 1 => Geometry => Algebra 2 => Pre-Calculus

Route #3 | Algebra 1 => Geometry => Algebra 2 => AP Statistics OR Personal Finance

Route #4 | Geometry => Algebra 2 => Pre-Calculus => AP Statistics OR Personal Finance

Route #5 | Geometry => Algebra 2 => Pre-Calculus => AP Calculus

Route #6 | Algebra 2 => Pre-Calculus => AP Calculus AB => AP Calculus BC or AP Statistics

*Pre-Algebra does not count towards a high school math graduation credit

Social Studies - 3 credits required

Route #1 | No Social Studies as a freshman => World History => United States History => Contemporary World Issues

Route #2 | No Social Studies as a freshman => World History => EWU United States History => Contemporary World Issues

Science - 3 credits required

Route #1 | Physical Science => Biology => UWHS Chemistry => UWHS Physiology OR Environmental Science OR Ag Science OR Marine Science OR Essentials of Engineering

Route #2 | Physical Science => Biology => UWHS Chemistry => CWI Physics

World Languages - 2 credits required

Route #1 | Spanish 1 => Spanish 2

Route #2 | Spanish 1 => Spanish 2 => Spanish 3

Route #3 | Spanish 1 => Spanish 2 => Spanish 3 => AP Spanish Language & Culture

Route #4 | Spanish 2 => Spanish 3

Route #5 | Spanish 2 => Spanish 3 => AP Spanish Language & Culture

Route #6 | Spanish for Speakers => Spanish for Speakers 2

Route #7 | Spanish for Speakers => Spanish for Speakers 2 => Spanish 3

Route #8 | Spanish for Speakers => Spanish for Speakers 2 => Spanish 3 => AP Spanish Language & Culture

Physical Education - 2 credits required

Route #1 | PE & Health => Weight Training OR Weight Training o-Period OR Strength & Conditioning OR Yoga & Meditation

Route #2 | PE & Health => Nutrition & Fitness AND UWHS Physiology OR Weights

Route #3 | PE & Health => UWHS Physiology AND Weights OR Red Comet Online

Visual & Performing Arts - 2 credits required

Any combination of the following, totaling 2 credits: Band | Art | Advanced Art | Drama | Advanced Drama | Choir | Orchestra | Yearbook & Digital Journalism | Music in Film and Media | Film Studies | Video Production

Occupational - 1 credit required

Lightning Prep + .5 credit of the following: Business and Leadership | Campus Ministry Servant Leadership | Intro to Leadership | Christian Service Leadership | Essentials of Engineering | Peer Tutoring | Red Comet Online

1 semester = .5 credits (college credits are worth 1 credit per semester)

Course Offerings At A Glance

English Department Courses

English 1, honors component
English 2, honors component
English 3, honors component
English 4, honors component
UWHS English Composition – Exposition (ENGL 131) – Semester 1
UWHS English Composition- Literature (ENGL 111) – Semester 2
Speech and Debate

Religious Studies Department Courses

Religion 1A – Introduction the Bible
Religion 1B - Jesus Christ
Religion 2A - The Paschal Mystery
Religion 2B - The Church
Prayer and Spirituality (1st Sem)
Justice and Peace (2nd Sem)

Math Department Courses

Pre-Algebra
Algebra 1
Geometry
Algebra 2, honors component
Pre-Calculus
AP[®] Statistics
Personal Finance
AP[®] Calculus AB

Social Studies Department Courses

World History
US History
EWU American History to 1887 (HIST 111 concurrent enrollment course)
EWU American History since 1887 (HIST112 – concurrent enrollment course)
Contemporary World Issues (CWI)

Science Department Courses

Physical Science
Biology, honors component
UWHS Chemistry 110
UWHS Physiology
Environmental Science
Marine Biology
Essentials of Engineering
Central Washington University Physics 111 – 1st Semester
Central Washington University Physics 112 – 2nd Semester
Agricultural Science

World Languages Department Courses

Spanish 1

Spanish for Speakers

Spanish 2

Spanish for Speakers 2

Spanish 3

AP[®] Spanish Language & Culture

Health and Physical Education Department Courses

P.E. and Health

Yoga and Meditation

Weight Training

Strength & Conditioning (Advanced Weight Training)

Fitness for Life

Visual and Performing Arts Department Courses

Band

Orchestra

Choir

Music in Film & Media

Art

Advanced Art

Graphic Design

Drama

Advanced Drama

Film Studies

Occupational Department Courses

Lightning Prep

Peer Tutoring

Campus Ministry Leadership

Student Activities Leadership

Christian Service Leadership

Essentials of Engineering

Marketing

Yearbook, Journalism & Digital Media

Skills for Life