

HHS General Elective Course Descriptions

Weight Training: This course is designed to teach students the safe and effective techniques of weight training. Students will learn the basic fundamentals of weight training, strength training, and overall fitness training and conditioning. Students will develop, assess, and modify personal fitness plans for weights/strength training.

Lifetime Activities/Outdoor Education: Lifetime Activities is where we dive into the field of health and wellness by engaging in physical activities beyond team sports. We practice yoga, HIIT training, bodyweight movements, recreational games, and more. We expand the content knowledge of health and wellness beyond the K-12 realm and come at it from a holistic perspective. In Outdoor Education, the same principles apply as above with valuing movement, rigorous engagement with physical activity, health, and overall well-being but the setting has changed. We assess the outdoors from human survival, activities (hiking, walking, fishing, camping, etc.), stargazing, cooking, and overall health.

Digital Art and Design: This course provides a foundation in visual communication concepts and design strategies. Course content is designed to foster skills and understanding that are essential in modern digital graphics, motion graphics, publishing, Web, film/video, photography, and animation graphic industries. Focus will be on developing understanding of key design concepts and strategies, along with design challenges that translate into creative communication solutions which accurately and effectively reach targeted audiences.

Psychology/Sociology: In Psychology students learn the development of scientific attitudes and skills, including critical thinking, problem solving, and scientific methodology. Students will also examine the structure and function of the nervous system in human and non-human animals, the processes of sensation and perception, and life span development. Students will study social cognition, influence, and relations. Students will examine social and cultural diversity and diversity among individuals. Students will study memory, including encoding, storage, and retrieval of memory. Students will also study perspectives of abnormal behavior and categories of psychological disorders, including treatment thereof. Throughout the course, students will examine connections between content areas within psychology and relate psychological knowledge to everyday life. Students will explore the variety of careers available to those who study psychology. In Sociology students will explore the ways sociologists view society, and also how they study the social world. In addition, students will examine culture, socialization, deviance and the structure and impact of institutions and organizations. Also, students will study selected social problems and how change impacts individuals and societies.

African American Studies: In this elective course students will examine the life and contributions of African Americans from the early 1600's through modern America. Students will explore the influence of geography on slavery and the growth of slavery on the American continent. Students will consider urban and rural African American communities and institutions in the North and South leading up to and during the Civil War. Students will investigate the rise and effects of Jim Crow and trace the impact of African American migration through the early twentieth century. Students will explore the impact of the Harlem Renaissance and the conditions and contributions of African Americans during the Great Depression and World War II. Students will examine the successes and failures of the Civil Rights Movement and consider the contemporary issues confronting African Americans.

Newspaper: Formal classroom study and experience in the production of school publications, newspapers, and literary magazines form the basis for this course.

Yearbook: This course provides a study of the basic principles of journalistic reporting and writing including the aims, organizations and arrangements of publications and practice in all major phases of journalistic writing. The emphasis will be on producing the yearbook.

Contemporary Issues/Speech & Debate: In Contemporary Issues, students study various dynamic issues facing today's society enabling them to discover their values and responsibilities as citizens in that society. The course will utilize six social studies standards of essential content knowledge and four process skills are integrated for instructional purposes. Students will utilize different learning methods to research, discuss, debate and formulate opinions on those contemporary issues. Speech & Debate is designed to teach the general principles of debate and provide experiences in informal and formal debating. Experiences often include training of debaters for competition.

Computer Applications: This is a foundational course intended to teach students the computing fundamentals and concepts involved in the proficient use of common application software. Upon completion of this course, students will gain basic proficiency in word processing, spreadsheets, databases, and presentations. In addition, students will have engaged in key critical thinking skills and will have practiced ethical and appropriate behavior required for the responsible use of technology.

Introduction to Geographic Information Systems: a one-year elective course for grades 11-12 where students will create, manipulate, and analyze digital maps to solve real world problems. GIS students will (1) be introduced to data management and data science (2) work with real data and professional software and (3) answer real world questions and make data driven decisions. Skills learned in this course are applicable in a wide range of industries including but not limited to environment, engineering, business and marketing, government, sustainable development, real estate, health and human services, natural resources, transportation, and artificial intelligence. Required prerequisites are Integrated Math I and Integrated Math 2. It is strongly recommended that students in this class have an interest in human and/or physical geography and have already mastered basic computer skills and programs such as Word, Excel, and Powerpoint. While students will learn STEM skills in the course, students are not required to be on the STEM pathway.