



Foothills High School

Independent Study

WASC

Accredited

A journey of a thousand miles begins with one step

920 Boardwalk, San Marcos, CA 92078

Phone: (760) 290-2544

Fax: (760) 290-2972

FOOTHILLS HIGH SCHOOL

COURSE CATALOG

FOOTHILLS HIGH SCHOOL

COURSE CATALOG

ELECTIVES

CHILD DEVELOPMENT

Prerequisite: None

Credit hours: 5

This course is designed to give the student an overview of the practical aspects of parenting/caring for young children. Students explore various theories of child development; the physical, social, emotional and mental stages of growth of the child; practical aspects such as health, safety and guidance; and explore the developmental impact of child abuse, divorce and other stressors in a child's life. Careers in child development are discussed.

CONSUMER ECONOMICS

Prerequisite: None

Credit hours: 5

This course will teach students how to make rational consumer decisions. It explores consumer protection laws, key components of income taxes, how to budget, credit buying and investments, plus many other financial choices. The students will learn how to make informed decisions about housing, insurance and banking and will understand the rights and responsibilities of a consumer.

CROSS-AGE TUTORING

Prerequisite: 9th Grade Standing

Credit hours: 5

This course is designed to give the student real-life experience working with young students in a tutoring setting. The students will learn skills that enhance their ability to communicate effectively and will broaden their range of competence and experience in the mentoring role. Students work with elementary age children and their teachers in a classroom setting, and will gain greater understanding of behavioral challenges and coping techniques.

ENTREPRENEURSHIP

Prerequisite: None

Credit hours: 5

Entrepreneurship is a step-by-step course designed to cover the entire process of starting and owning one's own business. Students will learn to identify character traits and skills necessary to become an entrepreneur, compare different types of business ownerships and government involvement, and will learn how to create a business plan to present to a bank for funding.

INDEPENDENT LIVING

Prerequisite: None

Credit hours: 5

This course is designed to increase students' knowledge and hone skills necessary for living responsibly on their own. Instruction and projects are applied to real-life concerns such as job prep, money management, housing and apartment living, nutrition, grooming, drugs, alcohol, AIDS prevention, and parenting choices.

KEYBOARDING

Prerequisite: None

Credit hours: 5

In this course, students will improve their keyboarding skills by taking a pre-test, determine a goal, and practice until their goal is achieved. They will increase their computer literacy, speed and accuracy.

LIFE SKILLS/READING ESSENTIALS

Prerequisite: None

Credit hours: 5

Student will learn how to read labels, maps, directions, floor plans, and financial and legal documents for critical understanding. They will practice filling out forms and job applications, write letters and consumer inquiries, and will learn to use reference sources and strategies.

LIFE SKILLS/7 HABITS

Prerequisite: None

Credit hours: 5

Students in this course will learn the guiding principles based on Sean Covey's *The 7 Habits of Highly Effective Teens*. The course teaches students about personal responsibility, goal setting, prioritizing, positive attitude, personal renewal, and the benefits of being proactive. Students will learn how applying seven highly effective habits can help them become effective leaders in their circles of influence and well-adjusted adults.

LIFE SKILLS/SELF-KNOWLEDGE & EXPRESSION

Prerequisite: None

Credit hours: 5

Students will seek to improve their communication skills through self-directed evaluations and exercises. Students will take a personal inventory and do a variety of projects that involve reading, writing, speaking, and other areas of self-expression.

MATHEMATICS WITH BUSINESS APPLICATIONS

Prerequisite: None

Credit hours: 5

This is a comprehensive course that covers all the skills that students need to manage their personal finances and excel in the workplace. This 3-part program takes students from basic math concepts to sophisticated financial strategies.

MICROSOFT EXCEL 2007/2010

Prerequisite: 9th Grade Standing

Credit hours: 5

This core level class will provide hands-on training for students to be able to pass the Core Certification in Excel 2000. Students will prepare, format, edit and enhance worksheets, rearrange data, manipulate formulas, create charts, and integrate Clip Art and Maps within worksheets.

MICROSOFT WORD 2007/2010

Prerequisite: 9th Grade Standing

Credit hours: 5

This is a beginning word processing course where students will get hands-on training in Microsoft Word software. They will develop a basic understanding of data bases and spread sheets, and will build proficiency in word processing abilities.

NATIVE AMERICAN STUDIES

Prerequisite: 9th Grade Standing

Credit hours: 5

Native American Studies is a self-paced, self-directed research project that teaches students how to construct a research project/paper while at the same time educating them about the diversity and history of native cultures throughout North and South America. Students will demonstrate how to use technology, such as the internet, power point, word processing, and graphic displays, effectively. Students will be expected to research and report on at least two different native American cultures.

NUTRITION

Prerequisite: Non e

Credit hours: 5

This introductory nutrition course will help students understand the basics of good nutrition, and healthy habits. Students will learn about dietary fat and cholesterol intake, physical activity, phytochemicals, alcohol abuse, cardiovascular disease, etc. Students will be encouraged to examine their own dietary practices and modify their behaviors to improve their nutritional health, and prevent, or delay, onset of nutrition-related diseases for themselves and their families.

PARENTING

Prerequisite: None

Credit hours: 5

In this course, students will gain information, insight and techniques needed to develop good parenting skills, and will learn how to make strong parenting decisions. They will study the rights and responsibilities of parents; learn of the stages of pregnancy and the importance of prenatal care; identify the physical, emotional, social and cognitive development in infants and children; and develop skills in first aid and children's wellness. They will also explore strategies for handling common parenting problems and working positively in the family setting.

TEEN MARRIAGE

Prerequisite: None

Credit hours: 10

This course is designed to teach students the realities of early marriage. Students will explore insights into love, respect, and caring, and will learn about personal responsibility necessary for a stable relationship. Students will study and discuss common difficulties encountered in premature marriage, and will explore better communication skills.

TEEN PARENTING I

Prerequisite: None

Credit hours: 5

Students will gain information on decision making related to pregnancy and the physical and emotional changes that occur during pregnancy. This course prepares students for a healthy pregnancy, childbirth, and newborn parenting experience. Topics include reproductive organs and their functions, STDs, birth control, nutrition, substance abuse and its effect on the mother and child, newborn care, breastfeeding, and exercise before and after pregnancy.

TEEN PARENTING II

Prerequisite: Teen Parenting I or teacher approval

Credit hours: 5

This course is designed to equip students with parenting skills needed during the first two years of a child's life. It covers such topics as when to seek medical attention; immunizations; healthy feeding; physical, emotional, social, and cognitive development of the child; toddler routine; fatherhood; choosing a daycare; and community resources.

TEEN PARENTING III

Prerequisite: Teen Parenting I or teacher approval

Credit hours: 5

This course focuses on helping students apply successful parenting techniques for children in their preschool years. Studies cover problem solving in the unique environment of three generational living situations that is a consequence for many teen parents, healthy nutritional choices, discipline techniques, expectations, child abuse, and community resources.

VOCATIONAL EXPLORATION

This course will expose students to entry level, technical level, and professional level occupations. Students will hone skills necessary to secure and keep a job, explore career paths, and use several career assessment tools to determine interests and abilities needed for various career clusters. Students will create a job portfolio, write a career research paper, and will learn positive interviewing skills.

ENGLISH

ENGLISH (9A-12B)

Prerequisite: Appropriate previous course completion Credit hours: 5 per course

In order to graduate from SMUSD, all high school students must complete 8 semesters of English. English courses 9A through 12B include the District's required themes and core readings, with additional themes addressing personal responsibility and tolerance. Students will read a variety of literary works including short stories, novels, poetry, biographies and essays. These courses will help students improve their communication skills, verbal and written, and hone abilities in grammar, spelling, vocabulary and writing techniques.

ENGLISH LANGUAGE DEVELOPMENT I, II, and III

Prerequisite: Teacher approval Credit hours: 5 per course

These English courses are designed to increase language ability for those students whose first language is not English. The students will read and experience a variety of appropriate level-based literary works, including novels, short stories, poetry, and essays to appreciate techniques of effective expression and to learn the structural components in the English language. Students will improve their grammar and vocabulary skills, and will grow more adept in their verbal and written abilities.

READ 180

Prerequisite: Teacher approval Credit hours: 5 per course

This course is designed to increase the student's skills in reading and comprehension. Students generally work in a small group setting, and use the *Read 180* workbook, on-line computer resources, and utilize the *Read 180* course materials in order to improve grammar, mechanical skills, and vocabulary in written and spoken language. Students will read a variety of literary works including non-fiction, novels, and short stories.

PLATO CAHSEE ELA

Prerequisite: Teacher approval Credit hours: 5

This course is designed to help students successfully pass the CAHSEE (California High School Exit Exam) English portion. Its content has been matched to cover required skills currently tested on the exam. It is an on-line course enhanced by small group and individual direct instruction.

FINE ARTS

ART HISTORY

Prerequisite: None

Credit hours: 5

This course provides students with a sequential study of art history, building on previous concepts, and teaches about a variety of media, artistic styles, historical periods, and cultural backgrounds. Students will learn about techniques and innovations of art through the ages, and will examine the relationship of religion, politics and social movements on the lives and works of selected artists.

CLASSICAL AND WORLD MYTHOLOGY

Prerequisite: None

Credit hours: 5

In this course, students will be exposed to classical mythology and its relevance in today's world. They will study Greek, Roman, and other cultural mythologies to learn how these stories became an integral part of many societies. Such fundamental questions as the nature of man and forces in nature, and how myths provided explanations of natural world will be explored.

FINE ARTS-PERFORMING

Prerequisite: None

Credit hours: 5

This course promotes enjoyment and appreciation of the performing arts. Students will expand their artistic experiences by attending or participating in a variety of performances in the areas of music, dance, and/or drama. Students will critique, interpret and analyze performances of various genres, and will learn how technology plays an important role in the performing arts.

FINE ARTS-VISUAL

Prerequisite: None

Credit hours: 5

Visual Art is an art course providing students with hands-on experience in a variety of media and art processes and skills. In addition, students are exposed to art and design principles, artistic styles, and historical periods and their contributions to the world of art.

FINE ARTS-ARTS AND CRAFTS

Prerequisite: None

Credit hours: 5

This course promotes enjoyment and appreciation of arts and crafts as students experiment with a variety of media and techniques used to create artworks and practical pieces for home use and décor. It is a basic study of art and design, allowing exposure to different materials, subjects, styles, functions, and cultural influences in creating original artwork.

FINE ARTS-FILM ANALYSIS

Prerequisite: None

Credit hours: 5

In this course, students will examine topics, themes, genres, and movements in cinema and theatre. Students will learn to critique and analyze films, study the impact of the media and film in society today, learn the history of filmmaking and current trends, and refine their understanding of specialized vocabulary and cinematic elements.

HEALTH

HEALTH

Prerequisite: 9th Grade Standing

Credit hours: 5

This course teaches personal, community, and environmental wellness. It will provide the student with the basic understanding and appreciation of setting personal goals for healthy living. Students will learn about exercise, fitness, diet, drugs, diseases, disorders, safety, and first aid.

MATH

ESSENTIALS OF ALGEBRA I, II

Prerequisite: None

Credit hours: 5/10

This course is a non-college prep introduction to algebra with an emphasis on basic vocabulary and fundamental operations. The first half will give the student an overview of variables, solving equations, positive/negative numbers, formulas, working with polynomials, and factoring. The second half of the course focuses on graphing, algebraic fractions, decimals, percent, square roots, and quadratic equations.

ALGEBRA-P I, II

Prerequisite: Teacher approval

Credit hours: 5/10

This course covers elementary algebra with an emphasis on the structure of algebra, basic vocabulary, and fundamental operations. Included are operations with rational numbers, polynomials, equations and inequalities, graphs, and linear functions, systems of equations, square roots, quadratic equations and factoring, and rational expressions.

ESSENTIALS OF GEOMETRY I, II

Prerequisite: Algebra course

Credit hours: 5/10

This course is a non-college prep introduction to geometry. It will provide students with an understanding of points, lines, and angles; an introduction to proofs, although they will not need to perform 2-step written proofs; triangles; use of congruent triangles; polygons; and areas. Students will be expected to understand and apply postulates, corollaries, and theorems to mathematical problem solving.

GEOMETRY-P I, II

Prerequisite: Algebra-P

Credit hours: 5/10

This is a formal proof-based, college prep Geometry course covering points, lines, angles, deductive reasoning, parallel lines and planes, congruent triangles, quadratics, and similar polygons. Students define and apply postulates and theorems, plan and apply formal proofs, compute areas and volumes of plane figures and solids, graph linear equations, and apply Trigonometric ratios.

MATH A

Prerequisite: Teacher approval

Credit hours: 5/10

This is a beginning course in Mathematics that is used to bridge between arithmetic and beginning Algebra and Geometry. Students will identify arithmetic properties, number theory, and rational numbers; will use ratios, proportion, and percent to solve problems; will learn surface area and volume formulas; and will transform formulas to solve algebraic equations and polynomials.

CAHSEE PREP MATH

Prerequisite: Teacher approval

Credit hours: 5

This course is designed to get students ready to pass the CAHSEE Math exam. It covers vocabulary, basic operations, and other algebraic concepts included on the CAHSEE.

PLATO CAHSEE PREP MATH

Prerequisite: Teacher approval

Credit hours: 5

This course is designed to help students successfully pass the CAHSEE (California High School Exit Exam) Math portion. Its content has been matched to cover required skills currently tested on the exam. It is an on-line course that enhances instructional effectiveness for the student.

SCIENCE

BIOLOGY

Prerequisite: None

Credit hours: 5/10

In this course, students will learn about cell biology fundamental life processes; genetics, DNA sequences, reproduction, variations, mutations; ecological systems of organisms; evolution genetics; physiology homeostasis; and the variety of mechanisms an organism has to survive and thrive in nature.

CHEMISTRY

Prerequisite: Teacher approval

Credit hours: 5/10

This is a beginning course where students will learn such concepts as atomic and molecular structure, conservation of matter, gases and their properties, acids and bases, solutions, chemical thermodynamics, reaction rates, chemical equilibrium, organic chemistry, and nuclear processes.

EARTH SCIENCE

Prerequisite: None

Credit hours: 5/10

This course will provide the student with an overview of earth science, geology, oceanography, meteorology, and Earth's place in the universe. Students will study Earth's surface and tectonic dynamics, the structure and composition of the atmosphere, weather and climate, and Earth's movement in space.

ENVIRONMENTAL SCIENCE

Prerequisite: None

Credit hours: 5

Environmental science can fulfill science credits for either the Physical Science or the Biology credit requirements towards graduation. Students will learn about the earth and its environments, diversity of organisms, conservation of resources, and reduction and management of wastes. Environmental Science is a bridging course between biological and physical sciences.

LIFE SCIENCE

Prerequisite: None

Credit hours: 5

This is an introductory course in Life Science and will help the student understand and appreciate the importance of living things as they learn about cell processes, heredity, the human body, ecosystems, and the distribution of life. The student will also study cellular processes such as cell reproduction, genetic traits and adaptations, and the concept of the evolution of organisms. The course will cover scientific laws and how they relate to living things.

PHYSICAL SCIENCE

Prerequisite: None

Credit hours: 5

This is an introductory course to Physical Science. It will provide the student with the basic understanding of the two major subject areas of chemistry and physics. Students will understand the importance of chemistry and physics as they apply to them in their everyday lives. Topics of study include principles of matter and energy, atoms, elements, measurement, and scientific methods of research.

PHYSICS

Prerequisite: Teacher approval

Credit hours: 5/10

This introductory course to physics will provide the student with the basic understanding of the study of energy and the changes in the forms of energy. Students will be covering such topics as linear motion, Newton's Laws of Motion, circular motion, gravitation, work-energy relationships, momentum, thermodynamics, light, magnetism, and electricity.

SOCIAL STUDIES

ECONOMICS P/NP

Prerequisite: None

Credit hours: 5

This course introduces the fundamentals of economic theories, and exposes the basic economic problems facing all individuals, groups, and nations, including scarcity, globalization, and governmental controls. Students will study different economic models and will become familiar with monetary policy, and their rights and responsibilities as consumers. Both macro and micro economics are discussed.

GEOGRAPHY P/NP

Prerequisite: None

Credit hours: 5/10

This course will teach students about environmental and geographic factors that affect regions, countries, history and current world events. Students will be exposed to map reading skills, grid location, and different types of map projections as they study the interrelationships of physical, cultural and economic geography.

GOVERNMENT P/NP

Prerequisite: 12th Grade Standing/ Completion of U.S. History I, II

Credit hours: 5

This course will teach students how a representative government works, the fundamental values of a civil society, and the day-to-day operations of the American government including the Constitution, the branches of government, and major areas of criminal, civil, and juvenile law. Students will also develop an understanding of their rights and responsibilities as citizens, and will spend some time studying other political systems.

U.S. HISTORY 1, II P/NP

Prerequisite: 11th Grade Standing

Credit hours: 5/10

This comprehensive course covers the history of the United States from its existence as a British colony to modern events, such as 9/11. Political, economic, cultural, and social issues are studied, and major turning points in the country's development are examined. U.S. History I covers colonial times, the Revolutionary War, the Civil War, and WWI. U.S. History II focuses on The Great Depression, WWII, conflicts in Southeast Asia, and up to the present.

WORLD HISTORY I, II P/NP

Prerequisite: 9th Grade Standing

Credit hours: 5/10

This is a beginning social studies course where students explore the cultures and history leading to the development of Western civilization through study of political, economic, cultural, religious, social and aesthetic factors. Students will be exposed to the development of cultures in Europe, Asia, Africa and the Americas. World History I covers ancient cultures/societies up until the Industrial Revolution. World History II deals with global change in the era of New Imperialism, WWI and WWII, and world developments in contemporary times.