

# Donovan Catholic Course Offerings Guide 2019-2020



The high school community of  
DONOVAN CATHOLIC  
educates its students to live their faith,  
respect and serve others in a global society,  
and pursue academic excellence in  
a college preparatory environment

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## INTRODUCTION

This *Course Offerings Guide* describes the Donovan Catholic curriculum which provides four levels of study: College Preparatory, Honors, Advanced Placement/College Level, and International Baccalaureate. Various departments offer electives including Art, Music, and Business. Students have the opportunity to take courses in varying levels depending on their proficiency and achievement each year.

The faculty and administration strongly encourage all students to reach their full potential by carefully choosing their courses. It is essential that students consider present needs, past achievements, personal interests, and graduation requirements. Students should also weigh future college plans and career goals. While considering these factors, the administration recommends that students also seek the advice of parents, teachers, and guidance counselors. Students should aim to take the most challenging courses within their academic abilities.

## COLLEGIATE SCHEDULING

Donovan Catholic implemented collegiate scheduling (also known as block scheduling) in the fall of 1998, which consists of two eighteen-week (Fall and Spring) terms. Terms may be divided into quarters depending on curriculum needs. Students take four courses each term. Each course meets for approximately twice the standard instructional time than is offered under the traditional schedule.

## GRADUATION REQUIREMENTS

*Students must meet the following minimum graduation requirements*

Requirement	Class of 2022+	Class of 2019, 2020, 2021
Religious Studies	Each year of DCHS attendance (20 Credits)	
English	20 Credits	
United States History	10 Credits	
World History	5 Credits	
Mathematics	20 Credits	15 Credits
Science	15 Credits	
Same World Language	10 Credits	
Fine and Practical Arts	3 Credits	
Physical Education, Health, Drivers Education	10 Credits	
Christian Service	Yearly Minimum Requirement	
Other	Minimum Basic Skills Proficiency: Computer Literacy: Seniors must pass all courses to graduate: Every student will take four courses each term of attendance at DCHS	

## COURSE SELECTIONS

Counselors and teachers guide students toward courses suited to their abilities. All placements are based on prerequisite(s) set by departments, and changes can be made only with teacher approval. The school reserves the right to make any changes in chosen subjects, when circumstances indicate that such changes are necessary, as exemplified in the following:

1. student failure of subject at end of the term
2. course cancellation due to lack of enrollment

Departmental approval governs admission to all courses after the 9th grade. Students who do not receive departmental approval must select other courses.

## ACADEMIC UNITS

Many colleges rely on the *Academic Unit* measurement to standardize entrance criteria. One *unit* corresponds to a full term course. Colleges expect students to have at least 16 academic units, preferably 18, which include:

Competitive Colleges Recommend*	Most Colleges Recommend
4 terms of English	4 terms of English
3 terms of Social Studies	3 terms of Social Studies
4 terms of Mathematics	3 terms of Mathematics
3 terms of Lab Science	2 terms of Lab Science
3-4 terms of World Language	2 terms of World Language
2 electives (in core courses)	2 electives (in core courses)
18 Academic Units	16 Academic Units
*Donovan Catholic strongly encourages students to meet the requirements for competitive colleges	

## FOUR YEAR PLANNING GUIDE

	Freshman	Sophomore	Junior	Senior
1	Religion	Religion	Religion	Religion
2	English	English	English	English
3	PE 9/Health	PE 10/ Driver's Ed	Math	US History 2
4	World Language	World Language	US History 1	Elective (Math suggested)
5	Math	Math	Science	Elective (Science suggested)
6	Elective/Math	World History	Elective	Elective
7	Science	Science	Elective	Elective
8	Elective**	Elective	Elective	Elective

\*This chart is applicable to the Class of 2022+. This information will differ for other graduation years.

\*\* Fine/Practical Arts can be taken to satisfy any Elective, grades 9-12

## **GRADUATION OUTCOMES**

### ***Donovan Catholic graduates will:***

- Base their lives and decisions on Christian principles and Gospel values
- Actively practice their faith by participating in parish or church life
- Demonstrate Christian values and morality in all aspects of their daily lives
- Practice habits that nurture their spiritual, mental, and physical health in order to promote a holistic wellness
- Engage in service to their communities and advocate on behalf of the poor and vulnerable
- Respect religious, cultural, ethnic and socio-economic differences among all people
- Demonstrate effective inter-personal skills in all areas of their lives
- Communicate effectively and clearly with members of their respective communities using both oral and written formats
- Be prepared to participate responsibly in the American democratic process on the local, state and national levels
- Demonstrate personal responsibility in decision making
- Demonstrate critical thinking skills to solve real life problems, including career choices
- Recognize the intrinsic value of education by pursuing lifelong learning
- Apply mathematical and scientific concepts to real life experiences in order to achieve intellectual growth
- Access and evaluate various sources of information necessary for effective decision-making in all aspects of their lives
- Adapt to future change, including technological advances in global, national, and local communities
- Collaborate with others in the work place and communities in completing useful projects
- Demonstrate an understanding of the connection between the fine and performing arts by using critical thinking skills, abstract reasoning, and decision-making processes. This understanding is integral to students' success and enhances the quality of life
- Demonstrate the necessary habits of the mind, including intellectual curiosity, that support life-long learning



# RELIGIOUS STUDIES

Goal: To provide an educational environment that fosters the Holy Spirit's work of creating, deepening, and enhancing Christian lifestyles. We strive to create opportunities where students can deepen their spiritual life and actively live out their faith through service and community involvement. Teachers also work to develop student understanding and appreciation of the fundamental beliefs of the Roman Catholic Church.



Course Information		Course Description
<b>Foundations of the Faith &amp; Old Testament</b>		<p>The purpose of this course is to help students understand and appreciate the fundamental beliefs of the Roman Catholic Church. Topics such as revelation, Scripture, morality, prayer, sacraments and liturgical seasons will be explored. Students will be given a general knowledge and appreciation of the Sacred Scriptures. Through their study of the Bible they will come to encounter the living Word of God, Jesus Christ. Students will learn about the Bible, authored by God through Inspiration, and its value to people throughout the world. They will learn how to read the Bible and become familiar with the major sections and the books included in each section. Students will focus on the Old Testament.</p>
RE100	Grade 9	
This course is required		
<b>New Testament and Morality</b>		<p>The purpose of this course is to give students a general knowledge and appreciation of the Sacred Scriptures. Through their study of the Bible, they will come to encounter the living word of God, Jesus Christ. In the course they will learn about the Bible, authored by God through Inspiration, and its value to people throughout the world. They will read the Bible and become familiar with the major sections and the books in each section. The students will pay particular attention to the Gospels, where they may grow to know and love Jesus Christ more personally. Students will be helped to understand that it is only through Christ that they can fully live out God's plan and the moral concepts and precepts that govern the lives of Christ's disciples. There will be a special emphasis in this course on the Theology of the Body and Marriage.</p>
RE101	Grade 10	
This course is required		
<b>Catholic Social Teachings: Living as a Disciple of Jesus Christ in Society</b>		<p>The purpose of this course is to introduce students to the Church's Social Teaching. Students will learn how Christ's concern for others, especially the poor and needy, is present in the Church's social teaching and mission. Pope Paul VI stated, "If you want peace, work for justice." Thus, students in this course will learn the Catholic responses to capital punishment, euthanasia, abortion, discrimination, immigration, labor issues and other social injustices of our time. Students will discuss and submit essays based on the key social justice documents of the Catholic Church. Students seeking college credits will submit a major research project supported by several compositions based on one of the key social justice documents. \$225 approximate fee payable to Georgian Court for 3 college credits.</p>
RE109 or RE110: Honors or College Level	Grade 11	
Honors/CL: 94% in RE101, and recommendation		
<b>World Religions/ Christian Lifestyles &amp; Vocation</b>		<p>The purpose of this course is to help students understand the manner in which the Catholic Church relates to non-Catholic Christians and other religions of the world. Students will recognize the ways in which important spiritual truths can also be found in non-Catholic Christian churches and ecclesial communities as well as in non-Christian religions. Students will recognize the ways in which other systems of belief and practice differ from the Catholic faith. Students will understand that by virtue of our Baptism, we are called to the Christian lifestyle. They will be given tools to discern their vocation. Emphasis will be placed on the Sacrament of Marriage, but the Christian single life, religious life and the priesthood will also be explored.</p>
RE114: CP or RE115: Honors	Grade 12	
Honors: 88% in RE110 or 94% in RE109 and recommendation		
<b>Sacred Scripture</b>		<p>The purpose of this course is to give a more in depth overview of Sacred Scripture with an introduction to the basic principles for understanding and interpreting the Bible. Given the limits of a semester of study, it will not be possible to introduce all the books of the bible here. But every effort is made to project a sense of the unity of the narrative for the divine plan of salvation, the presence of God's action in this record of his Revelation, and his desire to share his merciful love with us.</p>
RE118: CP or RE117: Honors	Grade 12	
This course can be taken in place of RE114 / RE115		

# ENGLISH

The department provides opportunities for students of differing abilities and levels to advance successfully in critical thinking, reading, writing, and researching skills through a curriculum that incorporates the study of grammar, composition, and rhetoric. Students read, analyze, and respond to fiction & non-fiction, multicultural, classical, modern, and young adult literature. Courses within the department continually evolve to address student needs. Honors classes proceed at an accelerated pace and require extended outside preparation.



Course Information		Course Description
<b>English 1: Introduction to Literature and Research Writing</b>		Students will read, interpret, and analyze various literary forms in the text and supplementary works, including short stories, drama, and poetry. Students will receive instruction in research methods, effective note taking, grammar and vocabulary skills. They will work independently and collaboratively as they improve their reading, critical thinking, grammar, structure, usage, vocabulary, note taking, research, and composition skills. Students will demonstrate mastery through a variety of assessment forms, including tests, quizzes, projects, oral presentations, and data-based writing assignments.
EN201: CP EN200: Honors	Grade 9	
This course is required		
<b>English 2: American Literature</b>		Students will read, interpret, and analyze various literary forms of American Literature in the text and supplementary works, including short stories, drama, and poetry. Students will receive instruction in research methods, effective note taking, grammar, vocabulary, and standardized test-taking skills. They will work independently and collaboratively as they improve their reading, critical thinking, grammar, structure, usage, vocabulary, note taking, research, and composition skills. Students will demonstrate mastery through a variety of assessment forms, including tests, quizzes, projects, oral presentations, and data-based writing assignments. This course is required.
EN203: CP EN202: Honors	Grade 10	
Honors: 85% in English 1 H, 95% in English 1 CP		
<b>English 3: British Literature</b>		Students will read, interpret, and analyze various British literary works in the text and supplementary forms, including short stories, drama, and poetry. Students will receive instruction in critical analysis, advanced research methods, note taking, grammar, vocabulary, and standardized test-taking skills. They will work independently and collaboratively as they improve their reading, critical thinking, grammar, structure, usage, vocabulary, note taking, research, and composition skills. Students will demonstrate mastery through a variety of assessment forms, including tests, quizzes, projects, oral presentations, and data-based writing assignments. Students may take IB900 in place of this course.
EN207: CP EN206: Honors	Grade 11	
Honors: 85% in English 2 H, 95% in English 2 CP		
<b>English 4: Literature &amp; College-bound Writing</b>		Students will improve critical thinking, reading, research, and evidence-based writing skills, as they study diverse literary works. Students will expand vocabulary and develop grammar, structure, and usage skills through a series of Modern Language Association (MLA) documented writing assignments. Students will demonstrate mastery through a variety of assessment forms, including tests, quizzes, projects, oral presentations, and data-based writing assignments. Students may contract for honors level credit to pursue additional study and research of World Literature.
EN209: CP EN208: Honors	Grade 12	
This course or a substitute is required		

## English Core Courses Continued...

Course Information		Course Description
<b>IB Literature HL</b>		Students will study a minimum of four works of different genres (from works in translation, novels, historical fiction, drama, poetry, and collections of non-fiction essays, travel essays and speeches) by authors representing four different cultures. They will develop a global perspective and demonstrate mastery through a variety of evidence-based assessments.
IB900: HL Pt. 1 IB920: HL Pt. 2	Grades 11 & 12	
Students take this course in place of English 3 & 4		
<b>AP English Literature and Composition</b>		Students will read extensively from a wide variety of British and American authors, dramatists, and multicultural authors from a college level text. Students will also examine short stories, poetry, drama and essays. They will study a wide variety of supplementary literary works while refining critical thinking and writing skills. Students will submit numerous typed works and several major data-based writing projects. <b>Pre-requisite:</b> 95% in English 3 H, teacher recommendation, entrance test, and PSAT reading/writing scores of at least 500 each.
EN219: Pt. 1 EN220: Pt. 2	Grade 12	
Students may take this in place of English 4		
<b>English Elective Offerings:</b>		
These courses do not meet the English Graduation requirement, but some fulfill the fine and practical arts requirement. These courses are indicated with an *.		
Course Information		Course Description
<b>Creative Writing*</b>		Students will work independently as they enjoy authors and poets' literary works, hone grammar, structure and usage skills, and expand creative possibilities in the written word. They will study the various types of writings and create relevant, original works. In the final weeks of the course, each student will choose a specialty area to develop a longer work or a series of short works for a closing presentation.
EN210	Grades 10-12	
Elective*		
<b>Public Speaking*</b>		Students will study and master the skills needed to speak in front of an audience of any size, including one-on-one conversations with employers. Based on the skills used in national forensic competitions, students will work with dramatic interpretation, comedic interpretation, declamation, original oratory, prose, poetry, and team speaking. Students will also study great speakers of the 20th Century and work on interview skills.
EN215	Grades 9-12	
Elective*		
<b>Literature Appreciation</b>		Students will enjoy this independent opportunity to read and explore diverse literary works, some titles from a mandatory list and some of their own choosing. Students will maintain an electronic portfolio and demonstrate mastery through a variety of assessments.
EN218: CP or Honors	Grades 10-12	
Elective		
<b>Senior Thesis Seminar</b>		Students will shadow professionals in their career choices and embark on an exciting senior thesis opportunity, designing and directing their own research and learning. Students will create their own schedules to reflect days in the professional world, independent research, and teacher-directed seminars. Students must provide their own transportation and complete the information packet. This course is writing intensive.
EN212: Honors	Grade 12	
Elective		
<b>IB Theory of Knowledge</b>		Students develop an understanding of a holistic approach to learning that incorporates ways of knowledge across areas of knowledge. In this critical thinking course, students examine the nature of knowing and knowledge in all disciplines and demonstrate understanding through oral presentations and extended essay preparation.
IB933	Grade 11 or 12	
Required for IBDP. Elective option for non-IBDP		

# SOCIAL STUDIES

The Social Studies curriculum focuses on the development of informed, active citizens who function effectively within the American democratic system. Students learn to integrate concepts gleaned from areas of Sociology, Psychology, Political Science, World and American History. Critical thinking as well as oral and written presentations form the cornerstones of departmental activities. Students also learn to appreciate the richness of cultural diversity in the US and to comprehend the increasing inter-dependence of the global community.

Grade 10	World History CP <u>or</u> Honors		
Grade 11	US History 1	AP US History 1 & 2	IB History Pt. 1
Grade 12	US History 2	No History Required	IB History Pt. 2

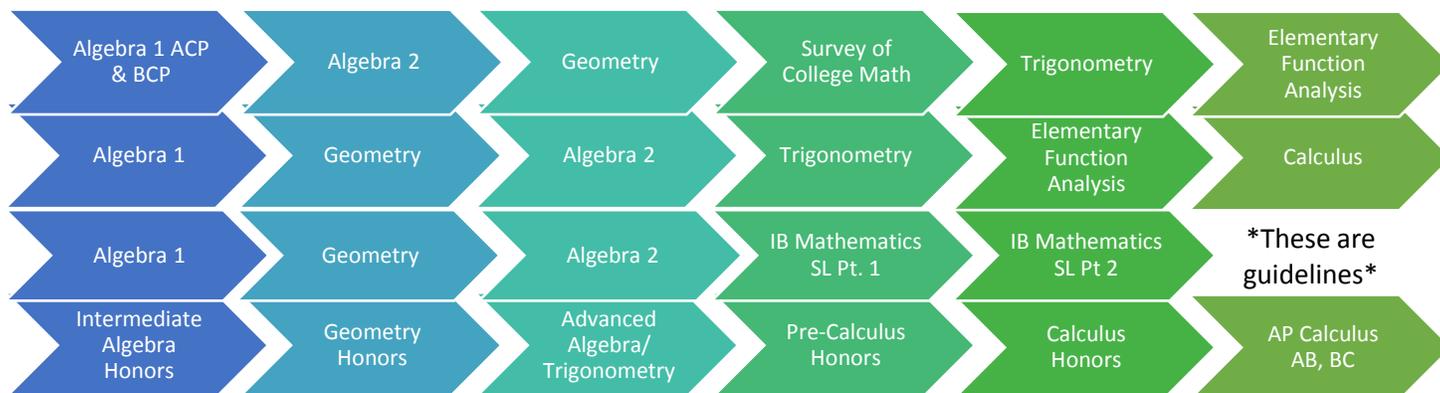
Course Information		Course Description
<b>World History</b>		<b>CP:</b> This course provides students with a view of World History dating from the rise of Homo Sapien Man through the Renaissance. Students will explore the cause and effect of economics, geography, belief systems, and governmental organization upon civilizations. Students analyze various historical topics and write essays from diverse points of view.
SS301: CP or SS300: Honors	Grade 10	<b>Honors:</b> This course offers a chronological background of World History from the rise of Homo Sapien Man up to the Middle Ages. Instructors emphasize themes that form patterns of civilization, such as political change and economic development, the influence of geography on cultures, the growth of science and technology, the effect of contact among cultures and how literature and art express the values, beliefs and history of civilizations.
This course is required		
<b>US History 1</b>		This program includes the study of significant events in the American past ranging from the Colonial period to Western Settlement. Students focus on how the interaction of people and events shaped the course of American history. Primary sources and interpretive studies supplement the textbook.
SS303: CP SS302: Honors	Grade 11	
Students may enroll in the AP or IB course		
<b>US History 2</b>		Students examine the development of this nation from The Gilded Age to the Cold War. Current issues are continually related to all topics. This course includes policies of American presidents and other government leaders. Teachers foster appreciation of the diversity present in American society and the contributions of specific ethnic and political groups. Students examine significant events in the American past beginning with The Gilded Age and continuing to the present day. The program includes analysis of primary sources. Students will submit research driven reaction papers.
SS307: CP SS306: Honors	Grade 12	
Students may enroll in the AP or IB course to meet requirements		
<b>IB History HL</b>		In this higher level history course, students will study the history of the Americas. Students cover a minimum of four works of different genres (from works in translation, novels, historical fiction, drama, poetry, and collections of non-fiction essays, travel essays and speeches) by authors representing four different cultures. They develop a global perspective and demonstrate mastery through a variety of evidence-based assessments.
IB901: HL Pt. 1 IB921: HL Pt. 2	Grade 11 & 12	
This course will be taken in place of US 1 & 2		
<b>AP United States History</b>		Students will read extensively from a wide variety of British and American authors, dramatists, and multicultural authors from a college level text. Students also examine short stories, poetry, drama and essays. They examine a wide variety of supplementary literary works while refining critical thinking and writing skills. Students submit numerous typed works and several major data-based writing projects. <b>Prerequisite:</b> 90% in English 3 H or recommendation.
SS304: Pt. 1 SS305: Pt. 2	Grade 11 or 12	
This course will be taken in place of US 1 & 2		

Course Information		Course Description
<b>US in the Modern World</b>		This course examines significant domestic and international issues since 1945. Topics include the Cold War, Vietnam, the rise of international terrorism, nuclear proliferation, human rights, the Gulf War and current events. Students also evaluate the impact of specific world affairs and political leaders by completing outside readings and research on assigned topics.
SS311	Grade 11 or 12	
Elective		
<b>Economics*</b>		Introductory course to the study of economics. The course will cover fundamental concepts in micro and macro-economics such as: scarcity, supply and demand, economic systems, market competition, monetary and fiscal policy, money and banking, interest rates, the federal reserve, financial markets (the stock market), and business cycles. This course will utilize "real-world" applications to make economics relevant to students.
SS319: Honors	Grade 11 or 12	
Cumulative GPA 93+ required		
<b>Sociology</b>		Sociology is the study of human relationships. The course offers students a better understanding of human society as applied to everyday life. Students examine a broad area of sociological concepts, issues and perspectives. Topics include: culture, values, norms, personality, social groups, socialization, population, suicide, public opinion, the family, social problems, mass media, and social stratification.
SS309	Grade 11 or 12	
Elective		
<b>Psychological &amp; Physical Well Being for Women</b>		In this hybrid course rooted in positive psychology and health psychology research, students will explore and participate in physical activities, discussions, research, and presentations on topics that affect our day to day lives. Students will apply their knowledge of health and happiness through physical activity and training. Through completion of this course, students will learn how to optimize their functioning and have healthy strategies for relationships, physical health and mental health.
SS320	Grades 9-12	
Elective		
<b>Geography: Places Unknown</b>		Students will study the systematic patterns and processes that have shaped human understanding, use, and alteration of Earth's surface. Students employ spatial concepts and landscape analysis to examine human social organization and its environmental consequences. They also learn about the methods and tools geographers use in their science and practice.
SS321	Grades 9-12	
Elective		
<b>American Presidents &amp; World Leaders</b>		We cover major leaders who had a significant impact from the time of Washington to Trump and world leaders who have altered history such as Napoleon, Winston Churchill, Adolph Hitler, Lenin, Stalin, Mao Zedong, Ho Chi Minh, and modern leaders of the Middle East. This course discovers major aspects of their time in history and related events such as conquests, revolutions, wars, and terrorism. Various related films are incorporated.
SS322	Grades 9-12	
Elective		
<b>Technology &amp; Society in History</b>		This course examines the relationship between technology and society throughout the history of the United States. We will analyze the roles and impacts of major technological innovations within their cultural and historical contexts seeking to understand how these contexts shaped and were shaped by these technologies including electricity, railroads, video games, and the internet, among others.
SS323	Grades 9-12	
Elective		
<b>Psychology AP</b>		This course introduces the systematic and scientific study of the behavior and mental processes of human beings and other animals. The psychological facts, principles, and phenomena associated with each of the major subfields within psychology are considered. Students learn about ethics and methods psychologists use in their science and practice.
SS318	Grade 11 or 12	
Cumulative GPA 92+ required		
<b>IB Psychology HL</b>		Students develop an understanding of how psychological knowledge is generated, developed, and applied. They will have a greater understanding of themselves and the diversity of human behavior. The holistic approach, which sees biological, cognitive and socio-cultural analysis being taught in an integrated way ensures students develop an understanding of what all humans share and the immense diversity of influence on human behavior and mental processes. The ethical concerns raised by the methodology and application of psychological research are also key considerations.
IB935: Pt. 1 IB936: Pt. 2	Grade 11 & 12	

Courses indicated with an \* fulfill the fine and practical arts requirement.

# MATHEMATICS

The Mathematics Department strives to ensure that all students experience success in mathematics. Teachers encourage students to complete five terms of math. To realize this goal, the department offers a variety of courses at various levels of expertise. The learning environment encourages students to work together to reason mathematically, solve problems, and explore the connections between math, its theories, and applications.



Course Information		Course Description
<b>Algebra 1</b>		Algebra 1 covers major topics required for college admission, including variables, solutions of linear equations and inequalities, working with polynomials, special products, factoring, elementary linear graphing, operations with exponents, and quadratics.
MA401	Grade 9	
<b>Geometry</b>		Geometry centers on the development of logical & critical thinking. Students learn defined and undefined terms as well as postulates, theorems and corollaries. Topics include angle & line relationships, congruence and similarity of triangles & polygons, circles, constructions, and areas of geometric figures.
MA405	Grade 9 or 10	
<b>Algebra 2</b>		Algebra 2 further develops topics learned in Algebra I and also introduces new concepts. Topics include solutions of linear and quadratic equations, absolute value equations and inequalities, systems of linear equations, polynomials, factoring, rational expressions, and relations & functions.
MA407	Grade 10	
<b>Survey of College Mathematics</b>		This course offers students a thorough review of mathematics, and presents the student with successful test-taking strategies. Topics include the real number system, linear and quadratic functions, in addition to mathematical applications. <b>Prerequisite:</b> Teacher recommendation required
MA414	Grade 11 or 12	
<b>IB Math Analysis SL</b>		This course is for students who enjoy developing mathematical arguments, problem solving and exploring real and abstract applications, with and without technology. Topics include sequences and series, logarithms and exponentials, properties of functions and their graphs, introductory trigonometry, introductory calculus, an introduction to statistical techniques, applications, and informal ideas of limits, differentiation, and integration. An independent project serves as the internal assessment.
MA929: Pt. 1 MA930: Pt. 2	Grade 11 & 12	
Prerequisite: 3 Terms of Mathematics		
<b>Trigonometry</b>		Trigonometry centers on triangle measurement using algebraic and geometric concepts. Topics include trigonometric equations, functions and their graphs, angle and radian measurement, right and oblique triangles with applications. <b>Prerequisite:</b> Teacher recommendation required.
MA408	Grade 11 or 12	
<b>Elementary Function Analysis</b>		This course provides a strong continuation of the college preparatory sequence, covering the following: conic sections, exponential and logarithmic functions, solving higher degree polynomial equations, graphs of rational, radical, logarithmic, and exponential functions, sequences and series, and an introduction to probability. <b>Prerequisite:</b> Recommendation
MA409	Grade 11 or 12	
<b>Calculus</b>		This course provides the college prep student a basic introduction to the concepts of calculus. It is not intended to replace a college calculus course, only to introduce the student to some of the topics studied in college calculus. Topics include: Limits, continuity, derivatives and basic integrals. <b>Prerequisite:</b> Teacher recommendation required
MA416	Grade 11 or 12	

Course Information		Course Description
<b>Probability &amp; Statistics</b>		This course introduces students to various topics of probability, including permutations, combinations, conditional probability, random selection, deviation and variance. Organization and presentation of data, as well as interpretations of data are included, as students attempt to make decisions based on statistical methods.
MA415	Grade 11 or 12	
Prerequisite: Algebra 1, Geometry & Algebra 2		
<b>Introduction to Computer Science</b>		This course is designed for students who are curious about how computing operates, who want to understand how to program a computer, and who may be considering a technology career. We will examine how new computing technologies are invented, explore major programming building blocks, and program/code in JAVA. Throughout the course, we will work to develop problem solving techniques and develop simple JAVA programs.
MA421	Grades 9-12	
<b>Computer Science</b>		The main objective of this introductory course is to develop computer programs that correctly solve given problems. Important concepts include development and use of fundamental data structures, and the use of logic. Students need laptops in good working order and broadband speed at home and in school. 3 College Credits, \$400 approximate fee payable to Ocean County College.
MA420: Honors or CL	Grade 11 or 12	
Prerequisite: 80% in Pre-Calculus Honors		

## Mathematics Honors

Honors courses are accelerated and cover subjects in greater depth. Teacher recommendation is required to stay in Honors.

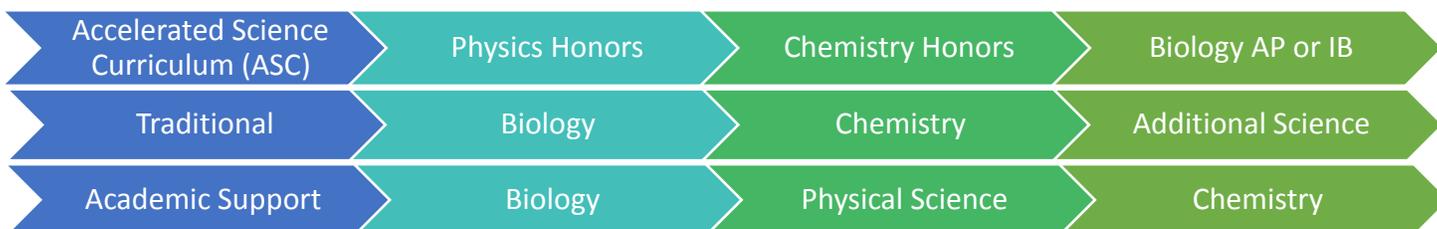
These courses require the purchase of the Texas Instruments graphing calculator "TI84 PLUS."

Course Information		Course Description
<b>Intermediate Algebra</b>		This course covers major topics from both an Algebra 1 and Algebra 2 curriculum required for success in Advanced Algebra/Trig H, including the solutions and graphs of linear and quadratic equations, absolute value equations and inequalities, systems of linear equations and inequalities, matrices, operations with exponents, factoring, complex numbers, relations & functions.
MA400: Honors	Grade 9	
Honors Placement		
<b>Geometry</b>		Beyond topics covered in basic geometry, this course also includes solid geometry, coordinate geometry and two column proofs.
MA404: Honors	Grade 9	
Honors Placement		
<b>Advanced Algebra &amp; Trigonometry</b>		This course covers major topics required for success in Pre-Calculus H, function operations, transformations of parent functions, rational expressions and equations, radical equations, rational exponents, right triangle trigonometry with applications in degree and radian measure, graphing trigonometric functions, basic trigonometric equations and identities, and inverse trigonometric function values. Teacher recommendation required.
MA406: Honors	Grade 10 or 11	
Prerequisite: Int. Alg., Geometry H		
<b>Pre-Calculus</b>		Pre-Calculus is intended for students who plan to continue the study of mathematics. Topics include higher degree polynomial functions, solving and graphing rational functions, solving and graphing logarithmic and exponential functions, conic sections, advanced trigonometric equations and identities, triangle application problems, sequences and series.
MA410	Grade 10, 11, or 12	
Prerequisite: Teacher Recommendation		
<b>Calculus</b>		This course provides students with basic techniques of calculus, as well as principles that make these techniques work. Students develop an appreciation of higher mathematics. Topics include limits, continuity, derivatives of functions including exponential, trigonometric, and logarithmic with applications, anti-differentiation and integrals with application.
MA411: Honors	Grade 11 or 12	
Prerequisite: Teacher Recommendation		
<b>AP Calculus AB</b>		This challenging course is geared for students who excel in mathematics and science and plan to continue education in these areas. College credit may be obtained by those who pass the mandatory AP Exam in May. Topics include the application of calculus to polynomial, trigonometric, exponential and logarithmic functions. Students also study average value, limits, continuity, derivatives, anti-derivatives and integration.
MA412 PT. 1 MA413 PT. 2	Grade 11 or 12	
Recommendation		
<b>AP Calculus BC</b>		Teacher recommendation is required for this higher level calculus course.
MA417	Grade 12	

# SCIENCE

In a student's development, science combines the specific skills of science with an understanding of the relationship between science and technology to other aspects of human activity. The faculty presents science as an accumulation of assumptions, theories, principles, laws and facts, but also as a dynamic process of inquiry through which these major scientific concepts have been and are being derived. We attempt to achieve: 1.

Provide a suitable background to make informed decisions as a Christian citizen in an increasingly technical world 2. To instill an appreciation and understanding of the physical and natural world 3. To develop the ability to reason analytically and quantitatively by employing scientific method 4. To guide each student in evaluating the roles of both scientists and nonscientists in the discovery and appreciation of scientific knowledge 5. To help students discover their interests and abilities while preparing them for college level science.



\*These are guidelines\*

Course Information		Course Description
<b>STEM Biology</b>		The course incorporates knowledge and reasoning skills that students must acquire to be proficient in science, with a basic survey of the nature of life. Topics include: scientific method, experimental design, relationships in equations, statistical and graphical analysis of data, introductory chemistry and biochemistry, cell structure and function, energy relationships, reproduction and inheritance, genetics, evolution and bioethics. Honors courses are more intensive and cover more fundamental biological themes.
SS501: CP or SS500: Honors	Grade 9	
<b>Physical Science</b>		This course incorporates the key topics covered in Physics, Chemistry, Earth Science and Astronomy. Classroom and lab experiences illustrate fundamental chemistry and physics principles. <b>Prerequisite:</b> Recommendation required
SC527	Grade 10	
<b>Chemistry</b>		This lab course involves the study and application of a wide range of inorganic chemical principles, including matter and energy, atomic structure, periodicity, bonding, energy and rates of reaction, and acid-base theory. The honors course places more emphasis on the theoretical chemistry and mathematical implications and covers additional topics like equilibrium and nuclear chemistry. <b>Prerequisite:</b> CP: 80% in Biology or Physical Science and Algebra 1; Honors: 88% in Biology H and Intermediate Algebra, <u>or</u> 95% in Biology CP and Algebra 1 CP
SC505: CP or SC504: Honors	Grade 9 or 10	
<b>Physics</b>		This laboratory course discusses concepts in mechanics with an emphasis in mathematical analysis. Students study the topics of introductory physics; including one and two dimensional motion. The honors course has intensive use of math with emphasis on lab experiences and mathematical analysis. <b>Prerequisite:</b> CP: 80% in Algebra 2 CP; Honors: 85% in Advanced Algebra/ Trigonometry (or concurrent enrollment) or 90% in Algebra 2, or ASC Program
SC507: CP SC506: Honors	Grades 9-12	
<b>Environmental Studies</b>		This course focuses on ecology and environmental qualities. Students survey the impact of human beings on the environment and suggestions for meeting present and future scientific and technological needs.
SC508	Grade 11 or 12	
<b>Marine Biology</b>		This course covers physical, chemical, and geological factors in the marine environment, from estuaries to the continental shelf and the depths of the oceans. The focus is on the ecosystem and relationships, physiology, evolution, and taxonomy of the organisms. Students submit an in depth term paper on a specific marine organism. Students should have a love of science and genuine interest in biology. <b>Prerequisite:</b> 80% in Biology and Chemistry
SC509	Grade 11 or 12	
<b>Anatomy &amp; Physiology</b>		This course is a fundamental survey of the human body and how it functions. A mammalian dissection is required. <b>Prerequisite:</b> 93% in Biology and Chemistry CP or 85% in Biology or Chemistry Honors
SC516: Honors	Grade 11 or 12	

<b>Forensic Science</b>		This course is designed to explore the growing and changing field of crime scene and evidence analysis. It incorporates biology, anatomy, chemistry, physics, and earth science with an emphasis in complex reasoning and critical thinking skills. Students will analyze how evidence can become influential in the investigation of a crime. The course will cover crime scenes, evidence processing, fingerprints, blood spatter analysis, physical evidence, DNA, toxicology, taphonomy and more. Students will participate in the lab simulations performed by professional crime scene analysts.
SC533: CP SC534: Honors	Grade 11 or 12	
<b>Robotics</b>		This class introduces students to electrical design and extends the students' knowledge of coding to the C language. The curriculum uses an Arduino UNO microprocessor to create electronic devices that can be used in everyday activities, and will compete with the creation of a robotic device utilizing the 3D printer. Additional materials for this course are breadboards, switches, resistors, LED's, transistors, motors, and LCD displays. Digital Input/Output, as well as Analog Input/Output, are covered. <b>Prerequisite:</b> Computer Science
SC535: Honors	Grades 10-12	
<b>Biology AP</b>		This college level course covers three major areas of biology: molecules and cells, genetics and evolution, and organisms and populations. Through required labs, students become more aware of the process of biological investigation. College credit may be attained through successful completion of the May AP exam. <b>Prerequisite:</b> 90% in Biology and Chemistry Honors, or 95% in Biology and Chemistry CP or ASC program
SC512: Pt. 1 SC513: Pt. 2	Grade 11 or 12	
<b>IB Biology HL</b>		Biology is the study of life. Students will become aware of how scientists work and communicate with each other. While the scientific method may take on a wide variety of forms, it is the emphasis on a practical approach through experimental work that characterizes the sciences. Teachers provide opportunities to design investigations, collect data, develop manipulative skills, analyze results, collaborate with peers and evaluate and communicate their findings.
IB904: Pt. 1 IB924: Pt. 2	Grades 11 & 12	
<b>IB Chemistry HL</b>		Course topics include: quantitative chemistry; atomic structure; periodicity; bonding; energetics; kinetics; equilibrium; acids and bases; oxidation and reduction; organic chemistry; and measurement and data processing. In addition, this course is designed to develop a student's ability to analyze, evaluate and synthesize scientific information, develop an awareness of the need for and value of effective collaboration and communication during scientific activities, develop experimental and investigative scientific skills and hone information and communication technology skills in the study of science. There will be multiple opportunities for scientific study and creative inquiry within the global context. Study includes the impact of chemistry on society, moral and ethical dilemmas, and the social, economic and environmental implications of the work of chemists.
IB925: Pt. 1 IB926: Pt. 2	Grade 11 & 12	
<b>Prerequisite:</b> Chemistry & Advanced Algebra		
<b>Physics 1 AP</b>		This is an algebra-based, introductory college-level course that explores topics such as Newtonian mechanics; work, energy and power; mechanical waves and sound; and introductory, simple circuits. <b>Prerequisite:</b> 85% in Chemistry H, Geometry H and Physics H <u>or</u> 93% in Chemistry CP, Physics CP & Geometry CP
SC531	Grade 11 or 12	
<b>Physics 2 AP</b>		This course explores topics such as fluid statics and dynamics; thermodynamics with kinetic theory; PV diagrams and probability; magnetic fields and quantum, atomic, and nuclear physics. <b>Prerequisite:</b> Physics 1 AP
SC532	Grade 11 or 12	
<b>IB Physics SL</b>		This course places a strong emphasis on problem solving abilities both in practical and theoretical work. It provides a useful grounding in basic physics and therefore has relevance to the other sciences and mathematics. In addition, work on language in science and a general understanding of current scientific issues are given emphasis. Participation in the Group 4 project and independent research are required. <b>Prerequisite:</b> Physics Honors
IB927: Pt. 1 IB928: Pt. 2	Grade 11 & 12	
<b>IB Environmental Systems &amp; Society</b>		Students will be provided with a coherent perspective of the interrelationships between environmental systems and societies; one that enables them to adopt an informed personal response to the wide range of pressing issues.
IB935: Pt. 1 IB936: Pt. 2	Grade 11 & 12	

# WORLD LANGUAGES

The primary goal is to develop skills that enable students to operate and to comprehend fluent speakers in everyday situations. Simultaneous introduction to specific cultures encourages students to recognize the universality of human experience and acquire a global awareness. In the classical program, the principle focus is the acquisition of reading and writing skills. In addition, selected readings and study of Roman civilization encourage students to appreciate the influence of the Roman world on law, literature and art.

**College Preparatory** courses prepare students for continued study at the college level. A student in a Level 1 CP course who has achieved a final average of 95% & 80% on the final exam may move into the Level 2 H.

**Honors** courses involve an in-depth pursuit of more extended grammatical structures and a broader development of vocabulary. Students move at a more accelerated pace than college preparatory programs. Students must maintain an average of 85% in order to remain in honors.

Course Information		Course Description
<b>French 1</b>		Students learn to recognize, pronounce, and understand French through aural-oral method. French I practices dialogue, grammar and vocabulary of conversational topics. As communication skills develop, the course includes additional vocabulary and basic grammar necessary for reading and writing. Students also learn about culture and art work from the Francophone world.
FR601	Grade 9	
<b>French 2</b>		Students will continue the study of French, increasing their vocabulary and focusing on higher level speaking and writing skills. The foundation received in the French 1 classroom environment will acclimate students to the exploration of more advanced vocabulary and grammar.
FR603	Grade 10, 11, 12	
<b>French 3</b>		Prerequisite: Successful completion of French 1 CP, 2 CP, with a final average of 85% and teacher recommendation. The course will run as an Independent Study through Rosetta Stone. Students will also explore current events and excerpts of literature.
FR604	Grade 11 or 12	
<b>Spanish 1</b>		Students learn to recognize, pronounce and understand Spanish through the aural-oral method. Reading and writing of conversational materials are introduced, although emphasis remains on the dialogues, rich in social and cultural information. Grammar fundamentals are introduced.
SP601: CP or SP600: Honors	Grade 9	
<b>Spanish 2</b>		Aural-oral skills are augmented with increased emphasis on reading which is extensive rather than intensive. Extensive reading in the foreign language aims primarily at rapid comprehension of the content and generally avoids detailed study in any form. Writing expands to include more difficult forms with which pupils are audio-lingual and visually familiar. Cultural content continues to be an integral element of the language course, and grammatical structures are expanded.
SP603: CP or SP602: Honors	Grade 10	
Honors: 85% in Spanish 1 H or 95% in Spanish 1 CP, 80%		
<b>Spanish 3</b>		Students solidify their knowledge of basic and advanced grammar through intensive aural-oral work. Reading receives emphasis, which ensures a gradual increase in vocabulary and provides the basis for conversation in the Spanish language. Dictation of familiar patterns is replaced by dictation of recombination of familiar patterns into new contexts. Letter writing and controlled composition are introduced and practiced.
SP605: CP or SP604: Honors	Grade 11 or 12	
85% in Spanish 2 Honors or 95% in Spanish 2 CP & Recommendation		
<b>Spanish 4</b>		The primary goal of this course is to expand on the development of fundamental proficiencies in the communication skills of speaking, reading, writing and listening, and to practice and use them in meaningful and realistic situations and interactions. The students will also explore periodical literature excerpts.
SP606: Honors	Grade 11 or 12	
Recommendation		
<b>IB Spanish SL</b>		Students will build on their significant base of knowledge of the Spanish language in this rigorous program for students who possess the knowledge and desire to expand into a deeper intercultural understanding, an appreciation of the role of language, a wider range of language contexts, and as a basis for further study, work, leisure, enjoyment, creativity and intellectual stimulation.
IB903: Pt. 1 IB923: Pt. 2	Grades 11 & 12	
Spanish 1 & 2 Honors, Recommendation		

# VISUAL & PERFORMING ARTS

The Fine Arts department believes that art education is fundamental to human growth and provides students with intellectual, creative, and emotional experiences that connect them to a common core of knowledge. It is our philosophy that Art provides invaluable opportunities for students to use their imagination and problem solve using their own creativity. Art allows a forum for expression of the human spirit and validation of feelings in studying, creating and responding to art. Whether it is being pursued as a career or simply being studied as an opportunity to develop vocational pursuits, art education will heighten an appreciation for visual literacy and the challenges of creative self-expression.



All Fine & Performing Arts courses satisfy the Fine and Practical Arts graduation requirement.

Course Information		Course Description
<b>Piano/Music Theory</b>		No experience necessary to enjoy this class. Students will learn music skills that will allow them to play songs on the piano with great ease. Play all styles, pop to classical, the decision is yours. Whether you are a beginner who just wants to learn a fun new skill or an accomplished pianist that would like to hone your craft, this class is for you.
MU800	Grades 9-12	
<b>Mixed Chorus</b>		No experience necessary! If you would like to learn to sing, this is the class for you. Students will learn proper vocal technique that will enable them to improve their singing. Performance opportunities: Two major concerts per year and a holiday tour of various community events and retirement communities. Chorus participates in all school liturgies throughout the year.
MU801	Grades 9-12	
<b>Band</b>		Students who play brass, woodwind, or percussion instruments are invited to join the concert band. Students may not join band using guitar or bass as a primary instrument. In addition to the winter and spring concerts, the band will perform at football games and pep rallies. Students are required to participate in after school Concert Band. <b>Prerequisite:</b> At least one year of instructional learning on your chosen instrument, ability to read standard music notation (not TABS), drummers must be able to read basic drum notation and pass a reading audition.
MU802	Grades 9-12	
<b>Jazz Choir</b>		An <i>audition choir</i> that performs jazz material. This group sings at many performances throughout the year, as well as performing at competitions. Jazz choir is chosen in the spring for the following fall. Rehearsals are held after school and at flex during the first semester. We meet as a class in the spring semester.
MU803: Honors	Grades 10-12	
<b>Show Choir</b>		Two Choirs: Girls Show Choir and Mixed Show Choir. Meets Tuesday evenings from 6 – 8:00 p.m. By audition. (Not one of the 8 required courses) Both groups perform music from Broadway to Pop, and learn dance routines to said music. Choirs sing at church, concerts, outside events and competitions. No prior experience needed.
MU805/806	Grades 9-12	
By audition, 3 credits		
<b>Concert Band</b>		Meets Wednesday after school from 3 – 5 p.m., additional rehearsals will be required before major performances. (Not one of the 8 required courses) Concert Band is an accumulation of all performance opportunities i.e., pep-band, Christmas concert, fundraising performances and events, spring concert and competitions. Concert Band is offered to students who either have had previous instrumental experience or can show through audition a reasonable performance aptitude on traditional or orchestral instruments.
MU807/808	Grades 9-12	
3 credits, after school		
<b>Media Technology 1</b>		Media Technology gives students the opportunity to explore both roads of the Broadcast Technology world. Students will create and edit audio in Mixcraft and Adobe Audition as well as create and edit video in a number of programs on their laptops and online. Work will be broadcast on Griffin TV.
MU804	Grades 9-12	
Application Required		

<b>Media Technology 2</b>		A continuation of Media Technology 1, students will create more advanced work. One of the larger focuses will be with the use of "FOLEY", the creation of sound effects in film.
MU809	Grade 11 or 12	
Requires Approval		
<b>Media Technology 3</b>		An independent study class for students continuing into one of the many careers in Media Technology. Projects will be personally designed to improve their growing portfolio.
MU810	Grade 12	
Requires Approval		
<b>History of Rock n' Roll</b>		This is a history course with a soundtrack. Students will study the effects of this popular genre of music from post WWII America up to the present date. From the humble beginnings, through its rebellious adolescence, up to the multi-billion dollar industry that it has become, Rock n' Roll music has changed not only American society but societies all over the world. It is said, "to study a society, just listen to the music." What a story this is to tell. Students will be required to research dates in Rock n' Roll history, create power points, and assist in recording events for Griffin TV. Also, permission must be given by parents for the viewing of the documentary, "History of Rock N Roll" by VH1.
MU812	Grades 10-12	
<b>Foundations of Art</b>		This introductory course is open to all students regardless of previous formal art experience. Art as a visual language or means of communication is stressed as students experiment with these elements of art: line, form, space, shape and texture.
AR800	Grades 9-12	
<b>Drawing</b>		Using a variety of media, this observational drawing course introduces students to the principles of drawing with emphasis on the practical application of the components of line, form, shape, texture and value in relation to composition and design.
AR801	Grades 9-12	
<b>Intermediate Art</b>		This course is designed for those students who wish to expand their knowledge of the visual arts and continue to develop their artistic skills. The class will build upon the concepts and techniques mastered in Foundations of Art and Drawing through the study of the principles of design and composition in both two and three dimensional art.
AR802	Grades 10-12	
85% in Foundations of Art and Drawing		
<b>Advanced Art</b>		This course is designed for serious art students who wish to deepen their art experience. Stress is placed on individual experience, developing personal style through experimental design, and a survey of art history through media research and studio application. Students engage in developing a personal portfolio.
AR803	Grade 11 or 12	
85% in Intermediate Art		
<b>Senior Art Studio</b>		This production-oriented honors course is open to students in senior year who have a strong art background. Students must be able to work independently in a series of 2 and 3 dimensional assignments that are tailored to their interests and strengths. Individual style, originality and expertise in media use are stressed. This course will provide students with an opportunity for exploration and experimentation above and beyond what they have experienced in previous art courses.
AR804: Honors	Grade 12	
95% in Intermediate Art or Advanced Art		
<b>Digital Photography</b>		Digital photography introduces the students to the components that allow photographers to construct an aesthetically pleasing photograph. This course is designed to encourage students to express themselves through the experiences of a photographer. The course will also focus on major photographers and different time periods in the history of photography while incorporating this knowledge into the studio and field experience.
AR806	Grades 10-12	
Administrative Approval		
<b>IB Visual Arts SL</b>		This course is designed for students who want to go on to study visual arts in higher education as well as those who are seeking lifelong enrichment through visual arts. This course will encourage students to challenge their own creative and cultural expectations and boundaries. Students are expected to create works of art to be shown in an exhibit taking place in March. In addition to internal assessments, students will have external assessments based on their comparative study, Process Portfolio and the Exhibition.
IB908: Pt. 1 IB909: Pt. 2	Grades 11 & 12	

# BUSINESS & TECHNOLOGY

The Business & Technology department seeks to (1) provide students with the tools necessary for success in the professional business world (2) keep pace with the rapid technological changes that continually impact on the business world. Teachers infuse computer skills into the curriculum of most subjects. All courses satisfy the Fine and Practical Arts graduation requirement.

Course Information		Course Description
<b>Personal Financial Management *</b>		Personal Financial Management focuses on the consumer of financial services. Students are entering a world of complex financial activities. This course will build a foundation from which the student can grow in their understanding of the financial world. Topics will include financial institutional and banking services, savings and investment strategies, and risk management. Students can complete additional work to augment this class for honors credit.
BU912: CP BU916: Honors	Grades 9-12	
<b>Graphic Arts &amp; Design *</b>		This course will prepare students to communicate visually by focusing on the principles of design, and developing skills with graphic design software tools. Students will create multimedia projects involving photo editing, graphic illustration, basic Web page development and page layout design.
BU915	Grade 9-12	
<b>Digital Publishing: Yearbook 1 *</b>		Juniors learn how to visually and verbally create and develop a relevant theme, conduct an interview, write stories and captions, use Adobe InDesign to design, place and format copy and photographs for a story. Students also use Photoshop to create, crop and apply filters to photos. Students will assist the senior editors on one section of the current year's book.
BU904	Grade 11	
Spring Semester		
<b>Digital Publishing: Yearbook 2 *</b>		Seniors continue to perfect the skills learned junior year, but they also take on the responsibility of publishing the entire yearbook. Editors plan deadlines, assign jobs, and devise marketing strategies, which include the use of social media. Editors and staff members work in a real-life work environment to meet production deadlines. Requires teacher recommendation.
BU905	Grade 12	
Fall Semester		

# INTERDISCIPLINARY STUDIES

Course Information		Course Description
<b>Senior Internship</b>		Prerequisite: Application, teacher/department approval, no final failing grades in grade 11, no more than 15 demerits. Students will approach Teachers or Directors with whom they have a special rapport for approval.
IS001	Grade 12	
<b>Academic Decathlon*</b>		Prerequisite: Competitive spirit, desire to learn. The ten theme events covered in this course are Art, Music, Language and Literature, Social Science, Economics, Science, Math, Speech, Essay and Interview. Eighteen students will compete in the Academic Decathlon in January & February. Several hours of independent study are required each week as well as face to face meeting. This course is after school.
IS002: 2 Credits	Grade 9-12	
<b>Online Course</b>		Students may take an online course, through OCC, Georgian Court University, or an online accredited high school to meet graduation requirements or to explore electives (or AP courses) not offered at Donovan Catholic. Interested student will need approval from the Director of Student Services and must adhere to Donovan Catholic Online Course contract.
OL200	Grades 9-12	

# PHYSICAL EDUCATION

The Health & Physical Education Department uses a holistic approach to develop and maintain a lifetime of physical fitness and wellness for students. Students must pass two terms of physical education, including health education for freshmen and driver education as sophomores in order to graduate from Donovan Catholic.

Physical Education may also be selected as an elective course. A uniform is required.

Course Information		Course Description
<b>Physical Education 9 and Health Education</b>		The purpose of health education is to develop students as well-rounded, maturing adolescents through a curriculum that fosters knowledge of personal health and safety, basic first aid, proper nutrition, the dangers of substance abuse and suicide prevention. By achieving these objectives, students will acquire the knowledge and habits necessary to promote individual, family, and community health and wellness.
PE700, HE700	Grade 9	
<b>Physical Education 10 and Driver Education</b>		The course provides students with the basic facts of driving as issued by the NJ MVC Driver's Manual. The course will cover the laws and procedures for motorists in New Jersey and the knowledge needed to obtain a permit and drivers license. Defensive driving techniques teach students to be courteous drivers, in turn making them safer drivers, saving lives, and reducing accidents as future highway users. Students must have a course average of 70 or better to be eligible to take the New Jersey State Drivers Knowledge Examination test. Upon completion of the course and a grade of 80 or above on the NJMVC Knowledge test, student's will be issued their "Blue Card" making them eligible for their Special Learners permit at age 16.
PE701, DE701	Grade 10	
<b>Physical Education 11-12</b>		Physical Education 11-12 is an elective. The Course provides sport related and recreational activities to enhance the students overall well being.
PE702	Grades 11-12	
<b>Introduction to Weight Training</b>		This is an entry level class to prepare students to become stronger, more physical, agile, and faster student athletes. Every student will receive an educated overview guide on the importance of strength training and nutrition. Students will learn weight room safety and receive daily instruction of proper weight training techniques by a certified strength coach.
PE705	Grades 9-12	
<b>Strength &amp; Conditioning</b>		This is a course highly recommended for Varsity level athletes and multi-sport athletes. Student athletes will receive a sport specific workout catered to their sport(s). Students will learn advanced strength training techniques and active recovery. This course also educates students on nutrition, recovery/rest, and the dangers of supplements and performance-enhancing drugs.
PE703	Grades 9-12	

	<p><b>THE SCHOOL EMBLEM</b></p> <p>VERITAS – "Truth"            MARIA SPES MEA – "Mary My Hope"            ROSA MYSTICA – "Mystical Rose"</p>
<p><b>THE SCHOOL MASCOT</b></p> <p><i>"The GRIFFIN symbolizes vigilance, swiftness, loyalty, and strength."</i></p>	