



**Career Technical Education**

**Business Finance**

**12010**

**Department:** Career Technical Education  
**Graduation Requirement:** Mathematics

**Grade Level:** 12  
**UC/CSU:** None

**Credits:** 10.0  
**NCAA:** No

This course is designed for students to apply math skills to personal and business situations: keeping money records, figuring wage income, commissions, saving and investing money, figuring home and transportation expenses, taxes, sales records, and more. Homework will be assigned on a regular basis. Students completing this course will receive math credit toward graduation.

Pre-requisite(s): Mathematics I

Adopted curricular materials: Mathematics for Business and Personal Finance, McGraw-Hill Education

**Computer Graphics/Graphic Design**

**12124**

**Department:** Career Technical Education  
**Graduation Requirement:** Visual/Performing Arts

**Grade Level:** 09-12  
**UC/CSU:** Visual/Performing Arts (f)

**Credits:** 10.0  
**NCAA:** No

This course introduces students to the basic methods of graphic art production and illustration including: poster design, computer-assisted graphics and drawing, type styles and fonts, and advertisement for media publications. This course is intended for the beginning art student. Students will be encouraged to meet the graphic arts needs of the campus by creating posters, signs, publication design and other arts services as requested. Emphasis will be on creativity, originality, technique, meeting the needs of the client, and task completion. Art history, art appreciation, and the development of aesthetic judgment, along with careers in the graphic arts will be explored in this course.

Adopted curricular materials: Graphic Design Solutions, Thomson/Delmar

**Computer Technology**

**12111**

**Department:** Career Technical Education  
**Graduation Requirement:** Electives  
**Graduation Requirement:** Technology Proficiency

**Grade Level:** 09-12  
**UC/CSU:** None

**Credits:** 5.0  
**NCAA:** No

This course focuses on computer technologies and their uses as applied to academic success. Students will learn keyboarding skills, word processing, computer operations, spreadsheets, database, library research technologies, and telecommunications. Students will be able to apply the skills learned in this course to complete assignments in other courses throughout their school career, by using the computer to conduct research, prepare papers, solve problems, and manage information.

Adopted curricular materials: Century 21 Computer Applications & Keyboarding, South Western

**Family Sociology**

**12413**

**Department:** Career Technical Education  
**Graduation Requirement:** Electives

**Grade Level:** 10-12  
**UC/CSU:** Elective: Other (g)

**Credits:** 10.0  
**NCAA:** No

This course explores the family unit in America and other cultures. The impact of society, family heritage and changing work patterns on the family will be explored. Of special interest will be how the changing forms of the family (single parent, blended families, etc.) have changed the way that individuals grow and develop. Individual units address the following issues: communication skills, personality theory, human behavior and sexuality, marriage and alternate lifestyles, and aging. This course meets the UC and CSU elective requirement.

Adopted curricular materials: Families Today, Glencoe



# Las Flores High School

## Course Catalog

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### Parenting and Child Development

**12410**

**Department:** Career Technical Education

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This course emphasizes the development of the child from conception through adolescence. Emphasis is on the child's physical, social, emotional, and intellectual development, including special units about child abuse and neglect, discipline, safety, and disabled children. Through observation, study, and activities students will learn to apply the theories and concepts taught. Students are expected to participate in class on a daily basis and to attend one or more off-campus observations and/or field trips.

Adopted curricular materials: The Developing Child, Goodhard-Wilcock



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### Electives

#### Career Studies

**07546**

**Department:** Electives

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This course allows students to investigate career opportunities, starting with an inventory of personal skills, aptitudes, and interests. Students will compare findings to local, state, and national labor statistics, and will identify educational and training requirements for their top career choices. Students will learn how to interview for a job, participate in mock interviews, write a resume, and complete a job application. Students will develop a professional portfolio and learn about careers from several different guest speakers throughout the course.

Adopted curricular materials: No textbook assigned

#### Community Service

**07014**

**Department:** Electives

**Grade Level:** 09-12

**Credits:** 0.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This course provides students with the opportunity to enhance personal and interpersonal development through service learning. It is designed to help students develop awareness of themselves as a community member and promote a sense of responsibility to contribute to humanitarian issues around the world. Community service is designed to provide opportunities for students to be of service in their communities. Students who complete community service requirements learn the value of giving to others, learn about public relations, and build contacts within the community. Students may have interest in volunteering at animal shelters, churches, schools, food pantries, libraries, hospitals, nursing homes, political campaigns, or community organizations such as Red Cross, Salvation Army, or Habitat for Humanity. Course requirements and hours of service vary from year-to-year and from school-to-school. Check with your school counselor or Advocacy teacher for more information and requirements. This course is Pass/No Pass.

Adopted curricular materials: No textbook assigned

#### Driver Education

**07001**

**Department:** Electives

**Grade Level:** 10-12

**Credits:** 5.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This semester-long course is provided to students who are at least 15 years old on the first day of class instruction. The prescribed subject matter includes driver education, driver training in a simulator (simulator not available at Laguna Creek or Sheldon High Schools), and alcohol, drugs and tobacco as they relate to the driving task. Attendance at the parent meeting is mandatory to allow students to participate in behind the wheel training, which is available through community services.

Adopted curricular materials: Drive Right, Addison/Wesley

#### Government and Leadership

**07512**

**Department:** Electives

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This course is designed for students who hold elected or appointed positions in student government or leadership positions. These students may enroll in Leadership. This class assists students in developing leadership skills and provides for the planning and implementation of Associated Student Body activities. This course may be repeated for each year a student is elected to student government for a maximum of 40 credits.

Pre-requisite(s): Elected or appointed student government or leadership position

Adopted curricular materials: No textbook assigned



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### Work Experience

**07002**

**Department:** Electives

**Grade Level:** 11-12

**Credits:** 5.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This course combines supervised paid employment in an occupational field with related classroom instruction including employment skills. Students will develop work habits, self-confidence, and job skills that are used to locate, secure, and retain employment in their community.

Adopted curricular materials: No textbook assigned



**English**

**Creative Writing I** **02671**

**Department:** English **Grade Level:** 10-12 **Credits:** 5.0  
**Graduation Requirement:** Electives **UC/CSU:** Elective: English (g) **NCAA:** Yes

This elective course is designed for the enthusiastic writer. Activities are geared to develop vivid and concrete descriptions as well as imagination and experimentation in writing. Major assignments may include writing short stories, a short play, many types of poems, and a variety of exercises to stretch the imagination.

Adopted curricular materials: No textbook assigned

**EL English Intensive Course IV** **02805**

**Department:** English **Grade Level:** 09-12 **Credits:** 10.0  
**Graduation Requirement:** English **UC/CSU:** English (b) **NCAA:** No

This course provides English Learners with the next level of skills in reading, writing, speaking, and listening via a rigorous and rich academic curriculum that continues preparing students for college and career success. This course builds language and literacy proficiency with robust instruction, accessible instructional level text, close reading of grade level text, and multiple short and in-depth integrated reading and writing opportunities.

Pre-requisite(s): Initial identification should be determined by multiple measures (CELDT/ELPAC, SBAC/CAASPP, primary language proficiency, etc.); however, the program placement assessment should be used to determine specific course placement.

Adopted curricular materials: Edge Level C, National Geographic Learning/Cengage Learning

**English 10** **02100**

**Department:** English **Grade Level:** 10-12 **Credits:** 10.0  
**Graduation Requirement:** English **UC/CSU:** English (b) **NCAA:** Yes

This course is designed toward integrating reading, writing, listening, and speaking, and utilizing higher order thinking skills. This course's standards-based instruction will include literature and expository writing, language mechanics and usage, and vocabulary development in meaningful contexts. Various literary and expository genres such as the short story, novel, drama, poetry, biography, and essay will be studied. Whenever possible, connections will be made between the language arts areas and the 10th grade world history course. Writing instruction, based primarily upon expository text and literature studied in the course, will center on a variety of models and writing as a process as well as writing on demand.

Adopted curricular materials: CA StudySync 10, McGraw-Hill Education

**English 11** **02200**

**Department:** English **Grade Level:** 11-12 **Credits:** 10.0  
**Graduation Requirement:** English **UC/CSU:** English (b) **NCAA:** Yes

This course provides an integrated language arts approach within an enriched standards-based curriculum focusing on American writers and the study of American literature. Students will examine the literature (which may include short stories, drama, poetry, novels, essays, and biographies) in the context of thematic and/or historical connections. By participating in appropriate reading, writing, and oral language activities, students will broaden their understanding of American culture and literature. This course will prepare students for critical reading and college-level writing.

Adopted curricular materials: CA StudySync 11, McGraw-Hill Education



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### English 12

02300

**Department:** English

**Grade Level:** 12

**Credits:** 10.0

**Graduation Requirement:** English

**UC/CSU:** English (b)

**NCAA:** Yes

This course offers standards-based integrated language arts instruction designed to address the unique needs of seniors who are preparing for the transition from high school to college and/or career. Students will study representative works of world literature in the context of thematic and/or historical connections to broaden their cultural perspectives. Writing domains emphasized in the course will lend themselves to interdisciplinary topics as well. This course will prepare students for critical reading and college-level writing.

Adopted curricular materials: CA StudySync 12, McGraw-Hill Education

### English 9

02000

**Department:** English

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** English

**UC/CSU:** English (b)

**NCAA:** Yes

This course is designed to address the state content standards in reading, writing, listening, and speaking in an integrated approach to English/language arts, utilizing higher order thinking skills. Instruction will include reference skills, study and test-taking skills, writing, reading expository text and literature, language mechanics and usage, and vocabulary development in meaningful contexts. This class will study various and expository literary genres including the short story, novel, drama, poetry, biography, and essay. Writing instruction, based primarily upon expository text and literature studied in the course, will center on a variety of models and writing as a process as well as writing on demand.

Adopted curricular materials: CA StudySync 9, McGraw-Hill Education

### Exploring Culture Through Literature

02685

**Department:** English

**Grade Level:** 11-12

**Credits:** 10.0

**Graduation Requirement:** Electives

**UC/CSU:** Elective: English (g)

**NCAA:** No

This elective course allows students from varied backgrounds to work together to immerse themselves in the study of different cultures and ethnicities found in the United States. Students will create their own cultural profiles to learn more about themselves through an in-depth study of their own culture. By studying literature, history, folk and fine arts from a culture other than their own, students can learn to celebrate each other's cultures while simultaneously learning the empathy and communication skills necessary in the business world.

Pre-requisite(s): English 10

Adopted curricular materials: No textbook assigned

### Public Speaking I

02641

**Department:** English

**Grade Level:** 09-12

**Credits:** 5.0

**Graduation Requirement:** Electives

**UC/CSU:** Elective: English (g)

**NCAA:** Yes

This one-semester elective course is designed for students who would like to gain more poise and confidence in their communication skills. Course content may include individual speeches, such as the personal experience, demonstration, informative, persuasive and impromptu, as well as narrative speaking, oral interpretation of prose and/or poetry, original oratory, and debate. In addition, students will work on group projects that may consist of commercials, the interview, discussion groups that deal with problem solving, and original script writing for a group television program. Students may also be videotaped on occasion, utilizing that medium to critique their speeches and motivate them to become better communicators. This class will satisfy the District's Speech Proficiency requirement.

Adopted curricular materials: No textbook assigned



# Las Flores High School Course Catalog

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## Health

### Health

**15000**

**Department:** Health

**Grade Level:** 09-12

**Credits:** 5.0

**Graduation Requirement:** Health

**UC/CSU:** None

**NCAA:** No

The course focuses on health promotion, disease prevention, and risk reduction. Units of study will include substance use and abuse, family life, nutrition, first aid/CPR (no CPR at Laguna Creek High School and limited at Valley High School), health related physical fitness, hygiene, mental health/self-esteem, and health-related careers.

Adopted curricular materials: Health, Glencoe



**History/Social Science**

**American Government**

**01310**

**Department:** History/Social Science

**Grade Level:** 12

**Credits:** 5.0

**Graduation Requirement:** American Government

**UC/CSU:** History/Social Science (a)

**NCAA:** Yes

This course is designed to prepare students to assume their rights and responsibilities as citizens, which is required for graduation. To achieve this, various branches and key agencies of our government, from the local to the national level, will be studied. Civil rights, affirmative action, the ERA, and the criminal justice system will be emphasized. Resource speakers will be utilized to help students understand the major issues which affect government today and the process by which political decisions are made. Adopted curricular materials: Magruder's American Government, Pearson

**Economics**

**01420**

**Department:** History/Social Science

**Grade Level:** 12

**Credits:** 5.0

**Graduation Requirement:** Economics

**UC/CSU:** Elective: History/Social Science (g)

**NCAA:** Yes

This course introduces the basic principles of all economic systems with special emphasis on a market-based system. This course is required for graduation. Specific topics include the basic principles of decision-making, scarcity, opportunity, cost, and the principles of supply and demand. These principles are examined from individual, national, and international perspectives. This course is designed to give students the necessary tools to analyze their own personal decision making as well as to evaluate the decisions of an individual firm, or the nation as a whole.

Adopted curricular materials: Economics, Principles in Action, Pearson

**Psychology I**

**01601**

**Department:** History/Social Science

**Grade Level:** 10-12

**Credits:** 5.0

**Graduation Requirement:** Electives

**UC/CSU:** Elective: History/Social Science (g)

**NCAA:** Yes

This course provides students with a better understanding of human behavior. Students learn how their actions relate to the behavior of others. Units that will be covered include: Introduction to Psychology, learning principles and applications, memory and thought, adolescence and adulthood, and personality theories. Projects of each student's own design will be due at the end of the semester. Elective credit only.

Adopted curricular materials: Understanding Psychology, Glencoe

**Sociology**

**01615**

**Department:** History/Social Science

**Grade Level:** 11-12

**Credits:** 5.0

**Graduation Requirement:** Electives

**UC/CSU:** Elective: History/Social Science (g)

**NCAA:** Yes

This course provides students with an examination of: culture, personality, social institutions, social change, population, social processes, and collective behavior. The goal of this course is to introduce students to the sociological perspective, thus students will be highly encouraged to integrate the course reading assignments with their own personal life experiences. The course will provide students with the opportunity to investigate, think, and create in lieu of collecting material from textbooks and memorizing it for tests.

Adopted curricular materials: Sociology, Thompson Learning





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### US History

01210

**Department:** History/Social Science

**Grade Level:** 11-12

**Credits:** 10.0

**Graduation Requirement:** US History

**UC/CSU:** History/Social Science (a)

**NCAA:** Yes

This course focuses on the study of modern American history, in accordance with the state framework. This is an 11th grade social science course. The class begins with a review of United States history from the nation's beginnings to the start of the 20th century. Connecting with past learning will highlight the initial segment of the class. The primary focus of the course will be 1900 America to the present. Students will participate in the examination of: the Progressive Era, the Jazz Age, world wars and cold wars, depression, civil rights, Watergate, and America today. An in-depth investigation of historical events and periods, the fostering of multicultural awareness, the recognition of ethical, civic, and democratic values present in American history, and the development of a historical perspective in relation to contemporary events represent the major aspects of the course. Literature, music, art, primary readings, videos, simulations and other activities will be used to enhance the subject.

Adopted curricular materials: American Anthem: Modern American History, Holt/Rinehart/Winston

### World Geography

01010

**Department:** History/Social Science

**Grade Level:** 09-12

**Credits:** 5.0

**Graduation Requirement:** Geography

**UC/CSU:** History/Social Science (a)

**NCAA:** Yes

This course introduces students to the world's geographic regions and allows them to relate that knowledge to events in today's rapidly changing world. Contemporary issues confronting the world today, such as world trade, problems of developing nations, urbanization, environmental pollution, and conservation of the world's resources are addressed. Students develop certain basic geography skills. These include map reading and place name identification along with the interpretation of charts and diagrams. As students gain a global perspective of geography, they become increasingly aware of their role as a global citizen today.

Adopted curricular materials: World Geography & Cultures, Glencoe

### World History

01110

**Department:** History/Social Science

**Grade Level:** 10-12

**Credits:** 10.0

**Graduation Requirement:** World History

**UC/CSU:** History/Social Science (a)

**NCAA:** Yes

This course explores how the connection between the past and the future will continue to form our lives. In World History, students again recognize the growing interdependence of people and cultures throughout the world. Students examine major turning points in the shaping of the modern world from the late eighteenth century to the present. Literature is incorporated to shed light on the life and times of the people and helps explain how and why things turned out as they did in the world today.

Adopted curricular materials: Modern World History: Patterns of Interaction, McDougal Littell

### You and the Law

01611

**Department:** History/Social Science

**Grade Level:** 09-12

**Credits:** 5.0

**Graduation Requirement:** Electives

**UC/CSU:** Elective: History/Social Science (g)

**NCAA:** Yes

This course explores the following units: Criminal Law and Juvenile Justice, Tort Law, Consumer Law, Family Law, Housing Law, Constitutional Issues, and Individual Rights and Liberties. This course is a one-semester social science elective that introduces students to criminal and civil justice concepts.

Adopted curricular materials: Street Law: A Course in Practical Law, Glencoe



# Las Flores High School

## Course Catalog

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### Mathematics

#### AP Calculus AB

03050

**Department:** Mathematics

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Mathematics

**UC/CSU:** Mathematics (c)

**NCAA:** Yes

This advanced course is designed to parallel the first semester of a college level calculus course and will cover differential and integral calculus. Topics that will be covered include: limits, differentiation, applications of differentiation, integration, applications of integration, and elementary functions. This class will prepare students to take the AP Calculus AB test near the end of the school year, giving them the opportunity to earn college credit. Students are strongly encouraged to take the AP exam.

A graphing calculator is recommended. This course uses a "5-point A" grading system recognized by the CSU and UC system.

Pre-requisite(s): Pre-Calculus with a grade of C or better or by instructor approval

Adopted curricular materials: Calculus, 11th Edition; Cengage Learning

#### Applied Mathematics

03019

**Department:** Mathematics

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Mathematics

**UC/CSU:** Mathematics (c)

**NCAA:** No

This year-long college-preparatory course supports key Mathematics I standards and introduces key Mathematics II standards. Designed for students who seek a better grasp of mathematical concepts before enrolling in Mathematics II, this course makes explicit connections between the Standards for Mathematical Practice and the Content Standards through performance tasks and project-based learning. This course prioritizes the usefulness in learning mathematics as students apply their knowledge using a variety of avenues such as surveys and art.

Pre-requisite(s): Mathematics I

Adopted curricular materials: No textbook assigned

#### Mathematics I

03015

**Department:** Mathematics

**Grade Level:** 08-12

**Credits:** 10.0

**Graduation Requirement:** Mathematics I

**UC/CSU:** Mathematics (c)

**NCAA:** Yes

This course is the first course in a series of three that uses an integrated approach to cover the following domains: Number and Quantity, Algebra, Functions, Geometry, and Statistics and Probability. The problem situations, models, and technology used will foster connections to the eight standards of mathematical practice, which develop concepts from multiple perspectives.

Mathematics I topics focus on the interconnectedness of function elements, tables, graphs, and equations; comparison and contrast and decision-making using Algebraic models; proving Geometric theorems about two-dimensional figures; and modeling using mathematical probability. Technology will be used to introduce and expand upon all areas of focus.

Adopted curricular materials: Integrated Mathematics 1, Houghton-Mifflin Harcourt

#### Mathematics I Support

03016

**Department:** Mathematics

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This course is designed for the Mathematics I student who is performing below grade level due to learning gaps. The content taught in this course aligns with the Mathematics I scope and sequence and provides students with the opportunity to receive additional instruction in standards that are essential to success in high school math. Students will be provided with both online and in-class intervention to support mastering the Mathematics I standards along with standards from previous grade levels.

Co-requisite: Concurrent enrollment in Mathematics I

Adopted curricular materials: ST Math or IXL Math (digital / on-line curriculum)



## Mathematics II

03025

**Department:** Mathematics

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Mathematics

**UC/CSU:** Mathematics (c)

**NCAA:** Yes

This course is the second course in a series of three that uses an integrated approach to cover the following domains: Number and Quantity, Algebra, Functions, Geometry, and Statistics and Probability. This course focuses on extending the laws of exponents to rational exponents, and solving and comparing the characteristics of functions, including their associated inequalities. Students will extend their work with similarity, triangle and coordinate proofs, constructions, congruence, and transformations while using proportional reasoning, trigonometric ratios and the Pythagorean Identity. Students will expand their conceptual understanding of probability and statistics.

Pre-requisite(s): Mathematics I or Applied Mathematics with a grade of C or better

Adopted curricular materials: Integrated Mathematics 2, Houghton-Mifflin Harcourt

## Mathematics III

03035

**Department:** Mathematics

**Grade Level:** 10-12

**Credits:** 10.0

**Graduation Requirement:** Mathematics

**UC/CSU:** Mathematics (c)

**NCAA:** Yes

This course is the third course in a series of three that uses an integrated approach to cover the following domains: Number and Quantity, Algebra, Functions, Geometry, and Statistics and Probability. This course focuses on four major areas: (1) Expanding the understanding of functions to include polynomial, rational, and radical functions, (2) Expanding right triangle trigonometry to include general triangles, (3) Applying methods from probability and statistics to draw inferences and conclusions from data, and (4) Consolidating functions and geometry to create models and solve contextual problems.

Pre-requisite(s): Mathematics II, Mathematics II B, Part 2, or Mathematics II Honors with a grade of C or better

Adopted curricular materials: Integrated Mathematics 3, Houghton-Mifflin Harcourt

## Pre-Calculus

03040

**Department:** Mathematics

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Mathematics

**UC/CSU:** Mathematics (c)

**NCAA:** Yes

This course is designed to extend the study of mathematics beyond the standard three-year progression of Mathematics I, Mathematics II, Mathematics III. Topics that will be covered will include: math analysis, trigonometry, and linear algebra. A graphing calculator is recommended.

Pre-requisite(s): Mathematics III with a grade of C or better or by instructor approval

Adopted curricular materials: Precalculus with Limits, 4th Edition, Cengage Learning

## Senior Math Review

03662

**Department:** Mathematics

**Grade Level:** 12

**Credits:** 10.0

**Graduation Requirement:** Mathematics

**UC/CSU:** None

**NCAA:** No

This course focuses on math remediation needs for seniors. It includes the opportunity for students to take placement tests for the Los Rios Community College system both at the beginning of the school year and again at the end of the school year. Students will be prepared to place into at least Math 100 - Elementary Algebra at the college level.

Adopted curricular materials: No textbook assigned

## Trigonometry

03045

**Department:** Mathematics

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Mathematics

**UC/CSU:** Mathematics (c)

**NCAA:** Yes

This course is designed to further prepare students for pre-calculus. The course will study trigonometric functions in depth, as well as pursue a further study of advanced algebra. A graphing calculator or scientific calculator is recommended.

Pre-requisite(s): Mathematics III with a grade of C or better

Adopted curricular materials: Trigonometry, McDougal Littell



**Physical Education**

**Aerobics 08671**

**Department:** Physical Education **Grade Level:** 10-12 **Credits:** 5.0  
**Graduation Requirement:** Physical Education **UC/CSU:** None **NCAA:** No

This class focuses on aerobic conditioning and improvement of physical fitness. Jazz aerobics, step aerobics, and body sculpting will be emphasized.

Pre-requisite(s): Course I with a grade of C or better  
 Adopted curricular materials: No textbook assigned

**Personal Fitness/Walking 08624**

**Department:** Physical Education **Grade Level:** 10-12 **Credits:** 5.0  
**Graduation Requirement:** Physical Education **UC/CSU:** None **NCAA:** No

This course is designed to stress the importance of cardiovascular, muscular, and mental fitness development for maintaining a healthy lifestyle. The course will help students acquire the knowledge, skills, and attitude necessary for physical fitness through their participation in a walking program and low-impact exercises (i.e., yoga, chi, aerobics, etc.). This course may be repeated for a maximum of 30 credits.

Pre-requisite(s): PE Course I  
 Adopted curricular materials: No textbook assigned

**Physical Education, Course I 08020**

**Department:** Physical Education **Grade Level:** 09-12 **Credits:** 10.0  
**Graduation Requirement:** Physical Education **UC/CSU:** None **NCAA:** No

This course provides a wide variety of activities focusing on aquatics, rhythm/dance, and individual and team activities. All students are expected to dress and participate on a daily basis. The class is designed to provide an introduction to many different activities. In each activity, fitness, fundamentals, and skill development will be emphasized. Grades are based on skill development, participation, writing assignments, and written tests. All 9th grade students are required to pass 5 out of 6 of the state's FITNESSGRAM tests.

Adopted curricular materials: No textbook assigned

**PHYSICAL EDUCATION, ADAPTED**

This course provides for students whose needs are not met in the regular program. The adapted physical education program is under the supervision of an Adapted Physical Education (A.P.E.) specialist with training in this area. Enrollment must be accompanied by a physician's approval. The program provides individualized activities specially designed to meet each student's needs and conditions. The class gives special attention to those with limitations and protects students with disabilities.

Pre-requisite(s): I.E.P. and physician approval  
 Adopted curricular materials: No textbook assigned

**PHYSICAL EDUCATION, MODIFIED**

This course provides for students with temporary limitations (four weeks to one year) i.e., knee, arm, ankle, shoulder, back problems, fractures. Enrollment must be accompanied by a physician's recommendation. Activities may include archery, badminton, Frisbee games, golf, hockey, rhythms, table tennis, and weight training that will be modified to meet each student's needs.

Pre-requisite(s): Physician recommendation  
 Adopted curricular materials: No textbook assigned

*UC/CSU = College Approved, Grad Req = Graduation Requirement, NCAA = Student Athletes Eligible Course*



# Las Flores High School

## Course Catalog

Year: 2019-2020  
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### Physical Education, Course II

**08030**

**Department:** Physical Education

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Physical Education

**UC/CSU:** None

**NCAA:** No

This course offers a variety of activities focusing on Junior combatives, gymnastics/tumbling and team activities through which the Senior California Department of Education Physical Education Content Standards, Course II, will be met. Students will learn skills necessary to perform a variety of physical activities as well as knowledge of physical fitness and wellness. They will create goals and integrate their knowledge into life-long patterns of wellness and fitness. Students who have not previously passed 5 out of 6 FITNESSGRAM tests in Course I will have to Pass 5 out of 6 FITNESSGRAM tests in Course II.

Adopted curricular materials: No textbook assigned

### Weight Training, Beginning

**08670**

**Department:** Physical Education

**Grade Level:** 09-12

**Credits:** 5.0

**Graduation Requirement:** Electives

**UC/CSU:** None

**NCAA:** No

This five credit course is designed to introduce students to weight training. It will cover muscles and their functions, 46 basic lifts, and an understanding of training frequency, training resistance, training repetitions, training progression, and training speed.

Students will be introduced to workout design. During the second quarter, the students will design their own workout program and set personal goals. Students will analyze their diet and be given instruction on diet needs when weight training. This course must be passed before Advanced Weight Training can be taken. Elective credit only.

Pre-requisite(s): PE Course I with a grade of C or better

Adopted curricular materials: No textbook assigned



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## Course Catalog

Year: 2019-2020  
Report: U-CRS1201

### Science

#### Biology

**04100**

**Department:** Science

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Life Science

**UC/CSU:** Science (d)

**NCAA:** Yes

This laboratory course is designed as a general survey of living organisms. This course starts with coverage of the substances and processes common to all living things and ends with the complex relationships that exist between organisms and the environment. An emphasis is placed on lab work. Current technology and career topics will be included. Homework consisting of reading, writing, lab reports, etc. will be assigned.

Pre-requisite(s): General Science

Note: Incoming freshman students only who have completed Honors Science 8 with a grade of C or better and Mathematics 8 or higher with a grade of C or better.

Adopted curricular materials: Biology, Dynamics of Life, Glencoe

#### Ecology

**04630**

**Department:** Science

**Grade Level:** 11-12

**Credits:** 10.0

**Graduation Requirement:** Life Science

**UC/CSU:** Elective: Science (g)

**NCAA:** Yes

This course is designed to give first-hand laboratory experience in observing and working with organisms in their environment. Students must be willing and able to work in a hands-on setting. Class topics will include studies of food webs and food energy, plant and animal populations, communities and ecosystems, as well as studies in human ecology. Students will also learn about the ecology of the Sacramento area. Students will be expected to complete individual projects and long-term assignments.

Homework consists of reading, lab reports, term papers, and a research project. Students may be exposed to the FFA, supervised occupational experience programs, and careers in Agriculture Business.

Pre-requisite(s): Biology with a grade of C or better

Adopted curricular materials: Environmental Science, McGraw-Hill

#### General Science

**04030**

**Department:** Science

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Physical Science

**UC/CSU:** Elective: Science (g)

**NCAA:** Yes

This course includes earth science, geology, meteorology, astronomy, oceanography, chemistry, forces, work, energy, waves, alternate energy sources, and nuclear energy. Students are expected to work in both lab and lecture situations. Homework consisting of reading, writing, lab reports, etc. will be assigned. This course meets the physical science requirement for CSU admission, not UC.

Adopted curricular materials: Earth Science, Prentice Hall



# Las Flores High School

## Course Catalog

Year: 2019-2020  
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### Visual/Performing Arts

#### Art I 06010

**Department:** Visual/Performing Arts **Grade Level:** 09-12 **Credits:** 10.0  
**Graduation Requirement:** Visual/Performing Arts **UC/CSU:** Visual/Performing Arts (f) **NCAA:** No

This course introduces students to the fundamentals of drawing, painting, sculpture, print making, art history, art appreciation and aesthetic judgment. Prior experience in art is not necessary to enroll in this course. Projects in the class will emphasize the elements and principles of design and the technical skills of drawing, painting, and sculpture. Student projects may include the use of glass etching, charcoal, ink, pastels, tempera, watercolor, and plaster. Printmaking projects may include linoleum block prints, silk screen painting, and dry point etching.

Adopted curricular materials: Discovering Drawing, Davis Publishing

#### Art II 06020

**Department:** Visual/Performing Arts **Grade Level:** 10-12 **Credits:** 10.0  
**Graduation Requirement:** Visual/Performing Arts **UC/CSU:** Visual/Performing Arts (f) **NCAA:** No

This course is designed for students who wish to continue their studies of drawing, painting, art history, and design at a more advanced level. Students are encouraged to register for both Art II A and Art II B. Art II is an extension of the skills and techniques developed in Art I. Projects will require the student to work at a more independent and mature level and will culminate in a portfolio of their work. Students will be encouraged to enter a variety of art contests and shows.

Pre-requisite(s): Art I or instructor approval

Adopted curricular materials: Experience Painting, Davis Publishing

#### Art III 06030

**Department:** Visual/Performing Arts **Grade Level:** 10-12 **Credits:** 10.0  
**Graduation Requirement:** Visual/Performing Arts **UC/CSU:** Visual/Performing Arts (f) **NCAA:** No

This course is designed for the advanced art student. Emphasis will be on watercolor acrylic, gouache, oil painting, and airbrush. Students will learn to use drawing and painting techniques to organize and depict ideas, feelings, and moods. Also covered in this course may be advanced print making techniques including multicolored silk screening. This course may be repeated for a maximum of 20 credits.

Pre-requisite(s): Art II or instructor approval

Adopted curricular materials: Exploring Painting, Davis

#### Ceramics I 06110

**Department:** Visual/Performing Arts **Grade Level:** 09-12 **Credits:** 10.0  
**Graduation Requirement:** Visual/Performing Arts **UC/CSU:** Visual/Performing Arts (f) **NCAA:** No

This course introduces students to the fundamental methods of working with clay including hand building techniques, use of the potter's wheel, glaze application, and firing techniques. This is an introductory class in the basic skills and processes of ceramics. The role of ceramics in art history and the work of contemporary artists will be included in the course study.

Adopted curricular materials: Experience Clay, Second Edition, Davis Publishing



### Dance Composition & Performance I

06461

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course is designed for the student/dancer to become a part of a performing troupe. Rhythmycal Maddness: Elk Grove High School; Master Peace: Florin High School; Infinite Motion: Franklin High School; Fusion Dance Company: Laguna Creek High School; Impulse: Monterey Trail High School; Soul Purpose: Pleasant Grove High School and Universal Rhythm: Sheldon High School. Level I is an introductory level experience in the creative process of dance choreography. Students will participate in student choreography, and be introduced to the many facets of production. All students will participate in all aspects of the main stage production, recitals, and lecture demonstration performance.

Pre-requisite(s): Jazz Dance I and successful audition

Adopted curricular materials: Dance Composition, Human Kinetics

### Dance Composition & Performance II

06462

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course is designed to provide students with an intermediate level experience in the creative process of dance choreography. Students will participate in group choreography projects utilizing the creative process of dance as well as historical and social contribution. Students will be actively involved in all production facets of main stage through committee work chairs, student directors and producers. All students will participate in the performance and production components of a main stage production. Recital and lecture demonstration performances are also required.

Pre-requisite(s): Dance Composition and Performance I and audition

Adopted curricular materials: Dance- the Art of Production, Princeton

### Drumming

06312

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 5.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** None

**NCAA:** No

This course is offered as a one or two-semester course open to any interested students. The focus of the curriculum is basic drumming rudiments and rhythm reading through modern and traditional hand drumming techniques. Members of this class will prepare and perform programs for presentation to the school community as well as accompany the various dance classes for special performances. This course may be repeated for a maximum of 10 credits.

Adopted curricular materials: No textbook assigned

### Guitar Workshop I

06310

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course focuses on beginning and intermediate acoustic guitar. Students will work individually or in small groups. Emphasis will be placed on chords, finger patterns, and reading music. This course may be repeated for a maximum of 20 credits.

Adopted curricular materials: Guitar School: Method Book 1, Alfred's

### Guitar Workshop II

06311

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course focuses on beginning and intermediate acoustic guitar. Students will work individually or in small groups. Emphasis will be placed on chords, finger patterns, and reading music. This course may be repeated for a maximum of 20 credits.

Adopted curricular materials: Guitar School: Method Book 1, Alfred's





# Las Flores High School

## Course Catalog

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### Music Appreciation

**06314**

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 5.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course offers a survey of various styles of music. It is a study of the musical elements, instrumentation, form, and the unique sounds that make music what it is today. Historical periods covered are the Renaissance, Baroque, Classical, Romantic, and 20th Century. Jazz, rock, and other contemporary forms of music will also be explored. The class will include listening, analyzing and understanding music.

Adopted curricular materials: Enjoyment of Music, W.W. Norton

### Piano Lab

**06313**

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course is designed to teach basic note and rhythm reading for a piano keyboard. Students will work individually on their playing skills. The course will include units on music theory and history. Skills taught are transferable to other music classes. This course may be repeated for a maximum of 20 credits.

Adopted curricular materials: Alfred's Basic Adult Piano: Lesson 1

### Theatre I

**06410**

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course is designed to give students experience with the Theatre. The stage, the applause, the curtain rises...who knows? We may see your name in lights! The class will be involved in Theatre games and exercises, pantomime and movement, improvisation, dramatic literature, and scene presentation.

Adopted curricular materials: Basic Drama Projects, Perfection Learning

### Vocal Ensemble, Introduction to

**06353**

**Department:** Visual/Performing Arts

**Grade Level:** 09-12

**Credits:** 10.0

**Graduation Requirement:** Visual/Performing Arts

**UC/CSU:** Visual/Performing Arts (f)

**NCAA:** No

This course is designed to introduce and develop the experience of learning and performing choral music. It is the first course to be taken in enrolling in Vocal Ensemble. Emphasis is placed on learning, rehearsing, and performing quality choral music in a variety of musical styles. Students practice vocal techniques including tone, production, posture, breathing, and ensemble blending. Listening skills for musicianship are developed. The skills of reading music and singing music at sight are stressed. Performance participation is required.

Adopted curricular materials: No textbook assigned



# Las Flores High School

## Course Catalog

Year: 2019-2020  
Report: U-CRS1201

### World Language

#### German I 05210

**Department:** World Language **Grade Level:** 09-12 **Credits:** 10.0  
**Graduation Requirement:** World Language **UC/CSU:** World Language (e) **NCAA:** Yes

This course is designed for students to communicate by speaking, reading, writing, and understanding written and spoken German. They will study the countries and cultures where German is spoken and will make comparisons and connections with their own. The course will be conducted primarily in German. Homework is assigned daily.  
Adopted curricular materials: Deutch Aktuell I, EMC Paradigm

#### German II 05220

**Department:** World Language **Grade Level:** 10-12 **Credits:** 10.0  
**Graduation Requirement:** World Language **UC/CSU:** World Language (e) **NCAA:** Yes

This course emphasizes increased comprehension, expression, reading, and writing in German. Students will improve their communication in German in dialogues, oral presentations and group activities. German II is taught primarily in German. A continued study of the German culture is included. Homework is assigned daily.  
Pre-requisite(s): German I. A grade of C or better is recommended. German I with grade of C or better or instructor approval at Elk Grove High.  
Adopted curricular materials: Deutch Aktuell II, EMC Paradigm

#### Spanish I 05010

**Department:** World Language **Grade Level:** 07-12 **Credits:** 10.0  
**Graduation Requirement:** World Language **UC/CSU:** World Language (e) **NCAA:** Yes

This high school level college preparatory course focuses on communication in Spanish by speaking, reading, writing, and understanding written and spoken Spanish. Students will study the countries and cultures where Spanish is spoken and will make comparisons and connections with their own language and culture. This class will be conducted mostly in Spanish. This course is for students who have a background in Spanish or those who can devote the time necessary to learn a world language. Students who take this course will be encouraged to take Spanish for at least 4 years.  
Adopted curricular materials: Readlidades, Level 1, Pearson

#### Spanish II 05020

**Department:** World Language **Grade Level:** 08-12 **Credits:** 10.0  
**Graduation Requirement:** World Language **UC/CSU:** World Language (e) **NCAA:** Yes

This high school level college preparatory course provides students the opportunity to improve their communication in Spanish in dialogues, oral presentations and group activities. Increased emphasis will be placed on comprehension, expression, reading, and writing. A continued study of the Spanish culture is included. This class will be conducted in Spanish.  
Pre-requisite(s): Spanish I  
Adopted curricular materials: Realidades, Level 2, Pearson

#### Spanish III 05030

**Department:** World Language **Grade Level:** 09-12 **Credits:** 10.0  
**Graduation Requirement:** World Language **UC/CSU:** World Language (e) **NCAA:** Yes

This course emphasizes communication skills in speaking, listening, writing and reading in Spanish. Spanish history, culture, and literature are studied extensively. Students will communicate well in Spanish. The course is conducted entirely in Spanish. Homework is assigned daily.  
Pre-requisite(s): Grade C or better in Spanish II  
Adopted curricular materials: Realidades, Level 3, Pearson

*UC/CSU = College Approved, Grad Req = Graduation Requirement, NCAA = Student Athletes Eligible Course*