

BRANSON HIGH SCHOOL

COURSE DESCRIPTIONS

Freshman Guide

2021-2022



“Empowering students to achieve their maximum potential.”

Dual Credit College Classes

Students have the opportunity to enroll for dual high school and college credit in several classes at Branson High School. The dual credit classes will be offered through Missouri State University. Students will register for these classes through the Counseling Department at the beginning of each semester. The cost for each class is generally half the tuition for a regular class offered on the college campus. Juniors or seniors must have a 3.00 GPA and an ACT score of at least 21. The following classes are offered for Dual Credit: College Prep English, Computer Information Systems, College Algebra, Trigonometry, Human Physiology, Physics, Chemistry II and Personal Finance.

Advanced Placement (AP) Testing

Advanced Placement (AP) courses offer students of high motivation and achievement the opportunity to receive either advanced placement, credit, or both upon entering college. Advanced Placement examinations are administered at the end of the school year. Each college decides what AP examination grades it will accept for credit and/or advanced placement. A fee is associated with each test taken and students will be expected to sign up and pay for the examination in November. For more information, contact the Counseling Department.

Missouri State High School Athletic Association Eligibility (MSHSAA)

Knowing and following the MSHSAA standards will enable you to protect your athletic eligibility. Also, it is important to know that you must meet all the standards in order to be eligible. A schedule change could affect your eligibility. Consult with your counselor, school principal, or activities director to insure you do not jeopardize your eligibility. Grades received the preceding semester will determine eligibility for each semester. To be eligible, you must be currently enrolled in school and have passing grades in a minimum of SIX one-credit courses or the equivalent in the immediately preceding semester. Summer school courses may count toward maintaining academic eligibility provided the credit earned for each course is placed on the school transcript. Such course(s) must count toward meeting graduation/promotion requirements, and no more than one credit earned in summer school shall count toward maintaining academic eligibility.

NCAA College Eligibility Requirements

Students interested in participating in Division I, II & III athletics at the college/university level, must be certified by the NCAA Initial-Eligibility Clearinghouse. You should start the certification process at the end of your junior year. For more detailed information and the application materials, contact the Counseling Department. The college code number for ACT/SAT purposes is 9999. When students register for the ACT/SAT, this number (9999) must be entered into the section marked "College and Scholarship Code Choices." Information is also available on the web at www.ncaaclearinghouse.net.

Branson High School Graduation Requirements

In order to graduate from Branson High School, students are required to complete the following subject & credit requirements set by the Branson Board of Education:

Branson Required Subjects	New requirements effective for the 2010 graduating class	University of Missouri Schools (Columbia, Rolla, KC & St. Louis)*
Communication Arts	4	4*
Mathematics <ul style="list-style-type: none"> 3 credits must be taken at the high school level 	3	4*
Science <ul style="list-style-type: none"> Students may receive 1 science credit by completing 3 units of credit from the following agriculture classes: Agriculture I, Agriculture II, Animal Science, Green House Operation & Management, Nursery Management, Landscaping, Floriculture, Natural Resources 	3	3*
Social Studies American History & American Government Required	3	3*
Fine Arts	1	1*
Practical Arts	1	1
Physical Education Students may receive ½ PE credit for completing one full year of AFJROTC and one full PE credit for completing two full years of AFJROTC.	1	1
Health	½	½
Personal Finance	½	½
Electives	9	9
Foreign Language	n/a	2
Total	26	

***Check with the admissions office of the college you wish to attend for more information.**

Graduation Credit Checklist

Total Credits Needed for Graduation: 26

You earn ½ credit for each class each semester in which you receive a passing grade.

<p>English: 4 credits (check those that apply) ___ English I or ___ Honors Eng I ___ English II or ___ Honors Eng II ___ English III or ___ AP Eng Lang ___ English IV (Lit) or ___ AP Eng Lit or ___ English IV(Comp) or ___ College Comp ___ Other _____</p>	<p>Math: 3 credits (check those that apply) ___ Elements of Algebra A ___ Algebra I ___ Informal Geometry ___ Geometry ___ Intermediate Algebra II ___ Algebra II ___ College Prep Algebra ___ College Algebra ___ Pre-Calculus I / Pre-Calculus II ___ Statistics ___ AP Calculus ___ Other _____</p>
<p>Science: 3 credits (check those that apply) ___ Phys Science or ___ Hon Phys Sci ___ Biology I or ___ Honors Bio I ___ Chemistry I ___ Human Physiology ___ Hydrology/Oceanography, Meteorology, Astronomy, or Geology ___ Chemistry II ___ Physics ___ Human Physiology II ___ Physics II ___ AP Biology ___ Other _____</p>	<p>Social Studies: 3 credits (check those that apply) ___ World History ___ American Hist or ___ AP US Hist ___ Amer. Govern. or ___ AP Am Govt ___ Other _____</p>
<p>Fine Art: 1 credit Any class from art, music, speech or theater: _____</p>	<p>Practical Art: 1 credit Any class from Ag, Business, Computers, FACS, or Vo-tech: _____</p>
<p>Physical Education: 1 credit _____ Any PE class or 2 years in AFJROTC</p>	<p>___ Health: ½ credit ___ Personal Finance: ½ credit</p>
<p>9 Elective Credits (include anything not listed above or anything listed above that exceeds what is required for graduation) _____ _____ _____</p>	<p>9 Elective Credits (cont.): _____ _____ _____</p>

Activities Log

All students should track their activities starting with their freshman year. Use this Student Activity Log to record your activities both in and out of school. It will be a useful tool when you are filling out your college applications, scholarship applications, and/or resume.

Grade	Awards	Athletics	Class Activities	School Clubs	Dramatics/Music	Community (Church, Clubs, Groups etc.)
12 th						
11 th						
10 th						
9 th						

COMMUNICATION ARTS

ENGLISH I

Grade Level: 9

Number of Semesters: 2

Credit: 1-English

Description of course:

English I is a comprehensive course of literature, composition, and language, including listening and speaking. The study of literature includes reading and comprehending a wide variety of literary forms including short stories, nonfiction, poetry, drama, novels, and spoken and visual texts. Blended modes of writing include argument, informative, and narrative. In addition, the course will teach grammatical concepts and applications.

HONORS ENGLISH I

Grade Level: 9

Number of Semesters: 2

Credit: 1-English

Weighted Course

Prerequisite: Completion of summer reading assignment, a grade of B or higher in previous English course, teacher recommendation and placement test.

Description of course:

Honors English I encourages the development of academic reading, writing, listening and speaking skills as students develop as critical thinkers and researchers, writers and effective listeners and communicators. All students are required to participate in class discussions, collaborate with peers, and provide evidence of critical thinking competency through verbal and written responses.

MATHEMATICS

ELEMENTS OF ALGEBRA A

Grade Level: 9

Number of Semesters: 2

Credit: 1-Math

Prerequisite: Teacher recommendation

Description of course:

Elements of Algebra A is the first year of a two-year Algebra I course. This course is designed for students who need to cover material at a slower pace than the typical Algebra I course. Topics studied include: operations with integers, rational and irrational numbers, solving equations, inequalities and absolute value equations, properties of exponents, data and probability, and using algebra to represent and solve problems.

ALGEBRA I

Grade Level: 9 & 10

Number of Semesters: 2

Credit: 1-Math

Prerequisite: Teacher recommendation

Description of course:

Algebra I expands concepts previously learned. The real number system is developed and used throughout the course. Topics covered include: solving linear equations, operations with polynomials, factoring polynomials, algebraic fractions, functions, systems of simultaneous equations, rational and irrational numbers, and solving quadratic equations. Problem solving is emphasized throughout the course.

GEOMETRY

Grade Level: 9, 10, 11, & 12

Number of Semesters: 2

Credit: 1-Math

Prerequisite: Algebra I & Teacher recommendation

Description of course:

Geometry has a balance of theory and application. Formal proofs and deductive/inductive reasoning are introduced. Concepts of spatial geometry are combined with plane geometry. Algebra skills are reviewed and strengthened through application to solving problems. The course also includes coordinate geometry and an introduction to trigonometry.

SCIENCE

PHYSICAL SCIENCE

Grade Level: 9

Number of Semesters: 2

Credit: 1-Science

Description of course:

The student acquires knowledge of safety, metric measurement, density, physical and chemical changes, phase changes of state, pH/acids/bases, atomic theory, patterns of the periodic table, compound formation, bonding, speed & velocity, graphing & interpreting motion, acceleration, Newton's laws of motion, work, power, energy, nuclear energy, heat energy and waves.

HONORS PHYSICAL SCIENCE

Grade Level: 9

Number of Semesters: 2

Credit: 1-Science

Weighted Course

Permission based on placement exam

Prerequisite: Concurrent enrollment in Geometry

Description of course:

The student will acquire knowledge of the atom, energy, sound, machines, light, mechanical advantage and energy relationships. The student will also develop research and laboratory skills. The student will perform complex quantitative calculations that prepare the student for later science classes.

SOCIAL STUDIES

WORLD HISTORY

Grade Level: 9

Number of Semesters: 2

Credit: 1-Social Studies

Description of course:

World History is a survey course covering over 8,000 years of global history, from pre-history to the modern period in both the western and non-western worlds. Students will examine the historical roots of significant events, ideas, and movements and their impacts throughout history. They will broaden their historical perspectives as they explore ways societies have dealt with continuity and change as exemplified by issues such as war and peace, internal stability and strife, and the development of political and economic institutions. Areas of study include: the rise of civilization, political, social, and economic development of the Middle Ages; the Renaissance; the age of discovery and colonization; the Enlightenment; the growth of democracy and nationalism; the Industrial Revolution; the two world wars; Imperialism; the Cold War; globalization; and current events.

FINE ARTS

ART FOUNDATIONS I

Grade Level: 9-12

Number of Semesters: 1

Credit: ½-Fine Art

Description of course:

This course will provide students the opportunity to understand and create works of art based on the elements and principles of design.

ART FOUNDATIONS II

Grade Level: 9-12

Number of Semesters: 1

Credit: ½-Fine Art

Description of course:

This course will continue providing students the opportunity to understand and create works of art based on the elements and principles of design.

DRAMA I

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Fine Art

Prerequisite: none

Description of course:

This class provides the student with an opportunity to learn and develop skills in pantomime, improvisation, oral interpretation, acting, makeup, costuming, scene design and stagecraft and to apply these skills. Students will work with school productions.

Semester I concentrates on improvisation, pantomime, and character study; Semester II concentrates on makeup and one act plays.

SPEECH & DEBATE

Grade Level: 9-12

Number of Semesters: 2

Credit: 1 Fine Art

Prerequisite: Public Speaking/teacher recommendation. Contract signed by student and parent is required.

Description of the course:

Advanced Speech is a co-curricular performance class. Students in Advanced Speech will use skills and knowledge developed in Public Speaking as they prepare to perform both in class and in a minimum of six tournaments during the course of the speech tournament season. Tournaments take place two to three times per month (October-March) and occur on Friday evening and/or all day Saturday. Students who take Advance Speech must be committed to preparing, practicing, and performing both inside and outside of the classroom. Students who attend speech tournaments must adhere to "speech tournament" dress guidelines.

FINE ARTS

MARCHING BAND

Grade Level: 9, 10, 11, & 12

Number of Semesters: 1(FALL SEMESTER)

Credit: 1/2-Fine Art

Prerequisite: Instrumental musicians must have achieved one of the following:

Successful completion of Band the previous year

Passing grade in band at previous school (transfer students only).

Successful audition if students has been out of Band in the previous year for administrative or medical reasons.

Color Guard must complete a successful audition for the Guard Director

Description of course:

The Pride of Branson Band will perform at all home football games (regular season and playoff games), any away playoff games as determined by the Athletic Director and Director of Bands, marching competitions, parades, pep rallies/assemblies, winter concert, and other events as opportunities arise. Given the performance demands of the fall semester, the Branson Band requires two weeks of summer band (a third week is required for percussion and color guard members) and 6:30 am, before school rehearsals during the fall semester (ending approximately during the third week of October).

SYMPHONIC BAND

Grade Level: 9, 10, 11 & 12

Number of Semesters: 1(SPRING SEMESTER)

Credit: ½ -Fine Art

Prerequisite: Admission to course by audition only. Students must also have been enrolled in and successfully completed Marching Band during the fall semester.

Description of course: This ensemble is a performing, competitive group. Instrumentation will be determined by the Director of Bands. The ensemble will rehearse wind band literature of various styles and will perform at both on-campus performances (including commencement) and off-campus festivals/performances. Members of the Symphonic Band are encouraged to participate in the District Solo and Ensemble Music Festival and take private music lessons.

PERCUSSION ENSEMBLE

Grade Level: 9, 10, 11 & 12

Number of Semesters: 2

Credit: 1-Fine Art

Prerequisite: Two years of Junior High Percussion

Description of course:

Percussion Ensemble is a year-long instrumental music course required for all percussionists in the band program. This is available to students who have completed the pre-requisite instrumental COURSES. This class is designed to teach advance percussion techniques, musical awareness, and literature through both large- and small-ensembles and solos.

CONCERT BAND

Grade Level: 9, 10, 11 & 12

Number of Semesters: 2 (FALL & SPRING)

Credit: 1 -Fine Art

Prerequisite: All students must be able to read music and have proficiency on an instrument.

Description of course:

This ensemble is a performing group. Instrumentation will be determined by the Director of Bands. The ensemble will rehearse wind band literature of various styles and will perform at both on-campus performances (including commencement) and off-campus festivals/performances. Members of the Symphonic Band are encouraged to participate in the District Solo and Ensemble Music Festival and take private music lessons.

JAZZ ENSEMBLE

Grade Level: 9, 10, 11 & 12

Number of Semesters: 2 (FALL & SPRING)

Credit: 1 -Fine Art

Prerequisite: All students must be able to read music and have proficiency on an instrument (does NOT have to be an instrument typically found in a Jazz Ensemble). Students are NOT required to be in Marching Band. Students may also perform in this ensemble on a secondary instrument.

Description of course: Students will explore elements of jazz performance style and improvisation, with some attention given to history, interpretation, and theory. This course may combine in-class performance requirements with academic assessments.

JAZZ BAND

Grade Level: 9, 10, 11 & 12

Number of Semesters: 2 (FALL & SPRING)

Credit: 1 -Fine Art

Prerequisite: Admission by audition only. Students who play jazz music instruments that are typically found in the symphonic/concert band, must be enrolled concurrently in Symphonic/Concert band. Students who do not play a symphonic/concert band instrument (i.e. guitar, piano, bass) must pass a screening with the Director of Bands. All students must be able to read music.

Description of course:

This ensemble is a performing competitive group. Instrumentation will be determined by the Director of Bands. The ensemble will rehearse music of various jazz styles and will perform at various competitions/performances.

FINE ARTS

WOMEN'S CHORUS

Grade Level: 9, 10, 11 & 12
Number of Semesters: 2

Credit: 1-Fine Art

Description of course:

Ladies Select Ensemble is an auditioned choir. The course includes both curricular and some extracurricular activities. Ladies Select Ensemble may participate in spring District Music Festival events. Selected members may be encouraged to prepare small ensemble entries for District Music Festival and to audition for All-District Honor Choir. Ladies Select Ensemble will perform in a required major concert performance each grading period; additional required performances in the school and community may be scheduled.

ADVANCED WOMEN'S CHORUS

Grade Level: 9, 10, 11 & 12
Number of Semesters: 2
Credit: 1-Fine Art

Audition only

Description of course:

Advanced Women's Chorus is an auditioned, select, upperclassmen ensemble for treble singers. Students will learn/perform choral works for women from various periods of music history in order to reinforce concepts taught in Advanced Women's. Students must participate both semesters.

MEN'S CHORUS

Grade Level: 9, 10, 11 & 12
Number of Semesters: 2
Credit: 1-Fine Art

Description of course:

Men's Chorus is a group of skilled male singers. The course will focus on several aspects of choral music including: sight reading, ear training, foreign language, complex rhythms, and teamwork. Men's Chorus will periodically perform with Women's Chorus.

CHAMBER CHOIR

Grade Level: 9, 10, 11 & 12
Number of Semesters: 2
Credit: 1-Fine Art

Prerequisite: Audition/staff selection

Description of course:

Chamber Singers is an auditioned choir and is a select ensemble of serious student musicians who demonstrate advanced level musicianship. Its purpose is to give students challenging and developing choral experiences. The course includes both curricular and some extra-curricular activities. Chamber Singers members may be encouraged to audition for All-District Honor Choir. Chamber Singers will perform in a required major concert performance each grading period; additional required performances in the school and community may be scheduled. Chamber singers will perform a repertoire of choral literature representing a variety of musical periods and styles.

MUSIC THEATRE

Grade Level: 9, 10, 11 & 12
Number of Semesters: 1
Credit: ½-Fine Art

Description of course:

This class would allow students with an interest in music theatre experience the building blocks necessary for a successful performance. Review and drill of music and drama fundamentals, stage design; costuming, makeup, and history are practiced on a daily basis. This class is open to all students without audition.

HANDBELLS

Grade Level: 9, 10, 11 & 12
Number of Semesters: 1
Credit: ½-Fine Art

Description of course:

Students will learn basic note reading skills and hand bell ringing techniques. The ensemble participates in a required concert performance each grading period and may present additional required performance in the school and community. This is a non-singing course.

PRACTICAL ARTS

AGRICULTURAL SCIENCE I

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Practical Art

Description of course:

This is an agricultural survey course that integrates basic biological and technological concepts with principles of production agriculture. Students are taken on a journey through all of today's agricultural areas including animal science, plant science, environmental science, agribusiness, and introduction to welding. There will be an FFA membership fee for this class.

COMPUTER APPLICATIONS I

Grade Level: 9, 10, 11, 12

Number of Semesters: 1

Credit: ½ -Practical Art

Description of course:

This course offers students the opportunity to investigate all aspects of the computer, including the history, basic operations and computer software. Students will become proficient in their skill of basic computer software. Multidisciplinary projects will involve using various applications such as word processing, spreadsheets, databases, and presentation software. Students will also have an opportunity to conduct research on the Internet, explore new technological innovations, examine technology-related careers and speculate about future computer applications.

COMPUTER APPLICATIONS II

Grade Level: 9, 10, 11 & 12

Number of Semesters: 2

Credit: 1-Practical Art

Prerequisite: Computer Applications I

Description of course:

This is a hands-on course designed for both the business student who wants to learn job-entry level skills and for the business student who wishes to prepare for a college degree in the Business field. This course is a continuation of Computer Applications I and includes more in-depth individual and group instruction in current office practices. By the conclusion of the course, the student will be proficient in word processing, databases, and spreadsheets using industry standard business software.

PRACTICAL ARTS

WEB DESIGN

Grade Level: 9-12

Number of Semesters: 1

Credit: ½ -Practical Art

Prerequisite: Computer Apps I

Description of course:

The intellectual focus of this course will be on web page planning, basic design, layout and construction (effective and ineffective), setup and maintenance of a web site. Students will learn to create web pages using a variety of software including HTML and WYSIWYG webpage editing software (What You See Is What You Get), as well as use various image creation tools. Besides the introductory topics of changing text appearance and layout, advanced topics such as tables, frames, forms, graphics, and animation will also be covered. Students will create a variety of web pages with both free software and professional design studios.

GRAPHIC DESIGN

Grade Level: 9-12

Number of Semesters: 1

Credit: ½ -Practical Art

Prerequisite: Computer Apps I

Description of course:

This course provides students with the knowledge and skills necessary to improve their creativity and the quality of business documents and publications. Students will combine text and graphics to produce professional eye-catching publications; such as letterheads, newsletters, brochures, business cards, and calendars.

NUTRITION & WELLNESS

Grade Level: 9-10

Number of Semesters: 1

Credit: ½-Practical Art

Description of course:

Do you want to learn how to prepare healthy meals for yourself and your future family? In Nutrition and Wellness you will understand the principles of good nutrition; the relationship of nutrition to health and wellness. Students will demonstrate safe kitchen practices and sanitation, meal planning using a budget, and reading food labels. Students will demonstrate basic meal preparation skills for the following food groups: dairy, grains, protein and fruits/vegetables. This course includes an extensive baking unit.

INTERIOR DESIGN

Grade Level: 9, 10, 11 & 12

Number of Semesters: 1

Credit: ½ -Practical Art

Description of course:

Do you like art, decorating, and detailed drawing? Then Interior Design is for you! In this course you will learn about housing styles, exterior characteristics, and how to buy a home. Students will practice drawing floor plans and elevations, applying the elements and principles of design in decorating and furniture arranging. Students will create a design sample board for presentation.

PRACTICAL ARTS

PARENTING

Grade Level: 9-12

Number of Semesters: 1

Credit: ½ -Practical Art

Description of course:

This course focuses on the effects of parenting roles and responsibilities on strengthening the well-being of individuals and families. Students analyze roles and responsibilities of parenting; evaluate parenting practices that maximize human growth and development; evaluate external support systems and community resources that provide services for parents; and analyze physical and emotional factors related to beginning the parenting process. Careers related to parenting are investigated. Instruction emphasizes leadership, problem-solving, and communication skills in parenting techniques.

CHILD DEVELOPMENT I

Grade Level: 9-12

Number of Semesters: 1

Credit: ½ -Practical Art

Description of course:

This instructional program studies the intellectual, social, emotional, and biological development of children and the planning and design of related human services. It includes instruction in parent-child relations; parenting practices; special needs of children; parental and environmental influences on child development; external support services; and related public policy issues.

APPAREL, TEXTILES, AND FASHION I

Grade Level: 9-12

Number of Semesters: 1

Credit: ½ -Practical Art

Description of course:

This course is designed to help individuals understand the social, psychological, and physiological aspects of clothing and textiles; the nature, acquisition, and use of clothing and textile products; the selection, construction, maintenance, and alteration of clothing and textile products; and the effect of consumer choices on the individual and family as well as the clothing and textile industry. Students will create a sewing notebook and complete a project with a zipper.

APPAREL, TEXTILES, AND FASHION II

Grade Level: 9-12

Number of Semesters: 1

Credit: ½ -Practical Art

Prerequisite: C or better in *Apparel, Textiles, and Fashion I*

Description of course:

A course designed to extend knowledge gained in apparel and textiles for the advanced student interested in fashion, fabric properties, recycling of clothing. Students will complete a project with buttons, collar and sleeves. Students will also focus on fashion merchandising techniques and create a window display.

FOREIGN LANGUAGE

SPANISH I

Grade Level: 9, 10, 11 & 12
Number of Semesters: 2

Credit: 1-Foreign Language

Description of course:

Students will gain skills in the target language enabling them to: ask and answer questions; share likes and dislikes; describe themselves, family and friends; discuss weather and time; ask prices and pay for goods, select clothing; order food in a restaurant; request a room in a hotel; give and follow directions in the city; and identify common household and school related vocabulary. Students will broaden their understanding of the world culture via cultural activities, authentic songs, and holiday celebrations.

SPANISH II

Grade Level: 9, 10, 11 & 12

Number of Semesters: 2

Credit: 1-Foreign Language

Prerequisite: Spanish I or teacher recommendation

Description of course:

Students further develop their language skills to: ask and answer about the details of events and to seek clarification; write a basic letter; describe their childhood/past experiences in sequence; state what they want, can, or must do; discuss daily routines such as hygiene, household chores, leisure and school subjects; express interests in careers, sports, common entertainment, and pastimes; develop basic travel plans; and explore select cultural topics. Students will gain further cultural understanding through investigation of contemporary life, music, art, historical events, and historical figures. Students are required to pass both semesters of Spanish I prior to this course.

FRENCH I

Grade Level: 9, 10, 11 & 12
Number of Semesters: 2

Credit: 1-Foreign Language

Description of course:

Students will gain skills in the target language enabling them to: ask and answer questions; share likes and dislikes; describe themselves, family and friends; discuss weather and time; ask prices and pay for goods, select clothing; order food in a restaurant; request a room in a hotel; give and follow directions in the city; and identify common household and school related vocabulary. Students will broaden their understanding of the world culture via cultural activities, authentic songs, and holiday celebrations.

SPANISH FOR HERITAGE SPEAKERS I

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Foreign Language

Teacher Recommendation

Description of course:

The Spanish for Native Speakers course is designed for heritage speakers who wish to improve their proficiency in the language. Heritage speakers come from a home where Spanish is spoken, they only speak or understand Spanish, or are to some degree bilingual in Spanish and English. The class will enable students to develop, maintain, and enhance their Spanish proficiency by providing them opportunities to speak, listen, read, and write for a variety of audiences while exploring Hispanic culture.

PHYSICAL EDUCATION & HEALTH

There will be a PE uniform fee of \$15 for all PE classes.

HEALTH

Grade Level: 9

Number of Semesters: 1

Credit: ½ -Health

Description of course:

Topics will include the physical, mental and social well being of the individual through the life cycle, communicable diseases, reproduction, health education, drug awareness, fitness and nutrition education. Activities include field trips as well as guest lecturers. Students will be instructed in life-saving techniques including emergency first aid and adult CPR.

TEAM SPORTS

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Physical Education

Description of course:

Team sports includes activities such as football, ultimate Frisbee, kickball, softball, dodge ball, 4-base, handball, whiffle ball, soccer, volleyball and other various team oriented sports. Team Sports is a class that requires a student to dress out in a school issued uniform, tennis shoes and to participate on a team. The class also consists of a semester final, which will include sit-ups, push-ups, sit and reach and mile run.

WALKING

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Physical Education

No uniform or dressing out required

Description of course:

This class is designed to give students the opportunity to achieve cardiovascular fitness through low impact walking, stretching, and plyometric activities. Each day will consist of distance walking at different intervals and progressions. Objectives of this course is for each student to improve their cardiovascular endurance and improve flexibility.

STRENGTH TRAINING & CONDITIONING

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Physical Education

Students must not have earned a D or F in any PE course the previous semester. This requirement may be waived by the instructor depending on the situation.

Description of course:

This course will give students the opportunity to increase muscle tone in many areas of the body to maintain a healthy lifestyle by doing a variety of lifts including: Bench, Incline, Squats, Hang Cleans with numerous other supplement lifts to target each muscle area of the body. **This class will be for students NOT involved in a MSHA approved sport.**

ADVANCED STRENGTH TRAINING & CONDITIONING

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Physical Education

Students must plan to participate in a Branson High School sport the year they are enrolled in the class.

Description of course:

The students will be expected to dress in school uniform and participate daily. The course is designed to introduce students to basic strength training activities. These activities will include bench press, power cleans, back squats and variations of these lifts. The conditioning aspect of the class will include speed and quickness activities as well as running technique. **This class will be for students involved in a MSHA approved sport.**

CARDIO FITNESS

Grade Level: 9-12

Number of Semesters: 2

Credit: 1-Physical Education

Description of course:

Students will be expected to dress-out in school uniform daily. Focus of the class will be on cardiovascular and fitness training. This course is designed to introduce students to basic exercises and activities so that they might become more involved in lifetime physical activity. Activities will include jogging, walking, aerobic exercises (bike, elliptical, treadmill), and the occasional game. Instruction will be given in yoga, stretching and basic strength training.

AFJROTC

AFJROTC AEROSPACE SCIENCE

Grade Level: 9

Number of Semesters: 2

Credit: 1-Elective

Note: Cadets can earn 1 full PE credit by successfully passing two full years of AFJROTC Aerospace Science.

Description of Course: The AS portion of this course begins “A Journey into Aviation History” by focusing on the ancient development of flight, the modern pioneers of flight, and how flight expanded in its early years. The LE portion introduces Cadets to the history, organization, mission, traditions, goals, and objectives of AFJROTC. Cadets will be introduced to civics, including a historical understanding of the American flag and other national symbols, military customs and courtesies, and the principles of ethical and moral behavior. Specific lessons cover how to be emotionally, mentally, and physically healthy and how to avoid and prevent violence and bullying. The PT portion consists of exercise programs focused upon individual base line improvements with the goal of achieving a national PT standard. PT also covers healthy living, physical fitness, and how to make safe, drug-free, and responsible decisions.