



**Course Description Guide  
2022-2023**

# Theology

## Minimum Graduation Requirement – 4 Credits

Course Title	9	10	11	12
The Revelation of Jesus Christ in Scripture	X			
Who is Jesus Christ and His Paschal Mystery?	X			
Intro to Catholicism	X			
Apologetics		X		
The Church and Sacraments		X		
Life in Jesus Christ and Morality			X	
History of the Catholic Church			X	X
Living as a Disciple of Jesus Christ in Society			X	X
Responding to the Call of Jesus Christ			X	X
Sacred Scripture			X	X
Senior Apologetics			X	X
Science and Religion			X	X

*(All courses are one semester in length.)*

All students are required to pass their Theology courses each year. Christian service is required of all students for graduation and is necessary to earn Theology credit at the rate of 20 hours per year or 80 hours total by graduation.

### **The Revelation of Jesus Christ in Scripture** (Grade 9)

0.5 Credit

The purpose of this course is to give students a general knowledge and appreciation of the Sacred Scriptures. Through their study of the Bible, they will come to encounter the living Word of God, Jesus Christ. In this course, they will learn about the Bible, how to read the Bible, and will become familiar with the major sections of the Bible. The students will pay particular attention to the Gospels, where they may grow to know and love Jesus Christ more personally.

### **Who is Jesus Christ and His Paschal Mystery?** (Grade 9)

0.5 Credit

The purpose of this course is to introduce students to the mystery of Jesus Christ, the living Word of God, the Second Person of the Blessed Trinity and understand all that God has done for us through his Son. In this course, students will understand that Jesus Christ is the ultimate Revelation to us from God. In learning about who He is, the students will also learn who He calls them to be. They will be introduced to what it means to be a disciple of Christ and what life as a disciple entail.

### **Intro to Catholicism** (Grade 9 or transfer students)

.05 credits

This elective course provides an introduction for students not raised in a Catholic tradition to understand the fundamental beliefs and preaching of the Roman Catholic Church. It is intended to provide an initial foundation for those students to succeed and grow in our required theology courses.

### **Apologetics** (Grade 10)

0.5 Credit

What do I believe and why do I believe it? What do other people believe and why do they believe it? How can I know what is true? How can I learn to engage in effective dialogue with worldviews and perspectives other than my own? These are the sorts of questions that will be looked at in this class. Students will learn how better to define terms clearly, to be self-aware and other-aware, to question assumptions, and to balance teachability with tenacity of belief as they gain a greater understanding of Catholicism, Protestantism, and other religions, and as they consider arguments surrounding the existence of God, the truth of the Christian faith, Catholic and Protestant points of view, and similarities and differences between Christianity and other religions.

**The Church and Sacraments (Grade 10)**

.05 credits

The purpose of this course is to help students understand that in and through the Church they encounter the living Jesus Christ. They will be introduced to the fact that the Church was founded by Christ through the Apostles and is sustained by him through the Holy Spirit. The students will come to know that the Church is the living Body of Christ today. This Body has both divine and human elements. In this course, students will learn not so much about events in the life of the Church but about the sacred nature of the Church. The course will also help students understand that they can encounter Christ today in a full and real way in and through the sacraments, and especially through the Eucharist. Students will examine each of the sacraments in detail so as to learn how they may encounter Christ throughout life.

**Life in Jesus Christ and Morality (Grade 11)**

0.5 Credit

The purpose of this course is to help students understand that it is only through Christ that they can fully live out God's plans for their lives. Students will learn the moral concepts and precepts that govern the lives of Christ's disciples.

**History of the Catholic Church (Grade 11,12)**

0.5 Credit

The purpose of this course is to supply the students with a general knowledge of the Church's history from apostolic times to the present. They will be introduced to the fact that the Church was founded by Christ through the Apostles and is sustained by Him throughout history. The students will come to know that the Church is the living Body of Christ today.

**Seniors must take at least two of the following their Senior Year. Juniors can add as electives.**

**History of the Catholic Church (Grade 11,12)**

0.5 Credit

This course is listed above and is available for the Class of 2023 as a senior elective.

**Living as a Disciple of Jesus Christ in Society (Grade 11,12)**

0.5 Credit

The purpose of this course is to introduce students to the Church's social teaching. In this course, students are to learn how Christ's concern for others, especially the poor and needy, is present today in the Church's social teaching and mission. This course aims to give students an introduction to the Church's social teaching, which is rooted in Christ's love and concern for others, to see examples of this lived in the lives of the saints, and to equip the students to begin to carry out the major themes of Catholic Social Teaching within the Fr. Tolton and surrounding community.

**Responding to the Call of Jesus Christ (Grade 11,12)**

0.5 Credit

The purpose of this course is to help students to understand the vocations of life: how Christ calls us to live. In this course, students take an introductory look at prayer and the depths of spiritual insights from Catholic Christian saints and writers. With this basis, students are then equipped with tools to help in discernment and better understand how Christ calls us to live in our daily lives and in our vocations, including looking at the married, single, priestly, and consecrated life. Students will learn what it means to live life for the benefit of others and the value in considering their vocation in service to the Christian community.

**Sacred Scripture (Grade 11,12)**

0.5 Credit

The purpose of this course is to give an overview of Sacred Scripture with an introduction to the basic principles for understanding and interpreting the Bible. Because of the extent of the scriptural material, this outline will not try to cover the vast content but rather offer insight into a particular book of Scripture. Course is not being taught in the 2022-23 school year.

**Senior Apologetics (Grade 11,12)**

0.5 Credit

The purpose of this course is to help the students understand the way the Catholic Church relates to non-Catholic Christians as well as other religions of the world. It also prepares students to be able to answer the tough questions about the Catholic Faith that are often asked in everyday conversations on faith. Students will pursue these goals in a self-directed research-oriented environment.

**Science & Religion** (Grade 11, 12)

0.5 Credit

St. Augustine said, "Miracles are not contrary to nature but only contrary to what we know about nature," yet we too often try to separate science from religion. This course will discuss in depth the intersection of these two perspectives, covering topics such as the beginnings of life and the universe, evolution, artificial intelligence, bioethical concerns over genetic and cell technology, and any other topics students wish to explore.

# English Language Arts

**Minimum Graduation Requirement-4 credits**

Course Title	9	10	11	12
Literature and Composition I	X			
Literature and Composition I Honors	X			
Literature and Composition II		X		
American Literature and Composition			X	X
Modern Literature			X	X
DC College Composition			X	X
AP Literature and Composition			X	X
DC Introduction to Fiction Writing			X	X
DC Introduction to Poetry Writing			X	X
Journalism I		X	X	X

## English

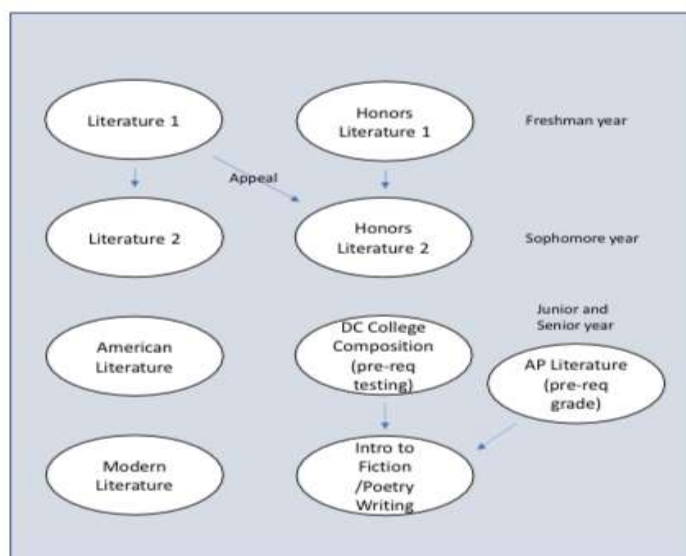
A total of 4 credits in English are required for graduation. Students start in Literature 1 (regular or honors) and matriculate into their sophomore year classes. Students can appeal to be in the Honors Literature 2 class.

The Junior and Senior years offer several English electives. College Composition requires a pre-requisite ACT or Accuplacer testing.

Intro to Poetry and Fiction Writing can count as the 4<sup>th</sup> English credit but only if the student has completed College Comp or AP Lit.

Some students take American or Modern Lit as a junior and College Comp as a senior. AP Lit requires a 90% of higher in the prior English class.

Appealing to go into Honors Lit 2 from regular Lit 1 requires an A as a final semester grade.

**Literature and Composition I (Grade 9)**

1 Credit

The purpose of this course is to introduce students to a variety of literary genres, including short stories, novels, essays, drama, and poetry. The course emphasizes personal writing and class discussions as effective means of exploring literature. Moreover, students learn to approach writing as a process in a broad range of narrative, descriptive and persuasive composition tasks. They also write essays of literary analysis and basic research documents. Other areas of study include vocabulary, study skills, and a review of grammar and mechanics.

**Literature and Composition I Honors (Grade 9)**

1 Credit

This course is designed for students who qualify and have a desire to be challenged in a more fast-paced, analytical, and independent class. Honors I will help students perfect the writing process through the development of more complex writing style using a variety of essay types. Students will need to have a background in analytical thinking and upper-level reading skills. Grammar and usage will begin with phrases and clauses and work toward developing more complex sentence styles.

**Literature and Composition II (Grade 10)**

1 Credit

The purpose of this course is to guide students through a chronological survey of World Literature. Students will analyze and interpret writings from select authors and understand the important relationship between literature and history. Students will identify themes, develop critical thinking skills, and apply literary techniques. Practical applications in writing include expository and argumentative essays, literary analysis, multimedia comparisons and research papers. Language study consists of vocabulary and SAT/ACT prep skills. Group work combined with oral and written reports will foster student development and strengthen presentation skills.

**American Literature and Composition (Grade 11, 12)**

1 Credit

The purpose of this course is to guide students through a study of American literature with a concentration on narrative and thematic elements and the use of literary devices. The genres covered include short stories, novel, poetry, non-fiction, and drama. Students continue to practice developing a thesis statement and supporting it in a multi-paragraph essay. Research skills continue to be honed with the production of a substantial project, properly documented, and produced. Grammatical concepts are emphasized through writing and speaking activities. Vocabulary workbooks and literature continue to serve as the source of vocabulary development. Speaking activities center around informal discussions and formal oral presentations.

**British Literature and Composition (Grades 11,12)**

1 Credit

Modern Literature is a year-long, project-based course designed to assist with the critical reading, writing, and discussion of selected modern novels, poems, and short stories. Not only will students study the classical novel, *The Odyssey*. Students will also do some hands-on projects after reading *Sherlock Holmes*, *The Adventures of Alice in Wonderland*, *The Time Traveler's Wife*, and other modern literary works. Students will be expected to analyze, critique, and exhibit critical thinking skills following the reading of poetry of selected authors such as Ezra Pound, T.S. Eliot, Amy Lowell, and James Joyce to name a few. Students will also be responsible for engaging, multimedia presentations, as well as choosing and completing selected projects.

**AP English Literature & Composition (Grade 12)**

1 Credit

This is a rigorous, college level course. The purpose of this optional course is to strengthen skills in reading and writing for the advanced college-bound student. Reading in this course should be both wide and deep, including the in-depth reading of texts drawn from multiple genres, periods, and cultures—from the 16<sup>th</sup> to the 21<sup>st</sup> Century. In addition to considering a work's literary artistry, students should consider the social and historical values it reflects and embodies. Such close reading corresponds to an approach to writing about literary works: writing response and reaction papers, annotation, free-writing, and a reading journal. Additionally, creative writing assignments will help students see from the inside how literature is written. The goal is to increase students' ability to explain clearly, cogently, even elegantly, what they understand about literary works and why they interpret them as they do. Prerequisite: a 90% or above in English, plus teacher recommendation.

**DC College Composition (Grades 11, 12)**

1 Credit

This course teaches the process of writing, from prewriting to revision. Focus is on reading and critical thinking, essay writing, and literary analysis. Course provides practice in computer-assisted writing and oral communication. Students are introduced to research writing through originality, organization, and persuasion. Focus is on critical thinking when conducting research, considering sources, and synthesizing information. This is dual credit with MACC. The fall semester is College Composition I for 3 credit hours and the spring is College Composition II for 3 credit hours. Students may take the class without dual credit. A fee of approximately \$234 per semester is required for dual credit with MACC. **Prerequisites: Junior or Senior standing with an ACT 18 on Reading and English, or Accuplacer exam.** This class includes both LAL101 in the fall semester and LAL102 in the spring semester. LAL101 is a prerequisite for LAL102. LAL101 transfers to the University of Missouri-Columbia as lower division writing intensive class. LAL102 transfers to UMC as English 1000.\*

**DC Introductory to Fiction Writing**

1/2 Credit

LAL115 is a study of techniques of fiction writing through historical and contemporary short story writing in order to develop publishable student work. Focus is on invention, execution, and revision of stories through a variety of examples and assignments. Prerequisite: Junior or Senior standing. This is an elective class however if the student has already completed AP Language or DC College Composition Fiction Writing may count towards the 4<sup>th</sup> English credit during the senior year. Students may take the class without the dual credit. A \$234 fee per semester is required for dual credit with MACC. Transfers to University of Missouri-Columbia as English 1510.\*

**DC Introductory to Poetry Writing**

1/2 Credit

LAL116 is an introduction to techniques of poetry writing through historical and contemporary poems in order to develop publishable student work. Focus is on invention, execution, and revision of poems through a variety of examples and assignments. Prerequisite: Junior or Senior standing. This is an elective class however if the student has already completed AP Language or DC College Composition Fiction Writing may count towards the 4<sup>th</sup> English credit during the senior year. Students may take the class without the dual credit. A \$234 fee per semester is required for dual credit with MACC. Transfers to University of Missouri-Columbia as English 1530.\*

**Journalism I (Grades 10, 11, 12)**

1 credit

The journalism course is designed to introduce students to all areas of journalism: interviewing, reporting, blogging, design, layout, graphics, and photography. Through this course, students will become familiar with multimedia tools and gain the skills to become a writer for today's digitally based media. Students will learn to adhere to ethical values while at the same time refine and implement thinking, writing, and critiquing skills. All of this will culminate in the publication of an online school newspaper. Journalism is a practical arts elective and does not count for English credit. Prerequisite for sophomores: Teacher recommendation. This will not be taught for the 22-23 school year.

\*For all MACC transfer of courses please refer to the articulation agreements between MACC and the gaining college. For UMC the latest information is located using this link:

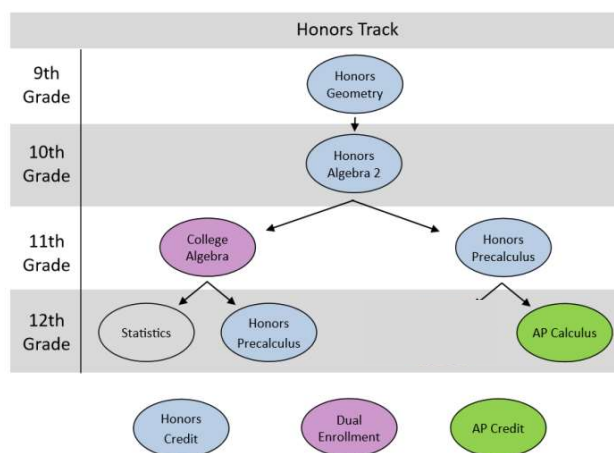
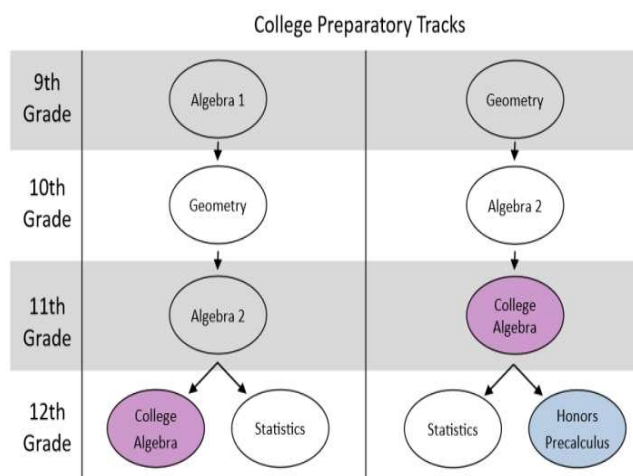
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# Mathematics

**Minimum Graduation requirement – 3 Credit**  
**Strongly Recommended – 4 Credit**

Course Title	9	10	11	12
Pre-Algebra	X			
Algebra I	X			
Geometry	X	X		
Honors Geometry	X	X		
Algebra II		X	X	
Honors Algebra II		X	X	
Honors Pre-Calculus			X	X
DC College Algebra			X	X
Statistics			X	X
AP Calculus			X	X

## Math Course Tracks





**Pre-Algebra I (Grade 9)**

1 Credit

This class will review the basic operations of arithmetic on whole numbers, fractions and decimals. These operations will be used in dealing with ratio, proportions, percent, simple geometry and algebra. As students master these basic concepts, they will move into basic algebra. Students will be expected to understand basic operations with integers, rational numbers, irrational, and real numbers; the use of variables; properties of numbers and of equality; solving equations and inequalities; problem solving; relations and functions; and polynomials.

**Algebra I (Grade 9)**

1 Credit

The purpose of this course is to continue or initiate the study of algebraic concepts. Topics include equivalent expressions, inverse operations, creation and application of linear functions and relations, operations with polynomials, algebraic representations of geometric relationships, and an introduction to nonlinear functions including exponential and quadratic functions. Students will be expected to describe and translate among graphic, algebraic, numeric, tabular and verbal representations of relations and use those representations to solve problems. Appropriate technology will be used regularly for instruction and assessment.

**Geometry (Grades 10)**

1 Credit

The purpose of this course is to continue students' study of geometric concepts. Students will move from an inductive approach to deductive methods of proof in their study of two- and three-dimensional geometric figures. Reasoning skills will be emphasized, and students will broaden their use of the coordinate plane. Appropriate technology will be used regularly for instruction and assessment.

**Honors Geometry (Grade 9, 10)**

1 Credit

The purpose of this course is to continue students' study of geometric concepts. Students will use some inductive reasoning and extensive deductive methods of proof in their study of two- and three-dimensional geometric figures. Advanced algebraic methods will be used in the context of geometric problems. Problem-solving will be emphasized and creativity of problem solving will be cultivated. Appropriate technology will be used regularly for instruction and assessment. *\*To begin Honors Geometry in 9th grade, students must pass the Algebra I section of the placement test and have an 85% or higher standardized test score in mathematics.*

**Algebra II (Grade 10, 11)**

1 Credit

The purpose of this course is to continue students' study of advanced algebraic concepts including functions, polynomials, rational expressions, systems of functions and inequalities, and matrices. Students will be expected to describe and translate among graphic, algebraic, numeric, tabular and verbal representations of relations and use those representations to solve problems. Emphasis will be placed on practical applications and modeling. Appropriate technology will be used regularly for instruction and assessment.

**Honors Algebra II (Grade 10, 11)**

1 Credit

The purpose of this course is to continue the study of algebraic and geometric concepts and extend knowledge and understanding by solving problems and thinking critically. After successful completion of this course, students will be able to use algebraic methods and techniques to solve the problems that include linear, quadratic, exponential, and other advanced polynomial functions. In addition, students are introduced to logarithmic functions, trigonometric ratios, periodic functions (sine, cosine, and tangent) and solve trigonometric equations. Each semester also includes a math research project where students use appropriate models and tools to simplify complicated situations, make connection with real world problems, and draw conclusions. This course requires the use of a graphing calculator similar to TI-83 or TI-84. ACT /SAT practice questions will be incorporated throughout the course to prepare students for the standardized tests. *\* To begin Honors Algebra II, students must have satisfactorily completed Honors Geometry with an A/B.*

**Honors Pre-Calculus (Grade 11, 12)**

1 Credit

The purpose of this course is to continue to extend the study of algebraic, geometric, and trigonometric concepts and expand depth of understanding. This course prepares students for the study of calculus and strengthens students' mathematical knowledge through problem solving that involves a variety of strategies. The focus of this course includes extended work with advanced polynomial and radical functions, logarithms and exponential functions, and trigonometric functions including their applications. Students also learn calculus concepts such as limits, derivatives, and integrals. Proficiency in these topics is important for students intending to study calculus, physics, and other areas of studies including

engineering and medicine. Each semester also includes a math research project where students use appropriate models and tools to simplify complicated situations, make connection with real world problems, and draw conclusions. This course requires the use of a graphing calculator similar to TI-83 or TI-84. ***\* To begin Honors Pre-Calculus, students must have satisfactorily completed Honors Algebra II with an A/B.***

**Statistics** (Grade 11, 12)

1/2 Credit

Elementary Statistics includes descriptive statistics, statistical design, correlation and regression, and elementary probability. Statistical inferences will include one- and two-sample confidence intervals and hypotheses tests. This is a yearlong class. Prerequisite: C or higher in Algebra II

**AP Calculus** (Grade 11, 12)

1 Credit

The purpose of this course is to provide the academically motivated student with a foundation in higher mathematics. Students will work with functions represented in a variety of ways: graphical, numerical, analytical, tabular or verbal. They will understand the meaning of derivatives and integrals, be able to use them to solve a variety of problems, and understand the relationship between them. Applications and modeling will be included throughout the course of study. Appropriate technology will be used regularly for instruction and assessment. Students will develop an appreciation of calculus as a coherent body of knowledge and as a human accomplishment. ***\* To begin AP Calculus, students must have satisfactorily completed Honors Pre-Calculus.***

**DC College Algebra** (Grade 11, 12)

1 Credit

(Dual Enrollment through Truman State University) College Algebra provides a solid foundation for students wishing to take a fourth year of mathematics. This course should prepare students for the College Algebra course required of many freshmen at the university level. It includes a study of equations and inequalities and their applications; polynomial, rational, exponential, and logarithmic functions; function analysis; graphing and graph analysis; systems of equations and inequalities; sequences, series, linear programming; and the Binomial Theorem. Students must take this for Dual Credit through Truman State University for 3 college credits. College credit fees apply. **Prerequisite: Successful completion of Algebra II.** Truman State Math 156 transfers to UMC as Math 1100 College Algebra. For current guidance please go to think link: <https://www.truman.edu/registrar/transferring-credit/course-equivalency-guide/view-course-equivalency-guide/>

# Science

**Minimum Graduation requirement – 3 Credit**  
**Strongly Recommended – 4 Credit**

Course Title	9	10	11	12
Physical Science	X			
Biology	X	X		
Honors Biology	X	X		
Honors Chemistry		X	X	
Chemistry		X	X	X
AP Biology			X	X
AP Chemistry			X	X
Anatomy and Physiology			X	X
AP Physics I			X	X
Genetics		X	X	X
Zoology		X	X	X
Science and Religion (listed under Theology)			X	X

## Science

A total of 3 credits in Science are required for graduation, although many college require 4 years for admission. Students start in Physical Science or Honors Biology. The science class is paired with the Math class.

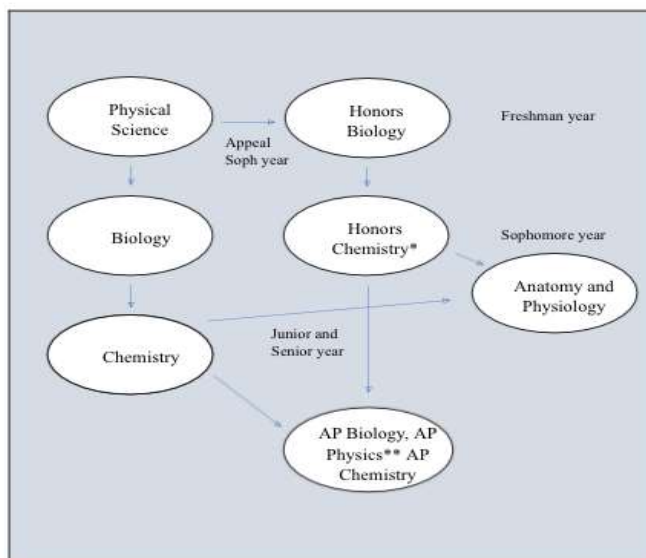
Students that do very well in Physical Science can appeal to enter Honors Biology which then tracks into Honors Chemistry.

The Junior and Senior years offer several Science electives which require completion of Chemistry as a pre-requisite. Students may take Anatomy and Physiology concurrent with a Chemistry class.

Students taking Physical Science with an 93% or higher may request an appeal to enter Honors Biology.

\*Honors Chemistry requires completion or concurrent enrollment with Algebra II.

\*\*AP Physics requires completion or concurrent enrollment with Pre-Calculus.



### Physical Science (Grade 9)

1 credit

The purpose of this course is to allow students to explore the basic concepts of physical science. Students will be introduced to the history and nature of science and will explore the relationship between science and everyday life. Students will investigate the structure, properties, and interaction of matter; forces and motion; energy; and waves and their applications in technology. Students will apply what they learn to everyday situations by conducting investigations

and formulating and testing their own hypotheses. Students will develop inquiry and problem-solving skills within the context of scientific investigation.

**Biology (Grade 10)**

1 Credit

In this problem-based biology course, we will cover biology topics that are relevant to contemporary science issues. We will work in groups to develop 21st-century skills (communication, collaboration, creativity, and critical thinking) while solving problems about cells, evolution, diversity of life on earth, the environment, genetics, and more. This course is geared toward those students who do not necessarily intend to pursue scientific career paths but still need to know how biology affects their everyday lives. Enrollment is concurrent with Geometry.

**Honors Biology (Grade 9, 10)**

1 Credit

The purpose of this course is to study all aspects of living organisms. It is designed to provide the student with a detailed study of the scientific method. This course is an in-depth study of biology with emphasis on the use of the microscope, microbiology, plant and animal taxonomy, structure and physiology, cellular structure and function, human anatomy and physiology, heredity and genetics, ecology, and current issues in science. Students are instructed in basic laboratory techniques including the scientific method, microscopy, and dissection. Lab investigations will focus on developing reasoning and writing skills. The course is designed to teach the students with lectures, worksheets, and laboratory work. This course is geared toward those students who intend to pursue scientific career paths. Enrollment is concurrent with Honors Geometry.

**Honors Chemistry (Grade 10, 11, 12)**

1 Credit

The purpose of this course is to guide students through the study of matter and the change it undergoes through the laws and theories that govern its behavior. Students will build a strong foundation in the principles of chemistry with a strong emphasis on its mathematical applications. Laboratory experiments are designed to reinforce the scientific method of investigation as well as develop good laboratory techniques. The atomic theory, structures and properties of matter, kinetic theory of gases, stoichiometry, acids, bases, and solutions are some of the topics covered. Current topics in technological and environmental applications supplement the course materials.

**Chemistry (Grade 10, 11, 12)**

1 Credit

The purpose of this course is to explore the principles of chemistry with an emphasis on conceptual understanding. Students will study the development of scientific theories and the ways in which they can be applied to explain and predict the behavior of matter. Laboratory experiments will be used to reinforce the scientific method of investigation and to develop good laboratory techniques.

**AP Biology (Grade 11, 12)**

1 Credit

AP Biology is the equivalent of an introductory college biology course. By taking this course, you demonstrate that you have enough prerequisite knowledge of chemistry, physical science, and biology to investigate the topics of evolution, cellular processes, genetics, organism function, and ecology on a deeper level. 25% of the course will be dedicated to labs; the other 75% will be a mixture of hands-on activities, research, assignments, lectures, etc. The overall purpose AP Biology is to deepen your knowledge of and wonder at the living world. We will understand more clearly the scientific process and how to apply the method to everyday life. The students are expected to build on the concepts already taught in their biology and chemistry courses and to deepen their knowledge of biology. Each unit will build upon the underlying themes and how those themes are relevant to themselves, their environment, and the society as a whole. Prerequisites: A/B in Biology and Chemistry, 85% or higher in standardized testing or by petition.

**AP Chemistry (Grade 11, 12)**

1 Credit

The purpose of this laboratory course is to provide a college-level experience for the seriously committed science student. General chemistry topics are reviewed. Solution chemistry and stoichiometry, reactions types, thermochemistry, thermodynamics, equilibria, rate studies, atomic theory, bonding theories, and electrochemistry are covered in great detail. Appropriate laboratory sessions supply the practical application of the theory presented. This course is designed for any student who will major in science and be required to take chemistry at the university level. Prerequisites: A/B in Chemistry, A/B in Algebra II, and 85% or higher in standardized testing or by petition.

**Anatomy and Physiology (Grade 10, 11, 12)**

1 Credit

This course presents the anatomy and physiology of the 11 systems of the human body. Through each system, students will study the function, parts involved, disorders that can occur and how each system relates to everyday life.

Prerequisite: Successful completion or concurrent enrollment with Honors Chemistry or Concepts of Chemistry.

**AP Physics I (Elective, Grades 11, 12)**

**1 Credit**

The purpose of AP Physics 1 course is to provide students with the first-year college level algebra-based physics course experience and content knowledge. After successful completion of the course, students will have in-depth understanding of concepts, well-developed skill in performing and analyzing experiments, and apply their understanding in real world problem solving. This course is organized around six main ideas which introduce the fundamental concepts and principles of general physics. Students are introduced kinematics, Newton's laws, work, energy and power, momentum, circular motion, waves and sound, simple harmonic motions, and gravitation. In addition, topics such as electrostatics and simple DC circuits that include conservation of electric charges, electric force, capacitors, resistors, Ohm's law, and Kirchhoff's laws are introduced. This course is useful for students who are interested in majoring engineering, pre-med, computer science, and physics. Prerequisite: A/B in Chemistry and Algebra II, 85% on standardized test or by petition.

**Genetics (Grades 10, 11, 12)**

**0.5 Credit**

In this course, students will go deeper into the basic genetic concepts learned in introductory biology and answer the burning questions we all have about what makes us who we are. Topics include molecular and cellular biology, DNA, gene function, evolution, inheritance patterns, chromosomes and abnormalities, genetic disorders, biotechnology and genetic engineering, and developmental biology. Lab activities may include Mendelian inheritance experiments and problems, DNA analysis, PCR, pedigree analysis, karyotyping, blood work, fingerprinting, human trait studies, statistics, electrophoresis, recombinant DNA, along with various case studies. Prerequisite: Biology or Honors Biology.

**Zoology (Grades 10, 11, 12)**

**0.5 Credit**

Zoology is the study of animal life. In this course, students will survey the nine major phyla of the kingdom Animalia. A particular emphasis will be on the anatomy and physiology of invertebrates and vertebrates, plus research into animals' relationships, behavior, ecology, and evolution. Dissection will be a major component of this course. Prerequisite: Biology or Honors Biology.

# Social Studies

## Graduation requirement – 3 Credits

Course Title	9	10	11	12
Government	X			
Geography	X			
DC/AP World History		X		
World History		X		
U.S. History			X	
DC/AP US History			X	X
AP European History			X	X
Psychology			X	X
Sociology			X	X
Current Events			X	X
DC America in Vietnam			X	X
DC Contemporary America			X	X

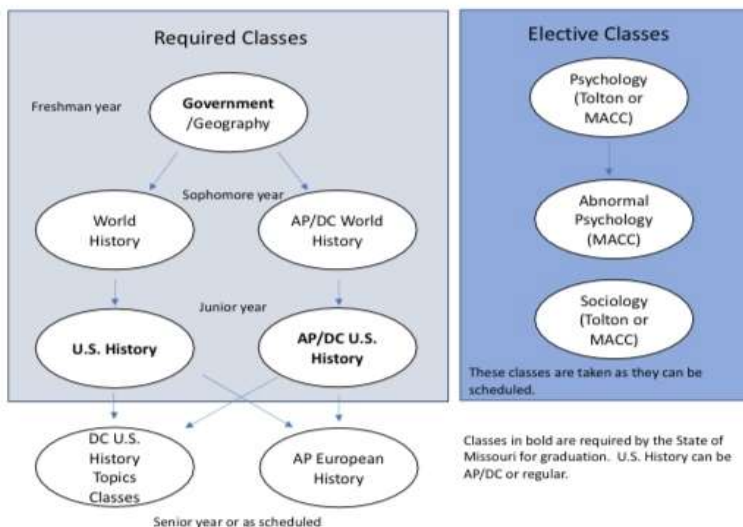
### Social Studies

A total of 3 credits in Social Studies are required for graduation. The State of Missouri requires a Government and U.S. History class to be a part of that. The required class section shows the typical pattern of classes.

There are other Social Studies electives that can be taken as scheduled with some being offered at Tolton and some via MACC online.

AP Euro is typically taken as a senior elective although a few sophomores have taken it in addition to World History.

The DC U.S. History topics classes are new.



### Government (Grade 9)

0.5 Credit

The purpose of this introductory course is to ensure that students have a solid understanding of the basic principles expressed in the documents shaping constitutional democracy in the United States. They will learn about both continuity and change in the history of Missouri, the United States and the world as well as the principles and processes of governance systems. An examination of the relationships of the individual and groups to institutions and cultural traditions will be included. Technology will assist with critical thinking challenges and social science inquiry such as surveys, statistics, maps, and documents.

**Geography (Grade 9)**

0.5 Credit

The purpose of this course is expose students to the major elements of geographical study and analysis (such as location, place, movement, regions) and their relationships to changes in society and environment. Students will learn important and relevant geographical information about the states, continents, cities and countries of the world.

**DC/AP World History (Grade 10)**

1 Credit

The purpose of this course is to provide students with an understanding of the development of Eastern and Western civilizations. Students learn how the interaction of people and ideas leads to the emergence of different political, economic, social, and religious systems throughout history. Art, architecture, literature, and music from a variety of cultures will allow students to gain an appreciation for the contributions of all cultures to today's global community. This course lays the foundation for in-depth analysis of historical events and the impacts they have. In addition, the course helps builds students' understandings of other cultures. Cross-curricular opportunities will be utilized with the World Literature course. Course may be taken as Dual Credit through MACC OR Advanced Placement.

**World History (Grade 10)**

1 Credit

The purpose of this course is to provide students with an understanding of the development of Eastern and Western civilizations. Students learn how the interaction of people and ideas leads to the emergence of different political, economic, social, and religious systems throughout history. Art, architecture, literature, and music from a variety of cultures will allow students to gain an appreciation for the contributions of all cultures to today's global community. This course lays the foundation for in-depth analysis of historical events and the impacts they have. In addition, the course helps builds students' understandings of other cultures. Cross-curricular opportunities will be utilized with the World Literature course.

**U.S. History (Grade 11)**

1 Credit

The purpose of this course is to lead students through the growth and development of the American nation from colonization to the 21st century. Emphasis will be on institutions, ideas and people who shaped U.S. and Missouri history. Critical writing and reading comprehension skills are necessary and will be enhanced through course assignments. Cross-curricular projects will be utilized with the American Literature course.

**DC/ AP U.S. History (Elective, Grade 11, 12)**

1 Credit

The purpose of this rigorous and college-level course is to provide the academically motivated student with the opportunity to study US history at the college level. This course examines the development of the American nation from the colonial period to the present. Students will be assigned test-type materials to read weekly, and essay-type tests will be given. Students also will be required to write frequent essays that will demonstrate their ability to analyze, research and evaluate major themes, events, and people in U.S. history. Excellent reading and writing skills are necessary. Summer reading is required. Class may be taken as Dual Credit OR Advanced Placement.

**AP European History (Elective, Grade 11, 12)**

1 Credit

The purpose of this rigorous and college-level course is to examine the development of Europe from 1500 to the present. The study of European history will introduce students to cultural, economic, political, and social developments that play a fundamental role in the world in which they live. This knowledge provides the context for understanding the development of contemporary institutions, the role of continuity and change in present-day society and politics, and the evolution of current forms of artistic expression and intellectual discourse. Students will develop an understanding of some of the principal themes in modern European history, an ability to analyze historical evidence and historical interpretation, and an ability to express historical understanding in writing.

**Psychology (Elective, Grade 11, 12)**

0.5 Credit

The purpose of this course is to introduce students to the study of psychology. The primary scope of the course will include the following: principles of learning, the study of human behavior, memory, personality development, the brain and its functions, emotions, mental health and social problems and lifespan development. Supplementary readings, activities and projects will also be required.

**Sociology** (Elective, Grade 11, 12)

0.5 Credit

During this course we will examine how sociologists look at culture, and how they look at various aspects of people's lives such as leisure activities, consumption patterns, style, membership in subcultural groups, and current events. A common thread throughout most of these studies of culture is how social class and culture intersect. For example, how do people's class and ethnic backgrounds influence their forms of cultural expression in terms of their leisure activities, their beliefs, their personal style, or whom they want to hang out with? This course will explore these issues, focusing on culture, race, ethnicity, gender, class stratification, deviance and crime, economic and global inequality, families and relationships, education, and globalization. Specific topics include social forces that push us towards conformity or towards individualism; subcultural groups; and how people make distinctions between themselves (in-group) and those who they describe as "other"(out-group).

**Current Events** (Elective, Grade 11, 12)

0.5 credit

The goal of a current events course is for the student to become aware of the major issues of the day and to have an in depth understanding and appreciation of current events. The focus of the class will be issues that affect the student as a resident of both the world and the United State, as well as applications of the Catholic faith in those issues. The class will follow daily news events and will be expected to understand the social, political, and economic issues daily. Each week, the class will focus on the historical development of a current issue. The objectives of this course are to make the connection between current events and history, to enhance the student's understanding of world events, and to encourage students to be informed citizens.

**DC America in Vietnam** (Grade 11, 12)

0.5 Credit

This is a Dual Credit survey of the Vietnam War (1945- 1975) with emphasis on U.S. involvement in the 1960s. Focus is on military history as it relates to the social and political history of the period. Vietnam will be seen as a case study in U.S. foreign policy within the larger Cold War. MACC HIST 215 3 credit hours

**DC Contemporary America** (Grade 11, 12)

0.5 Credit

This is a Dual Credit survey of the United States from 1970-Present with emphasis on the interconnectivity of social, political, and economic development of the United States during this transformative period. The increasing conservative-liberal political alignment and United States foreign policy post-Vietnam will be closely studied, along with America's technological and cultural growth during the Digital Age. MACC HIST 299 Special Topics 3 credit hours.



# World Language

## Graduation Requirement – 2 Credits

Course Title	9	10	11	12
Spanish I	X	X	X	
Spanish II	X	X	X	
Dual Credit Spanish III		X	X	X
Dual Credit Spanish IV			X	X
Dual Credit Spanish V				X
Latin I	X	X	X	X
Latin II		X	X	X
Latin III			X	X
Latin IV				X

### **Spanish I** (Grade 9, 10, 11)

1 Credit

Spanish I is designed to introduce students to the four integral skills of reading, writing, listening, and speaking the Spanish language. Basic grammatical structures and vocabulary are covered as well as cultural notes which enhance learning. There are no prerequisites for Spanish I.

### **Spanish II** (Grade 9, 10, 11)

1 Credit

Spanish II further develops and maintains the skills acquired during Spanish I with a more in-depth development of grammatical structures and vocabulary. Spanish will be spoken in the classroom to an ever-increasing degree. A student must earn at least a 70% in Spanish I to take Spanish II.

### **DC Spanish III** (Grade 10, 11, 12) \*

1 Credit

Students taking Spanish III will complete the main grammatical structures of the Spanish language and continue vocabulary acquisition. Cultural readings concerning the History of Mexico will supplement the process. Spanish will be spoken in the classroom to an ever-increasing degree. This is a semester long class that may be taken with or without dual credit. A fee of approximately \$390 per semester is required for 5 hours of Elementary Spanish dual credit with MACC. Prerequisite: 85% in Spanish II. MACC's FLN 101 transfers to UMC as SPAN1100 Elementary Spanish. \*

### **DC Spanish IV** (Grade 11, 12) \*

1 Credit

Students taking Spanish IV will put all that has been acquired in Spanish I-III into practice. Weekly compositions, conversation exams, and cultural readings will culminate into the reading of a short Spanish novel and a final essay concerning that novel during the second semester. This is a yearlong class that may be taken with or without dual credit. A fee of approximately \$390 per semester is required for 5 hours of Intermediate Spanish dual credit with MACC. Prerequisite: 85% in Spanish III. MACC's FLN102 transfers to UMC as SPAN1200 Intermediate Spanish.

### **DC Spanish V** (Grade 11, 12)\*

1 Credit

This course introduces students to Spanish culture and literature with a review of grammar and vocabulary at a high level through complete works in the Spanish language. This is a yearlong class that may be taken with or without dual credit. A fee of approximately \$234 per semester is required for 3 hours of Intermediate Spanish dual credit with MACC. Prerequisite: 85% in Spanish IV. MACC's FLN201 transfers to UMC as SPAN2100 Elementary Spanish 3.

**. Latin I (Grade 9, 10, 11, 12)**

1 credit

In this introduction to the language of the ancient Romans, students will learn the basics of Latin vocabulary, grammar, and syntax necessary for translating simple Latin texts. In addition, students will learn numerous English derivatives that will help improve ACT and SAT verbal scores; study the fundamentals of Roman culture and classical mythology and how these survive in the modern world; and find out how Latin became the language of the Catholic Church and how it still relevant to this day in the fields of medicine, law, and literature. Classes will consist of regular translation exercises, vocabulary quizzes, and projects concerning the ancient world.

**Latin II (Grade 10, 11, 12)**

1 credit

By the end of this course, students will have been introduced to and mastered most of the advanced vocabulary, grammar, and syntax required for translating longer Latin passages of Latin and short excerpts from Latin literature and the Vulgate (Latin) Bible. In addition, students will study the history of ancient Rome and learn what lessons it can teach us about our own. Students who continue their study of Latin will see their understanding of English grammar and spelling, scientific terminology, and logical reasoning improve, as well.

**Latin III (Grade 11, 12)**

1 credit

In Latin III, students will translate extended passages by ancient Roman prose authors such as Caesar, Pliny, and Cicero, to name but a few. History, biography, epistles, and satire are just some of the genres that make up the literary core of this course. Additionally, students will delve deeper into the writings of early Church Fathers such as St. Augustine and read more challenging passages of the Latin Vulgate Bible, as they begin to compose their own Latin passages according to the models of great Latin authors of the past.

**Latin IV (Grade 12)**

1 credit

In this final entry of the Latin curriculum, students will take on the challenge of translating works of the great ancient Roman authors of poetry. After beginning with the Odes of Horace, students will progress to translating the lyric poetry of Catullus, the love poetry of Ovid, and, finally, the epic *Aeneid* of Vergil, Latin literature's greatest achievement. Shorter passages of prose work from the Medieval and Renaissance eras will also be attempted, as students complete their four-year Latin sequence.

\*For current MACC to UMC transfer information on Spanish classes, please go to this link for specifics:

[https://myzou.missouri.edu/psp/prdpa/EMPLOYEE/SA/c/UM\\_SELF\\_SERVICE.UM\\_TRNSFR\\_EQUIV.GBL?PORTALPARAM\\_PT\\_CNAV=UM\\_TRNSFR\\_EQUIV&EOPP.SCNode=HRMS&EOPP.SCPortal=EMPLOYEE&EOPP.SCName=HCCC\\_TRANSFER\\_CREDIT&EOPP.SCLabel=Transfer%2520Credit&EOPP.SCPTfname=HCCC\\_TRANSFER\\_CREDIT&AITS\\_HDR\\_CODE=2](https://myzou.missouri.edu/psp/prdpa/EMPLOYEE/SA/c/UM_SELF_SERVICE.UM_TRNSFR_EQUIV.GBL?PORTALPARAM_PT_CNAV=UM_TRNSFR_EQUIV&EOPP.SCNode=HRMS&EOPP.SCPortal=EMPLOYEE&EOPP.SCName=HCCC_TRANSFER_CREDIT&EOPP.SCLabel=Transfer%2520Credit&EOPP.SCPTfname=HCCC_TRANSFER_CREDIT&AITS_HDR_CODE=2)

# Practical Arts

**Graduation requirement – 1 Credit**  
**Personal Finance is required.**

Course Title	9	10	11	12
Personal Finance (Required for Graduation)			X	X
Introduction to Business	X	X	X	X
Business Law		X	X	X
Economics			X	X
Marketing			X	X
Communications: Speech and Presentations	X	X	X	X
Yearbook I		X	X	X
ACT and Standardized Test Preparation		X	X	X
Journalism I		X	X	X

## **Personal Finance** (Grades 11, 12)

0.5 Credit

Required for all students for graduation. The purpose of this course is to educate students so that they make sound financial decisions in their personal lives. Units covered in the course include Saving and Investing, Credit and Debt, Financial Responsibility and Money Management, Insurance/Risk Management, Income/Careers, and the power of giving.

## **Introduction to Business** (Grade 9, 10, 11, 12)

0.5 Credit

The purpose of this course is to examine the different aspects that comprise small business ownership. Students will explore entrepreneurial concepts from early planning stages to skill development in decision-making, inventory control, marketing, and the ability to understanding the legal aspects of business ownership. Social, ethical, and environmental responsibilities also will be examined.

## **Business Law** (Grade 10, 11, 12)

0.5 Credit

Students will begin by learning about the judicial and court system. Followed by learning about workers' rights and employer's rights, as well as laws that effect workplace issues. Speaking and writing skills will be developed during this semester class. We will then review the basics of Criminal and Civil law, as it applies to business situations and courts. After this is completed, students will look at the formation of contracts, how contracts are analyzed, how they are used and how they can be challenged.

## **Economics** (Elective, Grade 11, 12)

0.5 Credit

This class will address issues involving economics in a special way — in the light of faith and reason, with reference to principles from Catholic social doctrine and concepts from the economic way of thinking.

## **Marketing** (Elective, Grade 11, 12)

0.5 Credit

For advanced students that may desire a future in design, marketing communications, brand development, and advertising. Students will develop a full understanding of Integrated Marketing campaigns, and the critical role that communication plays. Students will learn how to establish a master marketing plan with a firm grasp of all elements:

Situation analysis/Marketing objectives/Budget/Strategies/Tactics. Prerequisite: Introduction to Business

**Communications: Speech and Presentation** (Grades 9, 10, 11, 12)

0.5 credit

This elective course is designed to develop confidence and competency skills in communication through formal speeches and presentations. Students will research and prepare independent speeches, as well as collaborate with other students for formal group presentations and discussions. Students will learn and practice verbal and non-verbal skills as key components of public speaking. Research and organizational skills will be core elements for this course. Examples include a mock job interview, the demonstration, informative and persuasive speeches, and various presentations. Students will focus on organization, research and delivery skills.

**Yearbook** (Practical Art, Grades 10, 11, 12)

1 credit

This class is for the production staff of the yearbook. Students learn basic graphic design for page layout development, copy writing including captions and headlines. Students learn basic journalism skills such as interviewing, developing angles, and basic photography. Learning to use computer design techniques is an integral part of this course. This course requires extensive out of class work including frequent attendance at extracurricular activities to photograph and gather details about a variety of school-related activities.

**ACT and Standardized Test Preparation** (Practical Art, Grades 10, 11, 12)

0.5 credit

The ACT/College Prep course will emphasize ACT test-taking strategies, specifically math skills, language skills, reading skills, and science-reasoning skills. Students will study and practice listening and note taking techniques, test taking strategies, questioning, and thinking skills, information retrieval, pre-ACT test practice, memory technique, reading in the content areas, vocabulary development, and college application completion with the central goal to increase both subtest scores and composite scores. All four ACT subtests will be reviewed: English, Math, Reading, and Science Reasoning. Additional instruction will also cover the AP and SAT tests.

**Journalism I** (Grades 10, 11, 12)

1 credit

The journalism course is designed to introduce students to all areas of journalism: interviewing, reporting, blogging, design, layout, graphics, and photography. Through this course, students will become familiar with multimedia tools and gain the skills to become a writer for today's digitally based media. Students will learn to adhere to ethical values while at the same time refine and implement thinking, writing, and critiquing skills. All of this will culminate in the publication of an online school newspaper. Journalism is a practical arts elective and does not count for English credit. Prerequisite for sophomores: Teacher recommendation.

# Visual and Performing Arts

## Graduation requirement – 1 Credit

Course Title	9	10	11	12
Art I	X	X	X	
Art II	X	X	X	
Art III			X	X
Advanced Art			X	X
Graphic Design			X	X
Band	X	X	X	X
Chorus	X	X	X	X
Piano 1	X	X	X	X
Guitar 1	X	X	X	X
Private Music	X	X	X	X
DC Music Appreciation	X	X	X	X
Acting	X	X	X	X

### Art I (Grade 9, 10, 11)

0.5 credit

The purpose of this course is to establish a foundation for possible future art courses, or to instill a lifetime appreciation of basic art techniques and skills. This course will allow students of any artistic skill set to meet the fine arts requirement for graduation. The students will learn a variety of two-dimensional art techniques; as well as a vocabulary of art terminology: Drawing - pencil, color pencil, and pen & ink. This course is required to take advanced art classes.

### Art II (Grade 9, 10, 11)

0.5 Credit

The purpose of this course is to advance the overall skill set of those art students that have demonstrated a higher proficiency in art, coupled with a desire to learn more. The course will explore varied mediums, with increased expectations on skill development. Mediums will be pencil, ink, watercolor, acrylic, mixed media, and an introduction to graphic design/typography/photography. Students will continue to expand on vocabulary terminology with the addition of color theory terms and applied techniques. Prerequisite: Art I and instructor's approval.

### Art III (Grade 11, 12)

0.5 Credit

For the advanced art students. This class will continue the exploration and development of two-dimensional media; as well as graphic design/typography/and photography as it relates to marketing campaigns and marketing applications. This class will also offer an introduction to three-dimensional design, clay sculpture, small wood units, and wall sculpture. There will be a lab fee associated with three-dimensional artwork, approximately \$20.00 for clay. Woodwork may require more. Prerequisite: Art I, Art II, and or the instructor's approval.

### Advanced Art (Grade 11, 12)

0.5 Credit

For the advanced art students. This class will continue the exploration and development of two-dimensional and three-dimensional media; as well as graphic design/typography/and photography as it relates to marketing campaigns and marketing applications. Art IV is more project based for students preparing a portfolio for college. Prerequisite: Art II, Art

III, and or the instructor's approval.

**Graphic Design (Grade 11, 12)**

0.5 credit

This course is an advanced program designed for students that may want to pursue a future in the commercial design field. This course will also utilize computer programs such as, Adobe Photoshop, Illustrator, and In-Design. Video programs may also be incorporated into our classroom projects. This class will encompass an expanded understanding of all elements of graphic design: marketing, photography, typography, printing, color theory, and a well-defined understanding of how these skills may be applied within the retail environment or agencies. Prerequisite: Art I and the instructor's approval.

**Band (Grade 9, 10, 11, 12)**

1 Credit

This course is designed to develop the techniques of a full instrumental ensemble with regards to: intonation, tone, balance, blend and interpretation in an instrumental setting. This course will also focus on numerous different settings of performance required by instrumental music, including marching band, concert band, pep band, solos, and small ensembles. The course requires numerous practice and performance requirements outside of the normal class period. Full year participation is required.

**Chorus (Grade 9, 10, 11, 12)**

1 Credit

This course is designed to develop the techniques of a full vocal ensemble with regards to: intonation, tone, balance, blend and interpretation in an instrumental setting. This course will also focus on numerous different settings of performance required by vocal music, including concert choir, show choir, solos, and small ensembles/chamber choir. The course requires numerous practice and performance requirements outside of the normal class period. Full year participation is required.

**Piano I (Grade 9, 10, 11, 12)**

0.5 credit

This is a semester course, which will focus on the beginning techniques required for playing a piano. Students will learn skills such as: note identification and production, chord identification and production, keyboarding patterns, and reading of music.

**Guitar I (Grade 9, 10, 11, 12)**

0.5 credit

This is a semester course, which will focus on the beginning techniques required for playing a guitar. Students will learn skills such as: note identification and production, chord identification and production, strumming patterns, and tablature identification and note production.

**Private Music Development (Grade 9, 10, 11, 12)**

0.5 credit

This course is for students who play instruments not featured in Tolton music ensembles or for students preparing for contests, college auditions or other outside play/performance. Students will be given time to perfect their musical talent. Students must have a connection with a private music instructor and be able to articulate goals and standards they wish to achieve through the semester. Space is limited to 4 students per semester due to available practice rooms.

**Dual Credit Music Appreciation, History of Rock and Roll (Grade 9, 10, 11, 12)**

0.5 Credit

This course is an introduction to music, emphasizing the various phases of musical beauty, designed to furnish a rational basis for intelligent listening to music. After looking closely to the elements of Rhythm and Blues, students will examine the history of rock music from the 1950's through the current trends in rock. This is a semester long class that may be taken with or without dual credit. A fee of approximately \$234 per semester is required for 3 hours of dual credit with MACC. MACC's MUSC 103 transfers to Mizzou as a Humanities transfer credit to meet General Education requirements. [https://access.myzou.missouri.edu/psp/prdpa/EMPLOYEE/SA/c/UM\\_SELF\\_SERVICE.UM\\_TRNSFR\\_EQUIV.GBL?&AITS\\_HDR\\_CODE=2](https://access.myzou.missouri.edu/psp/prdpa/EMPLOYEE/SA/c/UM_SELF_SERVICE.UM_TRNSFR_EQUIV.GBL?&AITS_HDR_CODE=2)

**Acting I (Grade 9, 10, 11, 12)**

0.5 Credit

Students who enroll in Acting I need no prior knowledge of acting skills. Students will explore the foundations of acting skills and techniques in stage movement, character development, script study, improvisation, oral interpretation, play readings, monologues, and duet and ensemble scenes to learn how to perform for audiences of all ages. Theatre

aesthetics, criticism, and history and a unit on children's theatre could be included. Students perform in class and have options for other outside performances

# Health and Physical Education

## Graduation requirement – 1.5 Credit Health (0.5 Credit) and Physical Education (1.0 Credit)

Course Title	9	10	11	12
Health	X	X		
Physical Education I	X	X		
Physical Education II		X	X	X
Strength and Conditioning		X	X	X
Advanced Strength and Conditioning		X	X	X

### Health (Grade 9, 10)

0.5 credit

This course focuses on important skills and knowledge in nutrition, physical activity, the dangers of substance use and abuse, injury prevention and safety, growth and development, and personal health. The curriculum is designed around topics and situations that engage student discussion and motivate students to analyze internal and external influences on their health-related decisions. The course helps students build the skills they need to protect, enhance, and promote their own health and the health of others.

(Prerequisites: None)

### Physical Education I (Grade 9, 10)

0.5 credit

This course is a freshman orientation to physical education, physical fitness, and health. It is an introduction to basic skills and movement by participation and instruction in physical fitness activities and basic weight room lifts, providing lifetime skills in both cardiovascular endurance as well as strength training principles. In addition, students will also participate in team-based games designed to be aerobically challenging and promote teamwork. This class consists of three fitness days a week and two activity days a week.

(Prerequisites: None)

### Physical Education II (Grade 10, 11, 12)

0.5 credit

This course is an elective that provides the opportunity to participate in team-based activity. There will be elements of physical fitness development every day, most of which occurs prior to participation in a game and through the game itself. These games will increase cardiovascular endurance as well as increase core strength and overall fitness through bodyweight movements and abdominal workouts. In addition, students will be required to come up with one fitness-based game. Prerequisite: Physical Education I)

### Strength and Conditioning (Grade 10, 11, 12)

0.5 credit

This course is designed to increase the student's physical strength as well as their conditioning, both mind and body. This class will be weightlifting based and will consist of four days of lifting and one day of an academic component. Academic components will consist of a revolving curriculum based on leadership, sport nutrition, and sport psychology. Weight room curriculum will consist of the execution of four core lifts as well as supplementary lifts, mobility development, cardiovascular endurance, core strength and stability, and plyometric training. Grades are based on participation, effort, proper technique/skill assessments that are ongoing, and completion of the academic assignments. Prerequisite: PE I



**Advanced Strength and Conditioning** (Grade 10, 11, 12)

0.5 credit

This course is designed to further develop a student's physical strength and conditioning, as well as explore principles of kinesiology as it pertains to strength training. This class will consist of four days of lifting and one day of academic learning. Academic learning will be based on kinesiology principles outlined by the National Strength and Conditioning Association. Weight room curriculum will consist of more complex lifts to supplement the core lifts, as well as more compound movement. Grades are based on the completion of assignments, participation, effort, proper technique/skill assessments that are ongoing, and a final exam. Acceptance into Advanced Strength and Conditioning is contingent upon a signed recommendation from either Strength/Conditioning or P.E. teacher.

(Prerequisite: Strength and Conditioning)

## Moberly Area Community College Dual Credit Classes

Tolton Catholic partners with Moberly Area Community College for most Dual Credit classes. Some classes are taken in person with Tolton teachers doing the instruction and some are delivered in the online format with MACC professors. A list of the online classes is published several months before the start of a semester. Online classes are typically taken during a study hall during the school day. Online classes are typically a semester long.

MACC charges \$78 per credit hour so \$234 for a 3-credit hour class and \$390 for a 5-credit hour class. Classes may require a book or class resource packet which may add an additional fee to the course. Payment can be made online or in person during the MACC enrollment visit. The MACC visit is usually in the first 4-5 weeks of the semester. MACC also has a payment plan option to spread out the cost over multiple months.

The MACC transfer guide can assist students planning for attending other colleges. Please refer to this when signing up for classes. Use this page and then the “How do MACC Classes Transfer to Another Institutions?”

<https://www.macc.edu/transfer-credit-to-other-institutions#how-do-macc-courses-transfer-to-another-institution>

## Columbia Area Career Center Classes

The Columbia Area Career Center provides another set of options for courses for students that want hands on or detailed practical arts classes. CPS classes are taught on a block schedule which is the equivalent of two Tolton class periods. Some classes meet every day and every other day. This link shows the variety of courses available: <https://career-center.org/high-school/> The CACC has many Dual Credit opportunities. Enrollment for CACC occurs on a separate timeline and path announced in January of each year.

CACC classes are free to students in the Columbia Public School district or children of CPS employees. Students not in those two categories are required to pay tuition of \$500 per 1 credit hour class to the CPS school district.

The CACC requires students to travel 5 miles to attend classes. This requires that students either drive or have reliable transportation for all class periods.