



WASATCH HIGH SCHOOL CORE COURSE CATALOGUE 2025

Language arts core and elective course descriptions

*students are required to take 4 years of English. English 9, 10, and 11 are required, and senior English has more offerings. See your counselor for details.

ENGLISH 9

1.0 Credit

Freshman English students will learn and apply skills in reading and writing both literature and informational texts, speaking and listening, and language skills (grammar, conventions, and academic and literary vocabulary). Students will read novels, plays, poetry, and important nonfiction documents with the purpose of understanding literary culture, acquiring language and literary comprehension, producing clear and meaningful analytical writing, and applying their knowledge of language and theme. This is a year-long class that fulfills the 9th grade English/language arts requirement.

ENGLISH 9 HONORS

1.0 Credit

Honors English 9 incorporates all areas of core English 9, adding deeper discussion, reading, novel study, and writing concepts.

ENGLISH 10

1.0 credit

Sophomore English students will learn and apply skills in reading and writing both literature and informational texts, speaking and listening, and language skills (grammar, conventions, and academic and literary vocabulary). Students will read novels, plays, poetry, and important nonfiction documents with the purpose of understanding literary culture, acquiring language and literary comprehension, producing clear and meaningful analytical writing, and applying their knowledge of language and theme. This is a year-long class that fulfills the 10th grade English/language arts requirement.

ENGLISH 10 HONORS

1.0 credit

In Honors English 10, we read, study, and analyze meaningful and important works of fiction and nonfiction. We draft, revise, and refine our own writing. We hone linguistic skills. We dive deeply into language, grammar, vocabulary, literary devices, and the excellence of words.

ENGLISH 11

1.0 credit

The purpose of this English class is to help you communicate and interact with others more effectively. Studies have shown that no other skill will help you beyond school as much as the ability to communicate well with others. Our goal is to help you achieve proficiency in four content standards: reading, writing, speaking and listening, and language skills. We work to achieve that goal through the study of American literature. Upon successful completion of this course you should know about the various literary genre of American literature as well as their social significance in the historical development of our nation. You should be able to write clear narratives, informative papers, and argumentative papers at a level appropriate to your grade.

AP ENGLISH 11: ENGLISH LANGUAGE & COMPOSITION

1.0 credit

AP English 11 focuses on the development of the following Language Arts process skills: reading, writing, speaking, listening, viewing, and presenting. This year long class specializes in text analysis and advanced analytical writing using American literature and non-fiction essays as the focus. It is also designed to help prepare students for the Advanced Placement English Language and Composition exam for those who wish to take it in May. This course will also be excellent preparation for college English. The course is centered on a study of American literature and nonfiction essays and will involve students in critical and analytical reading and writing experiences. Because this is a rigorous college preparatory course, students will be required to read several novels, plays, and essays, and to write several papers, including a major research paper. Students will also be engaged in ACT preparation and vocabulary.

ENGLISH 12

1.0 credit

This course is intended to promote students' communication skills, including reading, writing, speaking, and listening. Students will participate in a wide variety of assignments, activities, and discussions to provide them with opportunities to practice and strengthen these skills, which will be valuable throughout the students' lives, regardless of occupation or life station. The students will do this by identifying texts that have had a profound influence on contemporary American society. These texts will include selected works of philosophy and classic novels, including 1984, Frankenstein, and selected works of Shakespeare. Students will also complete a senior project, which is an 8-10

hour project that benefits their community (family, local, state, or world) in some way. They will also research and write a paper on a connected topic and present their project and their paper to their peers. This course fulfills the senior English credit requirement.

AP ENGLISH 12: LITERATURE AND COMPOSITION

1.0 Credit

Students will study and compose narrative, argumentative, informational, and analytical prose, poetry, and non-fiction with an emphasis on British Literature, World Literature, and Universal Themes. Assigned work will include grammar, composition, reading, research, analysis, and exam practice. Students should anticipate 5-7 hours of homework per week. Completion of a senior project is required. AP English prepares college-bound students for College Board examinations administered in May of each year. There is a \$96 fee the college board charges, for students to take the culminating AP exam. Students scoring a 3 or higher on the exam may receive college credit.

UVU ENGLISH 1010 CE: LIVE INTERACTIVE SEMESTER 1, ONLINE SEMESTER 1, OR IN PERSON ALL YEAR

1.0 Credit

Grade 12

Prerequisites: ACT English and reading section scores of 19 each, or 250+ on the Accuplacer test.

Teaches rhetorical knowledge and skills, focusing on critical reading, writing, and thinking. Introduces writing for specific academic audiences and situations. Emphasizes writing as a process through multiple drafts and revisions. Includes major essay assignments, writing and collaboration, research writing, journals, and portfolios.

UVU ENGLISH 2010 CE: LIVE INTERACTIVE SEMESTER 2 OR IN PERSON

1.0 Credit

Grade 12

Prerequisites: ACT score of 29 in both reading and English, or completion of English 1010 with a C- or higher. Emphasizes academic inquiry and research in the humanities and social sciences. Explores issues from multiple perspectives. Teaches careful reasoning, argumentation, and rhetorical awareness of purpose, audience, and genre. Focuses on critically evaluating, effectively integrating, and properly documenting sources. In addition to major essay assignments, may include in-class writing and collaboration, an annotated bibliography, oral presentations, and portfolios.

BUSINESS COMMUNICATIONS

.50 credit

Grades 11-12 (may count as 4th year Language Arts)

Business Communication affects all aspects of our lives. This introductory course will teach students to communicate in a clear, courteous, concise, complete, and correct manner on both the personal and professional levels. Competency will be developed in oral, written, interpersonal, technological, and employment communication. Listening skills will be incorporated throughout the semester. The overriding goal is to provide students with a solid communication base, so they can communicate effectively.

BUSINESS COMMUNICATIONS 2

.50 credit

Grades 11-12 (may count as 4th year Language Arts)

This advanced course can be used to build upon the skills acquired in Business Communication 1. The focus is on additional methods of professional communication skills. Competency will be developed in oral, written, interpersonal, technological, and employment communication, and listening skills will be incorporated throughout the semester. The goal is to provide students with a practical, proficient portfolio consisting of a cover letter, resume, and follow-up letter. Additionally, students will create either a business report or a business plan. Students will complete the course with a greater understanding of the impact of technology and the need for effective communication skills to advance in a business career.

UVU HUMANITIES 1010 LI CE

1.0 credit

Grade 12 only

Studies the media and compositional elements of the various art forms (literature, music, visual arts, theater, film, dance, and architecture), for greater understanding and enjoyment. Teaches how to interpret artistic meaning by analyzing artworks formally as well as in their historical contexts, such as the predominant subject matters and styles of their period. Encourages students to integrate the arts into their daily lives habitually, so that they become lifelong learners and educators.

MATH CORE COURSES AND ELECTIVES

**Secondary math 1 and 2 are required. The third-year math is a choice. It is recommended that college bound students take concurrent math junior or senior year.*

SECONDARY MATH 1

1.0 Credit

Grade 9 Students in MATH 1 will deepen and extend understanding of linear relationships, in part by contrasting them with exponential phenomenon, and in part by applying linear models to data that exhibit a linear trend. Students will use properties and theorems involving congruent figures to deepen and extend understanding of geometric knowledge. Algebraic and geometric ideas are tied together. Students will experience mathematics as a coherent, useful, and logical subject that makes use of their ability to make sense of problem situations.

SECONDARY MATH 1 HONORS

1.0 Credit

Grade 9

Students in MATH 1 HONORS will deepen and extend understanding of linear relationships, in part by contrasting them with exponential phenomenon, and in part by applying linear models to data that exhibit a linear trend. Students will use properties and theorems involving congruent figures to deepen and extend understanding of geometric knowledge. Algebraic and geometric ideas are tied together. Students will experience mathematics as a coherent, useful, and logical subject that makes use of their ability to make sense of problem situations. In addition to the MATH 1 curriculum, Honors students will learn to represent and model with vector quantities, perform operations on vectors, and perform operations on matrices and use matrices in applications.

SECONDARY MATH 2

1.0 Credit

Grade 10

Students in MATH 2 will focus on quadratic expressions, equations, and functions, extend the set of rational numbers to the set of complex numbers, link probability and data through conditional probability and counting methods, study similarity and right triangle trigonometry, and study circles with their quadratic algebraic representations.

SECONDARY MATH 2 HONORS

1.0 Credit

Grade 10 (or 9th catalyst students only)

Prerequisite: MATH 1 HONORS

Students in MATH 2 HONORS will focus on quadratic expressions, equations, and functions, extend the set of rational numbers to the set of complex numbers, link probability and data through conditional probability and counting methods, study similarity and right triangle trigonometry, and study circles with their quadratic algebraic representations. In addition to the MATH 2 curriculum, Honors students will represent complex numbers and their operations on the complex plane, solve systems of equations, prove and apply trigonometric identities, express conic sections algebraically, and solve problems using volume measurements.

COLLEGE MATH 1010

1.0 Credit

Grade 11

Prerequisites: completion of secondary math 1 and 2 with C's and above.

This course covers solving equations and systems of equations and inequalities; graphing skills; polynomial properties; exponential and logarithmic functions; roots and rational exponents; and quadratic functions.

PRE-CALCULUS

1.0 Credit

Grade 11

Pre-requisite math 2 honors

MATH 1030: QUANTITATIVE REASONING CE

1.0 credit

Grade 12

Prerequisite math 1010 with a C or above.

Teaches how to communicate, interpret, and analyze quantitative information found in the media and in everyday life to make sound personal, professional, and civic decisions.

MATH 1040 CE: COLLEGE STATISTICS

.50 credit

Grade 12

Prerequisite math 1010 with a C or above, or a 23 on the math portion of the ACT.

A quantitative literacy course with a statistical theme. Includes descriptive statistics, sampling, and inferential methods. Emphasizes problem solving and critical thinking.

MATH 1050 CE

.50 credit

Grade 12

Prerequisite: math 1010 with a college C or better, **or** ACT math section score of 23 OR qualifying ALEKS placement score, and completion of secondary math 1 and 2. Math 1050 is MATH1050H72 College Algebra -quantitative literacy- This course covers polynomial, rational, exponential and logarithmic functions; matrices; and sequences and series.

MATH 1060: TRIGONOMETRY CE

.50 credit

Grade 12

Pre-requisite math 1050

Includes the unit circle and right triangle definitions of the trigonometric functions, graphing trigonometric functions, trigonometric identities, trigonometric equations, inverse trigonometric functions, the Law of Sines and the Law of Cosines, vectors, complex numbers, polar coordinates, and rotation of axes.

AP CALCULUS CE: SNOW COLLEGE CALCULUS 1210/1215

2.0 Credits

Grade 11-12

Prerequisites: ACT math section score of 26 or Math 1050 C or better.

AP Calculus is roughly equivalent to a first semester college calculus course devoted to topics in differential and integral calculus. The AP course covers topics in these areas, including concepts and skills of limits, derivatives, definite integrals, and the Fundamental Theorem of Calculus. The course teaches students to approach calculus concepts and problems when they are represented graphically, numerically, analytically, and verbally, and to make connections amongst these representations. Students learn how to use technology to help solve problems, experiment, interpret results, and support conclusions.

AP STATISTICS

1.0 Credit

Grades 11-12

The AP Statistics course is equivalent to a one-semester, introductory, non-calculus-based college course in statistics. The course introduces students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. There are four themes in the AP Statistics course: exploring data, sampling and experimentation, anticipating patterns, and statistical inference. Students use technology, investigations, problem solving, and writing as they build conceptual understanding.

ACCOUNT 1

0.5 Credit

Grades 10-12

Accounting 1 students will develop skills beginning with an understanding of the basic elements and concepts of double-entry accounting systems related to service businesses organized as a sole proprietorship. Skills include understanding of the accounting equation, analyzing business transactions, entering transactions in journals, posting to ledgers, compiling end-of-period financial statements, preparing closing entries, and managing cash.

ACCOUNT 2

0.5 Credit

Grades 10-12

Accounting 2 students will develop advanced skills that build upon those acquired in accounting 1. Students continue applying concepts of double-entry accounting systems related to merchandising businesses. Additional accounting skills will be developed, including preparing and journalizing payroll records, calculating and recording adjusting entries, and interpreting financial information.

ADVANCED ACCOUNTING

1.0 credit

grades 11-12

Students will continue accounting skills learned in accounting 1 and 2, advancing forward in skill and knowledge.

Core and elective science course descriptions

Biology and a physical science and an elective science are required for graduation.

BIOLOGY

1.0 credit

Grade 9

Biology is a class required for graduation and is a prerequisite for AP Biology. This course includes a study of living organisms and vital processes. Themes that will be covered in this course include scientific skills, ecology, biochemistry, cellular processes, genetics, evolution, classification of organisms, as well as plant and human body systems. The course includes laboratory experiments designed to reinforce course content.

AGRICULTURAL BIOLOGY

1.0 credit

Grade 9

Biology Agriculture Science class is a hands-on laboratory-based science curriculum that satisfies the biological science graduation requirement. Students that are interested in agricultural or biological careers are encouraged to take this class. This course includes FFA, SAE and student leadership opportunities. The foundations of biology will be taught through relevant and applicable examples to everyday life. This class satisfies the prerequisite to AP biology.

BIOTECHNOLOGY CE

1.0 Credit

Grades 10-12

Concurrent Enrollment: UVU BTEC1010H72 Fundamentals of Biotechnology I Career Survey

Learn to work with DNA and proteins in the laboratory. Isolate DNA from your own cheek cells and analyze your genes. Take glow-in-the-dark jellyfish genes and move them into bacteria to make the bacteria glow. Test common foods to see if they have been genetically modified. Use restriction enzymes to cut DNA. Set up PCR reactions. Amplify DNA in a thermal cycler. Pour your own gels and perform gel electrophoresis of DNA and proteins. Maintain bacterial cultures. Learn Gram staining, basic microscopy, and other essential lab skills.

BIOLOGY 1010/1015 CE

1.0 credit

Grades 11-12

This is a full year UVU Concurrent Enrollment course designed to give non-science majors an opportunity to fulfill their college life science requirements. Students who pass with a C- or better will earn both BIOL 1010 credit (3 credit hours) and BIOL 1015 Lab credit (1 credit hour). The course offers a broad, conceptual life science curriculum. We will cover topics in ecology/environment, biochemistry, cells, genetics, evolution as well as an overview of many taxonomic groups. Emphasis will be placed on understanding, evaluating and analyzing current developments in Biology and how this knowledge is being applied in the real world.

AP BIOLOGY 1610/1615 CE

1.0 credit

Grades 11-12

This is a full year UVU Concurrent Enrollment course designed to give science majors a strong foundation in Biology to prepare them for more rigorous coursework in this field. It is also an opportunity to fulfill their first-year college life science requirement. Students who pass with a C- or better will earn both BIOL 1610 credit (4 credit hours) and BIOL 1615 Lab credit (1 credit hour). Students are also expected to take the AP Biology Exam at the end of the course- this provides an opportunity to earn even more college credit. We will cover the topics of ecology, biochemistry, cells, genetics, evolution, taxonomy and an introduction to comparative anatomy/physiology.

PHYSICS

1.0 credit

Grades 10-11

Wasatch High School recommends this conceptual physics class as the standard 10th grade science course. This course offers an understanding of motion, forces, energy, and waves while also exploring a variety of topics of physical science. The purposes of this course are to help students conduct and analyze scientific investigations while developing their problem solving and critical thinking skills. It is recommended that to be successful in this class, students have completed Math 1.

AP PHYSICS 1

1.0 Credit

Grades 11-12

Prerequisite: Concurrently enrolled or completion of Secondary Mathematics 3
AP Physics 1: Algebra-Based is the equivalent to a first-semester college course in algebra-based physics. The course covers Newtonian mechanics (including rotational dynamics and angular momentum); work, energy, and power; and mechanical waves and sound. It will also introduce electric circuits.

CHEMISTRY 1010/1015 CE

1.0 credit

Grades 10-12

Assumes no previous knowledge of chemistry. Presents the foundations of chemistry to students who need preparation for further study in chemistry as well as to students who only want to take an introductory course. Covers chemical measurements, atomic structure, formulas, chemical reactions and equations, chemical nomenclature, stoichiometry, molecules and chemical bonding, gas laws, liquids, solids, solutions, acids and bases.

CHEM 1015. Introduction to Chemistry Lab.

Corequisite(s): [CHEM 1010](#)

A lab designed to accompany [CHEM 1010](#). Provides practical experience to support chemistry foundational learning. Emphasizes chemical measurements, atomic structure, formulas, chemical reactions and equations, chemical

nomenclature, stoichiometry, molecules and chemical bonding, gas laws, liquids, solids, solutions, acids and bases.

AP CHEMISTRY

1.0 credit

Grades 11-12

Prerequisite: chemistry

AP Chemistry is a laboratory-based course that has been audited and approved by the College Board. The curriculum expectations are equal in rigor to a first year college Chemistry course. Students will investigate the structure of matter, chemical bonding, states of matter, physical chemistry, and chemical reactions. Students who are interested in an enriched, college-preparatory science and math curriculum and who are considering working in these fields will find interest in this course. Students who commit to taking this course will be expected to take the AP Chemistry examination in May.

ANIMAL SCIENCE 1

1.0 Credit

Grades 9-12

This course exposes students to a wide range of scientific principles, such as genetics, anatomy, physiology/nutrition, disease, pests, and management practices. The science processes of observation, measurement, hypothesizing, data gathering, interpretation, analysis, and application are stressed. Career opportunities and educational preparation are examined. Learning activities are varied, with classroom, laboratory, and field experiences emphasized.

ANIMAL SCIENCE 2

1.0 Credit

Grades 10-12

EQUINE SCIENCE

1.0 credit

Grades 10-12

Prerequisite: animal science recommended.

Students will be exposed to equine science and technology principles which include genetics, anatomy, physiology/nutrition, diseases, pests, and management practices. The scientific processes of observation, measurement, hypothesizing, data gathering, interpretation, analysis, and application are stressed. Career opportunities and educational preparation are examined. Learning activities are varied, with classroom, laboratory, and field experiences emphasized.

VETERINARY SCIENCE

1.0 credit

Grades 10-12

This class is for students exploring careers working with animals, and is offered every other year, opposite equine science.

NATURAL RESOURCE SCIENCE

1.0 Credit

Grades 9-12

This class will rotate between aquaculture, landscape and nursery care and management, and conservation. Fun and hands on agricultural class.

GEOLOGY 1010/1015 CE

1.0 credit

Grades 11-12

Studies planet earth: its materials, structure, dynamics, and surface features.

Taken alone it is designed for non-science students who want a broad introduction to earth science and a greater appreciation of their physical surroundings. Taken in conjunction with laboratory exercises in GEO 1015, the class is sufficiently rigorous to articulate as an introductory geology class.

GEO 1015. Introduction to Geology Laboratory. (1 Credit)

Designed to be taken in conjunction with [GEO 1010](#). Includes the identification of rocks, minerals, basic land forms and structures. Studies geologic processes occurring in desert, glacial, mountainous and other environments. Taken with [GEO 1010](#), the class will articulate as an introductory earth science class.

UVU ASTRONOMY 1040 CE ONLINE ONLY

1.0 Credit

Grades 11-12

Elementary Astronomy Introduces astronomy and cosmology. Provides a physics-based overview of the solar system, the lives and deaths of stars, galaxies, and the evolution of the Universe. Explores the basic principles of physics and light, the tools of astronomy, and interesting concepts such as the Big Bang and black holes.

UVU METEOROLOGY 1010: DISTANCE LEARNING COURSE CE

1.0 Credit

Grades 11-12

Introduces the study of our atmosphere. Studies the Earth's dynamic weather systems. Covers structure and compositions of the atmosphere; weather patterns; air masses; and types of weather fronts, weather forecasting, and climates.

Social studies core and elective course descriptions

* required courses are ½ geography, ½ world history, 1 U.S. history, ½ U.S. government, and ½ elective

GEOGRAPHY

0.5 credit

Grade 9

This course is the study of man and his relationship to his physical, economic, and cultural environment. This course is composed of acquiring basic geographic skills, including maps, climates, and landforms, followed by a regional and cultural approach to the geography of the world. It emphasizes locations of countries and their geographical areas. It gives a brief historical background to search regions of the world. Students will learn about the contributions of major cultures and societies in the ancient and modern world. The course stresses the diverse economic, political, religious, and social systems. Historical perspective should be provided for major world events and movements. Students should develop a knowledge of and an appreciation for the contributions of many diverse people to the collective achievements of the human race. The course will include attention to those historical differences among people that lead to conflict.

AP HUMAN GEOGRAPHY

1.0 credit

Grade 9-12

The AP Human Geography course is equivalent to an introductory college-level course in human geography. The course introduces students to the systematic study of patterns and processes that have shaped human understanding, use, and alteration of Earth's surface. Students employ spatial concepts and landscape analysis to examine socioeconomic organization and its environmental consequences. They also learn about the methods and tools geographers use in their research and applications. The curriculum reflects the goals of the National Geography standards.

WORLD HISTORY

0.5 credit

Grade 10

World Civilization is a course designed for any student interested in history. The students will understand and appreciate the history of diverse peoples and cultures of the world. This course is broad and integrative and will examine and analyze the commonalities and differences of human experience in at least six spheres of human activity: social, scientific/technological, economic, religious/philosophical, geographic and political. A minimum of two regions, one being Western European history will be covered in this course.

AP WORLD HISTORY

1.0 credit

Grade 10

The AP World History course is structured around the investigation of five course themes and 19 key concepts in six different chronological periods, from approximately 8000 B.C.E. to the present.

This course covers the following themes, periods, and concepts: Interaction Between Humans and the Environment; Development and Interaction of Cultures; State Building, Expansion, and Conflict; Creation, Expansion, and Interaction of Economic Systems; Development and Transformation of Social Structures.

UNITED STATES HISTORY

1.0 credit

Grade 11

U.S. History course focuses on developing students' understanding of American history from approximately 1491 to the present. The course has students investigate the content of U.S. history for significant events, individual developments, and processes in nine historical periods, and develop and use the same thinking skills and methods (analyzing primary and secondary sources, making historical comparisons, chronological reasoning, and argumentation) employed by historians when they study the past. The course also provides seven themes (American and national identity; migration and settlement; politics and power; work, exchange, and technology; America in the world; geography and the environment; and culture and society) that students explore throughout the course in order to make connections among historical developments in different times and places.

AP US HISTORY

1.0 credit

Grade 11

The AP U.S. History course focuses on developing students' understanding of American history from approximately 1491 to the present. The course has students investigate the content of U.S. history for significant events, individuals, developments, and processes in nine historical periods, and develop and use the same thinking skills and methods (analyzing primary and secondary sources, making historical comparisons, chronological reasoning, and argumentation) employed by historians when they study the past. The course also provides seven themes (American and national identity; migration and settlement; politics and power; work, exchange, and technology; America in the world; geography and the environment; and culture and society) that students explore throughout the course in order to make connections among historical developments in different times and place.

UVU HISTORY 1700 CE ONLINE ONLY FIRST SEMESTER (satisfies semester 1 of high school US history requirement)

1.0 credit

Grades 11-12

Discussions include analysis of developing political, economic, and social institutions and their interrelationships with, and impact upon, the geographical features of the land. Includes book reports, oral response, research papers, media presentations and applications to current events.

UNITED STATES GOVERNMENT AND CITIZENSHIP

.50 credit

Grade 12

United States Government & Citizenship: The goal of this course is to foster informed, responsible participation in public life. Knowing how to be a good citizen is essential to the preservation and improvement of the United States. Upon completion of this course the student will understand the major ideas, protections, rights, structures, and economic systems that affect the life of a citizen in the United States. Additionally, students will practice the skills needed to conduct inquiries, weigh evidence, make informed decisions, and participate in political processes. This course should nurture desirable dispositions including a commitment to the American ideals of liberty, equality, opportunity, and justice for all. This course is recommended for seniors due to their proximity to voting age.

AP US GOVT & POLITICS

1.0 credit

Grade 12

AP United States Government and Politics introduces students to key political ideas, institutions, policies, interactions, roles, and behaviors that characterize the political culture of the United States. The course examines politically significant concepts and themes, through which students learn to apply disciplinary reasoning assess causes and consequences of political events and interpret data to develop evidence-based arguments.

POLITICAL SCIENCE 1100 CE ONLINE COURSE ONLY (SATISFIES THE US GOVERNMENT CREDIT FOR HIGH SCHOOL + ELECTIVE SOCIAL STUDIES)

American National Government

1.0 credit

Grades 11-12

Studies history and structure of American National Government, rights and responsibilities of citizens, political institutions, political processes, and governmental policies.

PSYCHOLOGY

.50 credit

Grades 9-12

This course introduces the student to the scientific study of human behavior. It emphasizes the manner in which the individual can apply various psychological theories and concepts to better understand one's self, one's motives, and one's relationship with other people. The major units of study are: theories, intelligence, human development, emotions, consciousness, abnormal behavior, mental health, and social psychology.

PSYCHOLOGY 1010 CE DISTANCE LEARNING OR ONLINE

1.0 credit

Grades 11-12

An introductory course in modern scientific psychology. Covers major domains of scientific psychology including biological foundations, sensations, perception, learning, motivation, human development and abnormal psychology. Examines major psychological and professional applications.

AP PSYCHOLOGY

1.0 credit

Grades 10-12

Designed to help students understand themselves and the people and situations they encounter throughout their lives. This course will also introduce students to the systematic study of human behavior and experience through study of the major perspective in this field. Students will gain an understanding of the methods used in development and verification of these theories based on human and animal behavior. The course is designed to provide the student with a college level course experience and to prepare the student to take the Advanced Placement Examination in Psychology.

SOCIOLOGY 1010: DISTANCE LEARNING CE

Introduction to Sociology

1.0 credit

Grades 11-12

Studies and compares social groups and institutions and their interrelationships. Includes culture, socialization, deviance, stratification, race, ethnicity, social change, and collective behavior.

CURRENT ISSUES

.50 credit

Grades 11-12

As current as the latest headlines, this class will explore world events and issues by looking for their causes and historical background. Students will study and analyze national changes, world-wide changes, trends and predictions for the future. Information for classroom discussion will come from on current publications (newspapers, magazines, and Internet). Students who enjoy politics, current events, debates, class discussions, role playing, & technology will enjoy

this course. Students will be challenged to argue and provide valid/relevant/timely evidence *they* find, to support their position on a variety of contemporary issues.

AMERICA AT WAR

.50 credit

Grades 10-12

Throughout American history, the experience of war has fundamentally shaped the ways that Americans think about themselves, their fellow Americans, and the meanings of national citizenship. War has also posed challenges of representation, both for those who fought as well as those who did not. This subject examines how Americans have told the stories of modern war in history, literature, and popular culture, and interprets them in terms of changing ideas about American national identity.

ECONOMICS CE

.50 credit

Grades 10-12

This course focuses on the study of economic problems and the methods by which societies solve them. Characteristics of the market economy of the United States and its function in the world and methods of applying economics to one's life are explored. This is a college level concurrent enrollment course which satisfies the social studies general education requirement at most colleges and universities and will transfer to any state sponsored college/university in Utah. Students earn 3 semester hours of Economics 1010: Economics as a Social Science credit by successfully completing the entire school year.

STUDENT

GOVERNMENT (by election only)

1.0 credit

Grades 9-12

PHYSICAL EDUCATION CORE & ELECTIVE COURSE DESCRIPTIONS

* Students must have fitness, skills OR a sport season, and an elective, equaling 1.5 credits of P.E.

COED FITNESS

.50 credit

Grade 9

This course is required for ALL students as the core P.E. class, even for student and elite athletes.

COED PE**.50 credit****Grades 10-12**

This course is required for any student who is NOT a student athlete, on a USHAA sanctioned sport at WHS.

CHEERLEADING (by audition only)**1.0 credit****DRILL TEAM (by audition only)****1.0 credit**

ADVANCED P.E. FOOTBALL WEIGHTS The Advanced Weight Training class is designed to provide an opportunity during the school day for athletes to participate in a structured strength and athletic enhancement program. The class is geared toward the student who shows an above average interest and ability in physical education through participation on a UHSAA sponsored athletic team. The goals of the class are, improving performance, reducing injuries and improving self- confidence. In order to get the full benefit of the program, all athletes should enroll in the class both semesters every year.

.50 credit**Grades 9-12****ADVANCED P.E. BASEBALL (COACH APPROVAL PRIOR)****.50 credit****Grades 9-12**

This course is for members of the WHS baseball team and includes a try out.

ADVANCED P.E. SOFTBALL**.50 credit****Grades 9-12**

This course is for members of the WHS girls' softball team and includes a try out.

ADVANCED P.E. BOYS' BASKETBALL**.50 credit****Grades 10-12****ADVANCED P.E. GIRLS' BASKETBALL****.50 credit****Grades 9-12****WEIGHT TRAINING****.50 credit****Grades 9-12**

This strength training course is designed to give students the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness & strength. Students will

benefit from comprehensive weight training exercises, plyometric exercises, agility training, and cardiorespiratory activities.

ADVANCED WEIGHTS (HAS TAKEN A PRIOR WEIGHT COURSE)

.50 credit

Grades 9-12

YOGA

.50 credit

Grades 9-12

Yoga is an ancient practice that has been around for thousands of years. In this class you will learn to breathe correctly, be mindful, and practice postures of Astanga yoga. You will also become stronger, more flexible, and more in balance. We will work on positive habits such as journaling, proper nutrition, self-reflection, self-control, and positivity. You will be graded heavily on class participation, so attendance is crucial.

SPORTS YOGA

.50 credit

Grades 9-12

Similar to the other yoga classes offered at WHS, this will be a Vinyasa flow class with Ashtanga postures promoting strength, flexibility, and balance. This class will be more strenuous and will focus on poses and stretches especially beneficial to athletes.

ALL DANCE COURSES MAY ALSO COUNT AS ELECTIVE PE CREDIT.

GENERAL MISCELLANEOUS COURSES REQUIRED FOR GRADUATION

* all students must complete ½ credit general financial literacy, ½ credit health, and ½ credit digital literacy

GENERAL FINANCIAL LITERACY CE

0.5 Credit

Grades 11-12

General Financial Literacy is a required semester class designed for junior and senior students and represents those standards of learning that are essential to the development of basic financial literacy. There are no course prerequisites. Students will learn and implement basic decision-making skills to become more aware as consumers, savers, investors, borrowers, money managers, citizens, and members of a global workforce.

HEALTH

.50 credit

Grade 9

Health education provides opportunities for students to acquire knowledge, skills, and attitudes necessary for life-long, health-enhancing behaviors. Schools can better achieve their basic educational mission if students are healthy and fit physically, mentally, socially, and emotionally. Habits that young people establish will impact their future health status in a positive or negative manner. Schools share the responsibility with parents and communities to help prevent unnecessary injury, disease, and chronic health conditions that lead to a low quality of life, disability, or early death. In addition, positive attitudes and behaviors developed early in life help to prevent many of the social and educational problems that confront society, including failure to complete high school, drug addiction, broken homes, unemployment, and criminal behavior.

***The following .50 credit classes satisfy the digital literacy requirement.**

*** BUSINESS OFFICE PROFESSIONAL CE**

.50 credit

Grades 9-12

Business Office Professional teaches technology skills that can be used for school work, personal projects, and future job skills. Students will be introduced to the Windows 10 operating system and Microsoft Office 2016 Suite (Word, Excel, PowerPoint, Access). The focus of the course will be preparing students to pass the Microsoft Office Specialist Exams. This is a wonderful opportunity for the students to obtain industry-level certifications.

*** INTRODUCTION TO COMPUTER SCIENCE**

.50 credit

Grades 9-12

Designed to introduce students to the breadth of the field of computer science through an exploration of engaging and accessible topics. Rather than focusing the entire course on learning particular software tools or programming languages, the course is designed to focus the conceptual ideas of computing and help students understand why certain tools or languages might be utilized to solve particular problems. The goal is to develop in students the computational thinking practices of algorithm development, problem solving and programming within the context of problems that are relevant to the lives of today's students. Students will also be introduced to topics such as interface design, limits of computers and societal and ethical issues.

