

Damien Memorial School 2015-2016 Course Catalog

Department:

Personal Development

Graduation Requirements:

1 credit of Physical Education/Health

0.5 credit of Speech

Course Offerings:

Physical Education Grade 9 *0.5 credit*

The ninth grade Physical Education program is a two-quarter course that will focus on improving athletic ability and learning about a multitude of activities and sports, including the rules and goals of each sport. Classes will stress the importance of participation, effort, and sportsmanship while learning various skills.

Prerequisite: none

Health Grade 9 *0.5 credit*

Health Education is a two-quarter course that will guide students through the many dimensions of wellness. Students will develop skills needed in confronting difficult situations; understand health prevention and promotion techniques that will establish a solid personal health education; and become health literate in making positive and healthy decisions.

Prerequisite: none

Speech: Argumentation and Debate (High School) *0.5 credit*

This course builds on the skills learned in the Middle School speech class, but no prerequisites are necessary. Students will learn to create arguments to prove their point using logic, evidence and persuasion. Students will also practice different speech styles to practice different methods of speaking and delivery.

Prerequisites: None

Introduction to Psychology *0.5 elective credit*

This course will introduce students to psychology and the ideas of behavior and mental processes. Students will learn through history, perspectives, research strategies, biology perspectives, learning and statistics. It will cover some of the popular topics such as abnormal psychology, development, drugs, and abuse and will build their working knowledge of psychology to understand how people think and function with the constant changes in society.

Students will develop techniques of writing in APA format and other areas such as journal entries and essays to strengthen personal opinions and ideas for writing.

Prerequisites: Successful completion of Biology with a grade of B or better.

Psychology 2 *0.5 elective credit*

Continuation of learning ideas from Introduction to psychology. Students will focus on learning APA format and conduct literature reviews and small research projects. Interactive use of google docs: Word, excel, docs, and email to improve

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technological knowledge. Course will cover development and learning, social psychology, psychological disorders, treatment of psychological disorders, fostering careers in psychology. Class will provide students with deeper understanding of the application of modern techniques of behavioral control and to foster a better understanding of psychology and the different areas that affect a person. Other areas include statistics, literature reviews, projects, group interaction, and self assessments.

Prerequisites: Successful completion of Introduction To Psychology with minimum grade of B

Introduction to Sociology 0.5 elective credit

This course provides a broad overview of sociology and how it applies to everyday life. Major theoretical perspectives and concepts are presented, including sociological imagination, culture, deviance, inequality, social change, and social structure. Students also explore the influence of social class and social institutions, such as churches, education, healthcare, government, economy, and environment. The family as a social structure is also examined.

Prerequisite: None

Student Government 1 credit

This course provides opportunities to study, practice and develop group and individual leadership and organizational skills. These skills include decision-making skills, problem-solving techniques, communication skills, leadership roles, human relation skills and understanding the need for civic responsibility. Students will make decisions relative to student body matters. Students work to plan, organize, advertise, prepare, execute and evaluate school activities for Damien students.

Prerequisite: Election

Art 1A/1B: Beginning Art 1 elective credit

Students learn the fundamental skills of Western art. The course also incorporates the history and purpose of art. This course covers one, two, and three point perspective, composition principles, color theory, and human anatomy. Skills are applied to artistic genres such as portraits, landscapes, abstracts, comic/pop art, anime/manga, and multicultural tattoo art.

Prerequisites: None

Art Fee: \$80.00 for the school year

Art 2A/2B: Intermediate Art 1 elective credit

Students utilize the skills learned in Art 1 to create paintings of various styles. Students work on canvas and canvas panels. Students create art based on the following art movements – Impressionism (Western and Eastern), Post-Impressionism, Realism, Cubism, Abstract, and Minimalism.

Prerequisites: Successful completion of Art 1A/1B with a C or higher.

Art Fee: \$200.00 for the school year

Art 3A/3B: Advanced Art 1 elective credit

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Students learn multimedia and multi-layering painting techniques. Students learn more complicated painting techniques and materials such the Flemish style, incorporating textures in paintings, and glazing. Students are taught the business of art. They are shown how to understand what art customers want to buy and how to price and sell art online or in a gallery as well as how to get work displayed in art shows.

Prerequisite: Successful completion of Art 2A/2B with a C or higher.

Art Fee \$200.00

High School Beginning Band, Musical Fundamentals and Literacy 1 *elective credit*

Students will learn the fundamentals of musical literacy through the medium of a woodwind, brass, or percussion instrument. The course will cover the reading of musical notation and translating the written music into sound via the student's instrument. Musician etiquette and common practices will be explained, presented, and implemented. Students will be required to participate in performances as scheduled as well as rehearsals to bring the ensemble together with the other beginning band sections

Prerequisite: None

Course Fees: Instrument Rental (\$80.00 for the school year; variable instrument kit cost)

Band I, Musicianship 1 *elective credit*

Students will continue to refine skills acquired in the previous band classes. Great emphasis will be placed on accuracy and technique as they apply to artistic considerations. All students will be expected to participate in performances for the school and community as well as rehearsals in preparation for those performances.

Prerequisite: Satisfactory (A, B, or C) completion of Beginning Band, Middle School Intermediate Band (or equivalent) or audition for instructor

Course Fees: Instrument Rental (\$80.00 for the school year)

Band II, Musicianship II 1 *elective credit*

Students will continue to refine skills acquired in the previous band classes. Emphasis on accuracy and technique as they apply to artistic considerations will continue. Mentoring of younger students will become part of the learning process. All students will be expected to participate in performances for the school and community as well as rehearsals in preparation for those performances.

Prerequisite: Satisfactory (A, B, or C) completion of Band I (or equivalent) or audition for instructor

Course Fees: Instrument Rental (\$80.00 for the school year)

Band III, Musicianship III 1 *elective credit*

Students will continue to refine skills acquired in the previous band classes. Continued technical growth as well as artistic refinement will be expected. Ensembles and solo literature will become a greater part of the music covered. Mentoring of younger students will become part of the learning process as well

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as leadership within the structure of the class. All students will be expected to participate in performances for the school and community as well as rehearsals in preparation for those performances.

Prerequisite: Satisfactory (A, B, or C) completion of Band II (or equivalent) or audition for instructor

Course Fees: Instrument Rental (\$80.00 for the school year)

Band IV, Musicianship IV 1 elective credit

Students will continue to refine skills acquired in the previous band classes. Continued technical growth as well as artistic refinement will be expected. Ensembles and solo literature will become a greater part of the music covered. Leadership and modeling of expected and exemplary behavior will take a greater role as seniors prepare to create and transfer a tradition of excellence. All students will be expected to participate in performances for the school and community as well as rehearsals in preparation for those performances.

Prerequisite: Satisfactory (A, B, or C) completion of Band III (or equivalent) or audition for instructor

Course Fees: Instrument Rental (\$80.00 for the school year)

Computer Tech I 0.5 elective credit

This is a self-paced course covering advanced computer use from integrated productivity package use such as Pages, Numbers and Keynote. Students will learn the fundamentals of PC hardware components and how they communicate with software operating systems.

Prerequisites: Satisfactory keyboarding/word processing skill; genuine interest in computers and technology and a motivation to learn.

Computer Tech II 0.5 elective credit

A continuation of Computer Technologies I, developing advanced topics such as Internet access and security, basic web design, drawing packages, photo manipulation, video projects, technology career outlook.

Prerequisites: Successful completion of Computer Tech I or equivalent and approval of computer instructor.

Computer Tech III 1 elective credit

This course is designed with a lot of project based, hands on learning. PC installation of hardware and software, basic Troubleshooting, Networking solutions, web management, multimedia video production using hardware such as cameras, voice recording, lighting techniques and Final Cut X video editing software.

Prerequisites: Completion of Computer Tech I & II with a grade no lower than a A, and a teacher recommendation.

Digital Photography I 0.5 elective credit

This is an introduction to the techniques of photography as well as exploring the many creative aspects involved with photography. The intent of this course is to

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introduce the beginner to the Art of Photography, learn its history, equipment, exposure, lighting and the differences between film and digital.

Prerequisites: Completion of Computer Tech II with a grade no lower than a A, and a teacher recommendation.

Digital Photography II 0.5 elective credit

Advanced photography, creating and capturing abstract compositions to their art. Studio portrait and product photography. Students will focus on photography projects within Damien Memorial School (Newspaper, yearbook, alumni relations, etc.). Outer island nature excursion is an annual event to explore a real hand on experience in the world of photography.

Prerequisites: Completion of Digital Photography I with a grade no lower than a A+ and a teacher recommendation.

Newswriting 1 elective credit

Throughout this course, students learn pertinent aspects of journalism, culminating in the creation and publication of the school newspaper. Students are encouraged to be informed, thoughtful journalists, and responsible local, national and global citizens. Because this course is writing-intensive and deadline-driven, students are expected to be self-motivated, detail-oriented, and open to criticism, with a commitment to quality work. Course may be repeated yearly.

Prerequisites: English 9/English 9 Honors or Creative Writing, with a B or better. Interviewed and approved by Newswriting adviser.

Weight Lifting 0.5 elective credit

This is a semester course that introduces students to basic weight training and fitness. Weight training I class teaches students proper technique for various basic lifts, journaling, and basic anatomy. A program will be designed to develop and maintain the student's physique, efficiency and movement, and fitness for daily living.

Prerequisites: Open to grades 10, 11 & 12

Advanced PE 0.5 elective credit

This is a secondary level physical education class that will teach students to enjoy a variety of activities with an emphasis on playing hard and having fun while staying fit. Daily activities may include: basketball, football, volleyball, soccer, lacrosse, racket sports, and floor hockey. This course is a good match for those students who appreciate regularly scheduled exercise and participation.

Prerequisite: Successful completion of 9th grade PE with a C or better.

Weight Training 0.5 elective credit

This is a secondary level weight training and conditioning class that will teach students to understand the importance of lifelong physical activity. Daily activities will include learning basic weight training as well as more advanced training, and programming, as the students progress. Weight training will include proper lifting and spotting technique, Olympic style lifting, crossfit training, and circuit training.

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Prerequisite: Open to grades 10, 11 & 12.

Lifetime Fitness *0.5 elective credit*

Lifetime fitness is designed to engage students in fitness activities that encourage healthy exercise habits, enhance an understanding of the basic components of physical fitness, allow for application of these concepts into a lifetime activity plan, and help develop an appreciation for the benefits and values of being physically active. Activities may include, but are not limited to: yoga, Pilates, aerobics, P90X, swimming, urban hiking, stability exercises, and a CPR course. Students will monitor heart rates to assist in examining the effects of exercise on the body.

Topics that are presented and discussed may include: components of physical fitness, principles of training, nutrition, understanding movements of the body, and goal setting.

Prerequisite: Open to grades 10, 11 & 12.

X-Fit *0.5 elective credit*

X-Fit P.E. is a transformational fitness course that focuses on high-intensity workouts and circuit training using the Crossfit methodology. Students will learn about leadership, character development, and how to stay fit outside of the classroom. This course will challenge each student physically and mentally as they progress through each session. It will also be a very rewarding and life-changing experience for those who embrace it.

Prerequisite: Open to grades 10, 11 & 12.