KIPP NYC COLLEGE PREP

# 2013-2014 Course Catalog


Arts ..... 2
VISUAL ARTS ..... 2
FASHION DESIGN ..... 2
MUSIC ..... 2
DRAMA ..... 3
DANCE ..... 3
College Prep ..... 4
English ..... 5
CORE ENGLISH CLASSES ..... 5
ENGLISH ELECTIVES ..... 6
Social Studies ..... 8
Spanish ..... 10
Mathematics ..... 12
Science ..... 15
Special Education Services ..... 18
Health & Physical Education ..... 19

# ARTS

*The Arts Department at KIPP NYC College Prep will allow students to develop as individuals through performance and creative expression. Our student-centered programs are designed to foster independence, self-expression, and self-control. Students of all experience levels will work individually, in pairs, and in larger groups, and will learn from each other as well as from their teachers.*

## VISUAL ARTS

**Visual Arts** (0.5 Credits)
**Description:** This course focuses on developing basic skills while encouraging the capacity for self-expression. Students will explore a variety of media and will be exposed to a wide range of tools. Using both traditional and unconventional materials, students will learn how to explore ideas from their personal artistic vision and bring them to life through the language of art.

**Advanced Visual Arts** (0.5 Credits)
**Description:** Students will brainstorm on a common theme to express. Each student will choose a medium and a form to express that theme in. Students will write a mission statement outlining criteria for their meduim of choice. Upon completion of project, students will meet with teacher to discuss the degree to which students addressed their critria and did so creatively . Students will participate in museum art shows and internships.

## FASHION DESIGN

**Fashion Design Studio** (0.5 Credits)
**Description:** In this course students will learn to hand and machine sew by executing accessories, home goods, and clothing design projects. Students will have an opportunity to develop their style and will explore careers in the fast-paced industry of fashion.

**Fashion Design Studio 2** (0.5 Credits)
**Description:** In this course students will create a capsule collection of wearable pieces using commercial patterns. Students will also have the opportunity to hear from fashion professionals and will take field trips to museums and/or fabric sources. Presentation boards and sketches will also be created in class requiring basic fashion art skills. This class will conclude with a fashion presentation.

## MUSIC

**Music 1** (0.5 Credits)
**Description:** This course is designed as a semester-long introduction to music theory, history and appreciation for beginning music students. Students will learn to improve their music reading skills, as well as playing and performance abilities. In addition to theory and practice, students will also study the history of music and become familiar with genres and important players in the development of the genres. Music 1 students will also meet with musicians practicing in the New York City area and travel to several music performances over the course of the year.

**Advanced Music Ensemble (Sem)** (0.5 Credits)
**Description:** This performance class is offered to advanced instrumental music students Advanced Music Ensemble introduces students to the routines and practices that lead to successful performance. The rehearsal routines and skills learned in this class help create awareness in the individual, the section and the ensemble as a whole. To achieve this awareness, students analyze recordings of expert performance as well as their own performance, practice

independently, and maintain practice logs and personal reflection. In addition to student performances, the AME class travels to see live music performances and lectures around New York City. The practices explored and learned in this class will be directly applicable to other academic and professional disciplines. The ensemble may be divided into Strings Ensemble and Jazz Ensemble depending on the makeup of the ensemble.

**Music Production** (0.5 Credits)
**Description:** Students will receive group instruction in the application of computers using MIDI programming language as it applies to industry standard MIDI music production software, Reason and Record. This course will also focus on an historical perspective as well as concepts in music production and music business. Basic music theory featuring rhythm, melody, and harmony will be presented towards the overall refinement of music tracks created throughout the semester.

**Advanced Music Production** (0.5 Credits)
**Description:** Group instruction with more advanced and technical musical concepts using MIDI programming language as it applies to industry standard MIDI music production software, Reason and Logic. This course will also focus on creating and mixing tracks, recording techniques, and the current trends in music supervision. Building on music theory fundamentals, we will incorporate melody, rhythm, and harmony into songwriting projects. As a final project, we will produce a short film score.

## DRAMA

**Drama** (0.5 Credits)
**Description:** In this course, students will gain exposure to a wide variety of theatrical genres. From comedy to tragedy, Shakespeare to Spike Lee, students will have the opportunity to explore the historical and universal significance of many forms of theater through improvisation, rehearsal and performance. Students who elect to take Drama are encouraged to leave their inhibitions at the door, as this course requires a high level of class participation. Through the art of performing, students will develop their interpersonal and public communication skills while also focusing on leadership skills in activities that demonstrate listening, cooperation and trust.

**Advanced Acting** (0.5 Credits)
**Description:** In this course students will build on the performance skills they developed in Introduction to Theatre. Students will explore the production process through classroom performances of modern theater via monologues, duo performance, and one-act plays. Students will be asked to push themselves creatively and challenge themselves and their classmates to grow as budding theatre artists.

## DANCE

**Dance** (0.5 Credits)
**Description:** This course explores a variety of dance styles starting from the 1900's through today. Students will learn how to perform each dance style and choreograph their own variations. Students will work individually and small groups to create dance compositions that will be performed in class.

**Advanced Dance** (0.5 Credits)
**Description:** This course is an introduction to different dance techniques such as Modern, Ballet, Contemporary and Hip Hop. Students will learn anatomy and proper movement patterns. Students will work individually and small groups to create dance compositions and learn Language of Dance (LOD) method to notate dance.

**Zumba** (0.5 Credits)
**Description:** Zumba is a Latin-based, dance, fitness workout program. The class focuses on Merengue, Salsa, Cumbia, Reggeton, African, and other world dances. Students will be participating in heavy aerobic activity.

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# COLLEGE PREP

***The College Prep Program*** *at KIPP NYC College Prep takes students through a four-year series of courses designed to ensure that all of our students are ready to climb the mountain to college. Each year, students will tackle topics that seek to prepare them above and beyond their core classes for the challenges of college entrance exams and the critical thinking and writing skills that are needed to succeed in college and beyond.*

**College and Career Readiness** (0.5 Credits)
**Description:** This eleventh grade pass/fail course will meet two times per week in the Fall semester and three times per week in the Spring semester. Led by our college counselors, the course will focus on the college admissions process and provide exposure to a variety of college and career options. There will be a heavy emphasis placed on SAT preparation and testing, as well as writing the college application essays. Students will also participate in the iMentor program and attend monthly events with their mentors to support them through this course and will continue to mentor them throughout high school and college. By the end of the course, students will have a preliminary list of colleges or alternate programs which they will apply to in their senior year, have taken two SAT tests, and completed their personal statement.

**Senior College Counseling** (0.5 Credits)
**Description:** This twelfth grade pass/fail course will meet three times per week in the Fall semester and two times per week in the Spring semester. Students will have small group work time with their college counselor as they complete their college applications. In the first semester, students will spend a significant amount of time finalizing their college lists and all application components, including required supplemental essays, financial aid documentation and FAFSA completion, interview preparation, college visit applications and scholarship applications. In the second semester, students will focus on completing the financial aid process and making final enrollment decisions. Through a partnership with KIPP Through College, students will transition to their college advisor at the end of this course, and complete a college life preparedness program (including how to manage their money, learning to read a course guide, and understanding graduation requirements and majors). Students will continue with their iMentor weekly assignments and events for additional support through this course.

# ENGLISH

***The English Department*** *at KIPP NYC College Prep offers a rigorous four-year course of study that fosters critical thinking, reading and analytical skills, technological proficiency and creativity, and sophistication in writing. With the skills gained through this course of study, Students graduating from KIPP NYC College Prep will be prepared for success in the academic and professional areas of their choice.*

## CORE ENGLISH CLASSES

**English 1** (1 Credit)
**Description:** English I is designed to prepare students for the intensive reading and writing work that will come in the upper grades and college. Students will be challenged to grow as thinkers by utilizing their literacy skills to explore the world and question their role in their local and global societies. Ultimately, the aim of this course is for students to be able to build upon their prior knowledge to become independent readers and writers with a passion for learning more about themselves in the coming years of instruction. Texts will vary by section, but may include selected short stories, The Bluest Eye, Fahrenheit 451, Macbeth, Twelve Angry Men, The Color of Water, and The Kite Runner.

**Honors English 1** (1 Credit)
**Description:** Honors English I will focus on the same skills as English I, with an emphasis on building independence in critical reading and writing. The course will move more quickly through texts, and students who remain in the honors English program will be on track to take the Advanced Placement English Language exam during their junior year. Texts will vary by section, but may include selected short stories, The Bluest Eye, Fahrenheit 451, Macbeth, Twelve Angry Men, The Color of Water, and The Kite Runner.

**English 2** (1 Credit)
**Description:** This tenth grade course is focused on exposing students to a wide range of World literature from five continents. Students will begin with Latin and Caribbean writers and focus on how gender identities are constructed in the region, and then shift to Africa to examine the post-colonial political consequences after decades of European oppression. Eventually, the class will move back to Europe to investigate the genre of Comedy in both fiction and drama. Course texts and assignments will build on students' reading comprehension and vocabulary skills, while also building student comfort with technological tools such as wikis and weblogs. There will also be a strong focus on student presentation skills and independent research, building up students' writing portfolios. This course will culminate with the Comprehensive English Regents exam. Texts will vary by section, but may include Twelfth Night, The Merchant of Venice, Hiroshima, Miguel Street, House of the Spirits, Pride and Prejudice, The Metamorphosis, Half of a Yellow Sun, Heart of Darkness, Master Harold and the Boys, 1984, and selected short stories and poems.

**Honors English 2** (1 Credit)
**Description:** This tenth grade course is focused on exposing students to a wide range of World literature with the purpose of developing strong analytical skills and cultural awareness. Course texts and assignments will build on students' reading comprehension and vocabulary skills, while also building student comfort with analytical writing and text-centered discussion There will also be a strong focus on independence in reading and writing, both in class and at home. This course is for those students who have already passed the English Regents and are preparing for the AP Literature test. Texts will vary by section, but may include Half of a Yellow Sun, Heart of Darkness, Master Harold and the Boys, Brave New World, The Bonesetter's Daughter and selected short stories and poems.

**English 3** (1 Credit)
**Description:** American literature is the focus for this eleventh grade English class. As students prepare concretely for the college admissions process, writing and reading in this class are taken to the next level. The personal essay will be a major focus of this course, as well as reading and analyzing literature that will be applicable to the college-level English classroom. Texts will vary by section, but may include selected short stories, The Scarlet Letter, The Crucible, Fences, The Adventures of Huckleberry Finn, The Great Gatsby, Their Eyes Were Watching God, Slaughter-House Five, and selected poets.

**Honors English 3** (1 Credit)
**Description:** American literature is the focus for this eleventh grade English class. As students prepare concretely for the college admissions process, writing and reading in this class are taken to the next level. The personal essay will be a major focus of this course, as well as reading and analyzing literature that will be applicable to the college-level English classroom. Texts will vary by section, but may include selected short stories, The Scarlet Letter, The Crucible, Fences, The Adventures of Huckleberry Finn, The Great Gatsby, Their Eyes Were Watching God, Slaughter-House Five, and selected poets. English 3 Honors will move at a slightly more accelerated pace and will go more-depth with the readings in preparation for AP English Literature.

**English 4** (1 Credit)
**Description:** Nonfiction Literature and Composition is designed to prepare students for the writing they will do at the university and in their professional lives. Both at school and at work, writing usually involves reading articles, reports, or books intended for an educated audience, making connections among multiple sources, and using this knowledge to develop an independent argument that responds to the ideas of others. In Nonfiction Literature and Composition, "argument" does not mean "taking sides." Instead, it presupposes that the writer will arrive at an informed position of his or her own. This kind of writing differs from a typical essay for "English Class" because it requires a more detailed use of evidence and more attention to the strengths of different points of view.

**AP English Language and Composition** (1 Credit)
**Description:** AP Language and Composition is a college-credit course that covers various Nonfiction pieces by American and International authors as well as several novels around which specific specific essays will be centered. Students will read, analyze, respond to and discuss Nonfiction essays, its main themes, rhetorical devices, figurative devices, and compositional risks.

## ENGLISH ELECTIVES

**Film Analysis** (0.5 Credits)
**Description:** This half-year English elective course engages students in social activism through the study of documentaries. Issues range from Food Safety, Environmentalism, the American Education System to Perceptions of Sexuality and many more. Film Analysis seeks to inform KIPP students about a social issue, its stakeholders, and give the students the power to assert themselves as stakeholders in the issue in their community.

**Journalism** (0.5 Credits)
**Description:** Students will have the opportunity to be the creaters, writers, and editors of KIPP College Prep's newspaper. The class will be a mix of hands-on production, reporting, writing workshops, analysis of published works, and visits from working journalists. If you've ever dreamed of seeing your name and words in print, this class is for you.

**Nonfiction Studies** (1 Credit)
**Description:** Students in this course will study techniques to attack frustration-level texts by employing text strategies and by using text features. Students will use primarily science and history grade-level texts to prepare for the reading skills necessary to engage with their regents classes.

**Creative Writing** (0.5 Credits)
**Description:** Students will have the opportunity to tap into their creativity and study the various genres of imaginative writing, from personal essay, memoir, short story, even new, web-based forms. This class will mix analysis of published works, writing workshops, independent projects, and creative anthologies.

**Yearbook** (0.5 Credits)
**Description:** Yearbook is a year-long course that is responsible for the creation, and design of pages to capture activities and people at KIPP NYC College Prep. Students interested in photography, journalism, art/design, creative writing, business sales, and a desire to commit more than one year to establish a leadership role, should take this course.

**Honors Speech and Composition** (1 Credit)
**Description:** This ninth grade course will work in conjunction with the English I course to prepare students to be successful college-level writers, critical thinkers and powerful speakers. At the conclusion of the course, all students will be able to write well-supported expository and research essays. Students will advance their public speaking skills through a series of speeches and debates performed in front of various audiences including their peers, teachers, and families. Students will learn to use PowerPoint, note cards, and other presentation tools to be effective communicators.

**Speech and Composition** (1 Credit)
**Description:** This ninth grade course will work in conjunction with the English I course to prepare students to be successful college-level writers, critical thinkers and powerful speakers. At the conclusion of the course, all students will be able to write well-supported expository and research essays. Students will advance their public speaking skills through a series of speeches and debates performed in front of various audiences including their peers, teachers, and families. Students will learn to use PowerPoint, note cards, and other presentation tools to be effective communicators.

**Speech and Composition Non-Freshman** (1 Credit)
**Description:** This ninth grade course will work in conjunction with the English I course to prepare students to be successful college-level writers, critical thinkers and powerful speakers. At the conclusion of the course, all students will be able to write well-supported expository and research essays. Students will advance their public speaking skills through a series of speeches and debates performed in front of various audiences including their peers, teachers, and families. Students will learn to use PowerPoint, note cards, and other presentation tools to be effective communicators.

# SOCIAL STUDIES

***The Social Studies Department*** *at KIPP NYC College Prep is committed to developing thoughtful, analytical learners of history and social sciences. The department strives to help students become independent thinkers who examine history from multiple perspectives in order to appreciate the geographical, historical, social, and economic factors that have shaped our world. Through our teaching, we hope that our students learn to look beyond themselves and engage more thoughtfully and empathically with their world.*

**Global History 1** (1 Credit)
**Description:** This required course for all KIPP NYC College Prep ninth and tenth graders will introduce students to a global approach to understanding the past. The common threads and points of interaction which bind and reflect civilizations will be emphasized. In this first year of a two-year course sequence, students will learn about history as a craft as well as a discipline. They will apply the historian's skills to gain a deeper understanding of a number of content areas, including: The Cradles of Civilization, the Classical World, Eastern Thought & Religion and Islam, Medieval Society, sub-Saharan African Civilization, East Asian Civilizations, and the trans-Indian Ocean and nomadic Central Asian exchange and collision of goods, peoples, and ideas. This course culminates in the Global History and Geography Regents exam at the end of the tenth grade year.

**Honors Global History 1** (1 Credit)
**Description:** Honors Global History I takes the 9th-grade Global History course and adjusts the content and assignments in order to prepare students to earn college credit as part of the AP World History course in 10th grade. Students will study history through periodizations – different areas of the world at the same time – rather than focusing on specific regions separately. In order to develop their critical thinking and argumentative skills, students will compare how different areas of the world developed through the centuries by examining questions like "Does Religion Promote Conflict?," "How do individuals acquire and exercise power?" and "Are we shaped by our environment?"

**Global History 1 Credit Recovery** (0.5 Credits)
**Description:** This semester-long course addresses the deficiencies of students who have failed Global History I in their Freshman year. Topics include world geographic regions, early human civilizations, development of Mediterranean trading empires, and the Medieval World.

**Global History 2** (1 Credit)
**Description:** This required course for all KIPP NYC College Prep tenth graders will introduce students to a global approach to understanding the past. The common threads and points of interaction which bind and reflect civilizations will be emphasized The second year of the course picks up at the turn of the modern era and looks to build a storyline for understanding how today's globalized world came to be. While focusing attention on preparation for the Regents exam, students will also hone skills in primary source analysis, persuasive writing, and analyzing themes of history across varying cultures and geographies. This course culminates in the Global History and Geography Regents exam at the end of the tenth grade year.

**Global History 2 Credit Recovery** (0.5 Credits)
**Description:** This semester-long course addresses the deficiencies of students who have failed Global History 2 in their Sophomore Year. Topics include the rise in political and social revolutions, industrialization, World Wars, and colonial and post-colonial worlds. The course culminates in the Global History and Geography exam.

**AP World History** (1 Credit)
**Description:** For students with outstanding records in the ninth grade Global History I course, KIPP NYC College Prep offers AP World History. The course analyzes world history themes from the modern era, beginning with the Renaissance and moving toward the present day. Students will be challenged to use critical thinking and interpretive skills, as well as their ability to examine historical issues from multiple perspectives. Frequent assessments will include multiple choice and essay components and will seek to prepare students for both the AP World History exam as well as the New York State Regents exam. In addition to formal lectures, class will also consist of student-driven enrichment exercises such as mock trials and coffee house meetings, debates, and analysis of varying viewpoints on historical events.

**Government** (0.5 Credits)
**Description:** The goal of this semester-length course is to increase understanding of the American political system, its framework, traditions and values, and to have each student develop an enthusiasm for the American political system. This course is concerned with the nature of the American political system, its development over the past two hundred years, and how it continues to function in the twenty-first century. We will examine in detail the principal processes and institutions through which the political system functions, as well as some of the public policies which these institutions implement.

**US History** (1 Credit)
**Description:** The course describes the evolution of American democratic values and beliefs as expressed in the Declaration of Independence, the New York State Constitution, U.S. constitution, Bill of Rights, and other essential historical documents. The students analyze key events, figures, and themes in American history and their significance. This course culminates in the U.S. History and Government Regents exam in June.

**US History Credit Recovery** (1 Credit)
**Description:** This semester-long course addresses the deficiencies of students who have failed US History in their junior year. Students will review the evolution of American democratic values and beliefs as expressed in the Declaration of Independence, the New York State Constitution, U.S. constitution, Bill of Rights, and other essential historical documents. The students analyze key events, figures, and themes in American history and their significance. This course culminates in the U.S. History and Government Regents exam in January.

**AP US History** (1 Credit)
**Description:** The course describes the evolution of American democratic values and beliefs as expressed in the Declaration of Independence, the New York State Constitution, U.S. constitution, Bill of Rights, and other essential historical documents. The students analyze key events, figures, and themes in American history and their significance. This course culminates in the U.S. History AP Exam in May and US History and Government Exam in June. ADVANCED PLACEMENT US HISTORY is designed at the level of an introductory college course. Students should develop the analytical skills necessary to arrive at conclusions on the basis of an informed judgment and to present reasons and evidence clearly and persuasively in an essay format.

**Economics** (0.5 Credits)
**Description:** The semester-length course includes major economic concepts and systems, the principles of economic decision making, and the interdependence of economics and economic systems throughout the world. The students study the nature of scarcity and how nations of world make choices which involve economic and social costs and benefits.

**Psychology** (0.5 Credits)
**Description:** This semester-long course introduces students to the systematic and scientific study of behavior and mental processes of human beings and animals. Students are exposed to the psychological facts, principles and phenomena associated with the major subfields within psychology.

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# SPANISH

***The Spanish Department*** *at KIPP NYC College Prep will open doors and new opportunities to students through engaging and challenging coursework and cultural experiences. Several levels of Spanish study will be offered to meet the needs of students from diverse linguistic backgrounds.*

**Spanish 1** (1 Credit)
**Description:** This introductory course for non-native speakers will emphasize conversational Spanish skills and provide students with the linguistic and cultural foundation necessary. Although both English and Spanish will be used in the classroom, the goal for all students is to build communication skills that will enable them to utilize Spanish to ask and answer questions and provide information with greater frequency and proficiency as the course progresses. All four modalities will be practiced (listening, speaking, reading and writing).

**Spanish 2** (1 Credit)
**Description:** Spanish 2 is an intermediate level course for non-native and heritage speakers that will build upon the vocabulary, linguistic and cultural topics mastered in Spanish I. Students will be expected to communicate in Spanish except when complex linguistic or cultural subjects are covered. Completion of independent projects, frequent class participation and demonstrated proficiency in communication will be essential to success in this course. Exploration of the culture and history of Spanish speaking countries will also be emphasized in order to build cultural literacy and understanding. While continuing to develop verbal communication skills, this course will also emphasize the development of students' reading and writing abilities in Spanish.

**Honors Spanish 2** (1 Credit)
**Description:** This advanced-intermediate course will prepare students for further advanced student of the Spanish language. Spanish 2 is an intermediate level course for non-native and heritage speakers that will build upon the vocabulary, linguistic and cultural topics mastered in Spanish I. Students will be expected to communicate in Spanish except when complex linguistic or cultural subjects are covered. Completion of independent projects, frequent class participation and demonstrated proficiency in communication will be essential to success in this course. Exploration of the culture and history of Spanish speaking countries will also be emphasized in order to build cultural literacy and understanding. While continuing to develop verbal communication skills, this course will also emphasize the development of students' reading and writing abilities in Spanish.

**Spanish 3** (1 Credit)
**Description:** This advanced-level Spanish course for non-native and heritage speakers will provide students with opportunities to build their oral, reading, writing and listening skills. Students will be expected to communicate in Spanish only except when complex linguistic topics are covered. Exploration of the culture and history of Spanish speaking countries will aid in building cultural literacy and understanding. This course will also allow students the opportunity to use their Spanish language skills to complete a variety of projects and assignments, including debates and written work. At the end of the course students will take the NYC LOTE (Languages other than English) Exam in Spanish.

**Honors Spanish 3** (1 Credit)
**Description:** This advanced-level Spanish course for non-native and heritage speakers will provide students with opportunities to build their oral, reading, writing and listening skills, while preparing them to take AP Spanish Language the following year. Students will be expected to communicate in Spanish only except when complex linguistic topics are covered. Exploration of the culture and history of Spanish speaking countries will aid in building cultural literacy and understanding. This course will also allow students the opportunity to use their Spanish language skills to complete a variety of projects and assignments, including debates and written work. At the end of the course students will take the NYC LOTE (Languages other than English) Exam in Spanish.

**Spanish 4** (1 Credit)
**Description:** Students enrolled in this class will improve their reading and writing skills in Spanish, while also increasing their advanced vocabulary in Spanish. Grammar concepts will not be directly taught, but only addressed as needed to improve writing and reading skills. Students will participate actively in discussions and debates held entirely in Spanish. In addition, students will study literature, current events, history and culture of the Spanish-speaking world in order to increase their cultural literacy.

**Spanish 5** (1 Credit)
**Description:** This advanced course will provide students with opportunities to study a number of unique topics related to the Spanish speaking world while they continue to refine their skills with the Spanish language. Topics of study may include: Latin American history, art and film of Spanish-speaking countries, US Latino culture and history, and other themes related to the culture, history and current events of Spanish-speaking communities. Students will learn advanced vocabulary as they read, write, debate and discuss these topics.

**Native Spanish** (1 Credit)
**Description:** This course is designed for native or heritage speakers of Spanish who already have some intermediate to advanced knowledge of Spanish from their home lives. This class is designed as a preparation for AP Spanish language. This class will be conducted almost entirely in Spanish. Students are expected to communicate with their teacher and their peers in Spanish at all times when in class. English will be used on a very limited basis only to explain complex grammatical concepts. At the end of the course students will take the NYC LOTE (Languages other than English) Exam in Spanish.

**AP Spanish Literature** (1 Credit)
**Description:** This elective course is designed to give students the opportunity to appreciate a diverse canon of Spanish-speaking authors and their works. At the end of this rigorous course, students will take the AP Spanish Literature exam for which they can receive college credit if they score a 3, 4, or a 5. This course will draw from historical and cultural concepts covered during Native Spanish, AP Spanish Language as well as global and American history classes. . Students in this class will lead and participate actively in college-level discussions and seminars surrounding course texts. Heavy emphasis is placed on advanced-level reading and analytical writing in Spanish.

**AP Spanish Language** (1 Credit)
**Description:** At the end of this college-level course, students will take the AP Spanish Language exam, for which they can receive college credit if they score a 4 or a 5. This course will be a rigorous study of Spanish Language. Students will be required to read, write, converse, and debate extensively in Spanish. Students in this course will study Spanish, Central American and South American recent history and culture as a means to build background for literary comprehension and appreciation.

# MATHEMATICS

***The Mathematics Department*** *at KIPP NYC College Prep provides all students with a solid basis of understanding and appreciation for mathematical reasoning in theoretical and real life circumstances, problem solving and analytical skills, and the technological abilities required of today's competitive scientific and artistic industries. Courses are offered at varied levels to challenge all students no matter their mathematical abilities. All courses provide students with an environment in which to develop as mathematical thinkers, comfortable with the fast-paced and ever-changing technological world.*

**Algebra 1** (1 Credit)
**Description:** As stated in the New York State Mathematics Common Core Curriculum, "The fundamental purpose of this course is to formalize and extend the mathematics that students learned in the middle grades. Because it is built on the middle grades standards, this is a more ambitious version of Algebra I than has generally been offered. The units deepen and extend understanding of linear and exponential relationships by contrasting them with each other and by applying linear models to data that exhibit a linear trend, and students engage in methods for analyzing, solving, and using quadratic functions. The Mathematical Practice Standards apply throughout the course and, together with the content standards, prescribe that students experience mathematics as a coherent, useful, and logical subject that makes use of their ability to make sense of problem situations."

**Honors Algebra 1** (1 Credit)
**Description:** This course is designed for the student who took the Algebra regents exam ine middle school, but did not demonstrate sufficient mastery to move on to Geometry. The course covers the same topics as the regular Algebra 1 courses, but the work is differentiated to address the needs of more students who already know some of the content.

**Algebra 1 15:1 Intensive** (1 Credit)
**Description:** This course covers the same material as the regular Algebra I course, but it offers students a smaller student to instructor ratio and is taught by an instructor that is certified in Special Education.

**Integrated Algebra 1 15:1** (1 Credit)
**Description:** This course covers the same topics as regular Algebra I, but it offers students a lower student to teacher ratio.

**Algebra 1 Yr. 1 of 2** (1 Credit)
**Description:** This is a self-contained course designed for students who will benefit from additional support in math prior to taking the Integrated Algebra Regents class. This course covers the same topics as regular Algebra I, but it covers the material over 2 years instead of 1 year. Students in this class will benefit from instruction by a teacher with a background in teaching students with special needs.

**Algebra 1 Yr. 2 of 2** (1 Credit)
**Description:** Students enrolled in this class will continue the course work they began in Algebra 1 Yr. 1 of 2. Students will continue to navigate course material while reviewing material from the previous year. This course will culminate in the NYS Regents exam ine in Algebra.

**Integrated Algebra Repeaters** (1 Credit)
**Description:** This course is designed for students who did not pass the Integrated Algebra Regents during the 2012-2013 school year. It covers the Integrated Algebra curriculum, including laws of algebra, real number system, fundamental

operations of algebraic expressions, radicals, and linear inequalities. Several of the topics are taught using alternative methods so that students who were previously unsuccessful at mastering algebra can find success.

**Geometry** (1 Credit)
**Description:** Within this course, students will have the opportunity to make conjectures about geometric situations and prove in a variety of ways, both formal and informal, that their conclusion follows logically from their hypothesis. Students will investigate geometric relationships and situations through logic, Euclidean, analytic, measurement, synthetic, transformational, and coordinate approaches to geometry. This course culminates with successful completion of the Geometry Regents exam and preparation for the PSAT.

**Honors Geometry - Freshmen** (1 Credit)
**Description:** Honors Geometry is a fast-paced geometry course that introduces the principal geometric terms and processes, as well as problem solving and logic. Topics discussed include geometric definitions, coordinate geometry, algebraic functions, linear, simultaneous, quadratics and exponential equations, trigonometry, and logarithms. Students will be exposed to traditional methods and dynamic geometry software to accurately assist in investigations.

**Honors Geometry** (1 Credit)
**Description:** Honors Geometry is a fast-paced geometry course that introduces the principal geometric terms and processes, as well as problem solving and logic. Topics discussed include geometric definitions, coordinate geometry, algebraic functions, linear, simultaneous, quadratics and exponential equations, trigonometry, and logarithms. Students will be exposed to traditional methods and dynamic geometry software to accurately assist in investigations.

**Geometric Explorations** (1 Credit)
**Description:** Geometric Explorations is a course in our self-contained track for students with special needs. This course is designed to be a bridge between Algebra and Geometry. Students in this class will benefit from small-group instruction and an interactive geometry curriculum from College Preparatory Mathematics, a program that emphasizes investigatory learning and teamwork. On a daily basis, students use problem solving strategies, questioning, investigating, analyzing critically, gathering and constructing evidence, and communicating rigorous arguments justifying their thinking. The course is well balanced between procedural fluency, deep conceptual understandings, and adaptive reasoning and focuses on key concepts of geometry, such as transformations, relationships between figures, and properties of plane figures.

**Trigonometry/Algebra 2** (1 Credit)
**Description:** Algebra II and Trigonometry provides a variety of ways for students to acquire and demonstrate mathematical reasoning ability when solving problems. It is designed to advance the understanding of algebra by examining polynomial algebra, linear, quadratic and cubic rational and irrational expressions, logarithms, exponential functions, and using technological tools to prepare for their advancement in a mathematical career. This course culminates with successful completion of the Algebra II/Trigonometry Regents exam.

**Honors Trigonometry/Algebra 2** (1 Credit)
**Description:** Honors Algebra II/Trigonometry is designed for the student who has familiarity with linear and quadratic algebra, a strong number sense, and a proven work ethic in previous high school math courses. The course includes a treatment of polynomial algebra and the theory of equations; rational and irrational expressions (including complex numbers); linear, quadratics, polynomial expressions (equations, inequalities, systems, and functions); conic sections, logarithms and exponential functions. Throughout the course, the students are required to write proofs.

**Trigonometry/Algebra 2 - Year 1 of 2** (1 Credit)
**Description:** This course is the first year of a two-year sequence of Algebra II and Trigonometry, which provides a variety of ways for students to acquire and demonstrate mathematical reasoning ability when solving problems. It is designed to advance the understanding of algebra by examining polynomial algebra, linear, quadratic and cubic rational and irrational expressions, logarithms, exponential functions, and using technological tools to prepare for their advancement in a mathematical career.

**Trigonometry/Algebra 2 - Year 2 of 2** (1 Credit)
**Description:** This course is the second year of a two-year sequence of Algebra II and Trigonometry, which provides a variety of ways for students to acquire and demonstrate mathematical reasoning ability when solving problems. The second year of this course will primarily focus on trigonometric functions and equations. This course culminates with successful completion of the Algebra II/Trigonometry Regents exam.

**Honors Precalculus** (1 Credit)
**Description:** For those pursuing college level courses, this course provides a thorough preparation for Calculus. With a very "hands-on" approach to learning, students will be prepared for Calculus courses in high school and college. The course content includes functions and graphs, polynomial functions, rational functions, exponential and logarithmic functions, trigonometric functions, solving polynomial equations, optimization problems, arithmetic and geometric sequences and series, conic sections, polar graphing, parametric equations, systems of equations, matrices, determinants, and vectors. Successful completion of this course opens many options for students' mathematical career.

**AP Statistics** (2 Credits)
**Description:** Thinking of pursuing one of the following fields in college? Economics/Business/Accounting, Finance/Investments, Marketing, Medicine/Biology, Pharmaceutical Research, Legal (Lawyer), Psychology, Sociology/Philosophy, Anthropology, Political Science, Sports Analyst, Opinion Pollster, Journalism/Reporting. These are just some of the many careers that make regular use of statistics. Statistics is the science of data; it is a way of reasoning, along with a collection of tools and methods, designed to help us understand the world. Statistics helps us to humanize mathematics. Many economic, social, political, and military decisions cannot be made without statistical techniques, such as the design of experiments to gain Federal approval of a newly manufactured drug (American Statistical Association). The AP Statistics Course is a fun course filled with daily real-world applications. The course is comprised of four main components: data analysis, data collection, probability, and statistical inference. This course is taught as a two-period double-block.

**AP Calculus AB** (2 Credits)
**Description:** This is a year-long elective course designed as a college level Calculus I course, and is intended for the college-bound student to adequately prepare them for the AP Calculus AB exam. Students are exposed to work with functions represented in a variety of ways: graphical, numerical, analytical, or verbal. They will understand the connections among these representations, understand the meaning of the derivative in terms of a rate of change and local linear approximation and use derivatives and integrals to solve a variety of problems. Students will also learn analytical skills that will serve them well in all future math courses, such as communicating mathematics both orally and in well-written sentences to explain solutions to problems, modeling a written description of a physical situation with a function, a differential equation, or an integral, using technology to help solve problems, and determining the reasonableness of solutions, including sign, size, relative accuracy, and units of measurement. This course is taught as a two-period double-block.

**Financial Algebra** (0.5 Credits)
**Description:** Financial Algebra is an elective course that is designed to serve multiple types of students. Students whose career pathway does not require Calculus or Statistics as well as any student who is seeking a stronger knowledge of Algebra prior to taking higher levels of mathematics in college will find this class useful. Financial Algebra is a mixture of Algebra and finance and includes topics, such as preparation for the CUNY mathematics placement exam and stock market analysis. Students will build a portfolio, research and evaluate stocks, and make decisions based on what they've learned about the stock market business and learn vital parts to today's finance industry. It is taught using application and project based methods.

**Everyday Finance (Single Semester)** (0.5 Credits)
**Description:** The purpose of this course is to provide the students with the necessary skills to make a transition from student to potential employee. Students will learn skills needed to succeed in a workplace for now and in the future. Students are taught to demonstrate real world applications of everyday situations which students are expected to know. Percentage calculations, speed operations, money management and budgeting, conversions, and price comparisons, are some of the daily math skills that come up daily. Independent working, note-taking, and organization are reinforced throughout the course. Participation is a vital aspect as the students are expected to be present, prepared and engaged at all times. Students will follow finance news updates to drive decisions.

# SCIENCE

***The Science Department*** *at KIPP NYC College Prep provides a challenging and supportive environment in which students develop the skills and knowledge pertaining to the scientific method, the fundamental principles of life and physical science and scientific communication.*

**Biology** (1 Credit)
**Description:** Biology is a yearlong freshman-level science course aligned to the Regents Living Environment Standards in the NYS core curriculum. Students will learn about basic biological functions and ecological relationships that maintain and disrupt homeostasis in our natural world. The course also focuses on fundamental analytical, quantitative, and critical reasoning skills necessary to effectively communicate scientific thought. The units of study include: Organization of Life, Hereditary and Genetics, Evolution, Reproduction and Development, Homeostasis, Ecology, and Human Impact on the Environment. The course requires successful completion of 1200 minutes of hands-on laboratory experience and culminates with a Regents exam in June.

**Honors Biology** (1 Credit)
**Description:** Biology is a yearlong freshman-level science course aligned to the Regents Living Environment Standards in the NYS core curriculum. Students will learn about basic biological functions and ecological relationships that maintain and disrupt homeostasis in our natural world. The course also focuses on fundamental analytical, quantitative, and critical reasoning skills necessary to effectively communicate scientific thought. The units of study include: Organization of Life, Hereditary and Genetics, Evolution, Reproduction and Development, Homeostasis, Ecology, and Human Impact on the Environment. The course requires successful completion of 1200 minutes of hands-on laboratory experience and culminates with a Regents exam in June.

**Biology 10** (0.5 Credits)
**Description:** All students who passed Biology but did not pass the Living Environment Regents in 9th grade should be placed in this course. The only exception will be special education students and by teacher recommendation only. Students in this course will prepare for the January Regents Exam. If a student passes, they will move to the Physical Science - Introduction to Chemistry the second semester in order to prepare for Chemistry the following year. If a student does not pass, they will complete another semester of Living Environment Regents Prep.

**Chemistry** (1 Credit)
**Description:** Chemistry is a yearlong course aligned to the Regents Chemistry Standards in the NYS core curriculum. Students will explore the fundamental building blocks of matter, changes in matter, and the effects of these changes on the physical and biological world. The course focuses greatly on critical and abstract thinking, as well as quantitative and deductive reasoning. The units of study include: Introduction to Matter, Units of Measurement, Atomic Concepts, Nuclear Chemistry, The Periodic Table, Bonding, Chemical Reactions, Kinetics and Equilibrium, Energy, Solutions and Gases, Acid/ Base Chemistry, Electrochemistry, and Organic Chemistry. The course requires successful completion of 1200 minutes of hands-on laboratory experience and culminates with a Regents exam in June.

**Honors Chemistry** (1 Credit)
**Description:** Chemistry is a yearlong course aligned to the Regents Chemistry Standards in the NYS core curriculum. Students will explore the fundamental building blocks of matter, changes in matter, and the effects of these changes on the physical and biological world. The course focuses greatly on critical and abstract thinking, as well as quantitative and deductive reasoning. The units of study include: Introduction to Matter, Units of Measurement, Atomic Concepts, Nuclear Chemistry, The Periodic Table, Bonding, Chemical Reactions, Kinetics and Equilibrium, Energy, Solutions and Gases, Acid/ Base Chemistry, Electrochemistry, and Organic Chemistry. The course requires successful completion of 1200 minutes of hands-on laboratory experience and culminates with a Regents exam in June.

**Chemistry Regents Prep** (0.5 Credits)
**Description:** Students who passed Chemistry and met the lab requirement but did not pass the Chemistry Regents exam in 10th grade should be placed in this course. Specifically, this course is for those students who scored between 55-64 on the Regents exam; students scoring lower may be placed into conceptual physics instead. Students in this course will prepare for the January Regents Exam.

**AP Chemistry** (2 Credits)
**Description:** This course is designed to be equivalent to a first year college chemistry experience. Students will use critical thinking and problem solving skills to analyze a variety of chemistry-based topics. The course emphasizes process, content and inquiry. The course emphasizes chemical calculations and the mathematical formulation of principles. Students are expected to be active participants in classroom discussions ranging from problem solving strategies to explanations of chemical activities and phenomenon encountered throughout the course. To develop the requisite intellectual and laboratory skills, our students will meet daily for 100 minute classroom sessions. In addition, weekly lab blocks have been made available that allow for laboratory experiments to be conducted in a consecutive block that can last as long as 180 minutes.

**Engineering** (1 Credit)
**Description:** As the science of solving problems, engineering is at the forefront of any discipline. Whether it is creating a better management scheme, or establishing the technique for cleaning up the Gulf oil spill, engineering is involved at every turn. Through this project-based elective, students will be able to apply knowledge from all disciplines to solve problems in a variety of focus areas. Units for engineering will apply concepts from biology, chemistry, statistics and physics disciplines as well as reading and writing. Students will be expected to present their ideas, data and projects in both written and oral presentation.

**Genetics and Biotechnology** (1 Credit)
**Description:** Genetics and Biotechnology will be an exploration into the relevant and interesting world of genetics and associated technologies. It will explore the history and experiments that led to the discovery of genetics. It will include an in-depth study of molecular biology, the tools scientists use to study this field, and a comprehensive examination of the ramifications for our society. Genetics and Biotechnology will uncover such topics including DNA Fingerprinting, cloning, stem cells and genetically modified organisms.

**AP Environmental Science** (1 Credit)
**Description:** The goal of the AP Environmental Science course is to provide students with the scientific principles, concepts, and methodologies required to understand the interrelationships of the natural world, to identify and analyze environmental problems both natural and human-made, to evaluate the relative risks associated with these problems, and to examine alternative solutions for resolving and/or preventing them. Students will investigate environmental issues firsthand through case studies and field investigations. To keep these in-class experiences meaningful, a significant amount of reading and writing will be required outside of class.

**Physics** (1 Credit)
**Description:** Physics is a yearlong course aligned to the Regents Physics Standards in the NYS core curriculum. Students will learn the fundamental scientific laws that govern the physical world. The course places heavy emphasis on abstract and critical thinking, as well as understanding quantitative relationships and translating scientific concepts mathematically. The units of study include: Units and Measurement, 1-dimensional Motion and Kinematics, 2-D Kinematics and Forces, Energy, Electricity and Magnetism, Waves, and Modern Physics. The course requires successful completion of 1200 minutes of hands-on laboratory experience and culminates with a Regents exam in June.

**Honors Physics** (1 Credit)
**Description:** Physics is a yearlong course aligned to the Regents Physics Standards in the NYS core curriculum. Students will learn the fundamental scientific laws that govern the physical world. The course places heavy emphasis on abstract and critical thinking, as well as understanding quantitative relationships and translating scientific concepts mathematically. Students will engage with scientific reading and writing to improve their communication of scientific and mathematic concepts in physical science. The units of study include: Units and Measurement, 1D and 2D Kinematics, Forces, Energy, Electricity and Magnetism, Waves and Modern Physics. The course requires successful completion of 1200 minutes of hands-on laboratory experience and culminates with a Regents exam in June.

**Conceptual Physics** (1 Credit)
**Description:** Conceptual Physics is a one year course that explores major concepts in traditional mechanics like motion, forces, and energy, as well as topics in electricity and magnetism. Students will learn the fundamental scientific laws that govern the physical world. The course places heavy emphasis on abstract and critical thinking. Students will work on developing scientific ideas through hands-on laboratory experience. Students will also begin to develop mathematical and quantitative relationships by translating scientific concepts mathematically. The course follows the same content trajectory as the Regents Physics Standards in the NYS core curriculum, but the course does not culminate in a Regents exam.

**Physical Science - Intro to Chemistry** (0.5 Credits)
**Description:** Physical Science - Introduction to Chemistry is a spring-semester course that focuses on a general introduction to the non-biological sciences. The units of study will include: Matter, the atom, and bonding basics. The goal of the course is to provide all students with a basic understanding and exposure to the kind of physical science material that they will encounter in a full year chemistry or physics course. Full completion of all projects, as well as success on exams will be required to obtain credit for this course.

**Physical Science** (1 Credit)
**Description:** Physical Science is a yearlong course that focuses on a general introduction to the non-biological sciences . The first half the year will focus on physics and include a general overview of the main topics of physics including: Units and Measurement, Motion and Newton's Law. The second half of the year will focus on chemistry. The units of study for the chemistry half of the year will include: Matter, the atom, and bonding basics. The goal of the course is to provide all students with a basic understanding and exposure to the kind of physical science material that they will encounter in a full year chemistry or physics course. Full completion of all projects, as well as success on exams will be required to obtain credit for this course.

**Physical Science S1 - Intro to Physics** (0.5 Credits)
**Description:** Physical Science is a fall semester skills based course. The units of study include measurements and metric conversions, graphing, forces and motion. The goal of this course is to prepare students for a full year course in Conceptual Physics, or Regents Physics. Completion of all labs and projects is a requirement to obtain credit for this course.

# SPECIAL EDUCATION SERVICES

*With **Academic Support and Special Education Services,** KIPP NYC College Prep seeks to build those essential skills that all students will need in order to be successful both in higher education and in the world at large. Students enrolled in Academic Support courses or services will benefit from small-group or 1:1 instruction in all curriculum areas.*

**Critical Reading - ELL** (1 Credit)
**Description:** This is a course designed for students for whom English is a second language and who have not yet passed the NYSESLAT examination with a score of Proficient. This course will focus on advanced ESL skills in reading, speaking, writing, and listening.

**Critical Reading - Read 180** (1 Credit)
**Description:** This is a course designed to help students build the literacy skills needed in order to tackle grade-level texts. Students in this course will use the Scholastic Read 180 software and texts to build their literacy skills through guided reading, independent reading, and individualized skills practice.

**Critical Reading - System 44** (1 Credit)
**Description:** This is a course designed to help students build the decoding skills needed in order to tackle grade-level texts. Students in this course will use the Scholastic System 44 software and texts to build their literacy skills through guided reading, independent reading, and individualized skills practice.

**Study Skills 1** (1 Credit)
**Description:** Students in this course will use essential academic concepts, facts, and procedures from the 9th grade curriculum in applications related to life skills and the world of work. In addition, students will study the basic skills from the 9th grade needed to read, write, listen and perfrom arithmetical functions, and the thinking skills from the 9th grade leading to problem solving, experimenting, and focused observation. Students in this course will also work towards competence in self-management and the ability to plan, organize, and take independent action.

**Study Skills 2** (1 Credit)
**Description:** Students in this course will use essential academic concepts, facts, and procedures from the 10th grade curriculum in applications related to life skills and the world of work. In addition, students will study the basic skills from the 10th grade needed to read, write, listen and perfrom arithmetical functions, and the thinking skills from the 10th grade leading to problem solving, experimenting, and focused observation. Students in this course will also work towards competence in self-management and the ability to plan, organize, and take independent action.

**Study Skills 3** (1 Credit)
**Description:** Students in this course will use essential academic concepts, facts, and procedures from the 11th grade curriculum in applications related to life skills and the world of work. In addition, students will study the basic skills from the 11th grade needed to read, write, listen and perfrom arithmetical functions, and the thinking skills from the 11th grade leading to problem solving, experimenting, and focused observation. Students in this course will also work towards competence in self-management and the ability to plan, organize, and take independent action.

**Study Skills 4** (1 Credit)
**Description:** Students in this course will use essential academic concepts, facts, and procedures from the 12th grade curriculum in applications related to life skills and the world of work. In addition, students will study the basic skills from the 12th grade needed to read, write, listen and perfrom arithmetical functions, and the thinking skills from the 12th grade leading to problem solving, experimenting, and focused observation. Students in this course will also work towards competence in self-management and the ability to plan, organize, and take independent action. This course will also have a focus on the transitional skills needed for students to make the transition from 12th grade to post-secondary education or careers.

**Foundations of Career Development** (0.5 Credits)
**Description:** Students in this course will study the the changing nature of the workplace, the value of work to society, and the connection of work to the achievement of personal goals. In addition, students will study through this course the basic skills, thinking skills, personal qualities, interpersonal skills, technology, and the information, resource, and systems management skills needed to be successful in the workplace. The spring semester focuses on specific career training and opportunities for career advancement through various programs at CUNY community colleges or through alternative programs; allowing students to prepare for and take certification tests for different career paths that may be of interest. The majority of students will also work a paid internship off campus in conjunction with their in-class study.

# HEALTH & PHYSICAL EDUCATION

***The Health Program*** *at KIPP NYC College Prep seeks to empower students to make informed decisions regarding their own personal health. The Health Program will promote social, emotional, physical and mental wellness, health literacy, and positive health behaviors in our young adults.*

***The Physical Education Program*** *at KIPP NYC College Prep aims to improve the individual fitness level of each of our students. The program offers a variety of participation-based classes in which all students have the opportunity to excel. We believe that the mind and body are interdependent; the body must be fit if the mind is going to function at its maximum potential.*

**Health** (0.5 Credits)
**Description:** This semester-long course will provide students with accurate information from which they can make empowered decisions and develop healthy attitudes and behavior patterns. Over the course of the semester, a variety of health topics will be covered. These will include social health (healthy relationships, violence protection, sexuality, diversity), mental health (self-esteem, stress, grief and anger management, mental disorders and suicide prevention), nutrition, fitness, human growth and development (reproduction, pregnancy and birth), substance abuse (alcohol, drugs, tobacco), disease and disorders (infectious and communicable disease, HIV/AIDS, sexually transmitted infections, noninfectious diseases and disabilities), personal safety, and community and environmental health. This is a graduation requirement for all New York state students

**Physical Education** (0.5 Credits)
**Description:** This course features a variety of units that build confidence, teamwork, character, and communication. Students will have the opportunity to get to know each other in a cooperative games unit to start off the semester. Students will also learn the fundamentals of each sport in a progressive style. They will be educated on the rules and regulations of these sports and have a chance to participate in a competitive atmosphere. This course also involves fitness. Students will have daily fitness regiments that must be completed before moving on to their main activity. They will complete 3 aspects of the NYS fitnessgram twice throughout the semester. Once at the beginning of the semester and once at the end of the semester.

**PE: Kung Fu** (0.5 Credits)
**Description:** Study the ancient Chinese art of Kung Fu, Including hand and foot techniques, short forms, long forms, ground work, takedowns and more. Condition your body and elevate yourself to a higher state of physical fitness. Practice meditation and cultivate techniques for centering yourself through the coordination of breath and mind focus. Study methods self-defense that were first developed 1,500 years ago and are still applicable today. In addition to the physical study, this class will also include history and background of the Art's development and the theory and philosophy that support its origin and purpose. Students who choose to invest themselves in this class will experience an overall heightened awareness of their own mind and body and the world around them.

**PE: Kung Fu 2** (0.5 Credits)
**Description:** For students who have gone through Kung Fu Level 1 this this will be an opportunity to continue your education in Chinese martial arts. This class will have many of the aspects of Level 1 with the addition of Form Application Theory, more complicated long forms, weapons training and forms, introduction to the internal arts (Tai Chi Quan and The Buddha Fist) and sparring. Students will also learn basic techniques for healing minor sports injuries and a more in depth look at daily health exercises to promote a long life with a healthy mind and body.

**PE: Strength and Conditioning** (0.5 Credits)
**Description:** The Strength and Conditioning section of our Physical Education requirement will allow students to physically train and develop their all-around fitness. This is not a sport-specific course, it is a course that teaches students to improve their physical skills in the following areas: cardiovascular endurance, stamina, strength, flexibility, power, coordination, agility, balance and accuracy. Students will not only be trained, but, will learn to train themselves as well through a consistent weekly routine in which they are taught how to complete an effective warm-up, technique work and speed and strength building exercises.