



**Course Description Guide  
2025-2026**

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**Father Augustus Tolton, our school's namesake, is featured in photos in this course catalog.**



## Graduation Requirements

Credit requirements for a four-year student; graduation from Fr. Tolton Catholic High School requires the successful completion of no fewer than 28 credits. A year-long course earns 1.0 credit. A semester-long course earns 0.5 credits.

The following is a list of the minimum required credits by department needed for graduation.

Theology 4.0 Credits  
English 4.0 Credits  
Mathematics 3.0 Credits  
Social Studies 3.0 Credits  
Science 3.0 Credits  
World Language 2.0 Credits  
Health 0.5 Credits  
PE 1.0 Credit  
Fine Arts 1.0 Credit  
Personal Finance 0.5 Credits  
Practical Arts 0.5 Credits  
Electives 5.5 Credits

- Electives and other courses which students desire to take off-campus may be approved for credit on a case-by-case basis. Students and parents must obtain written approval from the Dean of Academics before enrolling in any off-campus or online courses to ensure that the course will be accepted for credit at Tolton Catholic.
- Though only 3 credits are required, it is strongly recommended that students graduate with at least 4 credits each of Mathematics and Science.
- Transfer students are required to take theology every semester while at Tolton but are not required to make up the classes missed before attending Tolton.

# 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			
Apologetics		X		
The Church and Sacraments		X		
Life in Jesus Christ and Morality			X	
History of the Catholic Church			X	
Sacred Scripture			X	X
Living as a Disciple of Jesus Christ in Society			X	X
DC World Religions			X	X
DC Intro to Philosophy			X	X
Faith, Reason, and Science			X	X
Spiritual Aids for a Closer Walk with Christ			X	X

*All courses are one semester in length. All students are required to pass their Theology courses each year. Additionally, 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, which will enable them 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 entails.

### **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)**

0.5 Credit

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 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)**

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.*

**DC Religions of the World**

0.5 Credit

This course focuses on the impact that religions have had on history and humanity. The basic beliefs and lifestyles of Hinduism, Buddhism, Islam, Judaism, and Christianity are presented. This is dual credit with MACC as PHI 251 for 3 credit hours; students *must* intend to pursue DC credit in order to register for this class. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

**DC Introduction to Philosophy**

0.5 Credit

This course will familiarize the student with the major categories of classic, Western philosophical tradition, ranging from antiquity to the modern era. Students will explore the positions of major philosophical thinkers as they comment on the categories under discussion. Interpretation and communication of the philosophical works of each writer are analyzed. This is dual credit with MACC as PHI 150 for 3 credit hours; students *must* intend to pursue DC credit in order to register for this class. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

**Living as a Disciple of Jesus Christ in Society**

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 the surrounding community.

**Sacred Scripture**

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.

**Faith, Reason, and Science**

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, and any other topics students wish to explore.

**Spiritual Aids for a Closer Walk with Christ**

0.5 Credit

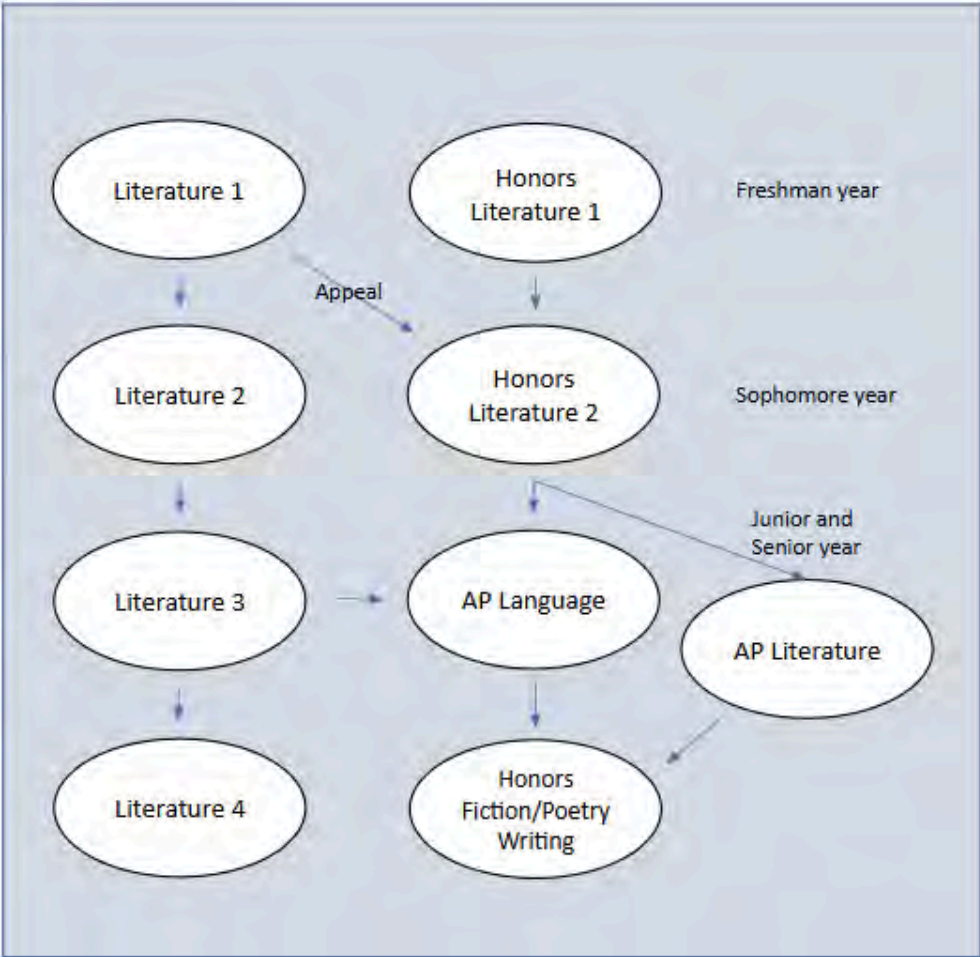
Spiritual Aids class will explore the different opportunities available through the church to grow spiritually both in the present as well as in the future. The class will assist each student in developing a game plan for their own spiritual journey. Spiritual Aids class will be structured in a seminar format. Topics will be presented and discussed in a small group setting. Small faith communities will be formed with student participation an essential part of the class. Students will be able to experience first-hand methods designed to enrich their faith.



# English Language Arts

## Minimum Graduation Requirement-4 credits

Course Title	9	10	11	12
Literature and Composition 1	X			
Literature and Composition 1 Honors	X			
Literature and Composition 2		X		
Literature and Composition 2 Honors		X		
Literature and Composition 3			X	
Literature and Composition 4				X
AP English Language and Composition			X	X
AP English Literature and Composition			X	X
Honors Fiction and Poetry Writing				X



**Literature and Composition 1 (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 1 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. Lit Honors 1 will help students see growth in their writing process through the development of a more complex writing style using a variety of sentence styles and literature works. Students will need to be prepared in analytical thinking and upper-level reading skills.

**Literature and Composition 2 (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.

**Literature and Composition 2 Honors (Grade 10)**

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. The purpose of this course is to guide students through a selection of literature. Students will analyze and interpret writings from select authors. Students will identify themes, develop critical thinking skills, and apply literary techniques. Practical applications in writing are included.

*Prerequisite: A minimum of B- or higher in both semesters of Honors Literature 1.*

**Literature and Composition 3 (Grade 11)**

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.

**Literature and Composition 4 (Grade 12)**

1 Credit

Literature and Composition 4 is designed for students to increase their skills in critical analysis, team collaboration, higher order thinking, and problem solving with a focus on reading, writing, and presentation. Various works and authors will be read and analyzed throughout the year.

**AP English Language & Composition (Grades 11, 12)**

1 Credit

This is a rigorous, college level course. The AP English Language and Composition course focuses on the development and revision of evidence-based analytic and argumentative writing, the rhetorical analysis of nonfiction texts, and the decisions writers make as they compose and revise. Students evaluate, synthesize, and cite research to support their arguments. Additionally, they read and analyze rhetorical elements and their effects in nonfiction texts from a range of disciplines and historical periods. This course aligns to an introductory college-level rhetoric and writing curriculum. There are no prerequisite grades for AP English Language and Composition, but students should be able to read and comprehend college-level texts and to express themselves clearly in writing.

*Prerequisite: Successful completion of (Honors) Literature 2 or DC College Composition.*

**AP English Literature & Composition** (Grades 11, 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 is 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: Minimum of A- in both semesters of previous English class.*

**Fiction and Poetry Writing Honors** (Grade 12)

1 Credit

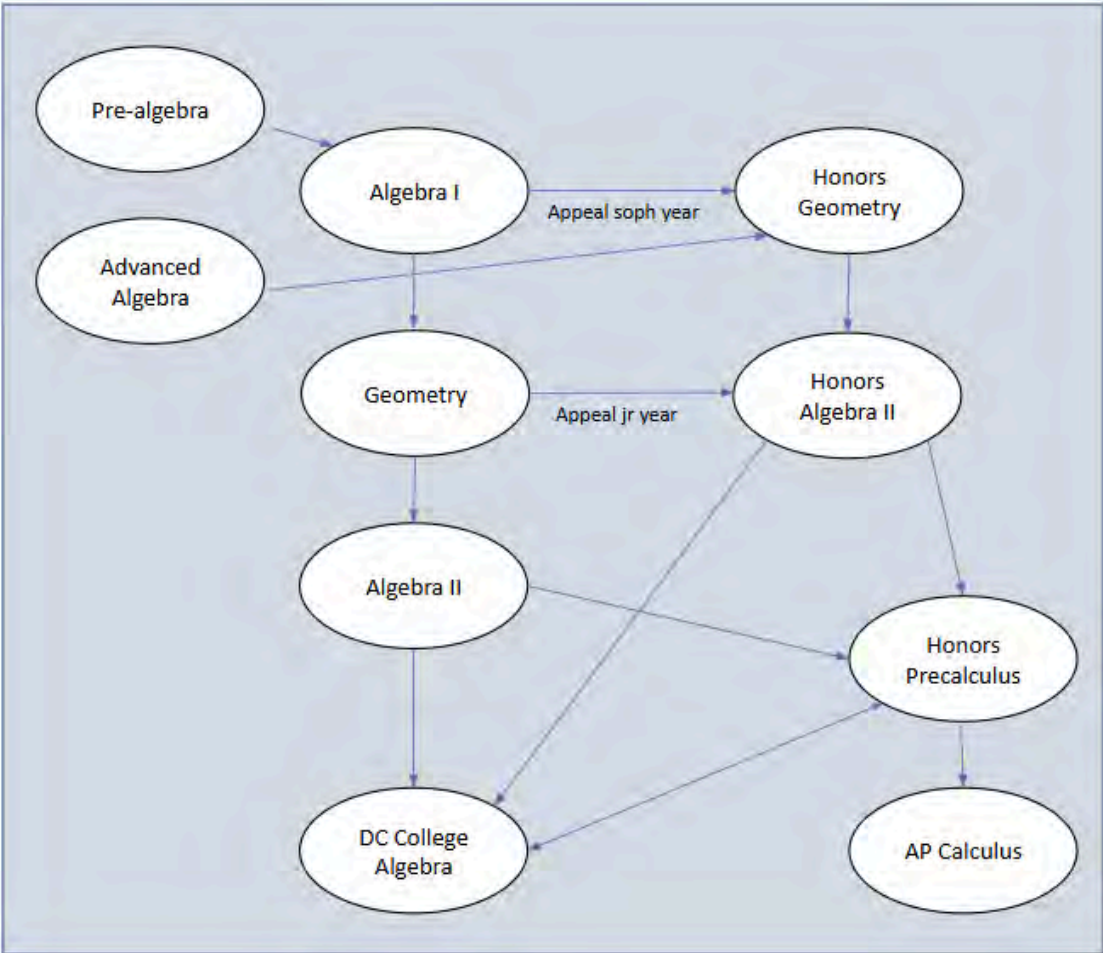
Fiction Writing is a study of techniques of fiction writing through historical and contemporary short story writing to develop publishable student work. Poetry Writing is an introduction to techniques of poetry writing through historical and contemporary poems to develop publishable student work. The focus is on invention, execution, and revision of poems and fiction works through a variety of examples and assignments. This course may count as the 4th English credit, but only if the student has completed AP Lit or AP Lang. It may be taken concurrently with an AP class or Lit 4 as an elective, and if taken as an elective a student may choose to take just one semester (poetry or fiction) for 0.5 credits.



# Mathematics

Minimum Graduation requirement – 3 Credits  
 Strongly Recommended – 4 Credits

Course Title	9	10	11	12
Pre-Algebra	X			
Algebra 1	X	X		
Advanced Algebra 1	X	X		
Geometry		X	X	
Honors Geometry	X	X		
Algebra 2		X	X	X
Honors Algebra 2		X	X	
Honors Pre-Calculus			X	X
DC College Algebra			X	X
Statistics <i>MACC online only</i>			X	X
AP Calculus			X	X



**Pre-Algebra (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; polynomials; coordinate plane graphing and reading of coordinates. *Enrollment is based on placement test results.*

**Algebra 1 (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. *Enrollment is based on placement tests results combined with teacher recommendation.*

**Advanced Algebra 1 (Grade 9)**

1 Credit

The purpose of this course is to continue or initiate the study of algebraic concepts at a more detailed and faster pace. 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. Successful completion of this course matriculates into Honors Geometry.

**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.

**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. *To begin Honors Geometry in 9th grade, students must pass the Algebra 1 section of the placement test.*

**Algebra 2 (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 using algebraic reasoning, showing and communicating problem-solving processes through the both prescribed methods and creative problem-solving.

**Honors Algebra 2 (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 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 connections with real world problems, and draw conclusions. This course requires the use of a graphing calculator like TI-83 or TI-84. ACT/SAT practice questions will be incorporated throughout the course to prepare students for the standardized tests. *Prerequisite: Completion of Honors Geometry with a minimum grade of B- both semesters.*

**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 connections with real world problems, and draw conclusions. This course requires the use of a graphing calculator like TI-83 or TI-84.

*Prerequisite: Completion of Honors Algebra 2 with a minimum grade of B- both semesters, or successful completion of College Algebra.*

**\*Statistics** (Grade 11, 12)

0.5 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 semester long MACC online class and requires an ACT Math score of 23 or requisite ACCUPLACER scores.

**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.

*Prerequisite: Completion of Honors Pre-Calculus with a minimum grade of B- both semesters.*

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

1 Credit

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 as Math 156 for 3 college credits. College credit fees apply. For current credit transfer guidance please go to this link:

<https://www.truman.edu/registrar/transferring-credit/course-equivalency-guide/view-course-equivalency-guide/>

*Prerequisite: Successful completion of Algebra 2.*

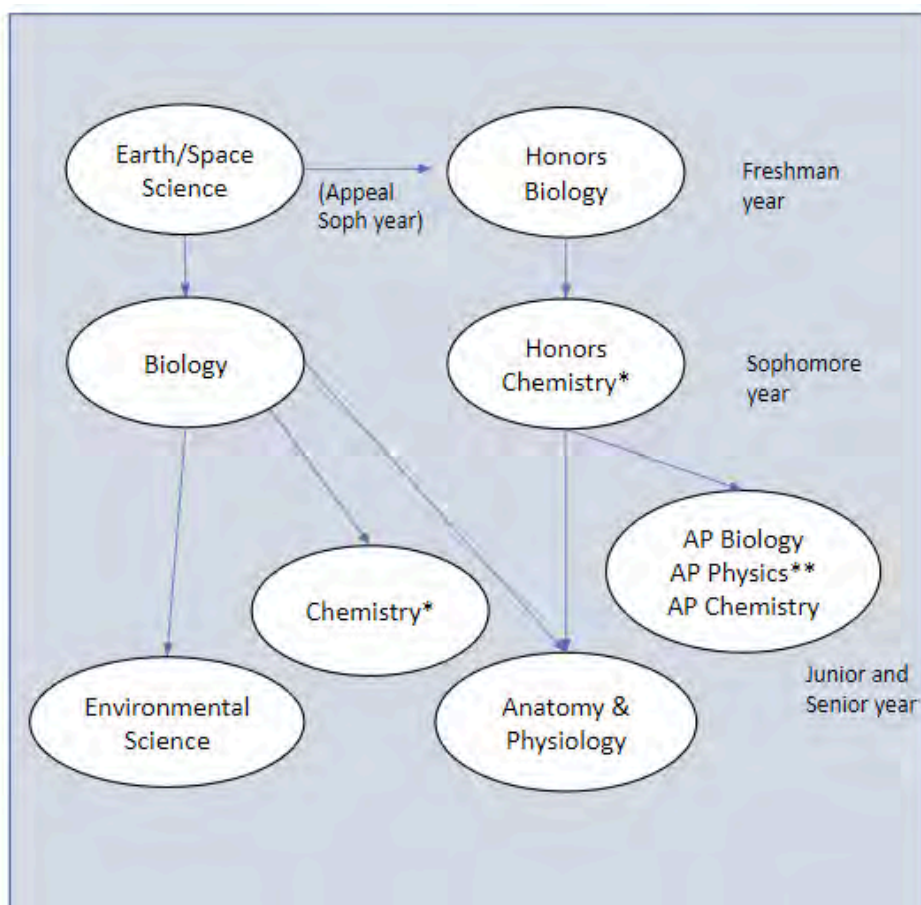


# Science

Minimum Graduation requirement – 3 Credits

Strongly Recommended – 4 Credits

Course Title	9	10	11	12
Earth and Space Science	X			
Biology		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			X	X
Environmental Science			X	X



**Earth and Space Science (Grade 9)** 1 Credit

In this introductory course, students will explore the foundations of our universe and planet Earth while developing foundational skills required of a science student. Topics of inquiry will include astronomy (the study of the universe), geology (the study of earth's structure and processes), meteorology/climatology (the study of weather and climate), hydrology (the study of Earth's waters), and the Anthropocene era (human impacts on Earth).

*Enrollment is concurrent with Pre-Algebra or Algebra 1 based on placement exam.*

**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 based on placement exam.*

**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. The atomic theory, structures and properties of matter, kinetic theory of gasses, stoichiometry, and solutions are some of the topics covered, with an emphasis on their mathematical applications.

*Prerequisite: Successful completion of Algebra 1.*

**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 gasses, stoichiometry, thermochemistry, acids, bases, and solutions are some of the topics covered. Current topics in technological and environmental applications supplement the course materials.

*Prerequisites: Minimum A- in all semesters of Honors Biology and most previous Honors Math. It is highly recommended that students taking Honors Chemistry also be enrolled in or have completed Honors Algebra 2.*

**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 of 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 minimum of A- in all semesters of Honors Biology and Honors Chemistry. Students meeting grade criteria in Biology and Chemistry may appeal.*

**Environmental Science** (Grade 11, 12)

1 credit

In this year-long course, students will get hands-on experience in the field of environmental science. This interdisciplinary course helps students understand the impact of ecology on Missouri and the world. Most activities in the first semester are designed to get students outdoors and exploring, investigating, and asking questions about immediate areas around their school. The second semester will focus more heavily on analyzing and conducting scientific research, particularly in the area of human influences on our planet.

*Prerequisite: Successful completion of Biology.*

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

1 Credit

This course presents the anatomy (the “what” and “where” of the body) and physiology (the “how” of the body) through a study of each of the 11 major systems of the human body. Through each system, students will study the parts, functions, and disorders that can occur and how each system relates to everyday life. Learning will be facilitated through lecture, labs, dissections, and case studies; and Latin and Greek root words will be studied to build vocabulary.

*Prerequisite: C- or higher in both semesters of Biology. Completion of or concurrent enrollment in Chemistry is recommended but not required.*

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

1 Credit

AP Chemistry is an introductory college-level chemistry course. Students cultivate their understanding of chemistry through inquiry-based investigations as they explore topics like atomic and molecular structure, chemical reactions, kinetics, equilibrium, and thermodynamics. This course is designed for any student who will major in science and be required to take chemistry at the university level.

*Prerequisites: A minimum of A- in all semesters of Honors Chemistry and Honors Algebra 2. Students meeting grade criteria in Algebra 2 and Chemistry may appeal.*

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

1 Credit

AP Physics 1 is an algebra-based, introductory college-level physics course. Students cultivate their understanding of physics through classroom study, in-class activity, and hands-on, inquiry-based laboratory work as they explore concepts like systems, fields, force interactions, change, and conservation. 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. Students are introduced to kinematics, Newton’s laws, work, energy and power, momentum, circular motion, simple harmonic motions, and fluid dynamics. This course is useful for students who are interested in majoring in engineering, pre-med, computer science, and physics.

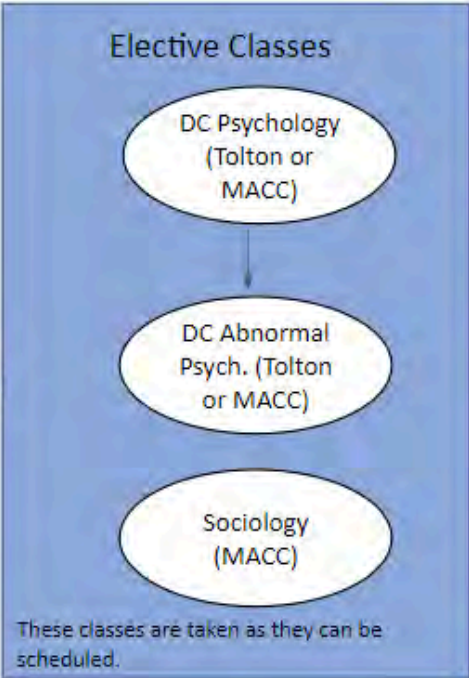
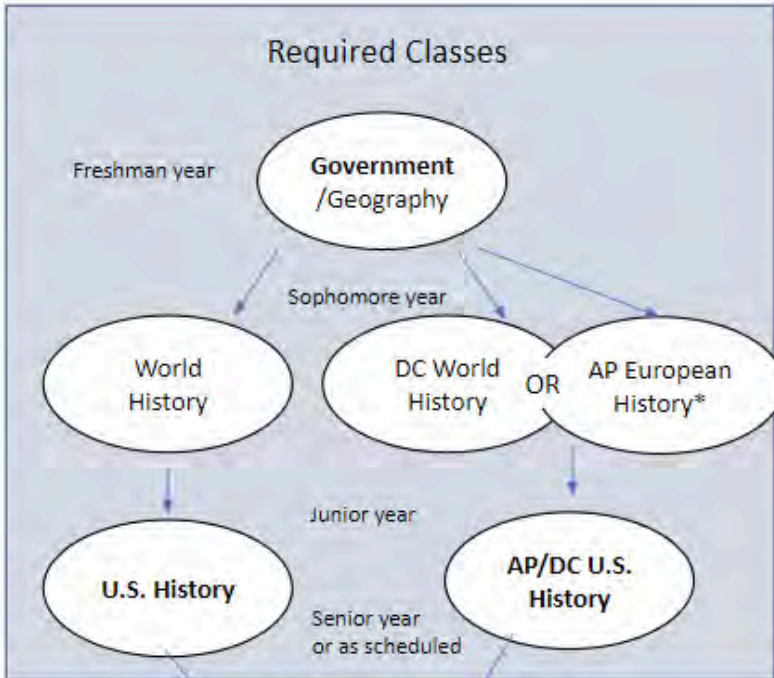
*Prerequisites: A minimum of A- in all semesters of Honors Chemistry and Honors Algebra 2. It is highly recommended that students also be enrolled in or have completed Honors Pre-Calculus. Students meeting grade criteria in Algebra 2 and Chemistry may appeal.*



# Social Studies

Graduation requirement – 3 Credits

Course Title	9	10	11	12
Government	X			
Geography	X			
DC World History		X		
World History		X		
U.S. History			X	
DC/AP US History			X	X
AP European History		X	X	X
DC Psychology			X	X
DC Abnormal Psychology			X	X
DC Sociology <i>MACC online only</i>		X	X	X
DC America in Vietnam			X	X
DC Contemporary America			X	X



Classes in bold are required by the State of Missouri for graduation. U.S. History can be AP/DC or regular.

**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 exposes 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 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 build students' understanding of other cultures. Cross-curricular opportunities will be utilized with the World Literature course. This is dual credit with MACC; students *must* intend to pursue DC credit, for the first semester only. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

*Prerequisite: B- average in previous Social Studies course*

**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 build students' understanding 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.

**AP/DC U.S. History (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. This is dual credit with MACC; students *must* intend to pursue DC credit, for the first semester only.

\*See note on pg. 25 for dual credit enrollment requirements and registration details.

*Prerequisite: A minimum of B- in both semesters of 10th grade social studies.*

**AP European History** (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.

**DC Psychology** (Grade 10, 11, 12)

0.5 Credit

DC Psychology is designed to introduce the student to the field of Psychology, and to do so effectively, has been divided into two major areas of study, one for each semester. First semester focuses on the basic view of psychology, as well as its origins and applications, with major emphasis on human development and behaviors. Students are exposed to the psychological facts, principles, and phenomena associated with each of the major subfields in psych. This is dual credit with MACC as PSY101 for 3 credit hours; students *must* intend to pursue DC credit to register for this course. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

**DC Abnormal Psychology** (Grade 10, 11, 12)

0.5 Credit

DC Abnormal Psychology is the second half to the Psychology Dual Credit course offered. This class provides a general introduction to the field of abnormal psychology. Major models of psychopathology and the causes and symptoms of abnormal thinking and behavior are considered. Students will learn about the range and classification of abnormal behavior and theories of etiology and be introduced to several modalities of treatment. This is dual credit with MACC as PSY250 for 3 credit hours; students *must* intend to pursue DC credit to register for this course. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

*Prerequisite: Completion of Psychology with a C or higher.*

**\*DC Sociology** (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 who 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). This is offered as an online dual credit class through MACC.

**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. This is offered as a dual credit class through MACC as HIST 215 3 credit hours; students *must* intend to pursue DC credit to register for this course. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

**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. This is offered as a dual credit class through MACC as HIST 299 for 3 credit hours; students *must* intend to pursue DC credit to register for this course. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

# World Language

## Graduation Requirement – 2 Credits

Course Title	9	10	11	12
Spanish 1	X	X	X	
Spanish 2	X	X	X	
DC Spanish 3		X	X	X
DCt Spanish 4			X	X
DC Spanish 5				X
Latin 1	X	X	X	X
Latin 2		X	X	X
Honors Latin 3			X	X
AP Latin				X

### Spanish 1 (Grade 9, 10, 11)

1 Credit

Spanish 1 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 1.

### Spanish 2 (Grade 9, 10, 11, 12)

1 Credit

Spanish 2 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.

*Prerequisite: C- or higher in both semesters of Spanish 1 or placement test*

### DC Spanish 3 (Grade 10, 11, 12)

1 Credit

Students taking Spanish 3 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 year-long class that may be taken with or without dual credit. This course is offered for dual credit with MACC as FLN101 for 5 credit hours. \*See note on pg. 25 for dual credit enrollment requirements and registration details. *This course is designed for those desiring to continue their Spanish education or those just beginning their Spanish careers that are capable of handling a very fast introductory pace.*

### DC Spanish 4 (Grade 11, 12)

1 Credit

Students taking Spanish 4 will put all that has been acquired in Spanish 1-3 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 year-long class that may be taken with or without dual credit. This course is offered for dual credit with MACC as FLN102 for 5 credit hours. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

*Prerequisite: B or higher in both semesters of Spanish 3.*

### DC Spanish 5 (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 year-long class that may be taken with or without dual credit. This course is offered for dual credit with MACC as FLN299 for 5 credit hours. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

*Prerequisite: B- or higher in both semesters of Spanish 4.*

**Latin 1** (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 2** (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.

**Honors Latin 3** (Grade 11, 12)

1 Credit

In Latin 3, 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.

**Honors Latin 4** (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 Virgil, 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.

**AP Latin** (Grade 12)

1 Credit

This course is equivalent to an upper-intermediate level college course in Latin focusing on the in-depth study of selections from two of the greatest works in Latin literature: Vergil's *Aeneid* and Caesar's *Gallic War*. Students cultivate their understanding of classics through preparing and translating readings and considering themes in the context of ancient literature as they explore concepts like literary techniques, Roman values, war and empire, leadership, views of non-Romans, history and memory, and human beings and the gods.



# Practical Arts

## Graduation requirement – 1 Credit Personal Finance is required

Course Title	9	10	11	12
Personal Finance (Required for Graduation)	X	X	X	X
Introduction to Business	X	X	X	X
Business Law		X	X	X
Marketing			X	X
DC Public Speaking <i>MACC online only</i>		X	X	X
Yearbook		X	X	X
ACT and Standardized Test Preparation		X	X	X
Journalism		X	X	X
Sports Medicine	X	X	X	X
Study Skills	X	X	X	X

### **Personal Finance** (Grades 9, 10, 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 Banking, Saving and Investing, Credit and Debt, Financial Responsibility and Money Management, Insurance/Risk Management, Income/Careers, the stock market, and the power of compounding interest. This course is also offered during summer school. There is a Dual Credit online option for Personal Finance through MACC.

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

0.5 Credit

The purpose of this course is to examine the different disciplines in business including Marketing, Economics, Finance, and Career Planning. The different types of business ownerships will be covered including Entrepreneurship. A career unit will be covered where students will have the opportunity to research careers and the education and skills required for chosen careers. Social, ethical, and environmental responsibilities also will be examined.

### **Business Law** (Grades 11, 12)

0.5 Credit

Students will begin by learning about the judicial and court system, followed by learning about criminal/civil law and torts, workers' rights and employer's rights, as well as laws that affect workplace issues. Speaking and writing skills will be developed during this semester class. Finally, students will look at the formation of contracts, how contracts are analyzed, how they are used and how they can be challenged.

### **Marketing** (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 the Marketing Mix, Mass and Differentiated Marketing, 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*

**\*DC Public Speaking** (Grades 10, 11, 12)

0.5 Credit

This course studies the role of speaking in communication in both formal and informal situations. The course includes a study of the communication process, the role of the listener, methods of speech organization, informative and persuasive techniques, and effective delivery. This is an online class through MACC.

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

1 Credit

This class is for the production staff of the yearbook. Students learn graphic design for page layout development, copy writing including stories, captions and headlines. Students learn basic journalism skills such as interviewing, developing angles, and 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.

*Students must complete an application process by the deadline and will be accepted based upon teacher approval.*

**ACT and Standardized Test Preparation** (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. This course is also offered during summer school.

**Journalism** (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 refining, and implement thinking, writing, and critiquing skills. All of this will culminate in the publication of an online school newspaper. Course is offered pending teacher availability. *Prerequisite for sophomores: Teacher recommendation.*

**Sports Medicine** (Grades 9, 10, 11, 12)

0.5 Credit

The purpose of this course is to examine the many aspects related to sports medicine. It begins by exploring the history of sports medicine and the role of the athletic trainer. The course will examine the many types of athletic injuries and methods used to prevent injuries. Students will understand the anatomy and mechanism of injury for the most common areas injured in athletics, including the critically injured. Students will also learn taping and rehabilitation techniques for various athletic injuries. The class will utilize interactive discussion, lecture and practical labs to master these sports medicine skills.

**Study Skills** (Grades 9, 10, 11, 12)

1.0 Credit

This course is for students with approved learning accommodations. Classes are capped at 5 students to ensure a small learning environment. Study Skills is designed to provide support in the following three areas: Direct Instruction (re-teaching, scaffolding, etc. of material and concepts), Case-Management (grade checks, academic forecasting, etc.) and support in Executive Functioning Skills (flexible thinking, self-motivation, task-initiation, organization, planning and prioritizing, etc.). This course is taken in lieu of an elective course. *Students are nominated through the Director of Accommodations for this course.*

# Visual and Performing Arts

## Graduation requirement – 1 Credit

Course Title	9	10	11	12
Art 1	X	X	X	
Art 2	X	X	X	
Art 3			X	X
Advanced Art			X	X
Graphic Design			X	X
Band	X	X	X	X
Honors Band	X	X	X	X
Chorus	X	X	X	X
Piano	X	X	X	X
Guitar	X	X	X	X
Private Music	X	X	X	X
DC Music Appreciation	X	X	X	X

### Art 1 (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 a prerequisite to take advanced art classes.

### Art 2 (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: Successful completion of Art 1.*

### Art 3 (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: Successful completion of Art 2.*

### 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 4 is more project based for students preparing a portfolio for college. *Prerequisite: Successful completion or Art 3.*

**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 1 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.

**Honors 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. Additional assignments are required for honors credit.

**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** (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** (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 per period due to the available practice rooms.

**DC Music Appreciation: History of Rock and Roll** (Grade 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 into 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 one-semester dual credit class through MACC as MUSC 103 for 3 credit hours; students *must* intend to pursue DC credit in order to register for this class. \*See note on pg. 25 for dual credit enrollment requirements and registration details.

# Health and Physical Education

**Graduation requirement – 1.5 Credits:  
Health (0.5 Credit) and Physical Education (1.0 Credit)**

Course Title	9	10	11	12
Health	X	X	X	X
Physical Education 1	X	X		
Physical Education 2		X	X	X
Strength and Conditioning		X	X	X
Advanced Strength and Conditioning		X	X	X

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

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. Strongly recommended freshman year but can be taken at any time. This course is also offered during summer school.

**Physical Education 1** (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. 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. This course is also offered during summer school.

**Physical Education 2** (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 1*

**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 1*

**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. *Prerequisite: Strength and Conditioning I.*

# 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.

Please note:

- Students in the 11th and 12th grades with an overall minimum grade point average of 3.0 (on a 4.0 scale) are automatically eligible for dual credit courses.
- Students in the 11th and 12th grades with an overall grade point average between 2.5 – 2.99 (on a 4.0 scale) must provide a signed letter of recommendation from their principal or guidance counselor and provide written permission from a parent or legal guardian.
- Students in the 10th grade must have an overall minimum grade point average of 3.0 (on a 4.0 scale) and must provide a signed letter of recommendation from their principal and guidance counselor and provide written permission from a parent or legal guardian.
- Students in the 9th grade must have an overall minimum grade point average of 3.0 (on a 4.0 scale), score at the 90th percentile or above on the ACT or SAT, and provide a signed letter of recommendation from their principal and guidance counselor and provide written permission from a parent or legal guardian.

The cost for these courses is \$80 per credit hour, so \$240 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/programs/transfer-information/>

## 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.