

# Bishop Heelan High School



## 2020-2021 COURSE GUIDE





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The purpose of this course guide is to provide the students and their parents with information concerning curriculum requirements and to provide a brief description of the courses offered at Heelan. All students and their parents are urged to study the contents of this guide carefully before completing the registration process. Please be aware of the course prerequisites as well as the requirements for high school graduation and college admission. Carefully choose your classes as they can greatly impact your future. The student's counselor will be available to discuss matters concerning registration.



# BISHOP HEELAN CATHOLIC SCHOOLS

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FAITH • FAMILY • KNOWLEDGE • SERVICE



# BISHOP HEELAN HIGH SCHOOL

## Administration

President-Dr. John Flanery

Principal-Mr. Chris Bork

Dean of Students-Mr. Jake Delfs

Activities Director-Mr. Anthony Elias

Chaplain-Fr. Shane Deman

## Guidance

Director of Guidance- Mr. Bob Geary (Students M-Z)

Mrs. Marla Pluim (Students A-L)

Mrs. Stacia Barker, School Clinical Therapist

## Faculty

### Art

Mrs. Dougherty

### Business Education

Mrs. Uhl

### Communication Arts

Ms. Augustine

Mrs. Bonnema

Mrs. Johnson

Mrs. Lewis

Mrs. Locke

Mrs. Sitzman

### Family & Consumer Science

Mrs. Bukovich

### Mathematics

Mrs. Beaulieu

Ms. Grebasch

Mrs. K. Hoffmann

Mrs. Oberle

Ms. Smith

### Music

Mr. Fenton

Mr. Kunz

Ms. Wragge

### Physical Education

Mr. Foster

Ms. Carson

### Science

Mrs. Collins

Mrs. Fladung

Mr. D. Fravel

Mrs. P. Hoffman

Dr. Jorstad

### Social Studies

Mrs. Kiel

Mrs. Nichols

Mrs. Schettler

Mr. Warntjes

### Theology

Mr. Burchard

Mrs. Flanery

Mrs. Kirkpatrick

Ms. Odom

### Traffic Education

Mr. Torno - North High School

WITCC Staff

### World Language

Mrs. Billings

Mrs. Chauncey

Ms. Mugge

Ms. Sturges

### Academic Resource Room

Mr. T. Fravel

Mr. Oberle

### Library Media Specialist

Sr. Colane Recker

# Heelan Graduation Requirements

\*Each semester of class is equal to 1 credit

\*48 high school credits are required to graduate

- Theology-8 credits
- Mathematics-6 credits
- Natural Sciences-6 credits
- Physical Education-2 credits (0.25 per semester)  
in the absence of Physical Education waived
- English (including Speech or Debate)-9 credits
- Social Studies-6 credits
- World Languages-2 credits
- Business-1 credit
- Life Skills/Fine Arts-2 credits
- Electives-6 credits

## Early Graduation

Students planning to graduate in seven (7) semesters must notify their counselor no later than December 1 of their **junior** year.

## General 4-Year College Entrance Requirements

- English-4 years
- Social Studies-3 years
- Natural Sciences-3 years
- Foreign Language-2 years
- Mathematics-3 years

## Athletes Participating in College Athletics

If you are planning to participate in a collegiate sport at the NCAA Division 1, NCAA Division 2 or NAIA level, it is mandatory for high school student athletes to register with either the NCAA Eligibility Center (Clearinghouse) or the NAIA Eligibility Center to verify whether you have met the necessary core class numbers, GPA guidelines, and ACT standards to play collegiate athletics. Courses taken during the 8th grade year do not apply to these requirements. Information regarding these Eligibility Centers can be obtained through your school counselor or by accessing the following websites: [www.eligibilitycenter.org](http://www.eligibilitycenter.org) or [www.playnaia.org](http://www.playnaia.org). There is a fee associated with submitting your information to these websites.

## Registration Reminders

- Students are allowed a maximum of one study hall/PE period in their schedule unless approved by the administration
- Students wanting to enroll in online/college credit classes will be required to have space in their schedule to enroll in such classes.
- Students must take an assigned religion class each semester.
- Students taking Band must register for an early bird class.
- Algebra 1, Spanish 1, and Physical Science courses taken during the 8<sup>th</sup> grade year will not be figured into the student's high school GPA or toward their high school credit requirement, but the class listing and grade will be included on the transcript.

# Art Department

The Art Department of Bishop Heelan High School provides opportunities for individuals to increase their awareness through self-expression, creativity, and visual communication. All students, not just the gifted or talented, are welcome to be involved in a rigorous study of the arts as part of their general education. The Heelan Art Department firmly believes in a fundamental approach to integrating the arts into curriculum which will permit all students, at all levels, to be introduced to, understand, and participate in an art form within the school day. We will work to teach visual literacy and awareness of good design.

Each course has four aspects:

1. Production (creating)
2. History (encountering the historical/cultural background)
3. Aesthetics (discovering the nature/Philosophy)
4. Criticism (making informed judgments).

Fees are required for all art courses. **Art I and Art II currently have a minimum fee of \$15. Art III and Art IV currently have a \$15 fee.** These fees are used to purchase materials that are retained by the students (sketchbook, portfolio, pencils, etc.)

**ART I FA 3011** (9, 10, 11, 12) 1 Semester 1 Credit  
Emphasis will be placed on a variety of basic skills and their imaginative use. A willingness to get involved is just as important as “talent” or previous experience. The specific program content includes beginning drawing, color study, perspective, composition, painting, design and three-dimensional experiences.

**ART II FA 3021** (9, 10, 11, 12) 1 Semester 1 Credit  
Art II offers a wide variety of experience using drawing and painting exercises with an emphasis placed on previously developed skills. The program content includes painting in acrylic and watercolor, calligraphy, pottery, intermediate design, linoleum prints, pastel chalk, “stain glass” (colored tissue), and clay unit 4th quarter.

**Prerequisite: Art I**

**ART III FA 3031, FA 3032** (10, 11, 12) 1 Year 2 Credits  
This course offers experience in the printmaking and painting processes. Emphasis will be placed on design and composition as related to the expression of the medium. Students will work in large acrylic painting, layout and design, ink wash drawings, clay sculpture, self portraits, independent projects of their choice of media, and clay unit in 4th quarter.

**Prerequisite: Art II**

**ART IV FA 3041, FA 3042** (11, 12) 1 Year 2 Credits  
With the approval of the instructor, students who choose Art IV will continue their depth of study with a career-minded approach. Students will prepare a portfolio of work to submit to institutes and schools for admission. This course provides an opportunity for the fine-tuning of talents and skills.

**Prerequisite: Art III**

# Business Education Department

**ACCOUNTING I LIF 4001** (10, 11, 12) 1 Semester 1 Credit  
Accounting I provides students with the basic knowledge of accounting procedures, including analyzing and journalizing business transactions; constructing worksheets; calculating and recording adjusting entries; preparing financial statements; and finalizing the accounting cycle through closing entries. The emphasis of the course is on the basic principles, concepts, and procedures which must be understood to enter the world of business. Basic fundamentals and terminology are stressed and data processing is integrated throughout the course. Simulations are used to emphasize actual business record management. While this course is highly recommended for students considering a business major, all students can benefit in accounting instruction for their own personal business knowledge.

**ACCOUNTING II LIF 4002** (10, 11, 12) 1 Semester 1 Credit  
Accounting II will build on concepts and procedures covered in Accounting I. During the second semester we will be accounting for a merchandising business. This covers several new aspects of accounting including cost of merchandise, inventory control, depreciation of plant assets, payroll, recording and paying of taxes. Students will perform various computer functions including generating financial reports and preparing report analysis utilizing Microsoft Excel 2013. This is an excellent course for students considering a business career and for students wishing to learn accounting procedures for their personal use. Students will enhance basic math skills, improve their ability to analyze situations, develop budgetary skills and be introduced to financial analysis.

**Prerequisite: Accounting I**

**AP COMPUTER SCIENCE PRINCIPLES BUS 1211, BUS 1212** (11, 12) 1 Year 2 Credits  
This class is a full-year, rigorous course that is designed to be the equivalent of a first-semester introductory college computer science course. The course covers a broad range of foundational topics such as programming, algorithms, the Internet, big data, digital privacy and security, and the societal impacts of computing. This class will prepare students to take the Advanced Placement Computer Science Principles exam administered by the College Board in May.

**COMPUTER APPLICATIONS I LIF 4051** (9, 10, 11, 12) 1 Semester 1 Credit  
This course provides students with technology skills necessary for continued success in high school, college, and future employment. Through the use of Professional Microsoft Office 2013 software, which includes Word, Excel, and PowerPoint, students will learn to create documents, spreadsheets, graphics, and presentations. Students will also review touch key-boarding skills and strive for acceptable levels of speed and accuracy.

**COMPUTER APPLICATIONS II/WEB PAGE DESIGN LIF 4052** (10, 11, 12) 1 Semester 1 Credit  
Computer Applications II is a business course designed to integrate computer technology with decision-making and problem-solving skills. Instruction is designed to assist the student in applying computer technology skills to personal interests and course work in other classes, to investigate educational and career interests, and to further develop job-related computer skills. A unit in Desk Top Publishing is included in this course. Web Design combines elements of computer technology with journalism and visual design. Students will be introduced to basic HTML (Hypertext mark-up language) and they will learn to identify good visual design and develop effective web navigation strategies.

**Prerequisite: Computer Applications I or departmental approval.**

# Business Education Department continued

**FINANCIAL LITERACY** Lif 4030

(9, 10, 11, 12)

1 Semester

1 Credit

**This course is limited to 20 students and upperclassmen are given first preference.**

This one-semester course is designed help students develop the knowledge and skills to make informed, responsible decisions that could affect their financial futures. Whether today's high school students head to college or straight into the workforce, they will face a robust marketplace of financial products and services. To better navigate our nation's financial systems, students will explore topics that include planning your career, payroll and taxes, banking, credit and debt, investing, budgeting and basic economic principles. Students will also participate in the SIFMA Foundation's Stock Market Game, where they will have the chance to apply their investing skills and compete against other high school teams in the state of Iowa.

**INTRODUCTION TO BUSINESS** BUS 1101

(9, 10, 11, 12)

1 Semester

1 Credit

Introduction to Business is a semester course for general education in basic business practice and allows students to discover how the American business economy operates. This course is designed to expose you to business terminology, concepts, and current business issues with the intent to develop a viable business vocabulary, foster critical and analytical thinking, and refine your business decision-making skills. Major topics covered will include the various forms of business ownership, focusing on entrepreneurship, as well as the basic functional areas of business with key units in the areas of business law and marketing.

## Career Education (Sioux City Community Schools)

For information on possible Career Education classes through the Sioux City Community Schools, please see your guidance counselor.

# Communication Arts Department

Bishop Heelan students will be required to successfully complete nine semesters of English before graduation. Freshman English is a year-long course. American Literature is a year-long sophomore class. Juniors and seniors have one required Communication Arts course and one semester when they can choose a class from a series of electives. A semester of speech or debate is also required for graduation.

**AMERICAN LITERATURE/COMP** COM 2011, COM 2012 (10) 1 Year Required 2 Credits  
Since literature reflects the life and times of the writers, a study of significant works and the periods they represent will give students an awareness of their American heritage. The students will study the literature of the United States from pre-colonial times up through the 20th century. This course helps students observe how the thinking of Americans has changed through the years. It offers an opportunity to compare the styles of prominent writers and to explore a particular author, theme, or type of literature in depth. This class will include all major genres of literature including but not limited to short stories, poetry, plays, and novels. Students will develop skills in writing the formal essay. **NCAA approved.**

**BRITISH LITERATURE** COM 2030 (11) 1 Semester Required 1 Credit  
In this class, students learn the importance of British Literature. This course emphasizes the desire to know the past for a better understanding of the present and future. The composition section of this course is devoted to learning the process and the structure used in writing a MLA-style research paper. **NCAA approved.**

**CREATIVE WRITING I** COM 2080 (11, 12) 1 Semester 1 Credit  
**This offering will be limited to 16 students.**  
This course is for those who love to write and who are open to techniques that will channel their creative ideas. The importance of vocabulary to create moods is emphasized. Original approaches in any field of writing are fostered. The student will do intensive re-writing and editing. **NCAA approved.**

**CREATIVE WRITING II** Com 2081 (11,12) 1 Semester 1 Credit  
This course is a further exploration of the techniques needed to become a creative writer. It is a continuation of Creative Writing I. **Prerequisite: Creative Writing I.**

**DEBATE I** COM 2091 (9, 10, 11, 12) 1 Semester 1 Credit  
This course emphasizes the fundamentals of debate and includes Student Congress, Public Forum, Lincoln-Douglas, Policy, Extemporaneous Debate, and other forms. Debaters will work independently and in pairs on national high school debate topics and student written bills. Research, analysis, and speaking skills are emphasized in the classroom and in tournaments. Communication skills learned in debate are used in a wide array of classes and careers. Students who sign up for this class should be on grade level or higher in reading and vocabulary based on their recent standardized test scores. Debate requires extensive reading outside of class. There are several regional tournaments that will be attended leading to the state tournament and national qualifying tournaments for accomplished students. **Attendance at two weekend tournaments as well as a minimum participation in four work nights, two per quarter, is MANDATORY.**  
The fee will be \$25. **Debate I or Speech is required for graduation.** **NCAA approved.**

**DEBATE II** COM 2092 (10,11,12) 1 Semester 1 Credit

**DEBATE III** COM 2093 (11,12) 1 Semester 1 Credit

**DEBATE IV** COM 2094 (11, 12) 1 Semester 1 Credit

Debate II, Debate III, and Debate IV are a continuation of Debate I. They are designed to enable junior varsity and varsity debaters to further develop skills learned in Debate I. Students can participate in four semesters of debate. **Attendance at two weekend tournaments as well as a minimum participation in four work nights, two per quarter, is MANDATORY.**  
The fee will be \$25 for each class.

**ENGLISH HONORS 10** COM 2123, COM 2124 (10) 1 Year 2 Credits  
This course will encompass American Literature, following the traditional curriculum, but at a faster pace and more in-depth. Students will do an intensive study of all genres in American literature plus writing various essays. **NCAA approved.**  
**Prerequisite: A's in English courses, teacher recommendation, and successful completion of a placement test.**

# Communication Arts Department continued

**ENGLISH HONORS 11** COM 2133, COM 2134 (11) 1 Year 2 Credits

This course will encompass British Literature, following the traditional curriculum, but at a faster pace and more in-depth. Emphasis will be placed on the influence of British authors on American literature and culture. In writing, the emphasis will be placed on the term paper. This class will study several Shakespearean plays, some creative writing, and the importance of British poetry as well as prose. **NCAA approved.**

**Prerequisite:** : A's in English courses, teacher recommendation and successful completion of a placement test.

**AP ENGLISH 12** COM 2145, COM 2146 (12) 1 Year 2 Credits

Honors English is offered to those students who have shown the capabilities and initiative to work at a college level in English. Successful completion of the year-long course will entitle the student to 6 hours of college credit in Composition and 3 hours of college credit in Literature thru Briar Cliff University that are acceptable at most colleges and universities.

**There is an extra fee of \$157.50 per semester for this class which covers the cost of the credits and textbooks.**

**NCAA approved.**

**Prerequisite:** Recommendation from the Department Chair

**FRESHMAN ENGLISH** COM 2113, COM 2114 (9) 1 Year Required 2 Credits

The Freshman English course provides a brief review of grammar and composition culminating in a short research paper. The student works with the four types of sentences and paragraphs. Literature is studied as an art and acquaints students with short stories and novels. **NCAA approved.**

**JOURNALISM I** COM 2201 (10, 11, 12) 1 Semester 1 Credit

This offering will be limited to 15 students.

This class is for the student interested in learning journalistic style writing and preparation for work on the newspaper and yearbook staff. Students gain experience in gathering information and assembling it into news stories. Basic desktop publishing will be taught. Students also learn feature writing, newspaper page design, layout, and headlines. Through this course the student becomes aware of the ethical practices of good journalism. The fee will be \$10.00. **NCAA approved.**

**JOURNALISM II NEWSPAPER** COM 2221, COM 2222 (11, 12) 1 Year 2 Credits

This class is an extension of Journalism I. Students will continue learning journalistic writing in preparation for publication of the Shield, the school yearbook, or Pride Online, the online student news site. The students will focus on advanced feature writing. Active participation in designing the content, format and theme along with completing all steps of the publication process will be required. Advanced desktop publishing, design/layout, and photography skills will also be emphasized.

**Prerequisite:** Students must receive a C or better in Journalism I and have a cumulative GPA of 2.5 or higher.

**JOURNALISM III NEWSPAPER** COM 2231, COM 2232 (12) 1 Year 2 Credits

This class is designed for in-depth study of newspapers and yearbooks. Enrolled students may assume editorial and managerial positions of the Crusader Chronicle or the Shield. Students will enhance their written and oral communication skills through assisting Journalism I and II students throughout the publication process.

**Prerequisite:** Journalism II and a cumulative GPA of 2.5 or higher is required.

**MULTICULTURAL LITERATURE** COM 2050 (11, 12) 1 Semester 1 Credit

Multi-cultural literature is a study of the modern writers of today. Students observe the problems of the modern world and how people everywhere learn to cope with them. A study of various genres of literature will be undertaken so our students develop a full appreciation of literature throughout the world. The approach will be from a multi-cultural, non-sexist perspective. **NCAA approved.**

# Communication Arts Department continued

**SPEECH COM 2320** (9, 10, 11, 12) 1 Semester 1 Credit  
This course is designed to provide experience in various types of public speaking and oral interpretation. Particular emphasis is placed on listening skills, discussion, researching, and delivering original material. Self and group evaluation and synthesis of speaking styles and techniques will be required. Speech or Debate is required for graduation. **NCAA approved.**

**THEATER COM 2340** (11, 12) 1 Semester 1 Credit  
**This offering will be limited to two classes of 20 each.**  
Students will need to apply for entrance into this class. Students in this course will study the skills and professions of the theatre. Furthermore, students will study time periods of the theatre and perform scripted and non-scripted scenes. Plays are read and performed. Hands on production work will be required for all school productions. Aesthetic judgment and evaluation will be emphasized. Participation in a one-act production could be a part of the final examination.  
**Prerequisite:** Recommendation from the Theater Teacher and Department Chair.

**WORLD LITERATURE COM 2063** (12) 1 Semester Required 1 Credit  
The student will study a variety of genres and periods of world literature. Writing for the course will include both formal and informal writing and literary essays. In-depth analysis of literature and writings will be required. **NCAA approved.**

**ENGLISH 9 COM 2101, COM 2102** (9) 1 Year 2 Credits  
This class provides additional instruction in basic grammar and writing skills. The students will work with the four types of sentences. They will also study the different types of literature from fiction to non-fiction, from plays to novels.  
**Prerequisite:** Students will be placed into this class based on past scores on ITEDs and other standardized tests. Grade schools will be able to give recommendations for possible inclusion. **NCAA approved.**

**ENGLISH 10 COM 2121, COM 2122** (10) 1 Year 2 Credits  
Since literature reflects the life and times of the writers, a study of significant works and the periods they represent will give students an awareness of their American heritage. The students will study the literature of the United States from pre-colonial times up through the 20<sup>th</sup> century. This course helps students observe how the thinking of Americans has changed through the years. It offers an opportunity to compare the styles of prominent writers and to explore a particular author, theme, or type of literature in depth. This class will include major genres of literature including but not limited to short stories, poetry, plays, and novels. Students will develop skills in writing different types of sentences leading to writing the formal essay. The students receive more individualized instructions enabling them to work at a slower pace to grasp the content of the class. **NCAA approved**

**ENGLISH 11 COM 2131, COM 2132** (11) 1 Year 2 Credits  
This is a year-long class with the first semester students learning the importance of British Literature. The students will be made aware of how the past is reflected in the present. The composition section will have emphasis on learning the format for formal essay writing. The second semester will emphasize the 20<sup>th</sup> century literature with work continuing on the essay. During both semesters the students will be reading various novels as well as being made familiar with the drama. This class is designed so students may have more individual instruction as well as material presented at a slower pace. **NCAA approved.**

**ENGLISH 12 COM 2141, COM 2142** (12) 1 Year 2 Credits  
This course provides a look at various job related scenarios that add real life situations to the work place. It is a hands on study of career oriented situations. An "I" search paper is written to do an in-depth research on a career of the student's choice. The literature section of this class has been designed to give students the opportunity to acquire a variety of strong academic skills by studying literature both in traditional and new ways. **NCAA approved.**

# Communication & Audio Visual Technology

**VISUAL DESIGN WITH A GRAPHICS TABLET I** FA 3211 (9,10,11,12) 1 Semester 1 Credit

This class will use software called Adobe Creative Suite (CS3) that includes PhotoShop, InDesign and Illustrator to design and build layouts and print materials, to review and improve content, produce print-ready materials and develop a portfolio of graphic design projects. Students will develop skills that lay the foundation for computer generated artwork and producing print-ready communications. Key skills emphasized include: designing for a variety of audiences and needs; problem solving that helps support multiple perspectives; design process and effective communications; peer teaching and evaluation in a collaborative environment; technical imaged manipulation and print publishing skills.

**VISUAL DESIGN WITH A GRAPHICS TABLET II** FA 3212 (9,10,11,12) 1 Semester 1 Credit

Students will further develop skills learned in Visual Design with a Graphics Table I, focusing on longer print production projects as well as more in-depth content and advanced techniques for graphics and layout development. Key skills involve project management skills such as task management, planning; illustration and drawing; communication with peers and team members using project plans or specifications; design and redesign; technical graphics and print-production skills such as creating vector-based graphics and filters; design solutions, including multi-page and double-page layouts Adobe Illustrator CS3 will be used to create vector-based graphics and illustrations.

**Prerequisite:** Visual Design with a Graphic Tablet 1

**VIDEO DESIGN AND PRODUCTION I** LIF 4801 (9,10,11,12) 1 Semester 1 Credit

Video Design and Production is a two-semester project-based curriculum that develops career and communications skills in digital video production using Adobe tools. In Video Design and Production I students engage in (1) skills to learn storytelling (2) capturing and editing video and audio and (3) learning the basics of special effects such as masking, created 3D environments, and generating original content. Students may be required to tape school events outside of the school day.

**VIDEO DESIGN AND PRODUCTION II** LIF 4802 (9,10,11,12) 1 Semester 1 Credit

The 2nd semester of Video Design and Production builds on student design and development skills by focusing on large video production projects as well as more in-depth content and advanced editing, audio, and motion graphic techniques. Students additionally learn audio engineering concepts and music/voice manipulation techniques using Adobe Audition

**Prerequisite:** Video Design and Production I

**ALL COMMUNICATION & AUDIO VISUAL TECHNOLOGY CLASSES ARE LIMITED TO 20 STUDENTS**

# Family and Consumer Sciences

**CHILD DEVELOPMENT AND PARENTING LIF 4041** (11, 12) 1 Semester 1 Credit

This course is designed to give young men and women practical understandings of parenting and raising children. Parenting skills such as communication and effective discipline are emphasized. The financial and emotional consequences of teen pregnancy are taught. Prenatal development of the child and healthy prenatal care for the mother are learned. Practical ideas are discussed, such as the financial commitment of pregnancy and raising children, infant care and nutrition. The emotional, social, cognitive, and physical development of children from birth to adolescence is taught. Career opportunities in the child development field are explored.

**FOODS I LIF 4311** (9, 10, 11, 12) 1 Semester 1 Credit

This is a basic course in food preparation based on USDA's My Plate, the Food Guide Pyramid, and the Dietary Guidelines. Basic nutrition and health, the use of small and large equipment, measuring and using recipes successfully, table setting and manners, meal planning, and purchasing food are included in the following units: fruits and vegetables, grain products, dairy, eggs, quick breads, cookies and bars, and convenience yeast bread products.

**FOODS II LIF 4321** (10,11, 12) 1 Semester 1 Credit

This course concentrates on advanced cooking experiences, double-crust pies, yeast breads, foods from other cultures, meats, food preservation, and large group entertaining. Presentation and nutrition are applied to all lessons. Consumer decision and comparisons are made in all units. Both conventional and microwave techniques are taught as well as the use of the food processor. Food preservation includes freezing, dehydrating, and canning. Emphasis is placed on creative ways of working with recipes and trying new foods and flavors. Careers related to food are explored.

**Prerequisite: Foods I**

**INTERIOR DESIGN LIF 4501** (9, 10, 11, 12) 1 Semester 1 Credit

This course is designed to help students explore career options in the design field and gain confidence in decorating their home. The principles of balance, rhythm, proportion, harmony, emphasis, and color are explored to give students an understanding of the basic decorating concepts. Students will work with fabrics, colors, and furniture styles and arrangements. Tempera paints are used to experiment with color and design. Kitchen design is studied. Architectural styles, individual and community housing needs and alternatives will be discussed.

**LIFE SKILLS LIF 4401** (11, 12) 1 Semester 1 Credit

This course is designed to help students' transition from high school to college or the workplace. The course increases understanding of the tasks teens need to use in the real world such as rent and leases, savings, checking, credit, budgeting, and insurance. Job skills include career exploration, writing a resume, and interviewing skills. Communication skills include writing goals, making decisions, and managing stress. A three-ring binder is required.

**PERSONAL SEWING LIF 4610** (9, 10, 11, 12) 1 Semester 1 Credit

This course is designed for students who wish to learn to sew or advance skills they have already achieved. Each student will begin at his/her level of experience and will complete a minimum of three projects and one service project. Students will learn to identify and select fibers and fabrics, use patterns, and use various types of sewing equipment.

# Health Courses

**HEALTH-BODY SYSTEMS LIF 4231** (9, 10, 11, 12) 1 Semester 1 Credit

This is a semester course emphasizing the different systems of the body. The systems will include, but not be limited to: Nervous, Skeletal, Muscular, Endocrine, Reproductive, Circulatory, Respiratory, and Digestive. This course will also include units in Health Career Exploration and Environmental Health concerns.

**PERSONAL HEALTH LIF 4230** (9, 10, 11, 12) 1 Semester 1 Credit

This is a course emphasizing wellness concepts essential to the individual. Basic units include the following: Fitness and Exercise, Physical Care of the Body, Nutrition and Eating Disorders, Mental Wellness, Drugs, Alcohol, Tobacco, Communicable and Non-communicable Diseases, Sexually Transmitted Diseases, Consumer Health, First Aid and CPR.

## Physical Education Department

<b>GIRLS LIF 4211, LIF 4221</b>	Physical Education (09)	1 year	0.25 Credit/sem
<b>BOYS LIF 4212, LIF 4222</b>	Physical Education (10)	1 year	0.25 Credit/sem
	Physical Education (11)	1 year	0.25 Credit/sem
	Physical Education (12)	1 year	0.25 Credit/sem

All students taking physical education are required to participate in physical activities class, except those students who, for medical reasons, are not able to participate. Present class structure dictates the classes meeting on a once-a-week basis. Physical education is based upon the premise that the quality and productivity of each individual's life can be enhanced through participation in a comprehensive, sequential physical education program that promotes physical, mental, emotional, and social well being. Education implies a focus on the whole person as opposed to a narrow range of skills or abilities. It means teaching our youth to apply new knowledge and become lifelong learners. The concept of lifelong learning is as relevant to physical education as it is to other areas of instruction. Four years of physical education is required for graduation from Bishop Heelan Catholic High School.

Uniform - All students are required to wear a Heelan issued physical education uniform. These are available for \$25. Athletic shoes and white sweat socks are required.

Possible class activities include the following:

Badminton	Floor Hockey	Basketball	Pickle Ball
Strength/Weight Training	Volleyball	3 on 3 Basketball	Flag Rugby
Soccer	Eclipse Ball	Wall Climbing	Team Handball
Step Aerobics	Combo Aerobics	Football	Yoga
Fitness Testing	Frisbee	Wiffleball	Golf
CPR & First Aid	Tchoukball		

**EXERCISE SCIENCE I LIF 4101** (9,10,11,12) 1 Sem/Daily 1 Credit

Exercise Science will involve the students in a combination of strength training, classroom health and fitness topics, aerobic activities, flexibility, and core strength and balance activities. Students will split time between fitness activities and classroom health related studies. Personal performance gains, classroom work, and participation in fitness activities will be evaluated. Only students who are serious about improving their personal fitness level and learning more about fitness and health for life should register for this class. Class size will be limited to 16 students and starts at 7:45AM.

**EXERCISE SCIENCE II LIF 4102** (9,10,11,12) 1 Sem/Daily 1 Credit

Exercise Science II will involve the students in a combination of strength training, classroom health and fitness topics, aerobic activities, flexibility, and core strength and balance activities. Exercise Science II students will be asked to design a physical fitness activity program for the semester and lead Exercise Science I students through various exercise programs throughout the semester. A physical education uniform is required daily. This class starts at 7:45AM.

**Prerequisite: B or better in Exercise Science I and Department Approval**

# Mathematics Department

- ADVANCED MATH CONCEPTS** MATH 5101, MATH 5102 (11,12) 1 Year 2 Credits  
Advanced mathematics is designed as a survey of mathematical topics that are useful in our contemporary world with an emphasis on mathematical thinking through quantitative reasoning and problem solving. Topics include linear equations and systems, set theory, number theory, probability, statistics, finance, trigonometry, and graph theory. A scientific calculator is required. **NCAA approved.**  
**Prerequisite:** Departmental approval required
- ALGEBRA I** Math 5211, Math 5212 (9, 10, 11, 12) 1 Year 2 Credits  
Students study equations and their solutions. Students work with polynomials, inequalities, factoring, functions and graphs. Most students follow this course with Geometry. A scientific calculator is required. **NCAA approved.**
- ALGEBRA II** MATH 5221, MATH 5222 (10, 11, 12) 1 Year 2 Credits  
This is a second-year Algebra that expands the topics covered in Algebra I plus an exploration of new areas such as special factoring, solving systems with more than two unknowns, negative and rational exponents, complex numbers, conic sections, polynomial equations, exponential equations, logarithms. A scientific calculator is required. **NCAA approved.**  
**Prerequisite:** Geometry
- PRE-CALCULUS (INTRODUCTORY)** MATH 5401, MATH 5402 (11, 12) 1 Year 2 Credits  
An advanced level mathematics course which furthers the concepts studied in algebra and geometry and develops the principles of plane trigonometry. This is a pre-calculus course. A graphing calculator is required. **NCAA approved.**  
**Prerequisite:** B or better in in Modern Geometry and Modern Algebra II.
- PRE-CALCULUS (INTRODUCTORY) HONORS** MATH 5411, MATH 5412 (11, 12) 1 Year 2 Credits  
An accelerated level pre-calculus course that furthers the concepts studied in Modern Algebra II Honors and Modern Geometry Honors. The students refine their algebra skills, study analytic geometry, and develop the principles of plane trigonometry. A graphing calculator is required. **NCAA approved.**  
**Prerequisite:** B or better in Modern Algebra II Honors and Departmental approval.
- AP CALCULUS** MATH 5431, MATH 5432 (12) 1 Year 2 Credits  
Calculus is an advanced level mathematics course in which basic methods of finding derivatives and taking integrals are studied as well as their applications to practical problems. This course is offered through Briar Cliff University. This is a dual credit class; successful completion of the class would earn the student four (4) college credits. A graphing calculator is required. **NCAA approved.**  
There is an extra fee of \$140 for this class which covers the cost of the college credits and textbooks.  
**Prerequisite:** B or better in Analysis or B or better in Analysis Honors
- GEOMETRY** MATH 5311, MATH 5312 (10, 11, 12) 1 Year 2 Credits  
Geometry includes the study of properties of geometric figures, parallel lines, congruence and similarity. Coordinate geometry, areas of polygons and circles are studied as well as methods of developing formal proofs. A scientific calculator is required. **NCAA approved.**  
**Prerequisite:** Algebra I
- MODERN ALGEBRA I** MATH 5231, MATH 5232 (9, 10) 1 Year 2 Credits  
Students study equations in one or two variables, rational numbers, irrational numbers, inequalities and linear graphs. This course provides the basic skills necessary for further work in mathematics and science. Most students follow this course with Modern Geometry. A scientific calculator is required. **NCAA approved.**

# Mathematics Department *continued*

**MODERN ALGEBRA II** MATH 5241, MATH 5242 (10, 11, 12) 1 Year 2 Credits

A second year of Algebra which enlarges upon topics studied in Modern Algebra I and extends them to new areas. General areas covered are: equation solving, sequences and series, functions, systems of equation and inequalities, graphing, factoring, polynomials, radicals, complex numbers, logarithms and trigonometric expressions. A scientific calculator is highly recommended. **NCAA approved.**

**Prerequisite:** C or better in Modern Algebra I and teacher recommendation

**MODERN ALGEBRA II HONORS** MATH 5251, MATH 5252 (10, 11, 12) 1 Year 2 Credits

A second year of Algebra which enlarges upon topics studied in Modern Algebra I and Modern Geometry Honors. General areas covered are: the real number system, graphing, logarithms, polynomial operations and solutions, solving systems of equations, and trig functions. A graphing calculator is highly recommended. **NCAA approved.**

**Prerequisite:** A in Modern Geometry, teacher recommendation, and successful completion of a placement test.

**MODERN GEOMETRY** MATH 5331, MATH 5332 (10, 11, 12) 1 Year 2 Credits

This course attempts to give the student an understanding of the structure of Geometry while strengthening their power of logical deductive reasoning. Formal Geometry includes the study of properties of geometric figures, parallel lines, congruence and similarity. Coordinate geometry, areas of polygons and circles are studied as well as methods of developing formal proof. Most students follow this course with Modern Algebra II. A scientific calculator is required. **NCAA approved.**

**Prerequisite:** C or better in Modern Algebra I or teacher recommendation

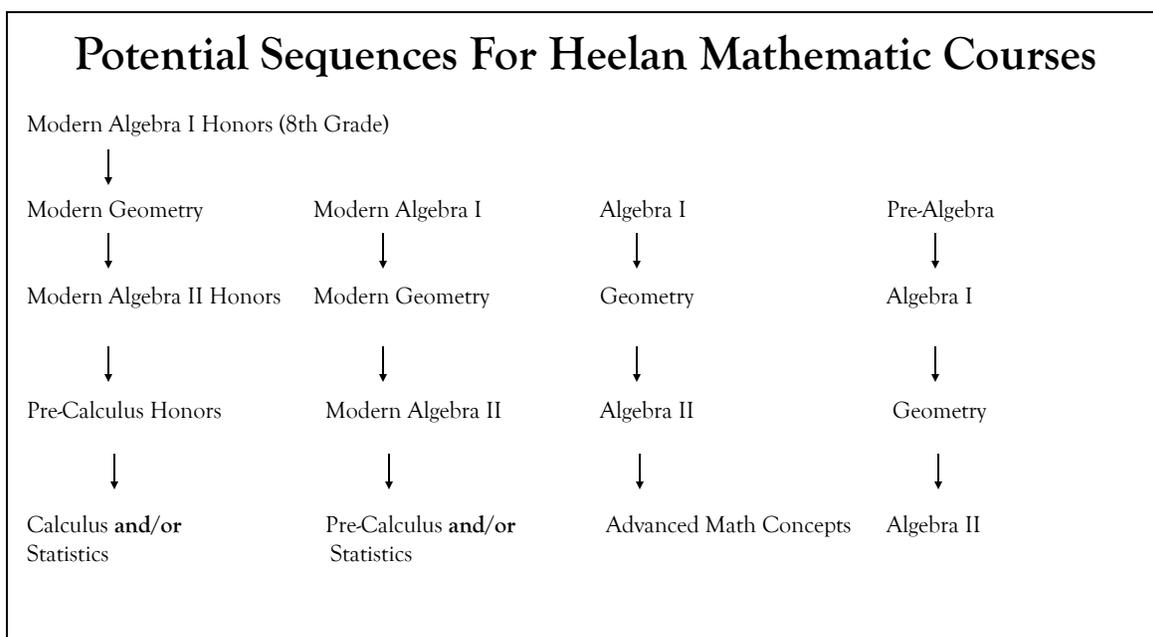
**PRE-ALGEBRA** Math 5201, Math 5202 (9, 10) 1 Year 2 Credits

This course is a transition from mathematics to algebra. The purpose is to pave the way for a progressive mastery of more difficult and complex skills as a prerequisite for understanding algebraic concepts in an informal way and to build a foundation for a formal study of Algebra. Topics include language of Algebra, integers, problem solving, factors, functions, rationales, equations, inequalities, proportions, percentages, statistics and probability. A scientific calculator is required.

**INTRODUCTION TO STATISTICS** Math 5441 (12) 1 Sem 1 Credit

This is an introductory level course that covers topics such as frequency distributions, probability, confidence intervals, correlation, and regression. It is a non-theoretical approach with an emphasis on conceptual understanding.

**Prerequisite:** B or above in Pre-Calculus, Pre-Calculus Honors or teacher recommendation. **NCAA approved.**



# Music Department

## **BAND FA 3151, FA 3152**

(9,10,11,12) 1 Year /Daily 2 Credits

Course work will provide a variety of performance opportunities enabling students to learn and progress in many musical concepts, including music history and theory. The band offers many performance opportunities and the main ensemble is the Concert band. The Concert band has three major performances during the year, which are the Christmas, Winter and Spring concerts. Students are required to attend these concerts. The Marching, Jazz and Pep bands are also active ensembles. The band also participates in a wide range of honor bands (All-State, Northwest Iowa, MRAC, Catholic honor bands) and solo and ensembles festivals. Private lessons are also part of the program. **Band is available to any student at Heelan**, especially if the student has prior musical experience. Most students have been active in instrumental music at the grade school level before entering Heelan. However, students without this experience are invited to participate provided they can give the time needed to learn an instrument.

## **BEL CANTO FA 3121, FA 3122**

(10,11,12) 1 Year/Daily 2 Credits

This ensemble will consist of female voices chosen by audition. Course will consist of advanced SSA or SSAA literature in a wide range of styles. Work and opportunities will include solo competitions, voice lessons, show choirs, All-State, various ensembles, contest participation, and frequent participation in school liturgies. Participating in the following performances is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts and State Large Group Contest.

## **CHORALE FA 3131, FA 3132**

(10,11,12) 1 Year/Daily 2 Credits

This ensemble will consist of 40+ voices chosen by auditions. Course will consist of advanced choral literature in a variety of styles from classical to contemporary. Students will have the opportunity to participate in solo competitions, voice lessons, show choir, various ensembles and frequent participation in school liturgical celebrations. Participating in the following four concerts and contest is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts, and State Large Group Contest.

## **FRESHMAN GIRLS CHORUS FA 3101, FA 3102**

(9) 1 Year/Daily 2 Credits

Course work concentrates on the study of musical concepts: reading, musical notation, and appreciation through singing many styles of music. It is open to all freshmen girls who express a desire to sing. Girls enrolled will be given the opportunity to participate in the following: concerts, show choir, honor choirs, All-State, and voice lessons. Participating in the following performances is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts and State Large Group Contest.

**\* FRESHMAN GIRLS WILL BE PLACED IN FRESHMAN GIRLS CHORUS**

## **MIXED CHORUS FA 3111, FA 3112**

(9,10,11,12) 1 Year/Daily 2 Credits

Course work will provide a variety of performance opportunities enabling students to learn and communicate a wide range of musical types. Work includes serious music, pop music, solo opportunities, voice lessons, show choirs, various ensembles, contest preparation, and frequent participation in school liturgical celebrations. Concentration will be on the quality of preparation. Participating in the following performances is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts and State Large Group Contest.

**\*FRESHMAN BOYS WILL BE PLACED IN THE MIXED CHORUS**

# Music Department *continued*

## MUSIC THEORY FA 3147

(10, 11, 12)

1 Semester

1 Credit

Music Theory is the study of how music works. Course work consists of construction of scales, concentration on note reading, intervals, chord formation, chord inversion, writing of melodies and harmonization, as well as sight singing and ear training. This course is designed as a preparatory class for students who plan on majoring in music in college, but is open to all students wanting a deeper understanding of how music works. Must have five students registered for this class to take place.

## PRIVATE LESSONS

(9, 10, 11, 12)

0 Credits

Lessons offered in voice and all band instruments. Arrange as to time.

### Please Note

\*All students receiving vocal lessons must be enrolled in a performance class.

\*All students auditioning for any show choir must be enrolled in a vocal performance class.

# Science Department

All courses are lab courses. Registration for all Honors courses requires departmental approval.

**ANATOMY AND PHYSIOLOGY GENERAL** SCI 6051, SCI 6052 (11, 12) 1 Year 2 Credits  
This class is a basic study of the human body including the structure of body systems and how these systems function in health and in disease. Lab Course: Microscopic study, modeling by use of charts, diagrams, and prepared specimens. (No dissection) **NCAA approved.**  
**Prerequisite:** Biology

**ANATOMY AND PHYSIOLOGY HONORS** SCI 6053, SCI 6054 (11, 12) 1 Year 2 Credits  
This class is a detailed study of the structure, function and disease of the human body. Emphasis is placed on using knowledge and critical thinking skills in problem-solving applications of study. Dissections and laboratory investigations play a major role in classroom work. This course is offered through Briar Cliff University. Dual credit would be given for this college course; successful completion of the class would earn the student four (4) college credits. **NCAA approved.**  
**There is an extra fee of \$140 for this class which covers the cost of the college credits and textbooks.**  
**Prerequisite:** Strong biology background and departmental approval.

**BIOLOGY GENERAL** SCI 6011, SCI 6012 (9) 1 Year 2 Credits  
This course outlines the study of living things (plants and animals) and develops an understanding of structure, function and ecological principles in today's living world. The science of life is presented with an emphasis in process and critical thinking skills, laboratory work, current research, and problems that face our changing world. **NCAA approved.**

**BIOLOGY PRINCIPLES** SCI 6031, SCI 6032 (9) 1 Year 2 Credits  
Biology Principles focuses on the relationship between structure and function, matter and energy flow in organisms and ecosystems, interdependent relationships in ecosystems, inheritance and variation of traits, and natural selection, evolution and geologic time. This course is designed to ensure the academic success of all students.  
**Prerequisite:** Departmental approval

**AP BIOLOGY** SCI 6021, SCI 6022 (12) 1 Year 2 Credits  
This course is designed specifically to prepare students for an introductory college life science course and to prepare students for the AP Biology test. In the first semester, students will focus on cell biology and genetics. Throughout the second semester, students will explore many topics with an emphasis on organism and population ecology.  
**NCAA approved.**  
**Prerequisite:** Departmental approval, Biology and Chemistry

**CHEMISTRY GENERAL** SCI 6111, SCI 6112 (11, 12) 1 Year 2 Credits  
A college preparation course in which the student studies matter in atomic theory, the periodic table, chemical bonding, properties of elements, acid-base and kinetic theory as well as current chemistry topics through classroom and laboratory experiences. Written lab reports are required of students. **NCAA approved.**  
**Prerequisite:** C or better in Algebra I or Modern Algebra I and General Biology.

**CHEMISTRY PRINCIPLES** SCI 6131, SCI 6132 (11-12) 1 Year 2 Credits  
A course in which students will study the applications of chemistry and how they relate to their daily lives. A hands-on approach will be taken to learn concepts such as atomic theory, the periodic table, chemical bonding, properties of elements, acids and bases. This course is designed to ensure the academic success of all students. **NCAA approved.**  
**Prerequisite:** Departmental approval

**CHEMISTRY HONORS** Sci 6123, Sci 6124 (11, 12) 1Year 2 Credits  
A college prep course in which students experience the study of mathematical relationships in experimentation, and learn relationships about matter. Topics included are: basic concepts, atomic theory, metrics, chemical formulas and equations, aqueous reactions, thermo chemistry, electronic structure, periodic properties, chemical bonding, molecular geometry, gases and intermolecular forces, and organic naming/reactions. Written labs are required as well as assignments and tests for each unit. **NCAA approved.**  
**Prerequisite:** Modern Algebra II (may be taken concurrently) B or better in Physical Science as well as Departmental approval.

# Science Department *continued*

**PHYSICAL SCIENCE GENERAL** SCI 6211, SCI 6212 (10) 1 Year 2 Credits  
 This college prep course focuses on physics and earth science. This inquiry-based course explores all the major forces and phenomena associated with our planet and the universe that surrounds it. Throughout the course, the impacts of those forces and phenomena on human lives and our future will be discussed. **NCAA approved.**

**PHYSICAL SCIENCE PRINCIPLES** SCI 6231, SCI 6232 (10) 1 Year 2 Credits  
 Physical Science Principles focuses on physics and earth science. This lab based course deals with all the major forces and phenomena associated with our planet and the universe that surrounds it. Throughout the course, the impacts of those forces and phenomena on human lives and the future will be discussed. This course is designed to ensure the academic success of all students.

**Prerequisite:** Departmental approval

**PHYSICAL SCIENCE HONORS** SCI 6221, SCI 6222 (10) 1 Year 2 Credits  
 This course is designed for highly motivated and intellectually disciplined students. Focusing on physics and earth science, this inquiry-based course explores all the major forces and phenomena associated with our planet and the universe that surrounds it. Throughout the course, the impacts of those forces and phenomena on human lives and our future will be discussed. **NCAA approved.**

**Prerequisite:** Departmental approval, B or better in Modern Algebra

**PHYSICS GENERAL** Sci 6301, Sci 6302 (12) 1 Year 2 Credits  
 Physics General is a course that deals with science and how it affects our daily life. The students will use simple investigations into areas of motion, heat, light, sound, and electricity to understand how these things affect their lives. Students who are curious about the physical world around them should enjoy an orderly approach to knowing how it works. Laboratory, algebra, geometry, trigonometry and thinking skills are stressed throughout the year. **NCAA approved.**

**Prerequisite:** B or better in Geometry and Algebra II

**PHYSICS HONORS** SCI 6311, SCI 6312 (12) 1 Year 2 Credits  
 Physics Honors is a course in the useful investigations of matter and energy. The students will use current laboratory methods of observation and experimentation to develop ideas concerning electricity, motion, light, heat, and sound. Students who are highly intellectually motivated should consider this course as an important step towards understanding the physical sciences. Strong laboratory algebra, geometry, trigonometry and thinking skills are a prerequisite for Honors Physics. **NCAA approved.**

**Prerequisite:** Departmental approval, B or better in Analysis, Analysis Honors, Physical Science and/or Honors Chemistry.

## Science Tracks

Biology General (9) Physical Science General (10) or Physical Science Honors (10) Chemistry General (11) or Chemistry Honors (11) Anatomy & Physiology General (11/12) or Anatomy & Physiology Honors (11/12) Physics General (12) or Physics Honors (12) AP Biology (12)	Biology Principles (9) Physical Science Principles (10) or Physical Science General (10) Chemistry Principles (11) or Chemistry General (11)
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# Social Studies Department

**CURRENT AMERICAN HISTORY HONORS SS 7011** (12) 1 Semester 1 Credit

This course follows the history of the United States as it examines the topics of the Civil Rights Movement, segregation versus integration, Watergate, Reaganomics, and the Gulf War. The course will also explore the impact of terrorism on the political, economical and social facets of American Life. **NCAA approved.**

**Prerequisite:** US History Post 1866

**GOVERNMENT SS 7200** (11,12) 1 Semester Required 1 Credit

This course will cover the basic structure and procedures of government in the United States. Students will be given the opportunity to gain a basic understanding of the rights and responsibilities of citizens within our democratic system, so that, as adults, they may take an active role in the democratic process. Course content includes: the Constitution, president, congress, judicial system, and the political parties. **This course is an Iowa state requirement for graduation.**

**NCAA approved.**

**AP GOVERNMENT AND POLITICS SS 7212** (12) 1 Semester 1 Credit

The college level course will cover the in-depth structure and procedures of government in the United States and the role that politics plays within our system. Students will be given the opportunity to gain an in-depth understanding of the rights and responsibilities of citizens within our democratic system. so that as adults they may take an active role in the democratic process. Students will be given a direct look at how U.S. Supreme Court decisions have affected and changed the nation and the course of our history. Course content includes: the Constitution, the Executive Branch, the Judicial Branch, and the most impactful Supreme Court cases. **NCAA approved**

**INTRODUCTION TO SOCIOLOGY SS 7510** (11,12) 1 Semester 1 Credit

This course is designed to help students learn about Sociology, the systematic study of social behavior and human groups. The course will focus primarily on the influence of social relationships on people's attitudes, behavior, and on how societies are established. **NCAA approved.**

**PSYCHOLOGY I SS 7311** (11,12) 1 Semester 1 Credit

This introductory course is an exploration of human nature taught through group activities, individual activities and projects, and traditional classroom teaching. Topics explored in the course will include: heredity and environment, major psychological theories and theorists, theories of learning, motivation and emotion. **NCAA approved.**

**PSYCHOLOGY II SS 7321** (11,12) 1 Semester 1 Credit

This second course in psychology is a continuation of the investigation into topics begun in Psychology I. This course allows in-depth study of advanced topics such as personality disturbances, psychotherapies, human growth and development, and development and theories of personality. This course provides an opportunity for research into individual areas of interest. It will be offered only 2<sup>nd</sup> semester and will have class restrictions. **NCAA approved.**

**Prerequisite:** B or better in Psychology I or departmental approval.

**SOCIAL ISSUES SS 7513** (11,12) 1 Semester 1 Credit

During this course students will analyze and interpret political, economic, social, and cultural issues that affect the world around us. Students will also examine the role students, Americans, and Catholics play in the global setting. Topics of discussion include: terrorism, school violence, capital punishment, child/elder abuse, crime, the criminal justice system, and other current events. This course is an elective. **NCAA approved.**

# Social Studies Department *continued*

## AP U.S. HISTORY SS 7021, SS 7022 (11,12) 1 Year 2 Credits

This Advanced Placement United States History course is a high-level honors class designed to prepare students for the AP United States History test taken in May that could earn students 3 hours of college credit. This course covers U.S. history from the Explorers to current American History. It provides students with the analytic skills and factual knowledge necessary to deal critically with the problems and materials in U.S. history. Students learn to assess historical materials and to weigh the evidence and interpretations presented in historical scholarship. Students develop skills necessary to arrive at conclusions on the basis of an informed judgment and to present reasons and evidence clearly and persuasively in essay format. **NCAA approved.**

**Prerequisite:** Approval from Social Studies Department Chair

## UNITED STATES HISTORY 1860 to 1920 SS 7033 (9) 1 Semester Required 1 Credit

United States History 1860 to 1920 will follow United States history from pre-Civil War through the start of the Roaring Twenties. Focus topics will include, but are not limited to the Civil War, Westward Expansion, Industrialization, Immigration, the Progressive Era, the Spanish-American War, Imperialism, Women’s Suffrage Movement and World War One.

## US HISTORY PRINCIPLES SS 7041, SS 7042 (11,12) 1 Year 2 Credits

This course covers American History Reconstruction to the 2000s. This course will fulfill the American History one full year requirement. U.S. History Principles covers reconstruction, industrialization, the Progressive Era, the United States’ rise on the world stage through imperialism, involvement in World War I and II, the Cold War Era to the tensions in the Middle East. Students will study the cause, events and results of the United States growth into a world power.

## US HISTORY 1920 AND BEYOND SS 7033, SS 7034 (11) 1 Year Required 2 Credits

United States History 1920 and Beyond will follow United States history from the Roaring 1920s to modern day. Focus topics will include, but are not limited to the Roaring Twenties, The Great Depression, World War II, the Women’s Suffrage movement, the Cold War era which includes the Korean Conflict and Vietnam War, the Space Program, the 60s, the Civil Rights Movement, the Women’s Rights Movement, 9-11, and the War on Terror. **NCAA approved.**

## WORLD GEOGRAPHY SS 7111 (9, 10, 11, 12) 1 Semester 1 Credit

This course explores our world using the five themes of geography: location, place, human and environmental interaction, movement and region. Many types of geography are incorporated: physical, cultural, economic, political, and historical geography. **NCAA approved.**

## WORLD HISTORY PRINCIPLES SS 7081, SS 7082 (10, 11) 1 Year 2 Credits

This course will highlight historical events in World History beginning with Greek civilization to World War I. Students will gain insight and understanding of the impact of the events and decisions made in one civilization, place, country, or continent on the entire world throughout history. **One full year of World History is required for graduation**

## WORLD HISTORY SS 7071, SS 7072 (10, 11) 1 Year Required 2 Credits

This course is designed to highlight history from the birth of the Greek through WW II. Through their study of the past, students will gain a better understanding of the day-to-day world in which they live. It includes the study of Asia, Africa, Europe, Australia and the Americas. **One full year of World History is required for graduation. NCAA approved.**

## Social Studies Course Sequence

US History 1860 to 1920	World History	US History 1920 & Beyond	Government	+ Elective
1 Sem Req	1 Year Required	1 Year Required	1 Sem Required	1 Sem
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	(9, 10, 11, 12)

# Theology Department

- MORALITY TH 8311** (10) 1 Semester Required 1 Credit  
Offered 2nd semester only  
Several key themes relating to Catholic morality will be discussed in this course. These themes include the definition of morality, moral decision-making, relationships with others, life issues and sexual issues, referencing theology of the body. Students will identify the gospel values of Jesus as principles of moral conduct. Students will develop and demonstrate how a conscience formed with the cardinal virtues is evident in personal decisions. Students will discuss the various forms of sin and its effect upon individuals and society. In addition, the course will explore each person's unique Christian identity emphasizing the spiritual, emotional, and intellectual growth of young Christians, in their relationship with God, others and self.
- CHRISTIAN LIFESTYLES TH 8611** (11) 1 Semester Required 1 Credit  
Offered 1st semester only  
This course begins with the fundamental understanding of ourselves as human persons who are called by God to live in relationship with God, with others, and with ourselves. Healthy relationships, including an inclusive unit on parenting, result from developing those learned skills directed toward a better understanding of self, others, and God which in turn are nurtured by a growing and shared faith. From this premise, we endeavor to seek and to discover our individual calling or vocation from God: living out our lives in relationships. They will identify and recognize the various lifestyles/vocations with the understanding that all vocations are of equal value and serve the Body of Christ. This course will consider the sanctity of human life, which comes from God and is fulfilled in God. Students will discuss the meaning and purpose of human sexuality as a gift of God, both in how we express our genderness and how our sexuality is intended as a means of love and procreation. They will define and describe abstinence as suitable and appropriate for their lives and how choices impact their future and lives of others. The course also looks at various aspects of World Religions, ranging from the origins of religion and early religions, to the religions of the modern world. Some attention is also given to disbelief and atheism.
- SCRIPTURE FOUNDATIONS TH 8011** (9) 1 Semester Required 1 Credit  
Offered 1st semester only  
This course focuses primarily on the Old Testament. Studying the Old Testament is a journey. During this course the students embark on a journey of their own with family members of faith. As we learn about the plights and predicaments of the people of Israel, we recognize situations in our own faith journey. Students will be challenged to grow in their understanding of God, themselves, and other people. A wise man once said, "An education that is complete is one in which the hands and heart are engaged as much as the mind." These words form the foundation of this course.
- CATHOLIC CHURCH HISTORY Th 8511** (11) 1 Semester Required 1 Credit  
Offered 2nd semester only  
Beginning with the models of the Church, this class studies the development of the Church and how it has affected and been affected by other events which have shaped human history. The Church is viewed both from the dimension of being instituted by Christ and guided by the Holy Spirit as well as from the dimension of the human institution. A study of saints and their contributions to the Church are essential to an understanding of our history. There are many components that make this course a fascinating and important study as to who we are as Christians. Students will actively participate in liturgies at school and the Cathedral.
- JUSTICE TH 8711** (12) 1 Semester Required 1 Credit  
Offered 2nd semester only  
This course explores relevant social issues in light of the Catholic social teachings the Church. Issues include the following: hunger, peace, equality, human dignity, rights and responsibilities, dignity of work and the rights of workers, concern for the poor, immigration, non-violent conflict resolution, and life issues.

# Theology Department *continued*

**NEW TESTAMENT STUDIES TH 8111** (9) 1 Semester Required 1 Credit  
Offered 2nd semester only

This course deepens the study of Jesus, highlighting key events in his earthly ministry while unpacking his teachings about God the Father, the Trinity, Mary, and the Holy Spirit. Students learn that the goal of discipleship is a life of grace and holiness and a share of God's everlasting Kingdom. This class encourages a course of action and calls on students to "pick up their cross" and follow the Lord in this life and beyond. New Testament Studies introduces key vocabulary terms, explores relevant questions of faith, profiles famous Christian disciples, and offers several applications to put the lessons into action.

**SACRAMENTS TH 8211** (10) 1 Semester Required 1 Credit  
Offered 1st semester only

This course explores the nature of the sacraments in the light of Scripture, Church History, and contemporary Church teachings. The course will include an examination of the importance of grace in all Christians' lives and explore different types/forms of prayer. Students will understand what it means to become a "living sacrament" and that being a living sacrament is the end result of union with Jesus, the "primordial sacrament". The students will explore the specific aspects and origins of the seven sacraments and their importance in the Church with the understanding that the Eucharist is the central sacrament. **This course is required for all Catholic students.** This course includes the immediate preparation for the Sacrament of Confirmation that includes a study of the history of the sacrament, signs and symbols, importance of service to community, the meaning of the sacrament to candidates today and the recognition that confirmation is a "call to commitment."

**SALVATION HISTORY TH 8411** (12) 1 Semester Required 1 Credit  
Offered 1st semester Only

The primary focus of this course is to emphasize Christ's saving work in the Paschal Mystery and its effects on the Church. Students will return to an examination of Sacred Scripture in the context of the Paschal Mystery and explore the implications for those events on the world. This course follows up on an introductory course on Jesus and the Sacred Scripture by offering a deeper look at how God reveals himself and how humans respond to the Revelation with faith. It teaches that as Jesus is the fullness of God's Revelation, we are called to a life of discipleship with him. The Mystery of the Incarnation and the events in Jesus' life teach us how to be fully human. In learning about Jesus' mission and his ministry, we come to understand that the concrete goal for this life and the next is to live in him.

## Theology Honor Classes

**SACRAMENTS HONORS TH 8212** (10) 1 Semester Required 1 Credit

This course explores the nature of the sacraments in the light of Scripture, Church History, and contemporary Church teachings. The course will include an examination of the importance of grace in all Christians' lives. The students will explore the specific aspects and origins of the seven sacraments and their importance in the Church with the understanding that the Eucharist is the central sacrament. Students will be asked to have advanced reading comprehension and vocabulary skills as well as the ability to articulate and demonstrate theological insight for each of the sacraments. Students will use the primary sources from the Doctors of the Church, papal encyclicals, the Mass, and the Catechism of the Catholic Church.

**MORALITY HONORS TH 8312** (10) 1 Semester Required 1 Credit

Several key themes relating to Catholic morality will be discussed in this course. These themes include the definition of morality, moral decision-making, relationships with others, life issues and sexual issues. Students will engage in a variety of different discussions centering on Church teaching and how we live out our faith in the secular society. Students will be asked to assess the morality of an action, free will, culpability, and the ripple affect that those choices have on the world around us. The expectations for discussion in the class are high as the ability to orate one's rationale for the morality/ immorality of an act based on specific scenarios is vital.

# Theology Department continued

**CATHOLIC CHURCH HISTORY HONORS TH 8512** (11) 1 Semester Required 1 Credit  
For this class students will be able to delve deeper into the events that have, for the past 2,000 years, shaped who we are as a Christian Culture. Taking a more concentrated look at the writings of the Church Fathers and great theologians will aid this journey. With the use of technology and available speakers, every attempt will be made to have this class come alive through history.

**CHRISTIAN LIFESYTTLES HONORS TH 8612** (11) 1 Semester Required 1 Credit  
For the first quarter of this class the student will explore four or five of the major religions of the world with a comparative study. Doing so will help the student better understand how strong the precepts of Christianity actually are. In the second quarter the student will endeavor to understand the importance of sound moral and ethical decision making as they face decision making away from home. Choosing vocations and understanding human sexuality will be emphasized, Outside speakers and the use of technology will be emphasized.

**SAVATION HISTORY HONORS TH 8412** (12) 1 Semester Required 1 Credit  
In order to embrace one's own identity as a believer, each Christian must dive into the biblical story of salvation. This course aims to help students tell this story, beginning with the fall of humanity in sin, through the preparations of the coming of the Messiah, to Christ's work of Redemption through the Paschal Mystery. Immersed in this story and the identity it provides, students will be better equipped to respond as faithful disciples to the redeeming gift that has been given to them. As an honors course, critical reading of and discussions about Sacred Scripture will be required, in addition to other assigned readings from Church documents and the writing of important Catholic authors.

**JUSTICE HONORS TH 8712** (12) 1 Semester Required 1 Credit  
Everyone is made in the image and likeness of God, and as such, the dignity of each human comes with rights and responsibilities. The proper exercise of justice keeps these rights and responsibilities in balance for each person, family, organization, and community. This course will examine the role that justice plays in contemporary social issues. Honors students will engage in an in-depth study of the application of justice, explored through reading of Church documents. They will also be responsible for advanced research projects and presentations that address current social justice themes.

# Traffic Education Department

**TRAFFIC EDUCATION** (9, 10, 11, 12) 1 Semester 1/2 Credit  
Traffic education is no longer available at Bishop Heelan Catholic High School.

Traffic education is available only through the summer at the Sioux City public schools, offering two sessions. The first session typically starts the last week of May and the second session typically starts the last week of June. Each session takes approximately 4 weeks to complete. The oldest students are always registered first. There is a limit on how many students will get into the course. Registration will begin in March. Students must show their driving permit at the time of registration. The cost of the course has been \$385, but is subject to change.

For further information please call or email John Torno at 712-239-7000 / [tornoj@live.siouxcityschools.com](mailto:tornoj@live.siouxcityschools.com)

Western Iowa Tech Community College (WITCC) also offers traffic education classes. They have classes during the school year as well as during the summer. For information on traffic education at WITCC, please contact the office of Teen Driver's Education at 712-274-6418. The cost of the course has been \$395, but is subject to change.

# World Languages Department

## SPANISH I, II, III, IV, V

The Spanish program at Bishop Heelan High School is an oral proficiency based program, which engages students in active meaningful communication with situational activities that the students can expect to encounter in real life. The Spanish program:

1. Emphasizes meaning, understanding and communication.
2. Provides a functional approach that relates grammar to its role in communication.
3. Gives students practice in all skill areas, listening, speaking, reading and writing in the context of challenging and realistic situations.
4. Recognizes the enormous diversity of learning styles by providing individual and group based activities.
5. Focuses on the mastery of the National Foreign Language Standards in the areas of: Communication, Cultures, Connections, Comparisons, and Communities.

**NCAA approved.**

SPANISH I	WLANG 1101, WLANG 1102	(9, 10, 11, 12)	1 Year	2 Credits
SPANISH II	WLANG 1211, WLANG 1212	(10, 11, 12)	1 Year	2 Credits
SPANISH III	WLANG 1311, WLANG 1312	(10, 11, 12)	1 Year	2 Credits
SPANISH IV	WLANG1411, WLANG1412	(11, 12)	1 Year	2 Credits

Students must earn a grade of C- or higher in order to advance to the next semester of Spanish I and Spanish II or receive special departmental approval.

Students must earn a grade of B- or higher in order to advance to the next semester of Spanish III, Spanish IV, and Spanish V or departmental approval. Semester exam scores will be taken in to consideration

**AP SPANISH LANGUAGE AND CULTURE** WLANG 1621, WLANG 1622 (11,12) 1 Year 2 Credits

AP Spanish IV is a college level course that will prepare students to exhibit an enhanced level of Spanish proficiency that is necessary to perform at an advanced level in the communicative skill areas of speaking, listening, writing, and reading. Students will be challenged to improve their language skills through an intensive study of grammar, vocabulary, and literature which will enable them to apply their language skills to authentic, real world situations. Students will be required to speak and write the Spanish language at an advanced level. There will be a requirement of completing literature, compositions/essays, and other assignments outside the classroom setting. At the conclusion of the year, students will have the option to take the Advanced Placement Spanish Exam for potential college credit.

**Prerequisite:** A or A+ in Spanish III and departmental approval. **NCAA approved.**

**SPANISH V** WLANG 1511, WLANG 1512 (12) 1 Year 2 Credits

Spanish V is offered on an as needed basis to accommodate students who qualify for a fifth year of study. The class is a review of grammar through the use of cultural sources such as newspaper and magazine articles, poetry and history studies, short stories and novels both in Spanish and in English that explore the Hispanic world of the past and present. Students evidence mastery of varied criteria through written paragraphs and papers, and through performance, oral interviews with the instructor. The use of technology and the researching of various web-sites (particularly those in Spanish) are incorporated into some lessons to reinforce the global aspect of the study of Spanish and the Hispanic people. **NCAA approved.**

All Spanish classes emphasize the use of technology to teach, research, and reinforce the daily instructional program through the use of the Internet and methods.

