



**Twin Cities Academy High School
Course Guide
2018-2019**

TCAHS COURSE GUIDE 2018-2019

This course guide was created to help guide you through the course registration process. Included in this packet is information on course requirements, registration procedures and course descriptions. Selecting courses is a very important process which should be made only after careful consideration of your abilities, future academic and career goals, and personal interests.

When making your course selections, it is helpful to review and make sure you have met or are currently meeting the course requirements. All students in grades 9-12 must meet the following requirements for graduation:

TCA GRADUATION REQUIREMENTS

Total Credits for Graduation: 24

1 credit = 1 year

English: 4 credits

Math: 4 credits

Science: 4 credits

Social Studies: 3.5 credits

World Language: 2 credits

Fine Arts: 1 credit

Physical Education/Health: 1 credit

Course Registration Process

Course Registration Presentations led by the school counselor will happen in English classes during the month of March to explain course requirements and options. Students will fill out a course registration form and will turn it into the school counselor. Course registration forms will be sent home to get a signature from a parent/guardian.

Definition Course Terms

Credit: Students are awarded a half year credit (0.5 credit) upon successful completion of most semester courses.

Grades: Grade level at which the course is being offered.

Semester: Semester in which the elective course is being offered.

Elective Schedule Change Procedure

Students are allowed to change elective courses during the *first week* of a new semester if they follow the elective schedule change procedure. English, Math, Social Studies or Science classes are not electives and will not change. To change an elective class, students need to see the school counselor. Schedule changes will not be made after the first week of a new semester.

TCAHS Typical Course Schedule by Grade

Below is a list of typical classes that students take in each grade at TCAHS.

9th Grade

English 9 or English 9 Honors
World History
Intermediate Algebra, Geometry or Algebra II
Integrated Science
World Language (or English Extensions)
9th Grade AVID (1st semester only, Elective 2nd semester)
Elective (or Math Extensions)

10th Grade

English 10 or English 10 Honors
US History or AP US History
Geometry, Algebra II or Pre-Calculus
Biology or AP Biology
World Language (or English extensions)
Elective (or Math extensions)
Elective

11th Grade

American Lit/British Lit or CIS or AP Lang and Comp or AP Lit and Comp
Civics/Economics
Algebra II, Pre-Calculus or AP Calculus
Chemistry or AP Chemistry
World Language (or English Extensions or Elective)
Elective (or Math Extensions)
Elective

12th Grade

American Lit/British Lit or CIS or AP Lang and Comp or AP Lit and Comp
Senior Seminar/Financial Lit (1st semester) Geography (2nd semester)
Pre-Calculus or AP Calculus
Physics or AP Physics
World Language (or Elective)
Elective
Elective

TCAHS English Scope and Sequence

Grade level

9 th Grade	English 9	English 9 Honors		
10 th Grade	English 10	English 10 Honors		
11 th Grade	American Lit/Brit Lit	CIS Writing Studio	AP Language and Comp	AP Literature and Comp
12 th Grade	American Lit/Brit Lit	CIS Writing Studio	AP Language and Comp	AP Literature and Comp

American Literature (semester 1): In this course, composition assignments are integrated with the study of important works of American literature such as *The Great Gatsby*, *Their Eyes Were Watching God*, and *Catch-22*. Supplementary readings include nonfiction essays, short stories by American authors, American poets from the 18th century to the present, and at least one modern play such as *Fences*. Students will gain understanding of literary forms, dominant philosophies and historical background associated with eras of American literature. Writing instruction focuses on the expository essay – narrative, comparison/contrast, literary analysis, and descriptive. Students will prepare for the college application process through grammar study and application; ACT writing preparation; and writing a college application essay.

British Literature (semester 2): This semester long course studies a variety of primarily British works while encouraging students to think deeply and critically. Basic and finer points of both persuasive and expository literary analysis are developed and demonstrated in full-length essays, in-class essays, and a literary research paper. Students can expect to study Chaucer, Shakespeare, the Brontës; and modern authors such as Kazuo Ishiguro and Zadie Smith.

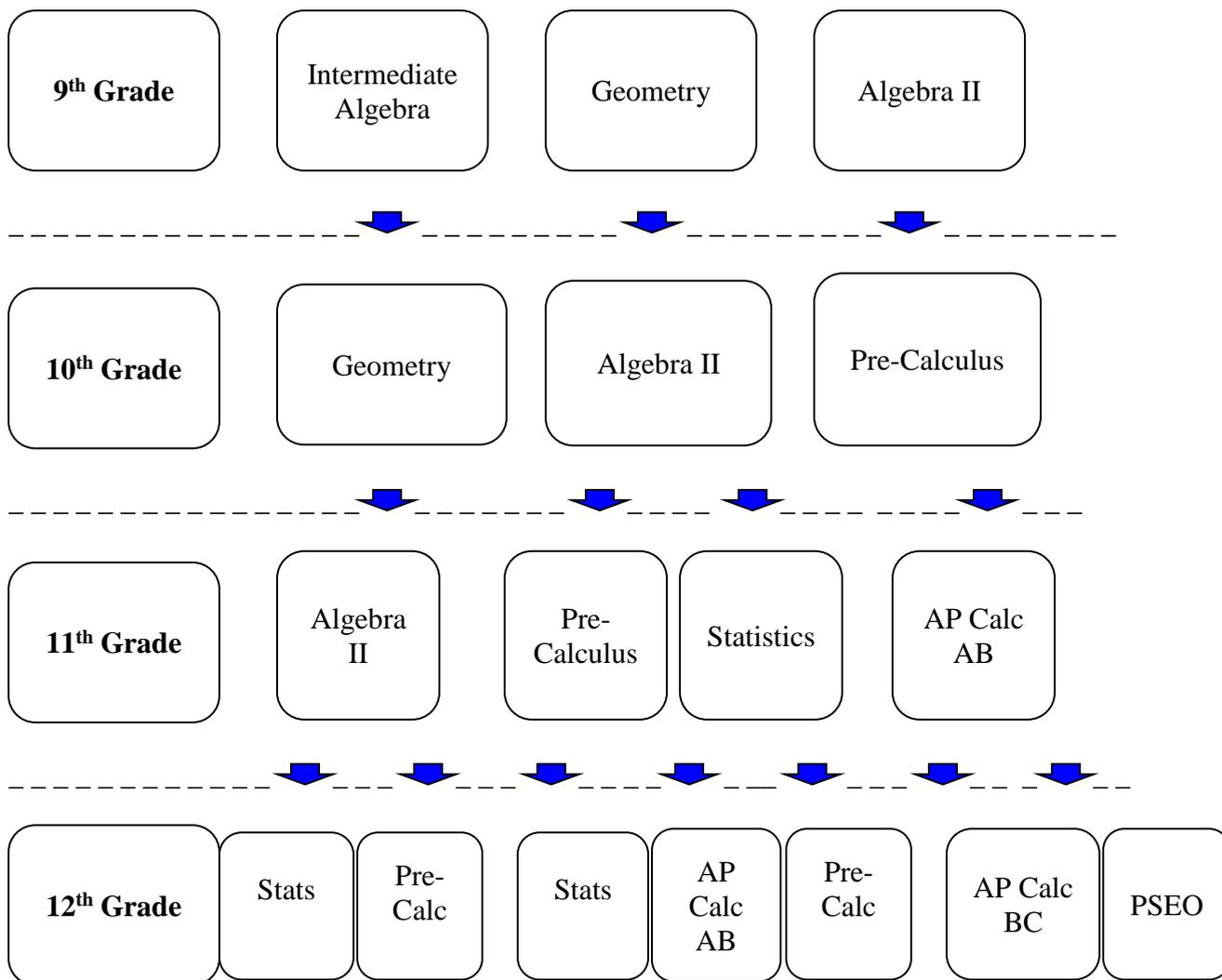
CIS Writing Studio: A College in the Schools course from the University of Minnesota. This writing lab course offers students the opportunity to work on college level reading and writing skills. Students also participate in a Field Day hosted by the U of Mn. Students will receive college credit if they successfully pass the course.

AP Language and Composition: This course aligns to an introductory college-level rhetoric and writing curriculum, which requires students to develop evidence-based analytic and argumentative essays that proceed through several stages or drafts. Students evaluate, synthesize, and cite research to support their arguments. Throughout the course, students develop a personal style by making appropriate grammatical choices. Additionally, students read and analyze the rhetorical elements and their effects in non-fiction texts, including graphic images as forms of text, from many disciplines and historical periods.

AP Literature and Composition: This course aligns to an introductory college-level Literature and Composition course. This course engages students in the careful reading and critical analysis of imaginative literature. Through the close reading of selected texts, students deepen their understanding of the ways writers use language to provide both meaning and pleasure for their readers. As they read, students consider a work's structure, style and themes, as well as such smaller-scale elements as the use of figurative language, imagery, symbolism and tone.

TCAHS Math Scope and Sequence

Grade level



Statistics: Statistics is the Science and Art of data and inference. The precision and abstract nature of Mathematics are replaced by uncertainty and intuition in Statistics. Students will learn to interpret data, analyze how different real-world variables affect each other, how data is collected, and probability theory. Statistics is focused primarily on the interpretation of data to reinforce or deny a hypothesis. Any student who is interested in pursuing (but not limited to) Psychology, Sociology, Business, Marketing, Education, or the Sciences would benefit from taking Statistics.

Pre-Calculus: A foundational course for future advanced math. It includes a review and deepening of algebraic knowledge, right triangle and unit circle trigonometry, matrices and systems of equations, and a basic Calculus unit introducing derivative and integral Calculus in preparation for AP Calculus. Students who plan to take AP Calculus and beyond should sign up for Pre-Calculus.

TCAHS Science Scope and Sequence

Grade level

9th Grade

Integrated
Science

10th Grade

Biology

AP
Biology

11th Grade

Chemistry

AP
Chemistry

12th Grade

Physics

AP
Physics

TCAHS Social Studies Scope and Sequence

Grade level

9th Grade

World
History

10th Grade

US
History

AP US
History

11th Grade

Civics and
Economics
(1 sem
each)

12th Grade

Geography
(2nd sem
only)

TCAHS World Language Descriptions

Spanish

Spanish I is a fun and interactive beginning level course suitable for students with little to no Spanish experience. Students learn to understand basic written and spoken Spanish by focusing on frequently used structures and grammar patterns in the target language. Students build confidence and fluency through a variety of activities including storytelling, songs, and cultural readings.

Prerequisites: none

Spanish II is designed to build upon and reinforce vocabulary and grammar structures learned in Spanish I. Students continue to develop their proficiency in the target language through a variety of communicative activities – while the focus on the class is still comprehension of language, more output (speaking and writing) is introduced in Spanish II. Students should be comfortable communicating in present tense, and become more comfortable understanding past tense language.

Prerequisites: Spanish I or equivalent proficiency as demonstrated by language assessment

Spanish III is designed to build upon the foundation of language built in the students' first 2+ years. Students continue to develop their proficiency in the target language through a variety of communicative activities – there is a greater expectation of speaking and writing in Spanish in Spanish III. Students read novels, tell stories, and work with various language tenses.

Prerequisites: Spanish II or equivalent proficiency as demonstrated by language assessment

Spanish IV Students continue to develop their proficiency in the target language through a variety of communicative activities – there is a greater expectation of speaking and writing in Spanish in Spanish IV. The class is based around reading and discussing novels in Spanish.

Prerequisites: Spanish III or equivalent proficiency as demonstrated by language assessment

AP Spanish Language and Culture emphasizes communication (understanding and being understood by others) by applying the interpersonal, interpretive, and presentational modes of communication in real-life situations. This includes vocabulary usage, language control, communication strategies, and cultural awareness. The AP Spanish Language and Culture course strives not to overemphasize grammatical accuracy at the expense of communication.

Prerequisites: Spanish IV or equivalent proficiency as demonstrated by language assessment

French

French I: Students practice listening, speaking, reading, and writing in French, with the understanding that they are likely to be able to understand more than they are able to produce. By the end of the course, students are able to read/listen at or above the Intermediate Low level and speak/write at or above the Novice High level. Themes include introducing yourself, school, friends, family, weather and geography, daily routines, clothing, food, and stories.

Prerequisites: None

French II: Students practice listening, speaking, reading, and writing in French, with the understanding that they are likely to be able to understand more than they are able to produce. By the end of the course, students are able to read/listen at or above the Intermediate Mid-level and speak/write at or above the Intermediate Low level. Themes include holidays, childhood, health and wellness, and the city.

Prerequisites: French I

French III: In French III, we continue to use language skills learned in French I and II to focus on reading, conversation, and writing skills. Advanced grammar is taught on a regular basis. Activities include group learning, role playing, discussions in French, and reading a short novel and short stories. Course material also includes the study of French history and literature.

Prerequisites: French II

French IV: This is a rigorous course that takes students on a thematic voyage of discovery around the French-speaking world. The themes are based around the themes for the French AP exam. Through the school year we go through MOST of the essential items of French Grammar so that students are well prepared for the rigors of the French AP exam.

Prerequisites: French III

AP French Language and Culture: This course is equivalent to an intermediate college-level course. It is designed for high school students in their fourth or fifth year of French language study (or with equivalent experience). Students therefore typically already have a good command of grammar and considerable competence in listening, reading, speaking and writing. The course is open to all interested and highly motivated students who meet the mentioned criteria.

Prerequisites: French IV

Advanced Placement (AP), Honors and College in the Schools (CIS) Course Descriptions

AP ENGLISH LANGUAGE AND COMPOSITION

Credit: 1 English Grades: 11-12 Semester: Full Year

The AP English Language and Composition course aligns to an introductory college-level rhetoric and writing curriculum, which requires students to develop evidence-based analytic and argumentative essays that proceed through several stages or drafts. Students evaluate, synthesize, and cite research to support their arguments. Throughout the course, students develop a personal style by making appropriate grammatical choices. Additionally, students read and analyze the rhetorical elements and their effects in non-fiction texts, including graphic images as forms of text, from many disciplines and historical periods.

AP ENGLISH LITERATURE AND COMPOSITION

Credit: 1 English Grades: 11-12 Semester: Full Year

This course aligns to an introductory college-level Literature and Composition course. This course engages students in the careful reading and critical analysis of imaginative literature. Through the close reading of selected texts, students deepen their understanding of the ways writers use language to provide both meaning and pleasure for their readers. As they read, students consider a work's structure, style and themes, as well as such smaller-scale elements as the use of figurative language, imagery, symbolism and tone.

AP US HISTORY

Credit: 1 Social Studies Grades: 10 Semester: Full Year

AP U.S. History is an advanced placement course that focuses on the development of disciplinary practices and reasoning skills and an understanding of historical content. This is a college level course and requires nightly reading and homework.

AP CALCULUS

Credit: 1 Math Grades: 10-12 Semester: Full Year Prerequisite: Must have completed Pre-Calculus

AP Calculus AB is focused on building enduring mathematical understanding requires understanding the why and how of mathematics in addition to mastering the necessary procedures and skills. To foster this deeper level of learning, AP Calculus AB is designed to develop mathematical knowledge conceptually, guiding you to connect topics and representations throughout the course and to apply strategies and techniques to accurately solve diverse types of problems. We cover limits, derivatives and integrals. We work with functions represented in a variety of ways: graphical, numerical, analytical, or verbal. Students understand the connections among these representations. Students understand the meaning of the derivative in terms of a rate of change and local linear approximation and use derivatives to solve a variety of problems. Students understand the meaning of the definite integral both as a limit of Riemann sums and as the net accumulation of change and use integrals to solve a variety of problems. Students understand the relationship between the derivative and the definite integral as expressed in both parts of the Fundamental Theorem of Calculus.

AP PHYSICS 1

Credit: 2 Science Grades: 11-12 Semester: Full Year

AP Physics 1 is an algebra-based, introductory college-level physics course. Students cultivate their understanding of Physics through inquiry-based investigations as they explore topics such as Newtonian mechanics (including rotational motion); work, energy, and power; mechanical waves and sound; and introductory, simple circuits. We focus on 8 big ideas. Big Idea 1: Objects and systems have properties such as mass and charge. Systems may have internal structure. Big Idea 2: Fields existing in space can be used to explain interactions. Big Idea 3: The interactions of an object with other objects can be described by forces. Big Idea 4: Interactions between systems can result in changes in those systems. Big Idea 5: Changes that occur as a result of interactions are constrained by conservation laws. Big Idea 6: Waves can transfer energy and momentum from one location to another without the permanent transfer of mass and serve as a mathematical model for the description of other phenomena.

AP COMPUTER SCIENCE PRINCIPALS

Credit: 1 Elective Grades: 9-12 Semester: Full Year

AP Computer Science Principles is an AP Computer Science course and examination offered by the College Board to high school students as an opportunity to earn college credit for a college-level computer science course. AP Computer Science Principles is meant to be the equivalent of a first-semester course in computer science. Assessment for AP Computer Science Principles is divided into two parts, both an end of course exam as well as the creation of artifacts throughout the course. We cover the following conceptual thinking practices: Connecting computing, Creating computational artifacts, Abstracting, Analyzing, Communicating, Collaborating.

AP BIOLOGY

Credit: 2 Science Grades: 10-12 Semester: Full Year Prerequisite: Must have completed Bio

AP Biology is an introductory college-level Biology course. Students cultivate their understanding of biology through inquiry-based investigations as they explore the following topics: evolution, cellular processes – energy and communication, genetics, information transfer, ecology, and interactions.

AP CHEMISTRY

Credit: 2 Science Grades: 10-12 Semester: Full Year Prerequisite: Must have completed Chemistry

The AP Chemistry course provides students with a college-level foundation to support future advanced course work in chemistry. Students cultivate their understanding of chemistry through inquiry-based investigations, as they explore topics such as: atomic structure, intermolecular forces and bonding, chemical reactions, kinetics, thermodynamics, and equilibrium.

AP ART HISTORY

Credit: 1 Fine Arts Grades: 10-12 Semester: Full Year

AP Art History is designed to be the equivalent of a two-semester university art history survey course. Students successful in History, Literature, and Studio Art are encouraged to take this class. This class explores the nature of art, its uses, its meanings, and our personal responses to it. Upon completion students attain a comprehensive understanding of art through the investigation of diverse artistic traditions of many cultures from prehistory to present day. A sketchbook is required for this class.

AP SPANISH LANGUAGE AND CULTURE

Credit: 1 World Language Grades: 9-12 Semester: Full Year Prerequisite: Spanish IV

AP Spanish Language and Culture emphasizes communication (understanding and being understood by others) by applying the interpersonal, interpretive, and presentational modes of communication in real-life situations. This includes vocabulary usage, language control, communication strategies, and cultural awareness. The AP Spanish Language and Culture course strives not to overemphasize grammatical accuracy at the expense of communication.

AP FRENCH LANGUAGE AND CULTURE

Credit: 1 World Language Grades: 9-12 Semester: Full Year Prerequisite: French IV

The AP French Language and Culture course is equivalent to an intermediate college-level course. It is designed for high school students in their fourth or fifth year of French language study (or with equivalent experience). Students therefore typically already have a good command of grammar and considerable competence in listening, reading, speaking and writing. The course is open to all interested and highly motivated students who meet the mentioned criteria.

CIS Writing Studio

Credit: 1 English

Grades: 11-12

Semester: Full Year

Writing Studio is a College in the Schools course from the University of Minnesota. This writing lab course offers students the opportunity to work on college level reading and writing skills. Students also participate in a Field Day hosted by the U of MN. Students receive college credit if they successfully pass the course.

ENGLISH 9 HONORS

Credit: 1 English

Grades: 9

Semester: Full Year

Honors 9 is a year-long course with a high level of rigor designed to provide a strong foundation for Honors 10 and AP courses. Students develop critical thinking skills, learn how to construct well-written essays and speeches, gain foundational skills in research and media literacy, learn academic vocabulary, receive an introduction to critical literary theory, and continue to expand on close reading strategies, speaking skills, and writing skills. To succeed in Honors 9, students should arrive with the ability to read texts aimed at grades 9 and above, the skills to write a five-paragraph essay, and the ability to work independently and be self-motivated.

ENGLISH 10 HONORS

Credit: 1 English

Grades: 10

Semester: Full Year

Honors 10 is a year-long course with a high level of rigor designed to provide a strong foundation for AP and college courses. Students fine-tune critical thinking skills, explore critical literary theory (including psychological, feminist, and New Historicism) as tools for unpacking literature, and begin to prepare for rigorous AP exams. Students also continue to expand on academic vocabulary, close reading strategies, persuasive speaking skills, and writing skills. To succeed in Honors 10, students should arrive with the ability to read texts aimed at grades 10 and above, the skills to conduct research and write a formal paper beyond the basic five-paragraph frame, and the ability to work independently and be self-motivated.

Extensions Programing Information

Grades: 9-11

The Math and English Extensions courses are support classes that help students who struggle with math and reading. The Math Extensions course uses MATH 180 and the English Extension course uses Read 180. The 180 programs are an innovative intervention program by Houghton Mifflin Harcourt.

The Extensions courses meet daily and provide an additional 50 minute period of targeted math or reading intervention for students who are one to two grade levels below their current grade level. Students that are in 9th grade may have both math and reading extension courses, while students in the other grade levels will be scheduled for only math or reading, not both courses.

TCA's data team reviews all student data, including: national and statewide assessments, course grades and credits, attendance, behavior and overall school wide performance. This data team works closely with the teachers to identify students who are in need of more support; after careful consideration, students may be selected to participate in the program to support their instructional needs.

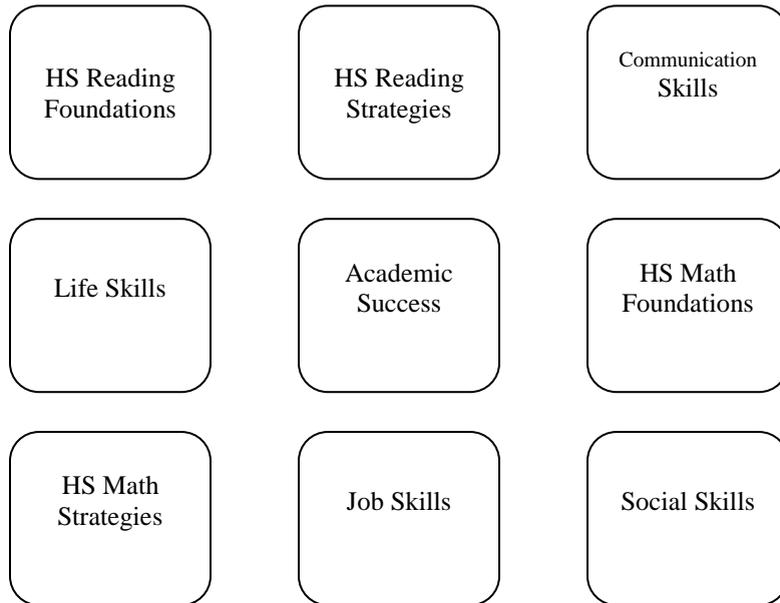
MATH 180 and READ 180 are research-based programs with proven results in raising student math and reading achievement. In addition, the 180 programs use cutting-edge technology to deliver individualized math and reading instruction, provide valuable skills practice, and motivate students to develop confidence and fluency in math and reading. These courses will:

- Build essential math and/or reading skills for college and career readiness.
- Bring students' math and/or reading proficiency up to grade level.
- Develop mathematical practices and/or reading practices and habits of mind.
- Apply math and reading skills to solve real-world problems.
- Show students that they can attain academic success in math and English.

MATH 180 and READ 180 challenge students to work hard, offer encouragement and provide support at home by encouraging students to practice math and reading skills.

Special Education Courses and Information

High School Special Education Courses



Course Area Descriptions

Foundations: Foundations is designed to create a solid foundation of basic skills in Reading or Math for students who are significantly behind grade level. Students receive individualized instruction based on learning needs outlined in their Individualized Education Plan. Foundations is a Pass/Fail course. Students receive credits toward English or Math when passing the course.

Strategies: Strategies is designed to develop, strengthen, and improve strategies used in the academic areas of Reading and Math. The course is designed for students who are slightly behind in grade level instruction and need support to be successful in current grade level Math and English. The class helps build on skills and provide strategies to strengthen knowledge in either Reading or Math. Strategies courses are graded courses and students receive credits if they pass this course.

Skills: Skills is designed to build, develop and strengthen skills in applicable areas to help students be successful in and beyond middle or high school. Students receive individualized instruction based on their learning needs outlined in their Individualized Education Plan goals. Skills courses are graded courses and students receive elective credits if passed.

Academic Success: Academic Success is designed to develop, strengthen, and improve skills for positive academic performance and achievement based on the learning needs of the student outlined in their Individualized Education Plan. Academic Success is a Pass/Fail course and students receive elective credits if they pass the course.

TCAHS Elective Course Options

FINE ARTS

BEGINNING BAND 1390/1391

Credit: 0.5 Fine Arts Grades: 9-12 Semester: Full Year Commitment

If students have never played an instrument, or are looking to learn a new instrument, this band is for them! All HS and MS students are welcome to join. Students learn the fundamentals of music making and music reading through performance, composition, and improvisation. Small group pull out lessons are available to all Beginning Band members. There is 3 required concerts throughout the year. Come experience the magic of music making! Band is a yearlong class and students must commit to it for the entire year.

INTERMEDIATE BAND 1392/1393

Credit: 0.5 Fine Arts Grades: 9-12 Semester: Full Year Commitment

This ensemble is open to HS or MS students with 1-2 years of experience on their instruments. We continue building the fundamentals of individual and ensemble technique through performance, composition, improvisation, and an introduction to music theory. Small group pull out lessons are available to all middle school students. There is 3 required concerts throughout the year. Let's continue our musical journey! Band is a yearlong class and students must commit to it for the entire year.

SYMPHONIC BAND 1394/1395

Credit: 0.5 Fine Arts Grades: 9-12 Semester: Full Year Commitment

This ensemble is for more advanced HS or MS players, or students with 2+ years of experience on their instrument. We begin to refine our individual skills and deepen our understanding of ensemble performance through challenging and diverse repertoire. Students continue to explore the fundamentals of music theory, improvisation, and composition. Small group pull out lessons will be available to all middle school students. There is 3 required concerts throughout the year. Symphonic Band Members also have the opportunity to participate in the TCA Pep Band at basketball games throughout the season. Come flex your musical muscles! Band is a yearlong class and students must commit to it for the entire year.

CONCERT BAND 1396/1397

Credit: 0.5 Fine Arts Grades: 9-12 Semester: Full Year Commitment

This is the top performing band at TCA, open to advanced HS or MS players with 2+ years of experience. Concert Band Members apply their skills to challenging and diverse repertoire. Students continue to explore the fundamentals of music theory, improvisation, and composition. Small group pull out lessons will be available to all Middle School Students. There is 3 required concerts throughout the year. Concert Band Members also have the opportunity to participate in the TCA Pep Band at basketball games throughout the season. Come showcase your musical talent! Band is a yearlong class and students must commit to it for the entire year.

MUSIC OF TODAY 1304/1309

Credit: 0.5 Fine Arts Grades: 9-12 Semester: Fall or Spring

This course is designed to supply students with foundational skills in music performing, analysis, and production. We analyze popular modern music, learn to write our own songs using electronic music software, jam with junkyard percussion instruments, and examine the social, cultural, and political impact music can have on society and that our society can have on music. No prior musical experience is necessary. Some of the material we cover is determined by class interests. Students should be prepared to share and discuss their interests, as well as being accepting of the interests of their classmates!

SURVEY OF ART 1323/1325

Credit: 0.5 Fine Arts

Grades: 9-12

Semester: Fall or Spring

This class is an introduction to art. The development of art forms from ancient times to present day are explored with corresponding studio projects accompanying each unit. Upon completion students are able to demonstrate a historical understanding of art as a product reflective of human social development. A sketchbook is required for this class.

STUDIO ART 1321/1322

Credit: 0.5 Fine Arts

Grades: 9-12

Semester: Fall or Spring

Prerequisite Art 1 or Art Survey – students cannot enroll in this class if they have not taken the prerequisite

This class develops skills in 2-D and 3-D design using a variety of media including: Drawing, Painting, Printmaking, and Ceramics. Upon completion students are able to demonstrate a wide range of art techniques and a better understanding of their own personal art style. A sketchbook is required for this class.

AP ART HISTORY 1319/1320

Credit: 1 Fine Arts

Grades: 10-12

Semester: Full Year Commitment

AP-Art History is designed to be the equivalent of a two-semester university art history survey course. Students successful in History, Literature, and Studio Art are encouraged to take this class. This class explores the nature of art, its uses, its meanings, and our personal responses to it. Upon completion students attain a comprehensive understanding of art through the investigation of diverse artistic traditions of many cultures from prehistory to present day. A sketchbook is required for this class.

DANCE 1312

Credit: 0.5 Fine Arts

Grades: 9-12

Semester: Fall

This is a choreography-based workshop class. Students will be choreographing their own pieces - not learning steps. The focus is on cultivating creativity, and building the foundation for the understanding of what dance is and why we do it.

THEATRE ARTS 1302

Credit: 0.5 Fine Arts

Grades: 9-12

Semester: Fall

This is an overall exploration of what theatre is and the impact it has on the arts and society. Students will explore history, acting and design within the world of the stage.

ACTING FOR THE STAGE 1313

Credit: 0.5 Fine Arts

Grades: 9-12

Semester: Spring

This is a medium-level course on acting theory and practice. Students learn how to use their bodies, voices, and imaginations to become a strong, multifaceted character. Students act individually, in pairs, and in groups. Previous enrollment in Theatre Arts is a plus.

PHYSICAL EDUCATION/HEALTH

PHYSICAL EDUCATION 9/10 1331/1332

Credit: 0.5 PE/Health

Grades: 9-10

Semester: Fall or Spring

We continue to develop daily routines for stretching and getting our bodies and minds ready to work and play. Due to space and safety constraints, we stick to classic indoors games, such as soccer, ultimate football, floor hockey, basketball, kickball, speedball and forms of dodgeball. Students are expected to change into PE clothes every day. Students actively participate in circuit-training most Mondays in hopes to develop some life-long fitness skills. This is an elective class for our 9th and 10th graders to select for one semester. Select students may be able to have schedules that allow for a full year of PE.

PHYSICAL EDUCATION 11/12 1343

Credit: 0.5 PE/Health

Grades: 11-12

Semester: Fall

Students continue to develop daily routines for stretching and getting our bodies and minds ready to work and play. Due to space and safety constraints, we stick to classic indoors games, such as soccer, ultimate football, floor hockey, basketball, kickball, speedball and forms of dodgeball. Students are expected to change into PE clothes every day. Students actively participate in circuit-training most Mondays in hopes to develop some life-long fitness skills. This is an elective class for our 11th and 12th graders to select for one semester. Select students may be able to have schedules that allow for a full year of PE. As upper-classmen, the students have more of a voice and more freedom in the gym environment.

EXERCISE KINESIOLOGY 1328

Credit: 0.5 PE/Health

Grades: 11-12

Semester: Spring

An elective for 11th and 12th graders who want to pursue careers in the health and/or education field, or are curious how the body works. This is a class that resembles a college health course. We discuss, study, and perform various ways the body moves. We find ways to prevent and return from injuries; how to build and maintain strength and flexibility; and have a better understanding of our own body's limitations and possibilities. This course is offered during odd-year spring semesters. Spring of 2019 is on deck!

PE BOOTCAMP 1330/1336

Credit: 0.5 PE/Health

Grades: 9-12

Semester: Fall or Spring

This is not your typical PE class. This class is designed to push you to your physical fitness limit by introducing current fitness techniques such as: High Intensity Interval Training (HIIT), Tabata, Yoga and much more. These exercises keeps your heart rate up and burns more fat in less time. Benefits of these exercises include increased strength, stamina and balance. If students have a positive mindset, a strong work ethic, looking to prepare for the athletic season or just looking for a great workout this is the class for them!

NUTRITION 1334

Credit: 0.5 PE/Health

Grades: 9-12

Semester: Fall

There are many factors involved in living a healthy, fulfilling life. Understanding how to eat healthy, prevent disease, and maintain a healthy weight is part of being healthy. *Nutrition* is a course designed to empower students to obtain the knowledge and skills necessary to make healthy and informed decisions about what to eat throughout their lifetime.

SEXUAL HEALTH AND DRUG EDUCATION 1327

Credit: 0.5 PE/Health

Grades: 10-12

Semester: Spring

Based on national health standards, medical information, and scientific research, this class offers tools to help young people make healthy decisions about sexual health and drugs. This comprehensive and inclusive class is hands-on, activity based, and gives students a variety of skills and information to navigate through life. This class is based on abstinence as the safest choice, but we do provide instruction on safer sex as well.

SOCIAL AND EMOTIONAL HEALTH 1329

Credit: 0.5 PE/Health

Grades: 9-12

Semester: Spring

There are many factors involved in living a healthy, fulfilling life. Social and Emotional Health is a course designed to empower students to obtain the knowledge and skills necessary to make healthy and informed choices throughout their life. Students examine what it means to be emotionally and socially healthy. This course is based on the national health education standards. During this course, students explore a broad range of social and emotional health topics including: Self Awareness and Self -esteem, Basic Needs, Communication, Conflict Resolution, Community, Relationships & Personal safety, Death and dying, Depression, Stress, Values and Current Events.

ENGLISH GENERAL ELECTIVES

CREATIVE WRITING 1303

Credit: 0.5 Elective

Grades: 9-12

Semester: Spring

This course focuses on fiction writing. Students learn about the writing process and the characteristics of strong story and character writing. Projects include genre stories, children's books, and poetry.

JOURNALISIM 1318/1319

Credit: 1 Elective

Grades: 9-12

Semester: Full Year Commitment

According to the American Press Institute, journalism is defined as "the activity of gathering, assessing, creating, and presenting news and information." At TCA, we do this by producing the yearbook. We cover everything from editing, to photography, to writing copy, to marketing and advertising, to graphic design, and beyond. Yearbooks are both treasured mementos and historical records, so remember: when you do a great job on your homework in this class, it will last and live on for centuries!

SOCIAL STUDIES GENERAL ELECTIVES

SOCIOLOGY 1339

Credit: 0.5 Elective

Grades: 9-12

Semester: Fall

The way that students view the world comes from what we learn in our everyday activities. This course deals with the social atmosphere that helps to make us who we are and how we behave. The key component of this course is to study ourselves and the society that influences our behavior. Students are assigned weekly text readings and apply that knowledge to group projects and discussion.

CURRENT EVENTS 1346

Credit: 0.5 Elective

Grades: 9-12

Semester: Fall

In this course students study current issues affecting our world. To understand our world, it is vital to understand people's experiences and their history. Reading, writing and discussion part of our daily routine. The class also produces a student written and edited monthly newspaper.

CULTURAL ANTHROPOLOGY 1337

Credit: 0.5 Elective

Grades: 9-12

Semester: Fall

In this class students do a deep dive into what culture is and what contributes to a culture. At first students focus on the broad overview and look at specific ancient cultures from the past. Then students look at some key concepts in American culture such as race, poverty, gender, and environment. As a class we will look at the history of each, focusing specifically on America, and how that has resulted in what culture we have today. The last part of this course is identity. Students put together all they have learned and try to navigate where they think their identity lies within American culture.

PSYCHOLOGY 1341

Credit: 0.5 Elective

Grades: 9-12

Semester: Spring

Psychology is the study of the human mind and its functions. In this class students study important psychologists throughout history and how they impacted the study of the human mind. Students also explore how the brain communicates to the body and what that looks like over a person's life. Students venture into what motivates a person and how their surrounds can affect that. As a class we look at how psychological disorders have been treated in the past and what is being done now in the present. The last part of this course is exploring personality and theories involved and for students to explore their own personality.

SCIENCE GENERAL ELECTIVES

STEM 9/10 1353

Credit: 0.5 Science

Grades: 9-10

Semester: Spring

Students explore various topics related to Science, Technology, Engineering, and Math. Students complete projects including building computers, researching NASA missions and learning the basics of computer programming.

STEM 11/12 1355

Credit: 0.5 Science

Grades: 11-12

Semester: Fall

Students explore various topics related to Science, Technology, Engineering, and Math. Students complete projects including building computers, researching NASA missions and learning the basics of computer programming.

GENERAL ELECTIVES

AVID TUTORIAL 1500/1501

Credit: 0.5 Elective

Grades: 9-12

Semester: Fall or Spring

This class is purely for students who want time during the day to work on their homework. It is an individually-led, silent period that allows for full concentration and focus.

SENIOR SEMINAR/FINANCIAL LITERACY 1307/1308

Credit: 0.5 Elective

Grades: 12

Semester: Fall

All Seniors are enrolled in Senior Seminar/Financial Literacy fall semester of their Senior year. Seniors rotate between Senior Seminar and Financial Literacy about every other week. This is one period a day. In Senior Seminar students learn how to do the following things: research college choices, apply to college, apply for FAFSA, apply for scholarships, research careers, write a resume, interviewing skills, life skills of after high school and much more. In Financial Literacy students learn how to do the following things: Budgeting, Taxes, Exponential Growth/401k/Retirement/Student Loans/Investing, Student Loan Options/Avoidance/Strategies, Consumer Math, Credit Cards, Microsoft Excel and much more.

ACT PREP 1356

Credit: 0.5 Elective

Grades: 11

Semester: Spring

The ACT Prep Course is an intensive course devoted to covering all aspects of the ACT test, including test-taking skills, reading comprehension skills, grammar/vocabulary, essay writing, math from eighth grade through Algebra 2, and ACT Science. The course includes content review and practice designed around ACT questions and standards, using A-List Education's curriculum. The course also includes college and career preparation, as junior year is a critical time to research majors, colleges, and scholarships.

AP COMPUTER SCIENCE PRINCIPALS 1315/1316

Credit: 1 Elective

Grades: 9-12

Semester: Full Year

Advanced Placement Computer Science Principles is an AP Computer Science course and examination offered by the College Board to high school students as an opportunity to earn college credit for a college-level computer science course. AP Computer Science Principles is meant to be the equivalent of a first-semester course in computer science. Assessment for AP Computer Science Principles is divided into two parts, both an end of course exam as well as the creation of artifacts throughout the course. We will cover the following conceptual thinking practices: Connecting computing, Creating computational artifacts, Abstracting, Analyzing, Communicating, Collaborating.

SERVICE LEARNING 1345

Credit: 0.5 Elective

Grades: 10-12

Semester: Spring

In this class activities and experiences link school and service, enabling students to see connections between academics and real-life situations. Attention is given to the identification of community needs and service opportunities. Projects are done in the building and in the neighborhood, as well as many off campus trips. Trips include: The University of Minnesota - Bee Center, Mississippi River, Animal Humane Society of Minnesota, and more.
