

# Freshmen Course Options

## PHYSICAL EDUCATION

### **Personal Wellness - 1, 2 or 3 trimesters**

Students will learn about physical fitness, health and nutrition as related to their individual needs and interest. Knowledge of lifetime wellness and fitness will be covered and emphasized.

Activities include, but are not limited to: walking, jogging, yoga, toning exercises using fitness principles and technology. Fitness gram will be administered in pre and post-test form.

### **Physical Conditioning - 1, 2, or 3 trimesters**

Personal levels of strength training, flexibility, aerobic endurance, agility, plyometrics, sprint training, mental toughness activities, and sports nutrition will be covered in this course.

### **Team Games - 1, 2, or 3 trimesters**

Examples of activities covered in this course are: basketball, flag football, floor hockey, field hockey, lacrosse, team handball, softball, track, and volleyball.

## ELECTIVES

### **Art 1 - 1 trimester**

This introductory course focuses on the study of elements and principles of art and how they relate to each other in composition. Mixture of medias and themes, quality of work, and creative use of skill are emphasized.

### **Art 2 - 1 trimester**

Students will work primarily with metals, jewelry, and wood in a 3-D, hands-on way to study and have a greater understanding of the elements and principles of art.

### **Art 3 - 1 trimester**

This course focuses on the study of elements and principles of art and how they relate to materials with a concentration on art history and concluding with the wooden stool painting project.

### **Drawing – 1 trimester**

Students will explore a variety of media with an emphasis on design while learning the basic skills of drawing, color theory, and painting will enrolled in this course. *Course is offered as enrollment permits.*

### **Computer Applications - 1 trimester**

Students will increase their Microsoft Office (Word, Power Point, Excel, and Publisher) skills through relevant, cross-curricular assignments. A major emphasis is placed on successful research strategies using technology and MLA formatting. An introduction to Photo Shop Elements and Windows Movie Maker is also included as time permits.

## **Introduction to Computer Science Principles (CSP) - 1 trimester**

Computer Science Principles offers a multidisciplinary approach to teaching the underlying principles of computation. This entry-level course will introduce students to the creative aspects of programming, abstractions, algorithms, large data sets, the Internet, cybersecurity concerns, and computing impacts. Computer Science Principles will give students the opportunity to use technology to address real-world problems and build relevant solutions. Together, these aspects of the course make up a rich curriculum that aims to broaden participation in computer science. Students will also develop effective communication and collaboration skills by working individually and collaboratively to solve problems.

## **Digital Media - 1 trimester**

Digital Media: Intro to Graphic Design is a foundation course that develops a student's ability to analyze design, using basic principles and theory applicable to all forms of art. The course is based on the application of the fundamental elements of art. The student is introduced to tools and techniques used in today's communication industry through Adobe Photoshop and Adobe Illustrator. The student will learn how to render digital pieces of two-dimensional art (2-D) with emphasis on the visual communication design process. Topics include basic terminology and graphic design principles, introduction to the fundamentals of design that lead to the discovery and comprehension of the visual language. Form, balance, structure, rhythm, and harmony are studied in black & white and in color. Students will gain experience in creative problem solving and the practical implementation of those solutions across multiple areas of graphic communications. This course lays the ground work for more advanced design courses.

## **Ukulele Class - 1 trimester**

This course is designed to help aspiring musicians learn a simple, but popular instrument, the ukulele. We are designing a course that features how to use and hold the ukulele correctly, reading music on the staff, pop chords symbols and tablature. Students would need to supply their own ukulele and method book (both together would cost about \$75). This class can be started fresh with no prior music experience.

## **Current Events (9th-12th) - 1 trimester**

This course will look at the events affecting our world right now. Special emphasis will be put on topics that the students deem are the most relevant at the time. This will be a discussion oriented class with mini debates built in.

## **Principles of Biomedical Science (PLTW) - 2 trimesters**

This course provides an introduction to the biomedical sciences through exciting hands-on projects and problems. Students investigate concepts of biology and medicine as they explore health conditions including heart disease, diabetes, sickle-cell disease, hypercholesterolemia, and infectious diseases. They will determine the factors that led to the death of a fictional woman as they sequentially piece together evidence found in her medical history and her autopsy report. Students will investigate lifestyle choices and medical treatments that might have prolonged the woman's life and demonstrate how the development of disease is related to changes in human body systems. The activities and projects introduce students to human physiology, basic Biology, medicine, and research processes and allow students to design experiments to solve problems. Key biological concepts, including maintenance of homeostasis in the body, metabolism, inheritance of traits, and defense against disease, are embedded in the curriculum. This course is designed to provide an overview of all the courses in the biomedical sciences program and lay the scientific foundation for subsequent courses.

## **The Art of Argumentation/Debate – 1 trimester**

*Trimester 1 is for students wishing to compete in the LISD tournament schedule*

In this class you will develop and write case plans and rebuttal arguments on each year's national high school policy debate topic. High school policy debate is a very structured format for presenting and arguing for and against the national policy topic. In addition to in-class practice, you will be required to participate in the LISD countywide debate scrimmages and tournament. If you enjoy lively discussion of interesting topics, then this is the class for you. Because the national policy topic changes each year, you can take this class more than once.

## **MUSIC ELECTIVES**

### **Band - 3 trimesters (2 if you aren't doing Marching Band)**

The Madison Band is an award-winning and performance-based organization. The band performs at all home football games and regularly participates in festivals, concerts, and other special events. Small groups are formed from within the band to perform at solo and ensemble events. Unlike a regular classroom, each individual's performance affects the whole group's performance. Self-discipline and high standards are vital to success in this class. All rehearsals and performances are mandatory for all members.

### **String Orchestra - 3 trimesters**

The high school orchestra will learn and perform music at a higher level of musicality and technical difficulty. Students will continue to build upon their fundamental skills in tone quality, bow techniques, recognizing and performing different styles of music, increasing technical and rhythmic skills, and developing as individual and ensemble musicians. The orchestra will have numerous opportunities to perform in concerts, festivals, solo and ensemble, assemblies, and community events. *Previous playing experience is required.*

### **Choir - 3 trimesters**

The Madison Choir consists of approximately 50 mixed voices (SATB), and rehearses each day of the week. Students in choir should have a strong interest in singing and a sincere desire to personally develop their vocal talents. All singers will be exposed to basic music theory and work on sight-singing skills. Students must be serious about working hard on their technical singing skills and extending personal vocal range, and should be willing to sing alone for peers and to be evaluated for appropriate tone quality and musical interpretation. Students will have the opportunity to study and perform a wide variety of music, and to develop small performing ensembles. Attendance is required at all scheduled performances.