

VALLEY CATHOLIC HIGH SCHOOL

2012-2013 COURSE CATALOG



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Graduation Requirements

In order to graduate from Valley Catholic High School, a minimum of 24 high school credits must be satisfactorily completed. However, most students amass far more than the minimum requirement. Those 24 credits include:

4 in English

4 in Religion (Students must take Religion for each semester they attend Valley Catholic High School).

3 ½ in Social Science (1 in Global Studies; ½ in Modern History; ½ in Government; 1 in United States History; ½ in Electives)

3 in Mathematics (The Oregon State System of Higher Education requires two years of mathematics beyond Algebra I. In addition, students receiving a grade lower than C- for the second semester of Algebra I will be required to retake the course or take a challenge exam covering the material before being admitted to Algebra II. Students receiving a grade lower than C- for the second semester of Algebra II will be required to retake the course or take a challenge exam covering the material before being admitted to Pre-Calculus).

3 in Science

2 in the same Foreign Language (Students receiving a grade lower than C- in first year foreign language will be required to repeat the first year course before admittance to the second year course). A D will not fulfill the requirement for entering a public university in Oregon.

1 in Fine Arts

1 in Health

1 in Physical Education

1 in Electives

½ in Computer Science (One semester may be waived if proficiency is demonstrated).

FRESHMAN YEAR (2010-2011) CREDITS

REQUIRED	5
Religion	1
English	1
Global Studies	1
Mathematics	1(3 For Graduation)
Science	1

COURSES May choose up to 2 additional credits

Foreign Language	1(2 For Graduation)
Physical Education	½(1 For Graduation)
Health	½(1 For Graduation)
Computer Science	½ (½ For Graduation)
Fine Arts	½ (1 For Graduation)

FRESHMAN SCHEDULING SHEET

DEPARTMENT	COURSE SELECTION	CREDIT
Religion	Introduction to Religion	1.0
English	English 9	1.0
Social Science	Global Studies	1.0
Mathematics		1.0
Science	Biology	1.0
Foreign Language		1.0
Computer Science		
Fine Art		
Health		
Physical Education		
Study Hall		0.0
TOTAL		

SOPHOMORE YEAR (2010-2011) CREDITS**REQUIRED 5**

Religion	1
English	1
Gov/Modern History	1
Science	1
Mathematics	1(3 For Graduation)

COURSES May choose up to 2 additional credits

Foreign Language	1(2 For Graduation)
Physical Education	½(1 For Graduation)
Health	½(1 For Graduation)
Computer Science	½ (½ For Graduation)
Fine Arts	½ (1 For Graduation)

SOPHOMORE SCHEDULING SHEET

DEPARTMENT	COURSE SELECTION	CREDIT
Religion	Biblical Studies	1.0
English	English 10	1.0
Social Science	American Government/Modern History	1.0
Mathematics		1.0
Science	Chemistry/Honors Chemistry	1.0
Foreign Language		1.0
Computer Science		
Fine Art		
Health		
Physical Education		
Study Hall		0.0
TOTAL		

JUNIOR YEAR (2010-2011)**CREDITS*****REQUIRED*****5**

Religion	1
English	1
U.S. History	1
Mathematics	1(3 For Graduation)
Science	1

COURSES**2**

Foreign Language	1(2 For Graduation)
Physical Education	½(1 For Graduation)
Health	½(1 For Graduation)
Fine Arts	1 For Graduation
Computer Science	½ For Graduation

JUNIOR SCHEDULING SHEET

DEPARTMENT	COURSE SELECTION	CREDIT
Religion		.5 .5
English	English 11 or AP English 11	1.0
Social Science	U.S. History	1.0
Mathematics		1.0
Science	Physics, AP Physics B	1.0
Foreign Language		
Computer Science		
Fine Art		
Health		
Physical Education		
Study Hall		0.0
Electives		2.0
TOTAL		

SENIOR YEAR (2010-2011)		CREDITS
REQUIRED		2 ½
Religion	1	
English	1	
Social Science	½	
COURSES		3 ½
Mathematics	(3 For Graduation)	
Science	(3 For Graduation)	
Foreign Language	(2 For Graduation)	
Physical Education	(1 For Graduation)	
Health	(1 For Graduation)	
Fine Arts	(1 For Graduation)	
Social Science	½ (3 ½ For Graduation)	
Creative Writing	½ Fine Arts or Elective	
Computer Science	½ For Graduation	

SENIOR SCHEDULING SHEET

DEPARTMENT	COURSE SELECTION	CREDIT
Religion		.5 .5
English	English 12 or AP English 12	1.0
Social Science		.5
Mathematics		
Science	Physics, AP Physics, AP Biology, AP Chemistry, Environmental Science	1.0
Foreign Language		
Computer Science		
Fine Art		
Health		
Physical Education		
Study Hall		0.0
Electives		3.5
TOTAL		

Computer Science Department

Valley Catholic requires students to show competency in basic computer skills and affords the opportunity for advanced students to reach the AP level in computer web design and programming.

Digital Tools for Learning

Prerequisite: None **Grades 9 -12 1 Semester**

This class gives an introduction to the world of technology. It is required that students take this class by the end of their sophomore year to prepare them for the academic and technological demands of the junior and senior years. Students come to Valley Catholic High School with a variety of experiences and education in technology. For this reason Valley Catholic High school provides the option to waive this requirement for graduation if they can demonstrate proficiency through a school-administered test. Proficiency must be shown in the three different areas of Word, Excel, and PowerPoint. Contact the technology instructor for testing dates and sign up for the proficiency test. Students from Valley Catholic Middle school will automatically be waived from this requirement and given credit for this class. Students who have not passed the proficiency test or taken the class by the end of their sophomore year will automatically be assigned to the Digital Tools class their junior year.

This basic class will help the students harness the power of technology to support academic learning. The use of online and software tools to brainstorm project topics, accumulate and organize data, and create presentations, websites, photo galleries, graphics, videos and audio podcasts will be used. Students will also learn how to utilize digital note taking and bookmarking, access primary sources through RSS subscriptions, and explore various audio and video multimedia formats for academic presentations and assignments.

Graphic Design I

Prerequisite: Grades 9 -12 1 Semester

Students will learn the process and art of combining text and graphics to communicate an effective message through the design of logos, CD covers, business cards, posters, and other types of visual communication projects. Students will collect their own samples of graphic design and compile a portfolio, which will also contain their own work created during the semester. Students will learn the tools of Adobe Illustrator CS3, as well as Photoshop.

Journalism (Newspaper)

Prerequisite: Grades 9 -12 1 semester or Full Year

Journalism is a semester or year-long course in which students collaborate to produce a monthly newspaper and a student website. Students learn how to research a story, conduct interviews, write, photograph, and lay out the school paper, the *Valiant Pride*. The *Valiant Pride ONLINE* is a website dedicated to informing students about school activities and events. Students use a variety of software such as Adobe InDesign, Photoshop, and Office 2007.

Yearbook

Prerequisite: None **Grades 9-12 1 semester or Full Year**

Students in this course will produce the Miriam school yearbook by the end of the school year. They will learn how to write copy for the yearbook, plan the design and layout for the book, and apply marketing and advertising techniques to support the book.

AP Computer Programming

Prerequisite: Completion of Geometry and teacher recommendation **Grades 10-12**

In preparation for the Advanced Placement test, students will learn and be able to apply the main principles of object-oriented software design and programming. Students will learn to code in Java, implement algorithms, understand one and two dimensional arrays, and acquire skills in designing object oriented software solutions to problems from various application areas. Ethical and social issues related to the use of computers will also be discussed.

Fine Arts Department

ART

Art I

Prerequisite: None **Grades 9, 10, 11 and 12 1 Year**

Students will be exposed to the elements of and principles of design and composition of 2D and 3D projects. Creative projects will include 2D compositions in pencil, ink, charcoal, conte crayon, oil pastel, water color paint, acrylic paint, and water-based oil paint. Representational art projects will include still life, landscape, human forms, and animal forms. Additional creative projects will include 3D compositions in found objects, paper, clay, wire, and wood. Projects in 3D will include a wide variety of sculptural creations, from book-making to glass mosaics, from architectural models to fabric folk art.

Advanced Art

Prerequisite: Art **Grades 10, 11 and 12 1 Year**

Students will explore similar projects as Art I but with greater technical skill expected. All students in all levels will hone their problem-solving abilities through artistic expression. Students will develop personal artistic style, blending careful observation with critical thinking.

Students may choose to submit individual portfolios to the College Board's Advanced Placement Art committee.

DRAMA

Drama I

Prerequisite: None **Grades 9, 10, 11 and 12 1 Year**

This course is designed as an introduction to theatre and all of its parts. The first semester focuses on a survey of theatre artists and roles, including the director, the designer, and the actor. Students have an interactive and practical chance to experience all of these. Second semester, students concentrate on acting specifically. Students write and perform original monologues, develop improvisational skills, and perform in scenes and short plays. Finally, students have opportunities to see professional shows, work on Valley Catholic theatre productions, and meet professionals in the theatrical field.

Drama II

Prerequisite: Drama I **Grades 10, 11 and 12 1 Year**

The more advanced drama class rotates in topics and activities every year. One year is spent exploring different genres and styles of theatre and their histories. We take time to delve more deeply into directing and playwriting. An entire play will be work shopped in a comprehensive acting lab. Students will also continue to hone their improvisation skills in the more advanced drama classes, have the opportunity to see and work on productions, and meet professionals in the theatrical field.

MUSIC

Band

Prerequisite: None **Grades 9, 10, 11 and 12 1 Year**

The goals of this class are to build the playing fundamentals and musical skills of all members. Rehearsal time will be spent on music methods, theory, scales, rhythms, and learning each musician's instrument. Difficult sections of Concert Band and Pep Band music will be reviewed. The Pep Band supports the school's sports teams at home games. Opportunities are provided for public performances.

Jazz Band

Prerequisite: None **Grades 11 and 12 1 Year**

This class is designed for students interested in playing and learning about the elements of jazz, rock, and popular music. Jazz Band is a performance class with an emphasis on excellence and quality through the study of jazz and rock improvisation, Big Band, and small combo techniques. Students will study jazz, rock, and popular music style concepts, interpretation techniques and creative improvisation. There will be a heavy emphasis on the development of technical skills and on individual improvement. Typical jazz band instrumentation includes alto, tenor, and baritone saxophones, trumpets, trombones, piano, guitar, bass, and drums.

Band/Choir

Prerequisite: Sophomore Standing **Grades 10, 11 and 12 1 Year**

Students have an opportunity to participate in both Band and Choir, beginning with Band meeting MWF and Choir TTh. This alternates each quarter.

Band/Orchestra

Prerequisite: Sophomore Standing **Grades 10, 11 and 12 1 Year**

Students have an opportunity to participate in both Band and Orchestra, beginning with Band meeting MWF and Orchestra TTh. This alternates each quarter.

Choir

Prerequisite: None **Grades 9, 10, 11 and 12 1 Year**

This course covers fundamentals of music, voice production, sight-reading, and familiarity with the masterpieces of choral literature. Growth is encouraged through singing in trios and in small ensembles. Opportunities are provided for public performances.

Choir/Band

Prerequisite: Sophomore Standing **Grades 10, 11 and 12 1 Year**

Students have an opportunity to participate in both Choir and Band, beginning with Choir meeting MWF and Band TTh. This alternates each quarter.

Choir/Orchestra

Prerequisite: Sophomore Standing **Grades 10, 11 and 12 1 Year**

Students have an opportunity to participate in both Choir and Orchestra, beginning with Choir meeting MWF and Orchestra TTh. This alternates each quarter.

Orchestra

Prerequisite: None **Grades 9, 10, 11 and 12 1 Year**

Students in this course are instructed in orchestral techniques and in music fundamentals. Objectives include the spiritual, musical, aesthetic, cultural, and social growth of each individual through participation in this musical group as well as an increase in love and knowledge of music. Opportunities are provided for public performances.

Orchestra/Band

Prerequisite: Sophomore Standing **Grades 9, 10, 11 and 12 1 Year**

Students have an opportunity to participate in both Orchestra and Band, beginning with Orchestra meeting MWF and Band TTh. This alternates each quarter.

Orchestra/Choir

Prerequisite: Sophomore Standing **Grades 10, 11 and 12 1 Year**

Students have an opportunity to participate in both Orchestra and Choir, beginning with Orchestra meeting MWF and Choir TTh. This alternates each quarter.

AP Music Theory

Prerequisite: Ability to read music in Treble and Bass Clefs, or by instructor permission. **Grades 10, 11 and 12 1 Year**

This is an introductory music theory course that will cover materials such as scales, key signatures, transposition, chords, cadence and simple harmonic and formal analysis. This course is recommended for students planning to either major or minor in music or those who plan to seek music scholarships in college. Academic theory will be taught on Monday, Wednesday and Friday, and ear training and rhythmic exercises will be taught on Tuesday s and Thursday s. This is a full year course. The test required for this class is “Music in Theory and Practice” by Bruce Benward and Gary White published by McGraw Hill. Supplemental materials will be provided by the instructor.

English Department

English 9

Prerequisite: None **Grade 9 1 Year**

In this course, freshmen will be introduced to an assortment of respected literature from varying eras and cultures, as well as to the techniques needed in order to write about these works. Their studies will include the exploration of literary techniques and styles, thematic elements, textual analysis, and character development, along with other aspects of language arts. They will read novels, short stories, plays, and poetry, and through class discussion and other exercises, the students will discover an appreciation for the many levels of literature and expression. This course will also help students develop their skills in critical writing. Instruction in vocabulary, grammar, and sentence and paragraph structure will contribute to the student’s ability to compose the traditional expository essay, in which they will analyze specific elements of the texts read in class.

English 10

Prerequisite: Sophomore Standing **Grade 10 1 Year**

This course introduces students to significant works, authors and literary periods from many cultures. Analysis of significant novels, poetry, short stories, non-fiction works and drama encourages students to develop comprehension and critical thinking skills while exploring a diverse literary heritage. Students develop writing skills, both academic and creative, through pre-writing, drafting and editing. This class expands understanding of various cultures and literary traditions while enhancing communications skills.

English II

Prerequisite: Junior Standing **Grade 11 1 Year**

This course introduces students to the works of significant American authors and literary periods. Analysis of American novels, poetry, short stories, non-fiction and drama encourages students to develop comprehension and critical thinking skills. Students read, analyze and discuss material that often coincides with the United States History curriculum. One critical element of this course is the American studies research project. Students develop writing skills, both academic and creative, through pre-writing, drafting and editing. Major goals of this course include expanding students understanding of American culture and enhancing communication skills.

AP English Language 11

Prerequisite: Very strong communication skills; willingness and ability to work and think independently; junior Standing; teacher approval* **Grade 11 1 Year**

*Having earned strong grades in previous high school English courses is strongly considered in the approval process.

English 12

Prerequisite: Senior Standing **Grade 12 1 Year**

All students enrolled in this year-long course must take the Advanced Placement English Language and Composition Exam given annually in May. Preparation for college-level English is the primary focus of this course. To that end, all works included for class study are selected to enhance students' understanding of American literary and cultural history, writing genres, sophisticated vocabulary, multiple levels of meaning and interpretation, independent thought, and stylistic appreciation. Works studied in class often parallel topics covered in eleventh grade United States History courses.

AP English Literature 12

Prerequisite: An interest in literature and writing, as well as a desire for a greatest academic challenge. Teacher recommendation is required. Senior Standing **Grade 12 1 Year**

Although this class is entitled Advanced Placement English Literature and will help prepare students for the AP exam, this is by no means the only area of focus in this course. Students will read a variety of

classic English texts that span the major literary eras, including novels, short stories, plays, and poetry. Through active reading, close analysis, intelligent and insightful writing, thoughtful discussion, and contemplative listening, students will immerse themselves in the study of literary history, techniques, and style. Analytical and creative writing is a core element of this class. Since the typical A.P. student's goal is to earn early credit for freshmen English in college, this class will run similarly to a college course and will require the students to assume a collegiate mind set, academically speaking, of course. All students enrolled in this course are encouraged to take the AP exam given in May of each year.

Creative Writing

Prerequisite: None **Grades 11 and 12 1 Semester**

For those who want to express themselves through writing, this course will be a creative and instructional outlet for the imagination. Students will read different literary genres, discover and develop their style and voice, and create their own works of literature. In addition, students will be encouraged to play a role in the creation of The Harbinger, Valley Catholic's literary magazine.

English Conversation

Prerequisite: Exchange student from Shukutoku High School in Tokyo, Japan; other international students by special request. **Grades 9, 10, 11 and 12 1st Semester**

Exchange students practice English conversation skills through speaking, listening, writing, and reading. Daily work emphasizes pronunciation, vocabulary, grammatical accuracy, and comprehension through short oral exercises, short oral exercises, short readings, games, interviews, and diction. Students end the semester with a formal SLEP test that includes oral as well as written sections.

Foreign Language Department

French I

Prerequisite: None **Grades 8, 9, 10, 11 and 12 1 Year**

The aim of French I is to make the student comfortable with the differences between English and French pronunciation and sentence structures while building an appreciation for the culture of the French people. Students will learn basic essential vocabulary for describing themselves and others, their homes and communities, and expressing their needs and feelings. This course will introduce them to French history, geography, cooking, shopping, holidays and films. Students will begin to speak, read, write and understand a variety of simple sentences necessary for daily life in a francophone country.

French II

Prerequisite: C in French I **Grades 9, 10, 11 and 12 1 Year**

The aim of French II is to reinforce and build upon the concepts learned in French I in order to increase fluency. Students will be expected to master the nuances of the two past tenses. In addition to grammar concepts and vocabulary learned from a text, the class will build vocabulary and language facility by

reading a mystery story and discussing it. The goal of the class is to develop fluency, confidence and ease in speaking, reading, writing and understanding oral French. Although two years of a foreign language meet the high school's graduation requirement in languages, students are encouraged to continue study beyond the required levels and to pursue travel experiences abroad to increase their sense of ease and competence in French.

French III

Prerequisite: C+ in French II and approval **Grades 10, 11 and 12 1 Year**

Vocabulary really expands in French III. Students are expected to try to speak French at all times. The complexity of sentence structure and verb tenses will be gradually increased so that students will begin to communicate more abstract ideas and to be more comfortable with daily speech in French. Students will learn the future tense, conditional tense, and subjunctive tense of verbs. As always, colloquial speech in survival situations will be emphasized, but the class will also study an ecology unit in French and will continue to observe French holidays, learn about geography, history, French cooking, family situations and basic needs in communication.

French IV

Prerequisite: B in French III and approval **Grades 11 and 12 1 Year**

The French IV course is conducted entirely in French. Students will use *Troisieme Livre* as a grammatical resource whereas the academic focus will be upon reading and discussing history, literature, and current events. Because building fluency in French is our goal, many items of discussion and debate such as current events, popular people, scientific issues, films, our personal lives, etc., will be discussed and debated in French as well as written about. As always, we will observe French holidays, study French history, read French magazines and discuss films that we have seen. The curriculum alternates each year. One year the class focuses upon the social history of France, the next year the emphasis is upon literary selections.

French V

Prerequisite: B in French IV and approval **Grade 12 1 Year**

This course, conducted entirely in French, is a transition into the “real world” of French speech. Using the *Troisieme Livre* as a grammar resource, students will read and discuss a French novel, articles from popular magazines, and news reports about current events and will write creative stories and more formal essays as well as watch and discuss French films. We will continue to observe French holidays, do French cooking, study the evolving history of French civilization, and prepare for life in our highly interdependent “global community”.

Japanese I

Prerequisite: None **Grades 8, 9, 10, 11, and 12 1 Year**

This is an introductory course to learn conversational Japanese and basic writing. ‘Katakana’ and ‘Hiragana’ (Japanese characters) are introduced in the first quarter and ‘Kanji’ (Chinese characters) for

numbers and calendar information in the second quarter. In addition, students will experience various Japanese culture, such as origami, calligraphy, songs, food-tasting, etc. during class and on local field trips.

Japanese II

Prerequisite: C in Japanese I **Grades** 9, 10, 11, and 12 **1 Year**

This course is to add more useful skill in real-life communication skills such as describing family, daily life, and shopping. Additional 100 ‘Kanji’ will help students write and comprehend what they have learned more authentically. The main cultural activities continue such as calligraphy, origami, and food-tasting during class and on field trip. Upon successful completion of Japanese II, students are eligible to participate in Japanese trip during the summer.

Japanese III

Prerequisite: C+ in Japanese II and teacher approval **Grades** 10, 11, and 12 **1 Year**

Students will continue learning useful Japanese communication skills through manga storyboard and hands-on presentation. Students will study in depth for Kanji Japanese Language Proficiency Test in February and participate in the annual Japanese Speech Contest.

Japanese IV

Prerequisite: B in Japanese III and teacher approval **Grades** 11 and 12 **1 Year**

This course will expand students’ language skills through daily interaction with classmates and the teacher mostly in Japanese. Along with cultural activities, students will study for the world-wide Japanese Language Proficiency Test in February in and Japanese Advance Placement test in May.

Japanese V

Prerequisite: B in Japanese IV and teacher approval **Grades** 12 **1 Year**

Students will continue to study advanced grammar patterns, vocabulary, and Kanji with Japanese IV students. A rich learning environment will be pursued by speaking in Japanese most of the class time.

Spanish I

Prerequisite: None **Grades** 8, 9, 10,11 and 12 **1 Year**

In this introductory course the students learn basic Spanish vocabulary to describe themselves and others and to express their needs. They learn to manipulate verbs in the present and future tenses and in the past tense, to a lesser extent.

They will also learn to appreciate cultural and geographical characteristics of the Spanish speaking world.

Spanish II

Prerequisite: C in Spanish I **Grades** 9, 10, 11 and 12 **1 Year**

In this course students will work on developing increased listening comprehension skills and speaking proficiency by recombining the vocabulary and structures of Spanish one with this year's new material. Students will also continue exploring the cultures of the Spanish-speaking world with the goal of understanding and appreciating the Spanish language and cultures.

Spanish III

Prerequisite: C+ in Spanish II and teacher approval **Grades** 10, 11 and 12 **1 Year**

In this course students will learn to create and maintain more extensive conversations in Spanish and write about assigned topics with grammatical accuracy. The goal is for students to feel more confident communicating in Spanish during class discussions and presentations. At the end of the year, students will write a two-page paper and give a power point oral presentation on a Spanish-speaking country.

Spanish IV

Prerequisite: B in Spanish III and teacher approval **Grades** 11 and 12 **1 Year**

This course reinforces grammatical concepts learned in previous years with emphasis in the subjunctive mood. The students will increase fluency and cultural awareness by reading short stories, discussing current events and learning popular songs. The students will also create a student-driven magazine as a final group project.

Traveling abroad is encouraged.

Spanish V

Prerequisite: B in Spanish IV and teacher approval **Grade** 12 **1 Year**

This course, taught exclusively in Spanish, consolidates the language skills acquired in previous years and builds communicative skills and cultural competency. The class will read and discuss several short stories by Colombian writer Gabriel Garcia-Marquez. The informal format of the class encourages conversations among students and with the teacher hence improving pronunciation and fluency.

This course can serve as preparation for the AP Spanish Language Test. Traveling abroad is encouraged.

Health and Physical Education Department

ALL P.E. REQUIREMENTS MUST BE COMPLETED BY THE END OF JUNIOR YEAR.

NOTE: All students must take one semester of PE I or PE II.

Physical Education I

Prerequisite: None **Grade** 9, 10, or 11 **1 Semester**

This course is designed to motivate students to pursue physical fitness for life, help students learn how to make consistent effort in gaining skills for lifetime sports, and assist students in gaining greater self-discipline and leadership qualities. Students will be introduced to a variety of skills and techniques in individual and team sports, conditioning, strength training, and flexibility. Social skills development related to communication, problem solving, cooperation, competition, and sportsmanship will be stressed. Core unit offerings: Golf, Basketball, Softball, Soccer, Conditioning. Electives: Badminton, Pickle ball, Lacrosse, Football, Football codes, Dance, Yoga, Kickboxing.

Physical Education II

Prerequisite: None **Grade** 9, 10, or 11 **1 Semester**

This course is designed to motivate students to pursue physical fitness for life, help students to learn how to make a consistent effort in gaining skills for lifetime sports, and assist students in gaining greater self-discipline and leadership qualities. Students will be introduced to a variety of skills and techniques in individual and team sports, conditioning, strength training, and flexibility. Social skills development related to communication, problem solving, cooperation, competition, and sportsmanship will be stressed. Core unit offerings: Bowling, Volleyball, Tennis, Conditioning. Electives: Badminton, Pickle ball, Lacrosse, Football, Football codes, Dance, Yoga, Kickboxing.

Sports

Prerequisite: None **Grade** 9, 10, or 11 **2 Years (Substitutes for 1 semester of P.E.)**

Two years of participation in the same sport at Valley Catholic High School in which a letter can be earned, and where the two years of participation are completed by the end of the junior year, may be substituted for one semester of Physical Education. Qualifying sports include: Baseball, Basketball, Cross Country, Dance Team, Equestrian Team, Football, Golf, Soccer, Softball, Swimming, Tennis, Track and Field, and Volleyball. If a high school does not offer an OSAA sanctioned sport, students wishing to participate in that sport may do so at a public high school in their district. Sports falling under this rule, such as Water Polo and Wrestling, will also apply. Club Sports and other sports not participated in at Valley Catholic High School or officially a part of the sports program at a public high school, or other private accredited high school, do not apply. Grade for this option will be Pass/Fail.

Conditioning

Prerequisite: None **Grade** 9, 10, 11, 12 **1 Semester**

The students will participate in a rigorous strength and conditioning program designed to provide gains in all areas of fitness that is tailored to meet their specific goals. They will also be exposed to basic physiology to better understand how to take care of their bodies with sections in food values, caloric intakes, eating disorders and performance nutrition. At the end of the semester the student should see measurable gains in strength and conditioning testing that is measured throughout the course as well as progress towards pre-stated goals.

ALL HEALTH REQUIREMENTS MUST BE COMPLETED BY THE END OF JUNIOR YEAR.**Health I****Prerequisite:** None **Grade 9, 10, or 11 1 Semester**

This class will allow students to understand the structure and function of the human body. Students will also learn about the proper care of their bodies by developing fitness/wellness plans that show an understanding of the need for proper nutrition, fitness, and avoidance of risk behaviors involving alcohol, drug, and tobacco use. The skeletal, muscular, digestive, and respiratory body systems will be discussed.

Health II**Prerequisite:** None **Grade 9, 10, or 11 1 Semester**

This class is designed to help students better understand their bodies. The students will understand the warning signs that the body gives due to stress, disease, etc. Such topics as stress management; treatments and trends in chronic, communicable and non-communicable diseases; human sexuality and family life; first aid and CPR; mental health; the nervous system; health organizations and health careers will be covered.

Mathematics Department**Algebra I****Prerequisite:** Pre-Algebra **1 Year**

This course includes components of the real number system; properties of exponents; solving first-degree equations and inequalities, including verbal problems; problem solving with ratios, decimals, and percents; operations with polynomials; factoring using distributive property, difference of squares, and of trinomial forms; simplifying, adding, subtracting, multiplying, and dividing algebraic fractions; solving rational equations including verbal problems; graphing and writing linear equations; solving systems of linear equations; simplifying and combining radical expressions; solving radical equations; working with quadratic equations including completing the square, using the quadratic formula, finding the vertex and graphing the parabola; solving quadratic verbal problems and problems involving absolute value.

Geometry

Prerequisite: Algebra I. Freshmen who want to take Geometry or Geometry A must pass Valley Catholic's Algebra Challenge Exam (usually given in May) and have permission from the Math Department Chairman. **1 Year**

This course introduces the student to the idea of proof in mathematics while covering the following topics: geometric figures and their properties, congruence and similarity, introduction to trigonometry, areas and volumes, and coordinate geometry.

Advanced Geometry {A}

Prerequisite: Same as for Geometry (above). **1 Year**

This course covers the same material as Geometry but in more depth and at a faster pace. It is designed for students who combine high mathematical ability with excellent motivation.

Algebra II

Prerequisite: Geometry, and completion of Algebra I with a grade of C- or better.
1 Year

After reviewing much of the material of Algebra I, this course covers polynomials and the Fundamental Theorem of Algebra, irrational and complex numbers, quadratic functions, rational expressions, exponential and logarithmic and trigonometric functions, all with extensive use of graphing calculators.

Advanced Algebra II {A}

Prerequisite: Instructor approval. **1 Year**

One of the primary goals of Algebra 2 is for students to conceptualize, analyze, and identify relationships among functions with emphasis on domain, range, composition, and forming inverse functions. This course builds on concepts learned in Algebra 1 and Geometry by extending the algebra of lines and coordinate geometry concepts to other functions and systems of equations. Students will develop proficiency in analyzing quadratic functions including complex numbers. Furthermore, they will cover polynomial, absolute value, radical, exponential, logarithmic, and trigonometric functions algebraically, numerically, verbally, and graphically, with and without a graphing calculator. Students will be expected to extend their algebraic skills to compute with both rational expressions and rational exponents.

Pre-Calculus

Prerequisite: Completion of Algebra II with a grade of C- or better. **1 Year**

This course builds on the concepts learned in Algebra 2 and Geometry by extending the study of functions to include sequences and series, conic sections, limits, and a more detailed study of trigonometric identities. Precalculus also contains a comprehensive unit on combinations, permutations, and probability. Students will also review and cover polynomial, absolute value, radical, exponential,

logarithmic, and trigonometric functions algebraically, numerically, verbally, and graphically, with and without a graphing calculator. This class is a necessary prerequisite for AP Calculus AB.

Advanced Pre-Calculus {A}

Prerequisite: Instructor approval. **1 Year**

This course covers the same material as PreCalculus but in more depth and at a faster pace. Participation in the Mandelbrot Exam and similar math contests is expected. This course is designed for students who combine high mathematical ability with excellent motivation.

AP Calculus I

Prerequisite: Successful completion of PreCalculus. **1 Year**

This course closely follows the syllabus for the College Board Advanced Placement Mathematics AB Exam. It is essentially equivalent to the first two quarters of college calculus. All students in the class will be required to take the Calculus AB exam in May.

AP Calculus II

Prerequisite: Successful completion of AP Calculus I. **1 Year**

This course closely follows the syllabus for the College Board Advanced Placement Mathematics BC Exam. This includes a review of material from the AB curriculum (AP Calculus I), plus material normally encountered in the third quarter of college calculus. All students in the class will be required to take the Calculus BC exam in May.

Religion Department

Introduction to Religious Studies

Prerequisite: None **Grade 9 1 Year**

Understanding Catholic Christianity - 1st Semester

This course explores some of the most basic themes in theology - faith, God, Jesus, church, morality/ethics – and interprets and explains these themes within a contemporary setting. Emphasis is placed on striving for a deeper understanding of a few key topics rather than the memorization of religious information.

Sacraments - 2nd Semester

This course is a detailed study of the sacramental life of the church and how the sacraments relate to daily experience.

Biblical Studies/ Hebrew Scriptures

Prerequisite: Sophomore Standing **Grade 10 1st Semester**

This course introduces students to the study of the Bible as a sacred book. Students will learn and apply a contextual model of interpretation. The major theme of the first semester will be the Jewish developing understanding of *covenant*, and of what it means to live out a covenant relationship with God.

Biblical Studies/ Christian Scriptures

Prerequisite: Sophomore Standing **Grade 10 2nd Semester**

The second semester of sophomore Religion continues in the application of a contextual model of interpretation. The focus is on the path the early Christians took in their growing understanding of Jesus as *messiah* and *Lord*, and of what it means to proclaim and live the *Kingdom of God*.

Peace and Justice

Prerequisite: Junior Standing **Grade 11 1 Semester**

This course explores the idea of justice as it is understood in the Christian tradition. This course is designed to enable the students to apply basic principles of justice to issues like poverty, hunger, war and peace, sexism, and racism. These issues will be discussed and studied with three goals in mind: 1) to clearly define and understand the problem itself, 2) to interpret and understand how the Church and Scriptures have addressed the problem, and 3) to determine appropriate personal and communal responses to the problem. This course may be accepted for academic credit by non-Catholic colleges and universities.

Faith in Action

Prerequisite: Junior Standing **Grades 11 and 12 1 Semester**

This course allows students to take an active role in Campus Ministry. Students will participate in the planning and implementation of all class retreats (with the exception of Junior Encounter). They will research community service projects for all students on campus and make recommendations to students about their projects as well as maintain a log of hours served. Students will take an active role in each part of the Mass, including the readings and be charged with the duty of making our school liturgies more meaningful and fulfilling for students, faculty and staff by studying all parts of the mass and elements of the liturgy to implement new ideas and increased participation by everyone. Students will be assessed on participation in class, research projects, leadership, class assignments and participation in celebration of Masses.

Relationships

Prerequisite: Grade 12 1 Semester

This course is designed to explore the application of Christian values within human relationships. Issues will be discussed on a personal and practical level. Topics can include such things as the meaning of love within a Christian context, the importance and difficulty of communication, conflicts and resolution, autonomy and interdependence.

Advanced Theology and Ethics

Prerequisite: Grade 12 1 Semester

This course takes a detailed and reflective look at some key theological questions. Topics can include such things as religious faith in a post-Modern world, the transcendence and immanence of God, and the problem of evil within classical and contemporary theology. This course requires a great deal of both critical and reflective thinking. This course may be accepted for academic credit by non-Catholic colleges and universities.

World Religions

Prerequisite: Junior Standing Grade 11 1 Semester

This course explores religious traditions and customs throughout the world. Topics will include Hinduism, Buddhism, Islam, Judaism, and Christianity. This course may be accepted for academic credit by non-Catholic colleges and universities.

Science Department

Biology

Prerequisite: None Grades 9, 10, 11 or 12 1 Year

This course covers cell structure and function, cellular reproduction, photosynthesis, cellular respiration, DNA and biotechnology, ecology, genetics, taxonomy, plant and animal diversity, and evolution by natural selection. Students will learn about the relationship of living things to one another and to the environment. The course includes an examination of scientific and social issues. This laboratory class has an emphasis on practical application.

AP Biology

Prerequisite: Grade of B or better Honors Chemistry or an A in Chemistry. Instructor approval. Grades 10,11or 12 1 Year

This course is designed for students who desire a rigorous study of biological sciences. The curriculum will closely follow the AP Biology curriculum published by the College Board. Students are required to take the AP Biology exam in May. In addition to study from the text, students are required to read

extensively on topics discussed in class. Independent motivation and outside work are mandatory for success in the course and for success on the AP exam.

Chemistry

Prerequisite: None **Grades** 10, 11 or 12 **1 Year**

Chemistry an in-depth study of the behavior and changes of matter, atoms and molecules, and the relationships between science, technology, and the decisions of today's leaders and citizens. The goals of the class include preparing students for college chemistry, arousing interest in the world of matter, presenting basic theory and laboratory techniques, providing laboratory experience, and increasing scientific literacy. The course topics include the development of the major concepts of matter and the changes which matter undergoes, scientific method, atomic theory and structure, chemical bonding, chemical reactions, behavior of gases, thermodynamics, behavior of solutions, oxidation-reduction reactions/batteries, acid and bases, and organic chemistry topics. Although this course is taught at the conceptual level and is not math intensive, students must be self-directed and independent workers. A scientific calculator is required.

Honors Chemistry

Prerequisite: Teacher approval is required. Students must have obtained a grade of at least a "B" in Algebra I and Geometry. Algebra II or a higher mathematics course must be taken concurrently. **Grades** 10, 11 or 12 **1 Year**

Honors Chemistry provides a rigorous analytical and mathematical approach to the study of chemistry. The course is for students who have significant interest in science and intend as a preparation for Advanced Placement (AP) or college chemistry. The course topics include the development of the major concepts of matter and the changes which matter undergo, atomic structure, chemical bonding, chemical reactions, thermodynamics, behavior of solutions, and acid and bases and are enhanced by laboratory experimentation, critical thinking, and problem solving activities. The course includes outside reading and research, independent experimental research project, scientific writing, and problem-solving. The laboratory component of the course involves students in techniques that are specific to principles of chemistry. Technology is infused throughout the curriculum. Students need to be independent, self-directed workers. A scientific calculator is required.

AP Chemistry

Prerequisite: Teacher approval is required. Successful completion of Honors Chemistry with at least as grade of "B" or Chemistry with a grade of "A"; and Algebra II with at least as grade of "B". Must be concurrently enrolled in Pre-Calculus or a higher mathematics course. **Grades** 11 or 12 **1 Year**

The AP Chemistry course is designed to be the equivalent of the general chemistry course usually taken during the first college year. This course is designed for students who desire a rigorous course in physical science. The curriculum will closely follow the Advanced Placement (AP) Chemistry curriculum published by the College Board. Students are required to take the AP Chemistry exam in May. The course has a demanding laboratory component that requires both in class and out of class time to complete all laboratory exercises. Independent motivation and outside work will be necessary

for success in the course and for on the AP exam. The completion of the summer assignment is required prior to the first day of class. The summer assignment is available on the teachers school web site.

Physics

Prerequisites: To be taken concurrently with Algebra I or a higher mathematics course. **Grades 11 or 12 1 Year**

This course views physics from an introductory perspective. Emphasis is placed on a qualitative understanding of general principles and models and on the nature of scientific inquiry. Students in this course are generally oriented toward the humanities and desire the development of an understanding of the historical role of science and its place in contemporary society. The expected level of mathematical sophistication expected extends only to algebra and simple trigonometry. There is an extensive hands-on lab component. No AP examination is available for this level of physics.

AP Physics B

Prerequisites: Students must have completed Algebra II with a B or better and be concurrently enrolled in Pre-Calculus or a higher mathematics course. **Grades 11 or 12 1 Year**

This course provides a systemic introduction to the main principles of physics and emphasizes the development of problem-solving ability. It is assumed that the student is familiar with algebra and trigonometry. Calculus is seldom used, although some theoretical developments may use basic concepts of Calculus. As a college course, this is a one-year terminal course with a laboratory component and is not the usual preparation for more advanced physics and engineering courses. However, the B course often provides a foundation in physics for students in the life sciences, pre-medicine, and some applied sciences, as well as other fields not directly related to science. Due to the quantity of material, there are relatively few laboratory exercises. Students who successfully complete this course in high school should be prepared to take the AP Physics B exam.

AP Physics C

Prerequisite: Students must have completed Pre-Calculus and AP Physics B with a 'B' or better and be concurrently enrolled in AP Calculus I, II, or higher mathematics course, and have instructor permission. **Grade 11, 12 1 Year**

This course ordinarily forms the first part of the college sequence that serves as the foundation in physics for students majoring in the physical sciences or engineering. The sequence is parallel to or preceded by mathematics courses that include calculus. Methods of calculus are used wherever appropriate in formulating physical principles and in applying them to physical problems. The sequence is more intensive and analytic than that in the AP Physics B course. Strong emphasis is placed on solving a variety of challenging problems, some requiring calculus. The subject matter of the AP Physics C course is principally mechanics during the first semester, and electricity and magnetism during the second semester. The AP Physics C course is the first part of a sequence that is sometimes a very intensive one-year course in college but that often extends over one and one-half to two years with a laboratory component. Students who successfully complete this course in high school should be prepared to take both parts of the AP Physics C exam.

Environmental Science

Prerequisite: Biology. Does not have to be taken along with EnviSci B. **Grade 12 1 Semester**

Environmental Science A: Ecology (Fall semester only)

This semester of EnviSci focuses on how animals (including humans!), plants, fungi, and other organisms interact within an ecosystem. Main topics include symbiotic relationships, growth and decline of populations, plant and animal identification, biodiversity, and endangered species. This class is very hands-on and requires cooperation with a group and creative thinking. We will be going on several fieldtrips and/or service trips to contribute to what Oregonians are doing to maintain the diverse ecosystems around our state. Also, be ready to get your hands dirty and keep your eyes open as we continue to explore and restore the wetland on our campus!

Prerequisite: Biology. Does not have to be taken along with EnviSci A. **Grade 12 1 Semester**

Environmental Science B: Nature and Society (Spring semester only)

This semester of EnviSci focuses on how humans impact the world around us and what we can do to sustain our material and energy needs. Main topics include renewable and non-renewable energy, waste reduction and recycling, clean air and water, and sustainable agriculture. This class is very hands-on and requires cooperation with a group and creative thinking. We will be going on several fieldtrips and/or service trips to contribute to what Oregonians are doing to maintain both the economy and ecology of our state. Also, be ready to get your hands dirty and keep your eyes open as we continue to explore and restore the wetland on our campus!

Social Science Department

Global Studies

Prerequisite: None **Grade 9 1 Year**

This course will examine the history of Western man from prehistoric times. The class will focus on specific historical themes as outlined in the text, but will also include geography, literature, art, music, and other relevant ideas that pertain to the unit being covered. History from prehistoric times through the Middle Ages will be reviewed along with the Renaissance and Reformation, the Age of Monarchs, Revolutionary times and the Industrial Revolution.

American Government/Modern History

Prerequisite: None **Grade 10 1 Year**

American Government

This course involves a study of constitutional democracy in the United States, including questions of free speech, equal rights, interest groups, political parties, and elections. Also covered in this course are the national institutions of Congress, the Presidency, the judicial system, bureaucracy, state and local government.

Modern History

This is a history/geography course emphasizing the most important events of the 20th century until present time in a regional approach. It is a continuation of the ninth grade year-long Global Studies course. Attention is given to balancing political and economic developments with the growth of ideas, religions, the arts and other aspects of intellectual and social history.

United States History

Prerequisite: Junior Standing **Grade 11 1 Year**

This course is a survey of American history from the American Revolution to the present. Geography, economics, and cultural changes are covered, with particular emphasis placed on historical changes and trends.

Honors United States History

Prerequisite: Junior Standing **Grade 11 1 Year**

This course covers the same material as U.S. History but with a greater emphasis on analyzing primary documents, conducting research, and writing. This course is designed for students who take a sincere interest in the social sciences. Students must have demonstrated success in previous social studies courses to be considered for placement.

American Civil War

Prerequisite: Junior Standing **Grades 11 and 12 1 Semester**

This course is a study of the American Civil War from the perspective of leaders, soldiers and civilians. Specific emphasis will be on key events, inventions, causes and results.

World War II (Seminar)

Prerequisite: Junior Standing **Grades 11 and 12 1 Semester**

This seminar focuses on the causes, results, people and events of the most dramatic war of the twentieth century.

Vietnam Studies (Seminar)

Prerequisite: Junior Standing **Grades 11 and 12 1 Semester**

This seminar focuses on the Vietnam War, its causes and impact, both short-term and long-term.

Psychology

Prerequisite: Junior Standing **Grades 11 and 12 1 Semester**

This course will present an orderly discussion of psychological concepts and their applications. The course will be taught from a personal-adjustment approach rather than from a discipline-oriented approach. Such topics as personality, motivation, emotions, growth and development, mental health and mental illness, and social behavior will be included. Students will also observe at Little Flower Development Center.

Sociology

Prerequisite: Junior Standing **Grades 11 and 12 1 Semester**

The goal of this course is to influence the intellectual development of the students by introducing them to the discipline of sociology, the study of human relationships, their causes and consequences. Such topics as culture, socialization, ethnic and racial minorities, population and human ecology, family, crime, and poverty will be included.

Economics

Prerequisite: None **Grades 11 and 12**

In this course students gain an understanding of basic economic concepts by examining historical and current examples of economic principles at work. Students study the role and workings of the market in modern capitalist economies and analyze how government controls the market in response to the will of society. The concept of GNP, theory of national income determination, fiscal policy and the multiplier, national debt, money and monetary policy, inflation, problems of growth, development, and affluence are studied as well as different economic systems, markets, supply, demand and competition.

Special Classes

Leadership

Prerequisite: Election as Student Body Officer **1 Year**

This course is required of and limited to the eight elected student body officers. The goals of the course include studying and practicing the philosophy, spirituality, and psychology of leading Valley Catholic's student body. The course also includes the study and practice of group processes, conflict resolution,

motivation, and public relations. This is primarily a practical course wherein the students develop their skills as leaders of Valley Catholic's student council. Students are assessed on participation, projects, and assignments.

Teaching Assistant (Pass/Fail no credit earned)

Prerequisite: Instructor permission based on successful completion of two yearlong science courses. Junior Standing **Grades 11 and 12 1 Semester or 2 Semesters**

Library Assistant (credit earned)

Prerequisite: Instructor permission based on successful completion of two yearlong science courses. Junior Standing **Grades 11 and 12 1 Semester or 2 Semesters**

Science Laboratory Assistant (credit earned)

Prerequisite: Instructor permission based on successful completion of two yearlong science courses. Junior Standing **Grades 11 and 12 1 Semester or 2 Semesters**

Students will assist instructors in the following areas: photocopying; maintaining records and files; maintenance of department inventory of equipment and supplies; preparing for laboratory periods, and performing basic maintenance duties as needed to ensure a clean, safe learning environment. This course does not satisfy credit requirements for science.