

SOUTH FRESHMAN ELECTIVE DESCRIPTIONS

PHYSICAL EDUCATION

Aerobics

H6655 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Lifetime Activity Course.

Repeatable unlimited times. This course is designed to introduce students to a variety of aerobic activities. Aerobic activity is vigorous, oxygenated large muscle exercise which stimulates heart and lung activity for a specific period of time while engaging body core stability. As a result, beneficial changes in the cardiorespiratory system are seen as well as the individual feels energized. In addition, basic choreography, music selection and effective group management skills will be taught. This course will provide students with the opportunity to increase their individual level of physical fitness, acquire knowledge of related fitness concepts and demonstrate an understanding of how a wellness lifestyle affects one's health, fitness and physical performance

Basketball

H6309 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Team activity. Repeatable

unlimited times. The purpose of this course is to introduce students to the basic skills and knowledge associated with basketball. By applying these principles through active participation, students develop the necessary skills and knowledge to play basketball. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.

Pursuing Wellness

.H6052 Grade level 9–12. One semester.

Prerequisite: None. Lifetime Activity Course. Not repeatable for students who received passing grade. This course is designed to help students develop healthy habits and positive behavior patterns. Students are provided with the knowledge of skills that lead to responsible decision making for a safe and healthy lifestyle. Topics covered include nutrition, fitness, substance abuse prevention, sexuality education, and social and emotional health.

Dance—Introductory

H6650 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Lifetime Activity Course.

Repeatable unlimited times. This course is designed as an introduction to movement, dance elements and the creative aspects of dance. Students explore various styles of dance through a unit approach and collaborate on a variety of student choreography projects. The development of muscular strength, flexibility, agility, balance, body alignment and an understanding of rhythm are approached through combined warm-up and dance technique segments. In addition, students study health-related fitness concepts and basic nutrition principles as they relate to dance

Fitness Basics

H6750 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Lifetime Activity Course.

Repeatable unlimited times. The course is designed to introduce students to all aspects of low impact and basic fitness concepts and activities. The primary class activities will include a variety of health-related fitness activities such as yoga, Pilates and use of pedometers that are appropriate for the participants' level of fitness. Course content will include laboratory sessions based on nutritional and fitness concepts, fitness assessment, motivation and self-esteem. In addition to setting and working toward personal fitness goals, students will have opportunities to practice positive social skills as they gain an understanding of how a wellness lifestyle affects the quality of life

Recreational Games

H6665 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Team activity. Repeatable

unlimited times. The purpose of this course is to offer a variety of activities to the student who enjoys the fun of games. The games will be recreational in nature. These activities may include: speedball, ultimate frisbee, floor hockey and non-contact lacrosse. Each activity will be a maximum of two weeks in length. In addition, this course will provide opportunities to improve physical fitness, acquire knowledge of fitness concepts, practice positive personal and social skills and gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.

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Soccer

H6389 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Team activity. Repeatable unlimited times. The purpose of this course is to introduce students to basic skills and knowledge associated with soccer. By applying these principles through active participation, students develop the necessary skills and knowledge to play soccer. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.

Volleyball

H6440 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Team activity. Repeatable unlimited times. The purpose of this course is to introduce students to basic skills and knowledge associated with volleyball. By applying these principles through active participation, students develop the necessary skills and knowledge to play volleyball. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.

Weight Training—Basic

.H6450 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Lifetime Activity Course. Repeatable unlimited times. The purpose of this course is to promote the development of muscular strength and endurance and to enjoy the benefits of regular physical activity. Students learn to identify the major muscle groups and how to increase the performance of each through

Wilderness Recreation

H6740 Grade level 9–12. Quarter/Semester.

Prerequisite: None. Lifetime Activity Course. Repeatable unlimited times. The purpose of this course is to introduce students to basic skills and knowledge associated with orienteering, hiking, camping, rock climbing, biking, skating, snowshoeing, cross-country skiing, canoeing, water safety and/or survival. Through active participation, the student will have the necessary skills and

knowledge to pursue a variety of lifetime outdoor recreational activities. The course will provide students the opportunity to increase their individual level of physical fitness, acquire knowledge of fitness concepts and demonstrate an understanding of how a wellness lifestyle affects one's health, fitness and physical performance. Students will have the opportunity to practice positive personal and social skills, as many of the activities involve cooperation and willingness to take physical challenges.

Yoga

H6761 Grade level 9–12. One semester.

Prerequisite: None Students will practice Hatha Yoga focusing on yoga for strength, flexibility, and relaxation. The class will also cover techniques for increasing concentration and decreasing anxiety which leads to stronger academic performance. Breathing exercises and healthy fitness activities will also be taught.

ART

Art Studio

H5120 Grade level 9–12. One semester. Prerequisite: None. Materials fee required each semester. This is a general exploratory course with a strong emphasis on the elements and principles of design. A variety of art processes and media, i.e., drawing, lettering, printmaking, painting, fiber, layout, jewelry, sculpture, and art appreciation will be introduced. May be taken 4 times.

Drawing and Design

H5070 Grade level 9–12. One semester. Prerequisite: None. Materials fee required each semester. Introductory course to drawing materials (pastels, crayon, paint and mixed media, pencil, pen and ink, charcoal), drawing techniques such as contour, gesture, perspective, shading and design concepts. Studio course emphasizing the principles of composition, color theory, value and tonal studies. May be taken 4 times.

Jewelry

H5325 Grade level 9–12. One semester. Prerequisite: None. Art Studio, Art I or Drawing and Design recommended. Materials fee required each semester. An exploration of fabricated jewelry. Projects will be based upon designing, sawing,

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soldering and polishing jewelry made from flat sheets of metal. The use of natural and man-made materials to enhance projects will be emphasized. The course may include simple forging, casting, enameling, etching and stone setting (equipment dependent). May be taken 4 times.

Painting

H5140 Grade level 9–12. One semester. Prerequisite: Art Studio or Drawing and Design. Materials fee required each semester. A study of media and techniques in painting, i.e., watercolor, tempera, acrylic, oil and mixed media will be explored in conjunction with a basic investigation of materials and history of painting. May be taken 4 times

MUSIC

Band I, Concert

H5626 Grade level 9–12. Two semesters.

Prerequisite: Beginning Band or Director's approval.

This course is designed to improve student's technical skills on their instrument. Students will experience an awareness of music through theory and history of band music. Students will be instructed to memorize scales in basic keys. Students will practice a balance of study books with some standard literature in preparation for advancement into concert band. Performances outside of class are required. Repeatable unlimited times.

Choir, Mixed

H5508 Grade level 9–12. Two semesters.

Prerequisite: None. Fundamentals of choral music will be emphasized to include note reading, part-singing, interpretation, individual and group response to direction and basics of vocal technique. Limited public performances outside of class are required. Opportunity to prepare for advanced choral classes. Repeatable unlimited times.

Orchestra II, Concert

H5683 Grade level 9–12. Two semesters.

Prerequisite: Middle school experience or Director's approval. This course will develop more advanced technical skills in string playing. Emphasis will be on left-hand technique, including position work, bowing styles, tone production, basic theory, key signatures and scales. Students will become acquainted with rehearsal skills required for participation in large

musical groups, through varied orchestral literature. Home practice, some written work and several evening performances are required with optional participation in Solo Ensemble Festival. Individual study is encouraged. Repeatable unlimited times.

Guitar, Beginning

H5810 Grade level 9–12. Two semesters.

Prerequisite: None. Introductory course for students who do not read music or have limited experience with the guitar. Studies include note-reading in the first position, basic chords, basic music theory, strumming and fingerstyle pattern accompaniment and an introduction to solo repertoire. Performance skills will be developed and opportunities for a recital may be offered. Repeatable for credit.

Music Appreciation

H5710 Grade level 9–12. One semester. Prerequisite:

None. This music course is open to all students and is a study of the lives, experiences and cultural pursuits of people through music. Comprehensive studies will be done on composers and musical works. Also included in the course will be many listening activities of music from its beginning to the present.

Music Keyboard

H5715 Grade level 9–12. One semester. Prerequisite:

None. Beginning Keyboard teaches keyboard skills to those who have had limited or no previous experience with a keyboard instrument. Emphasis is placed on using the electronic keyboard as an accompaniment or as a simple melodic instrument. The class also includes chord symbols as well as theory as it applies to the instrument. May be taken 2 times

MISCELLANEOUS

PLTW Introduction to Engineering Design

H8110 Grade level 9. Two semesters. Physical science. Prerequisite: Concurrent enrollment or completion of Algebra I. Introduction to Engineering Design is a course that teaches problem-solving skills using a design development process. Models of product solutions are created, analyzed and communicated using solid modeling computer design software. This course is part of the PLTW (Project Lead the Way) Pre-Engineering Program.

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Yearbook

H9671 Grade level 9–12. One year. No English credit. Prerequisite: None. This open elective course provides experience in design, preparation, production and finance of the school yearbook, with emphasis on photography, copy writing and layout. This course demands student responsibility in order to meet publisher's dead 84 Not all courses in this catalog will be offered at all schools at any one time. Students should expect to spend time outside class on this activity. The course may be offered through any department and does not grant English credit. Students may repeat Yearbook for general elective credit. May be taken 4 times.

Debate

H0520 Grade level 9–12. One semester: This course is offered as English elective credit for the first semester and general elective credit for succeeding semesters. Prerequisite: None. Debate offers students instruction in persuasive techniques one quarter and formal debate the other quarter. While learning persuasive techniques students study argumentation, rhetoric, and practical applications such as marketing and advertisement. These skills may be applied in projects such as mock trials, congressional hearings, newscasts, and various technical presentations. For formal debate, students will learn about Lincoln-Douglas, policy, crossfire, or parliamentary debate and participate in a debate representing either the af

Journalism 1: Theory and Practice

H0244 Grade level 9–12. One semester. Prerequisite: None. Journalism 1 is a reading and writing course for highly motivated students. This course will explore and practice various writing styles used in a journalism career. Emphasis will be placed on grammar, usage and style according to the AP Stylebook. Proofreading and editing skills will be practiced. The class will develop research, interviewing and documentation skills used in creating well-written, balanced stories. Readings will include selected models of journalistic writing, biographies and historically significant publications. Writing may include, but is not limited to analysis, news, feature, editorial and sports writing. Students will have opportunities to submit pieces for publication.

Journalism & Broadcasting (Production Technologies)
Tis pathway prepares students to enter into careers in audio/ video operations, controls, management and broadcast.

Media & Broadcast Foundations.....H8515

Grade level 9-12. One semester Prerequisite: None Academic credit: .5 elective Media and Broadcasting Foundations is a foundational course where students will explore the use of multimedia to tell a compelling story. The course will serve as an entry point for both the Journalism & Production Technologies pathways and the Visual Arts pathway. Its primary emphasis is on the core skills needed to communicate a message for any type of organization or endeavor, be it creative, commercial, or personal. In doing so, students will experiment with the use of a wide range of modern media types, discuss the history and ethics of media, and explore related potential careers. Students will learn technical skills needed to operate digital video and camera equipment and earn industry recognized certification.

Broadcast Journalism I

H0801 Grade level 9-12. One semester Prerequisite: Media and Broadcast Foundations Academic credit: .5 ELA elective Students will explore foundational skills in broadcast journalism; including ethics, laws, history, career exploration and camera presence. Students develop communicative writing skills for broadcast news and employ interviewing, revision, and editing skills to produce polished news pieces. At the end of this course, students examine and reflect on developed skills

JROTC PE Waiver for JROTC Participation: Upon successful first semester completion of JROTC, students will receive a ½ elective credit. Upon successful second semester completion of JROTC, students will receive a ½ elective and a **waiver of ½ credit of their PE requirement.** Upon successful third semester completion of JROTC, students will receive a ½ elective credit. Upon successful fourth semester completion of JROTC, students will receive a ½ elective credit and a waiver of ½ credit of their PE requirement. Upon successful completion of 2 years of JROTC, students will receive 2 elective credits and a waiver of 1.0 credits of their PE requirement. PE waivers are allowed by participation

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in JROTC programs and are not contingent upon participation in summer JROTC camps.

AFJROTC I

H9752 Grade level 9–12. Two semesters.

Prerequisite: None. Provides the student interested in military academy appointments, ROTC scholarships, enlisted military service after high school, or civilian aerospace-oriented careers with opportunities to develop leadership and management skills, communications techniques and instructional capabilities in the framework of a role-playing leadership laboratory. Drill and ceremony, military bearing, citizenship training and patriotism prepare the cadets for participation in community service opportunities.

ESL Tutoring

H9440EL Grade level 9–12. Elective. 1–4 semesters; may be repeated as needed. Prerequisite: Identified limited English proficient (LEP). This elective course is designed for the student who has been identified and assessed as being limited English proficient according to state law and district procedures. Content may include specific ESL needs such as reading, listening comprehension, pronunciation, vocabulary development and writing skills; study skills such as outlining, test taking, paraphrasing and/or content area tutoring in math, science, social studies or any other course in which the student needs additional assistance.

French I (novice low)**H4421 Grade level 9–12. Two semesters.**

Prerequisite: None. Students learn to exchange information in simple terms about topics relating to themselves, their family and their leisure activities in French. They will be introduced to the culture of French speaking countries and regions. The emphasis is on vocabulary development and elementary grammatical structures. The main goal of this course is to progress toward a novice level ability in using French in school and the community.

French II (novice mid)

H4431 Grade level 9–12. Two semesters.

Prerequisite: French I. Building on what was learned in Level I, students expand their ability to speak,

read, write and listen in French. The emphasis is on continued vocabulary development and the acquisition of additional simple grammatical structure. There will be many opportunities to converse and write stories in French about familiar topics. Students begin applying their French language skills to communicate in basic real-life situations. They also continue to learn about the culture of French-speaking people. The goal of this course is for students to function at a mid-novice to high-novice level of proficiency.

German I (novice low)

H4221 Grade level 9–12. Two semesters.

Prerequisite: None. An introduction to the German language and culture. The emphasis is on listening with understanding, speaking with clarity, reading and writing. Instruction begins with situation dialogues. Deductive analysis is used to lead to grammatical principles, but the emphasis is on vocabulary development. Students in their course learn to exchange information in simple terms about every day experiences. Students identify the countries where German is spoken, as well as current events in those countries

Spanish I (novice low)

.H4021 Grade level 9–12. Two semesters.

Prerequisite: None. Students begin to learn to communicate orally and in written form. They learn to understand and produce simple expressions and are introduced to the cultures of Spanish speaking countries. The emphasis is placed on vocabulary development and simple grammar. Throughout the course students apply language skills to real-life communication. Students in this course learn to exchange information in simple terms. The main goal for this course is for students to progress towards a no

Spanish II (novice mid)

H4031 Grade level 9–12. Two semesters.

Prerequisite: Spanish I. Students continue to expand upon oral and written communications through vocabulary building and grammar advancement. Students in this course learn to understand and

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produce simple language related to familiar topics. Students also continue to learn about the culture of the Spanish-speaking peoples. The goal of this course is for students to function at a novice-mid to novice-high level of proficiency, depending on their background and to begin to show signs of intermediate-low level of proficiency.

Culinary Hospitality Foundations

H8514 Grade level 9-12. One semester Prerequisite:

None Culinary and Hospitality Foundations is a foundational course where students explore the opportunities in the culinary and hospitality industries. Students will develop hospitality, service and career ready practices while mastering safety and sanitation requirements of the service industry. As the preparatory class for ProStart (cooking), students will develop the fundamental kitchen safety skills and learn the foundation of cooking and nutrition

Applied Tech & Engineering

H8577 Grade level 9-12. One semester Prerequisite:

None. Academic credit: .5 Physical Applied Technologies allows you to explore engineering and construction experiences ranging from woodworking to basic programming and 3D design. Students participate in required projects in support of stage and show, as well as tackle independent choice projects to include Raspberry Pi programming projects, Arduino experiences, 3D design and printing, as well as designing, building, and lathing multiple small and medium sized wood projects. Students leave with a basic knowledge of tool safety and the confidence to choose, research, and accomplish technical projects.

Aviation Science/Drone Aviation Science take a whole new twist at South Anchorage High School. Students learn all aspects of aviation as it relates to commercial licensing of professional Unmanned Aerial Systems (Drone) pilots. Learn, discuss, and fly your way to a professional license with this cutting edge nation-leading flight program. Contact: butterfield_lee@asdk12.org