

THE FIRST ACADEMY

UPPER SCHOOL CURRICULUM GUIDE



2667 Bruton Boulevard * Orlando, Florida * 32805

Table of Contents

Mission, Vision, and Values.....	3
Graduation Requirements	4
Academic Levels.....	5
2019-2020 Course Catalog	6
English	6
Mathematics.....	8
Science	12
Social Studies	16
World Languages.....	19
Christian Studies.....	23
Fine Arts Electives	25
Visual Fine Arts Electives.....	25
Practical Fine Arts Electives.....	29
Other Electives.....	35
Physical Education Electives	37
Summer Courses	39
Dual Enrollment	40

Mission Statement

The First Academy is a Christ Centered, College Preparatory School whose mission is to prepare children for life as Christian Leaders who choose character before career, wisdom beyond scholarship, service before self and participation as a way of life



THE FIRST ACADEMY



MISSION

The First Academy is a Christ-centered, college-preparatory school whose mission is to prepare children for life as Christian leaders who choose character before career, wisdom beyond scholarship, service before self, and participation as a way of life.

VISION

The vision of The First Academy (TFA) is to be the first choice for families who are seeking a Christ-centered, college-preparatory education. Specifically, our vision is three-fold:

- The First Academy will forge an enduring partnership between church, home, and school that will produce powerful and effective student leaders who will impact their world for Jesus Christ through biblical thought and action in obedience to the Great Commandment (Mark 12:30-31) and the Great Commission (Matthew 28:19-20).
- The First Academy will attract and retain faculty and staff members who are dedicated to being the Living Curriculum and understand that rigor, relevance, and relationships in the learning process produce outstanding scholars who will be admitted to the college or university of their choosing based upon a well-rounded record of scholastic accomplishment.
- The First Academy will aspire for excellence in every area to be a role model for Christian schooling. We will remain a sustainable institution that impacts families for generations to come with respect to money, management, and marketing. The Bible says, "Where there is no vision the people perish" (Proverbs 29:18). The First Academy will prayerfully pursue the above vision with a faith that is firm and a hope that endures.

ROYAL VALUES

Veracity of scripture -

The Bible is the final authority for all aspects of the Christian life. Through the teaching and application of scripture, students are firmly grounded in their faith and dynamically equipped to serve Christ in a fallen world (PSALM 119:9-12, II TIMOTHY 3:16-17).

Acceptance in a diverse community -

All persons are uniquely created and given specific gifts and abilities. Economic, cultural, and racial diversity within the school provides a well-rounded learning environment (MATTHEW 18:15-35).

Leadership through service -

Serving one another (students, families, community, faculty/staff) is the ultimate test of Christian leadership (MARK 10:45).

Uncompromising stewardship of resources -

Responsible management of the time, talent, and treasure given by God is essential for His blessings to be received (MATTHEW 25:14-29).

Evident commitment to family -

The First Academy serves its purpose to the extent that it partners with parents in raising up a godly generation of young men and women. The school exists to compliment, not compete, with the family (PSALM 127).

Scholastic excellence -

A college-preparatory program of excellence purposefully designs academic, athletic, and artistic opportunities that develop the student spiritually, mentally, physically, and socially to be leaders for life (II TIMOTHY 2:15).

LEADING THE WAY...

SPIRITUAL FORMATION, SCHOLASTIC EXCELLENCE, INSTITUTIONAL STABILITY

Graduation Requirements

English	4 Credits
9 th English	1
10 th English	1
11 th English	1
12 th English	1
Math	4 Credits[^]
Algebra 1	1
Geometry	1
Algebra 2	1
Beyond Algebra 2	1
Science	3 or 4 Credits*
Biology	1
Chemistry	1
Beyond Chemistry	1
Social Science	3 or 4 Credits*
World Geography	1
American History	1
American Government	0.5
Economics	0.5
Physical Education	1 Credit
Personal Fitness	0.5
Other P.E.	0.5
World Language	2 Credits[†]
Christian Studies	2.5 Credits^{''}
Spiritual Formation	0.5
Foundations of Theology	0.5
World Religions	0.5
Apologetics	1
Practical/Fine Art	1 Credit
Additional Electives	3.5 Credits
Total Credits Required	25 Credits
Community Service Hours	100 Hours

[^] At least three of the four credits must be earned while in high school

* Students must complete at least one additional Science or Social Science credit beyond what is listed above. This will lead to a total of at least 7 credits between the Science and Social Science Categories.

[†] Must be the same language taken in two consecutive years

^{''}New Upper School students who have not taken Old Testament or New Testament in middle school will need to complete these two courses (0.5 credits each) before enrolling in Spiritual Formation and Foundations of Theology.

Academic Levels

Upper School students, with assistance from Guidance and College Placement counselors and in partnership with parents, will build a schedule of classes from three academic levels. Some courses carry prerequisites that must be met prior to scheduling. In addition, Honors and Advanced Placement courses may require teacher recommendation. Each student will meet with counseling staff to assure a course of study that meets his or her individual academic plan, interests, and goals.

College Prep

These courses follow a core curriculum (English, math, science, world language, and social studies) that will prepare students for admission to most colleges.

Honors

Honors courses offer a core curriculum that provides greater depth of subject matter and may include assignments that require more independent work effort. Students must obtain a teacher recommendation to enroll in these classes, and they frequently carry prerequisite courses.

Honors level courses prepare students for admission to competitive colleges, and are weighted by a factor of .5 (one-half point).

Advanced Placement

Advanced Placement (AP) courses offer college-level curriculum. They require prerequisite classes, grade point average minimums, and teacher recommendation to enroll. AP courses are nationally recognized as academically challenging and are designed for the motivated student. College credit may be earned at the end of the course by successfully completing a standardized test.

Advanced Placement courses prepare students for selective colleges with more rigid admissions standards, and are weighted by a factor of 1.0 (one point).

Students and parents are encouraged to engage the counseling staff in academic level course selection. In general, there is no “drop/add” period at The First Academy Upper School.

Note that some colleges and Bright Futures Scholarships consider only grades in core academic courses in computing a grade point average.

2019-2020 Course Catalog

English

English 9 College Prep—1.0 credit

Ninth Grade

This course focuses on language-related areas: grammar, composition, writing skills, and literature.

English 9 Honors—1.0 credit

Ninth Grade

Pre-requisites: Department recommendation

The honors level adds to the English 9 curriculum by challenging the student to exhibit greater depth in the areas of critical thinking and analytical writing.

English 10 College Prep—1.0 credit

Tenth Grade

This course focuses study on world literature, placing emphasis on critical analysis in reading and understanding structure and theme. Continued study of composition and writing skills is implemented.

English 10 Honors—1.0 credit

Tenth Grade

Pre-requisites: Department recommendation

The honors level enhances the English 10 curriculum in its expectation of greater maturity and literary appreciation, written analysis and criticism.

English 11 College Prep—1.0 credit

Eleventh Grade

This course focuses study on American literature, placing emphasis on analysis in reading and the understanding inductive and deductive reasoning. Continued study of composition and writing skills is implemented.

English 11 Honors—1.0 credit

Eleventh Grade

Pre-requisites: Department recommendation

The honors level increases the writing expectations in both length and analysis. Inductive and deductive reasoning and oral communication are integral parts of the course requirements.

AP English Language—1.0 credit

Eleventh Grade

Pre-requisites: Department recommendation

Advanced Placement English Language is an accelerated course designed to challenge and enable students to become both skilled readers and writers. Students learn to use modes of discourse, rhetorical strategies and critical standards. Completion of this course will allow students to take the AP English Language exam.

English 12 Honors—1.0 credit

Twelfth Grade

This course enhances the English 12 curriculum in its expectation of writing competency, comprehension of literary works, and student reflection of the development of the English language.

AP English Literature—1.0 credit

Twelfth Grade

Pre-requisites: Department recommendation

Advanced Placement English Literature involves the study and practice of writing about literature. The students will demonstrate an understanding of history, culture, and philosophy as those fields apply to many literary works. Literature is related to contemporary experience and/or history. Completion of this course will allow students to take the AP English Literature exam.

Mathematics

Algebra I College Prep—1.0 credit

Ninth Grade

Algebra I reviews pre-algebra skills and introduces the following algebraic topics: operations with integers, functions and graphing, radicals and rational expressions, quadratic equations and functions, exponents, polynomials and linear equations.

Algebra I Honors—1.0 credit

Ninth Grade

Pre-requisite: Department Recommendation

This course will cover all topics covered in Algebra 1, but it will be taught at and tested at a more advanced level. The class will go more in depth on various topics and will have much more emphasis on problem solving.

Geometry College Prep—1.0 credit

Ninth and Tenth Grade

Pre-requisite: Algebra I

Geometry includes an in depth analysis of the concepts of plane, solid, and coordinate geometry. Topics include logic and proof, parallel lines and planes, triangles, polygons, perimeter, area, volume, surface area, similarity, congruence, trigonometry, and analytic geometry. All concepts are also related to real world phenomena. Emphasis will be placed on developing critical thinking skills as they relate to logical reasoning and argument. Students will be required to use technology and projects to discover concepts covered in the course.

Geometry Honors—1.0 credit

Ninth and Tenth Grade

Pre-requisites: Algebra I, Department Recommendation

Honors Geometry includes an in depth analysis of the concepts of plane, solid, and coordinate geometry. Topics include logic and proof, parallel lines and planes, triangles, polygons, perimeter, area, volume, surface area, similarity, congruence, trigonometry, and analytic geometry. All concepts are also related to real world phenomena. Emphasis will be placed on developing critical thinking skills as they relate to logical reasoning and argument. Students will be required to use technology and projects to discover concepts covered in the course. This course will require students develop a deeper level of understanding.

Algebra II College Prep—1.0 credit

Tenth and Eleventh Grade

Pre-requisite: Geometry

Algebra II Honors includes such skills as analyzing, solving and graphing equations and inequalities, matrices, polynomial, rational quadratic, exponential, logarithmic and trigonometric functions.

Algebra II Honors—1.0 credit

Tenth and Eleventh Grade

Pre-requisites: Geometry, Department Recommendation

Algebra II Honors Pre-AP prepares students for pre-calculus. The Pre-AP level is designed for students that are on track to take AP Calculus prior to graduating from TFA. Included in this course are topics in trigonometry such as translating functions, reciprocal functions, identities, and equations. Problem-solving strategies are incorporated.

Math for College Readiness—1.0 credit

Twelfth Grade

Pre-requisite: Algebra II, Department recommendation

The purpose of this course is to continue development of students' understanding of Algebra II in preparation for college mathematics. Topics included are linear relations & functions, systems of linear equations and inequalities, graphs, quadratics, statistics, and trigonometric ratios.

Probability and Statistics Honors—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Algebra II

This course will provide an overview of probability and statistics, and introduce students to the major concepts for collecting, analyzing, interpreting and drawing conclusions from data. Students will take a set of data and make sense of it using sound analytical methods, applying it to a larger population.

Pre-Calculus College Prep—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Algebra II, Department Recommendation

Students, as mathematic analysts, will investigate how advanced mathematics concepts can solve problems encountered in operating national parks. The

purpose of this course is to study functions and develop skills necessary for the study of calculus.

Pre-Calculus Honors—1.0 credit

Tenth and Eleventh Grade

Pre-requisites: Algebra II H, Department Recommendation

Pre-Calculus Pre-AP is designed for students that plan to take AP Calculus in their Junior or Senior year. This class will move faster and go deeper than regular Pre-Calculus Honors. Students, as mathematic analysts, will investigate how advanced mathematics concepts can solve problems encountered in operating national parks. The purpose of this course is to study functions and develop skills necessary for the study of calculus.

Calculus Honors—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Pre-Calculus, Department Recommendation

This course enables students to develop knowledge and skills in calculus concepts while strengthening & extending concepts learned in previous math courses. Content includes: functions, limits & continuity, derivatives, antiderivatives, definite integrals.

AP Calculus AB—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Pre-Calculus H, Department Recommendation

Topics include derivatives of functions and inverse functions, differentiability and continuity, increasing and decreasing functions, concavity, points of inflections, anti-derivatives, and using integrals to find area, volume and arc length. Completion of this course will allow students to take the AP Calculus AB exam.

AP Calculus BC—1.0 credit

Twelfth Grade

Pre-requisites: AP Calculus AB, Department Recommendation

The topic outline for Calculus BC includes all Calculus AB topics. Additional topics include (but are not limited to) polynomial approximations, parametric and vector functions, and applications of integrals. Completion of this course will allow students to take the AP Calculus BC exam.

AP Statistics—1.0 credit

Twelfth Grade

Pre-requisites: Algebra II H, Department Recommendation

The purpose of the AP course in statistics is to introduce students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students are exposed to four broad conceptual themes: Exploring Data, Sampling and Experimentation, Probability, and Statistical Inference.

Science

Biology College Prep—1.0 credit

Ninth Grade

Topics in Biology include scientific methods, biochemistry, cellular biology, photosynthesis, cellular respiration, genetics and DNA, biodiversity, evolution and an introduction to plants and animals.

Biology Honors—1.0 credit

Ninth Grade

Pre-requisites: Department recommendation

This course follows the same outline as Biology, but in greater depth and rigor. Topics in Honors Biology include scientific methods, biochemistry, cellular biology, photosynthesis, cellular respiration, genetics and DNA, biodiversity, evolution and an introduction to plants and animals.

AP Biology—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Biology Honors, Department recommendation

The purpose of this course is to earn biology credit in college upon passing the AP exam. The course outline is determined by College Board and can be found on their website. Topics include molecules and cells, genetics, organisms and populations. AP labs are required and conducted. Completion of this course will allow students to take the AP Biology exam.

Chemistry College Prep—1.0 credit

Tenth Grade

Pre-requisites: Biology

This course includes a strong mathematical interpretation. Topics are covered more in depth and require more time. Items covered include: models of the atom, thermochemistry, bonding, kinetics, equilibrium and electrochemistry.

Chemistry Honors—1.0 credit

Tenth Grade

Pre-requisites: Department recommendation, Biology Honors

Honors Chemistry explores the composition, structure, properties and transformation of matter. It will include a study of matter and energy, periodic properties of elements, chemical reactions, stoichiometry, gases, liquids, solids,

solutions, acids and bases. Honors Chemistry also provides an overview of thermochemistry, equilibrium, electrochemistry, organic chemistry and nuclear chemistry. Laboratory activities will provide hands on interaction in most of these areas.

AP Chemistry—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Chemistry Honors, Department recommendation

The AP Chemistry course is designed to be the equivalent of a first year college level general chemistry course in rigor. The course is structured around the “6 Big Ideas” articulated by the College Board in their AP Chemistry curriculum framework. It will help development the students' abilities to think clearly and to express their ideas orally and in writing with sound scientific interpretation. It includes studying matter, physical and chemical properties, chemical modeling, energy, intermolecular forces, stoichiometry, titrations, calorimetry, thermochemistry, spectroscopy, kinetics, equilibrium, buffers and electrochemistry at the collegiate level. A minimum of 25% of classroom time will be spent in laboratory investigations. In these labs, students will practice their investigative skills by developing or partially developing their own procedures, collecting and manipulating data, and analyzing that data in order to answer real life questions. Completion of this course will allow students to take the AP Chemistry exam.

Anatomy & Physiology College Prep—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Biology, Chemistry

Anatomy and physiology is a course that will enable students to develop an understanding of the relationships between the structures and functions of the human body. An overall understanding of the cells, tissues, and anatomical terminology is achieved. Covers the basics of human anatomy and physiology including anatomical terminology, basic biochemistry, the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic/immune, respiratory, digestive, urinary, and reproductive systems. Introduces common human disease processes. This course focuses on real-world applications of this knowledge. Students also become CPR certified and learn basic first aid.

Anatomy & Physiology Honors—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Biology, Chemistry

Anatomy and physiology is a course that will enable students to develop an understanding of the relationships between the structures and functions of the human body. An overall understanding of the cells, tissues, and anatomical terminology is achieved. Covers the basics of human anatomy and physiology including anatomical terminology, basic biochemistry, the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic/immune, respiratory, digestive, urinary, and reproductive systems. Introduces common human disease processes. Students also become CPR certified and learn basic first aid. This course is more in depth and rigorous than College Prep Anatomy and Physiology.

Marine Science Honors—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Department recommendation, Biology, Chemistry

Marine Science builds on the physical science and life science concepts learned in previous science courses and applies that knowledge to the exploration of the living and nonliving environments of our bays and oceans. The first semester focuses on various aspects of oceanography: water chemistry, plate tectonics, sediments, ocean and atmospheric circulation, waves, tides, and coastal processes. The second semester will focus on marine biology: plankton, algae, plants, animals, marine ecosystems, and ecology. Students will participate in a variety of learning experiences, including laboratory experiments, discussions, current events, and individual research into specific areas. Ethical and social issues related to the marine environment, ocean pollution, overfishing and climate change will be addressed.

Physics Honors—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Department recommendation, Biology, Chemistry, Algebra II

This course provides an introduction to the fundamental principles of physics. There is an emphasis on problem-solving and a strong knowledge of basic algebra is required. The major topics of physics are covered, with a strong focus on Newtonian mechanics, circular motion and gravitation, rotational motion and torque, energy, and momentum.

AP Physics—1.0 credit

Twelfth Grade

Pre-requisites: Department recommendation, Biology, Chemistry, Pre-Calculus

This course provides a systematic introduction to the main principles of physics and emphasizes the development of conceptual understanding and problem-solving ability using algebra and trigonometry, but rarely calculus. This course provides a foundation in physics for students in the life sciences, pre-medicine, and some applied sciences, as well as other fields not directly related to science.

AP Environmental Science —1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Department recommendation, Biology, Chemistry (can be taken concurrently)

This course studies the changes to the world around us. The field of environmental science allows students to learn more about these changes and how they affect the world we live in. Topics cover the natural world (food webs, ecosystems, biomes) and also include man-made problems (pollution, global climate change, endangered species, overpopulation) and man-made solutions (aquaponics, wind turbines, electric vehicles). The goal of this 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 risks associated with these problems, and to examine alternative solutions for them.

Social Studies

World Geography Honors —1.0 credit

Ninth Grade

This course is designed to help students better understand our constantly changing and complex world through a study of geography. Students will study geography from the physical, political, and cultural prospective through the five basic geographical themes of location, place, human-environment interaction, movement, and region. Special emphasis will be placed on geographical skills and geographic literacy (locating countries, capitals, & physical features of the world). The course will also be a a study of World Religions. Through this study, students acquire an understanding of the way people in different cultures satisfy their spiritual needs. Students understand the place of religion in culture, the importance that has been attached to religion in peoples' lives and the relationship between religion and other social institutions.

AP Human Geography —1.0 credit

Ninth Grade

Pre-requisites: Department recommendation

The purpose of the AP course in Human Geography is to introduce students to the systematic study of patterns and processes that have shaped human understanding, use, and alteration of Earth's surface. Students employ spatial concepts and landscape analysis to examine human social organization and its environmental consequences. They also learn about the methods and tools geographers use in their science and practice.

World History Honors—1.0 credit

Tenth Grade

The purpose of this course is to enable students to understand their connections to the development of major civilizations by examining the past to prepare for their future as participating members of a global community. Students will use knowledge pertaining to history, geography, economics, political processes, religion, ethics, diverse cultures, and humanities to solve problems in academic, civic, social, and employment settings. This course will include preparation for AP History courses.

AP World History—1.0 credit

Tenth Grade

Pre-requisites: Department recommendation

This college level course will provide students with the understanding of the development of major civilizations in history by examining connections to the past in order to prepare students for their future as participating members of the global community. Students will study primary sources and learn writing and critical thinking skills that will help them success on the AP World History Exam.

AP European History—1.0 credit

Tenth Grade

Pre-requisites: Department recommendation

Students understand the development of Europe within the context of history by examining connections to the past in order to prepare for the future as participating members of a global community. Students use knowledge pertaining to history, geography, economics, political processes, religion, ethics, diverse cultures and humanities to solve problems in academic, civic, social and employment settings.

AP Art History—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Passing Score on a Previous AP History Exam, Department recommendation

The AP Art History course should engage students at the same level as an introductory college art history survey. Such a course involves critical thinking and should develop an understanding and knowledge of diverse historical and cultural contexts of architecture, sculpture, painting, and other media. In the course, students examine and critically analyze major forms of artistic expression from the past and the present from a variety of cultures.

AP Psychology—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Social Studies Department Recommendation

This college level course is designed to introduce students to the systematic and scientific study of behavior and mental processes of human beings and other animals. Students are exposed to psychological facts, principles, and phenomena associated with each of the major subfields within psychology. They also learn about the ethics and methods psychologists use in their science and practice.

American History Honors—1.0 credit

Eleventh Grade

This course surveys American History from early America to the present. Students will analyze current events and apply lessons from the past to situations of today. Primary source document reading and analysis of significant historical events and people are a key part of this course. The major goal of this course is to instill a critical understanding of the ongoing American experience.

AP U.S. History—1.0 credit

Eleventh Grade

Pre-requisites: Department recommendation

This college level course will provide students with the analytical skills and factual knowledge necessary for dealing critically with United States history. The material covered will extend from early America to the present day. Completion of this course will allow students to take the AP US History exam.

Economics Honors (Fall) —.5 credit

Twelfth Grade

In addition to materials covered in Economics, students will develop a comprehensive understanding of principles of production, determination of prices, and distribution of income.

American Government Honors (Spring) —.5 credit

Twelfth Grade

In addition to the material covered in American Government, students will analyze current news and events affecting our political system. Critical thinking skills are stressed.

AP US Government and Politics (Spring) —.5 credit

Twelfth Grade

Pre-requisites: Department recommendation

This college level course provides students with a critical perspective on politics and government. It involves both the study of general concepts used to interpret United States politics and the analysis of specific case studies. This course includes the required Economics' coursework. Completion of this course will allow students to take the AP US Gov./Politics History exam.

World Languages

Spanish I—1.0 credit

Ninth, Tenth, and Eleventh Grade

Spanish I introduces the student to the Spanish language and its culture. Spanish vocabulary and grammar are included. An understanding, both written and spoken, of basic conversational Spanish is emphasized.

Spanish II CP or Spanish II Honors—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Spanish I, Department recommendation for Honors

Spanish II reinforces and expands the foundation laid in Spanish I. It will broaden the students' understanding and usage of the language and the culture.

Spanish III CP or Spanish III Honors—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Spanish II or Spanish II Honors, Department recommendation

This course is designed to enable the advanced student to communicate by listening, writing, reading, and speaking the Spanish language most effectively. This course is conducted predominantly in Spanish.

Spanish IV Honors—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Department recommendation

This course is designed to enable student to enhance proficiency in Spanish through a linguistic and communicative approach. Continued development of listening, speaking, reading and writing is emphasized. This course is conducted predominantly in Spanish.

AP Spanish Language and Culture—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Department recommendation

This course promotes language fluency and accuracy and is therefore taught in Spanish. Students will engage in exploration of culture through contemporary and historical contexts. The course develops students' awareness and appreciation of literature, laws, conventions, cultural practices and perspectives such as values, attitudes and assumptions.

Latin I—1.0 credit

Ninth, Tenth, and Eleventh Grade

This course exposes the student to Roman culture, history, and classicism. Students will learn vocabulary (400 words) and will learn how to read and speak basic Roman texts and phrases. Students will learn conjugations, tenses, moods and voices of verbs and declensions, cases, gender and number of nouns and adjectives as they support reading. In addition, students will learn about the Roman home and family, the calendar and number system, fashion and dress, military and government structures and geography of Italy and the Mediterranean.

Latin II CP or Latin II Honors—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Latin I, Department recommendation for Honors

Latin II builds on the foundation of Latin I. Another 400 words are added to a student's vocabulary. Sophisticated grammar (participles, gerunds, gerundives, supine, etc.) is learned in order to prepare students for Latin III. Students will begin to read unadapted passages in Latin and continue to learn about Roman culture and history.

Latin III Honors—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Latin II or Latin II Honors, Department recommendation

This honors course continues to build vocabulary and begins the process of reading unadapted Latin. Grammar will be reviewed and reinforced which was learned in second year. Students will read Caesar, Catullus, Cicero, Vergil, Horace, and Ovid. Students will also be introduced to poetry and the history of classicism in Europe.

Latin IV Honors—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Latin III Honors, Department recommendation

This course focuses in on the reading of Vergil and Caesar in preparing the student to take the AP Latin Exam. Students will examine these texts along the themes of Literary Genre and Style, Roman Values, War and Empire, Leadership, Views of non-Romans, History and Memory, Human Beings and the Gods. These texts will be used to explore larger questions of literature, culture, history, politics, mythology and legend.

AP Latin—1.0 Credit

Eleventh and Twelfth Grade

Pre-requisites: Latin IV Honors, Department recommendation

The capstone course of the Latin program. Students will demonstrate proficiency in the language by translating texts and demonstrating comprehension of the Latin passages from books 1, 4, 5, and 6 of Caesar's *De bello Gallico* and passages from books 1, 2, 5, and 6 of Vergil's *Aeneid*.

Mandarin Chinese I—1.0 credit

Ninth, Tenth, and Eleventh Grade

This introductory Chinese course is for students who have had little to no prior exposure to the language. The four skills of listening, speaking, reading, and writing will be facilitated by the use of Pinyin (phonetic systems) as a supplement to Chinese characters. Chinese history and culture will be woven throughout the language acquisition process.

Mandarin Chinese II CP or Honors—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Mandarin Chinese I

This is a continuation course designed for students who have already studied the basics of Chinese (e.g. pinyin, four tones), learned either through taking Chinese I, or through some other relevant experience. Emphasis is placed on listening and speaking in order to enhance communication in day-to-day situations. Students will also expand their vocabulary through reading and will grow in their ability to write short compositions.

Mandarin Chinese III Honors—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Mandarin Chinese II, Department recommendation

This course is an honors course which is designed to enable the advanced student to communicate by listening, writing, reading, and speaking the Mandarin language most effectively. Emphasis is placed on improving ability to write short essays in Chinese characters as well as speaking and comprehending more fluently. This course is conducted predominantly in Mandarin Chinese. Honors weighting is not calculated for Bright Futures calculation.

AP Mandarin Chinese—1.0 credit

Eleventh and Twelfth Grade

Pre-requisites: Mandarin Chinese III Honors, Department recommendation

AP Chinese Language & Culture is designed to provide students with various opportunities to further improve their proficiency in listening, speaking, reading, and writing skills to be ready for the AP Chinese exam held every May.

Christian Studies

Old Testament Survey—.5 credit

Ninth or Tenth Grade

This survey class provides an overview of the entire Old Testament. The sequence is divided into 30 units and some examples of the content include (but is not limited to) the following: Creation, The image of God in man, the fall, covenant with Abraham, the Patriarchal blessing, Moses and the exodus, the Passover, Aaron and the priesthood, Old Testament sacrificial system, Joshua and the conquest of Canaan, the cycle of judges, the Monarchy, David, Solomon and the Temple, the divided kingdom, Elijah, Isaiah, Jeremiah, the exile, Ezekiel, Daniel, Ezra and Nehemiah, , Psalms, Ecclesiastes, and Job.

New Testament Survey—.5 credit

Ninth or Tenth Grade

This survey class provides an overview of the entire New Testament. The sequence is divided into 30 units and some examples of the content include (but is not limited to) the following: Intertestamental period, John the Baptist, birth of Jesus, the early years of Jesus' life, the Baptism, the temptation of Jesus, the teaching of Jesus, Parables, the miracles of Jesus, the Transfiguration, the Triumphal Entry, the Cross, the Resurrection, the ascension, Pentecost, the expansion of the Church, the conversion of Paul, Romans, Hebrews, General Epistles, Introduction to Revelation, and the Christ of Revelation.

Spiritual Formation—.5 credit

Ninth Grade

This is a one-semester course designed for freshmen at The First Academy. The overall objective in this class is to promote growth in Christian discipleship in the students. The purpose of this course is to point students to Christ and help them grow in their relationship with Him by cultivating some key spiritual disciplines. The spiritual disciplines focus the mind and heart on the truth of God.

World Religions—.5 credit

Eleventh Grade

Through the study of world religions, students acquire an understanding of the way people in different cultures satisfy their spiritual needs. Students understand the place of religion in culture, the importance that has been attached to religion

in peoples' lives and the relationship between religion and other social institutions.

Apologetics—1.0 credit

Twelfth Grade

This course is designed to equip the Christian student for a defense against a full range of opposing arguments. Students will examine competing worldview claims and be able to defend their faith in a pluralistic marketplace.

Introduction to the Bible in Mandarin 1—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course is an introductory course to the Bible designed for students who have little to no previous knowledge of the Bible. In this class students will study philosophical arguments for God, evidences for the accuracy and reliability of the Bible, and survey the Old Testament highlighting major Biblical characters as we search for the promised Messiah. The class concludes with a brief survey of the four gospels culminating in the death and resurrection of Jesus Christ. (Lectures use a combination of both Mandarin and English)

Introduction to the Bible in Mandarin 2—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course is a continuation of Intro 1 where students begin by evaluating evidences for the resurrection of Jesus Christ. The first quarter focuses on a survey of the early church from the great commission to the last letters of Paul, while also addressing topics such as International Missions, baptism, the Lord's Supper, diversity in the church, and persecution. The second half of the class focuses on the teachings of Jesus with emphasis on the Sermon of the Mount and parables.

Fine Arts Electives

Visual Fine Arts Electives

2D Design—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course centers on the Principles of Design on a flat surface. Students will use various art materials and techniques to produce unique works of art. We will study dynamics of design by learning how to incorporate art materials in the creative process. Students will use critical thinking skills to solve basic design problems using the art elements and principles and their applications on the two-dimensional surface. Historical and contemporary trends of design will be reviewed.

3D Design—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course focuses on design in three-dimensional form. Students use higher thinking skills to construct, manipulate and embellish unique sculptures and low relief forms. The art elements and principles are incorporated into every created artwork. Students research the work of other artists who work in 3-dimensional form in order to enrich their visual memory.

Ceramics I—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course teaches the origins and fundamentals of working with clay. Focus is on all aspects of hand building and glazing. This course will count toward the graduation requirement for Fine Arts.

Ceramics II—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Prerequisite: Ceramics I

This course is a continuation of Ceramics I. Students are introduced to more complex building and glazing techniques and creative expression and originality are stressed. Skills in pottery wheel throwing are developed.

Ceramics III—.5 credit

Tenth, Eleventh, and Twelfth Grade

Prerequisite: Ceramics I and II

This course is a continuation of Ceramics I and II. Students will work independently using previously learned hand building and glazing techniques to explore new means of expression with both. Skills in pottery wheel throwing are perfected. Works completed in this course may be used toward a College Application Portfolio, and/or AP Studio 3D Portfolio. This is an Honors level course and students are expected to produce Honors level work.

Ceramics IV—.5 credit

Tenth, Eleventh, and Twelfth Grade

Prerequisite: Ceramics I, II, and III

This course is a culmination of Ceramics I, II, & III. Students will work independently using previously learned hand building and glazing techniques to explore new means of expression with both. Skills in pottery wheel throwing are perfected. Works completed in this course may be used toward a College Application Portfolio, and/or AP Studio 3D Portfolio. This is an Honors level course and students are expected to produce Honors level work.

Introduction to Digital Photography—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Art Elements and Principles of design are explored in this Digital Photography class. Emphasis is given to composition, studio lighting techniques, technical aspects of the digital SLR camera and assignments using Photoshop are explored. Students learn the dynamics of visual photography as an art form including but not limited to portraits, landscapes, action and candid photography. Students are required to keep a portfolio and journal during the course. A digital SLR camera is preferred. Work outside of class will be required for some photography assignments.

Drawing—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Suggested Prerequisite: 2D Design, Art Foundations, or Middle School Art

This course covers the intermediate level basics of observational drawing and increases observational skill in rendering form, value, space, proportion and perspective. Students will cover a variety of methods of drawing in pencil, pen, ink, charcoal, and pastels.

Painting—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Prerequisite: Art I or 2D Design

This course focuses on the variety of painting processes where the student analyzes the expressive potential of painting media, techniques within the framework of the art elements and principles. Students learn to incorporate them into their own "visual voice". Students will find meaning by analyzing and evaluating paintings of master artists.

Honors 2D Portfolio Development—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Prerequisite: Drawing and Painting

This course is designed for the serious art student who wishes to create a portfolio for college or to develop one section of the AP Studio Art portfolio without submitting it to the College Board for grading. This can apply as a pre-AP Studio course. Offered at the same time as AP Studio Art 2-D students create works that demonstrate broad experience and accomplishment or works organized around a compelling visual concept.

AP Studio Art 3D—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Prerequisite: Ceramics I, Ceramics II and either Ceramics III or 3D Design and instructor approval

This course requires advanced skills and a strong work ethic. Assignments include a combination of specific design assignments and self-directed projects. Submission of a portfolio of thirty or more works of art is required for completion of an AP Portfolio. For a detailed description of the course, students should speak with the instructor.

AP Studio Art 2D—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Prerequisite: Drawing and Painting and instructor approval

The AP Studio Art portfolios are designed for students who are seriously interested in the practical experience of art. AP Studio Art is not based on a written exam; instead, students submit portfolios for evaluation at the end of the school year. For a detailed description of the course, students should speak with the instructor.

AP Studio Art Drawing—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Prerequisite: Drawing and Painting and instructor approval

The AP Drawing Portfolio is intended to address a very broad interpretation of drawing issues and media. Line quality, light and shade, rendering of form, composition, surface manipulation, the illusion of depth and mark-making are drawing issues that can be addressed through a variety of means, which could include painting, printmaking, mixed media, etc. For a detailed description of the course, students should speak with the instructor.

Practical Fine Arts Electives

Band—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Department recommendation or audition

Band will provide students the opportunity to develop their skill and proficiency on their musical instruments. All students are personally evaluated on their musical performance and constructive guidance is given by the director to enhance each student's abilities. Emphasis will be placed on musical literacy and performance techniques. Band is comprised of two primary performing groups, The Royal Marching Band and the TFA Concert Band. Band students will be separated into 4 levels based on individual student ability. Each level will be required to meet certain benchmarks for that level. Honors credit is awarded for the top two levels.

Percussion—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Department recommendation or audition

Percussion class is designed for those students that are in the TFA Upper School Band and play a percussion instrument. All students are personally evaluated on their musical performance and constructive guidance is given by the director to enhance each student's abilities. Emphasis will be placed on musical literacy and performance techniques. Band is comprised of two primary performing groups, The Royal Marching Band and the TFA Concert Band.

Chorus—.5 or 1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This semester or year-long course is designed for students that range from zero choral experience to extensive choral experience. The class promotes the enjoyment of and appreciation of music. Rehearsals focus on foundational vocal techniques, basic music theory, ensemble skills, and aesthetic musical awareness. The course will culminate in periodic public performances both on and off campus. Performances may occur outside of the school day. This class may be repeated for credit.

Musical Theatre—.5 or 1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Students will explore the world of musical theatre through studying all three aspects of musical theatre: song, acting, and dance, as well as Musical Theatre

History. Students will discover key musical theatre history concepts, beginning musical theatre dance and choreography, the process of acting through song, and musical theatre song composition and performance through participation in individual and group performances throughout the semester.

Steel Drums—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course will focus on teaching students to play the Steel Drums and all the percussion (the “Engine Room”) that goes along with it! This is going to be a fun class to not only learn about this instrument from Trinidad, but to learn rhythm and note reading.

AP Music Theory—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

The AP Music Theory course corresponds to two semesters of a typical introductory college music theory course that covers topics such as musicianship, theory, musical materials, and procedures. Musicianship skills including dictation and other listening skills. Sight-singing and keyboard harmony are considered an important part of the course. Through the course, students develop the ability to recognize, understand, and describe basic materials and processes of music that are heard or presented in a score.

Technical Theatre—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Technical Theatre provides the opportunity to learn and apply the crafts and technologies of the “backstage” world of the theatre. Students will explore the following aspects of technical theatre through engaged learning and active participation in the classroom: safety, set design, properties, costuming, makeup and hair, lighting, sound, stage management, publicity, dramaturgy, and other aspects of theatre design.

Introduction to Theatre—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course offers an introduction to theatre, acting and the stage. Foundational theatre knowledge will be covered as well as preparation of samplings of scene work from film, radio, television and the stage from a variety of time periods. Students will study the basics of theatre history, types of drama, acting techniques, improvisation, movement, learn basic technical roles and techniques

through scene work and projects. Students read, perform and design for plays from various periods in theatrical history.

Advanced Acting—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Prerequisite: Introduction to Theatre or an active member of the International Thespian Society

This course will continue to build on acting techniques and the study of theatre with an emphasis on audition preparation, play analysis, character development, acting and performance techniques. This class produces one act plays for “The Empty Stage Project” and competition. Participants will be challenged to achieve a level of excellence in performance, stage management and directing. This course requires students to participate in extra rehearsals and performances beyond the school day.

Creating in the World of Mac—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

A hands-on overview of Mac computers including the various iLife programs (including iMovie, iPhoto, Garageband, etc) and more that encourage expression through creativity. Students will create projects while exploring the various programs. This course may be used as an introductory requirement for students interested in Digital Cinema courses.

Digital Cinema I—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Department recommendation, Creating in the World of Mac

Students who have been accepted into the Broadcast Media department will learn basic skills in editing and create a PSA, Commercial, Claymation, Silent B/W video, and will learn to identify possible segments and produce basic segments with a clear message. Students will learn basic camera operation, as well as skills in direction and production of video projects.

Digital Cinema II—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisites: Department recommendation, Digital Cinema I

Students will further develop production skills through more complex editing, using the studio to tape and include various backgrounds, and will learn to create their own original music and script to be used in their WTFA (RAW Footage) segments. Students will be able to produce a special video project and

demonstrate leadership skills by providing feedback and creating, planning, directing and recording a television program.

Digital Cinema III—1.0 credit

Eleventh, and Twelfth Grade

Pre-requisites: Department recommendation, Digital Cinema II

This is the culmination of the Television Production program at The First Academy. The students must demonstrate an advanced knowledge and ability to independently produce scripts and video. They demonstrate skills as effective communicators by serving as anchors for the WTFA (RAW Footage) show and providing effective leadership for the crew. Students are responsible for the final editing of the show, a special graduation video, and other video projects.

Genius Bar—1.0 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

By completing this course, students will have the opportunity to become Apple Hardware Certified, qualifying them to work at a Genius Bar during college. An Apple Genius wears many hats: Hardware Expert, Troubleshooting Guru, and Servant Leader are just to name a few. This course will prepare students to develop skills as an Apple Hardware Professional, WAN/LAN Network Technician and a General IT “Genius.” Students will also explore the IT management cycle and develop leadership and customer service skills by working in an actual Genius Bar environment. No technical experience is necessary. The 2 biggest attributes a Genius needs are high moral character and self-initiative.

*Note: Students taking this course will be required to do 2 weeks of training at TFA during the summer.

AP Computer Science—1.0 credit

Eleventh and Twelfth Grade

Computer science embraces problem solving, hardware, algorithms, and perspectives that help people utilize computers to address real-world problems in contemporary life. Students who take the AP Computer Science A course and exam are well prepared to continue their study of computer science and its integration into a wide array of computing and STEM-related fields.

Public Speaking—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Previously titled Speech: This class provides active performance experience to help students strengthen their stage presence and capture the attention of an audience of their peers while enhancing other life skills such as research, writing, and collaborating with others. The goal of this course is to prepare students for success in typical public speaking situations and to provide them with the basic principles of organization and research needed for effective speeches. Students will learn how to research, outline, and deliver short, informal presentations as well as longer speeches.

Debate—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Students will be introduced to the concepts of academic educational debating. Students will work on skills in organization, research, delivery, refutation, and argumentation. They will also be trained to participate in classroom practice debates and will then possibly engage in a field trip to novice debate tournaments held at other schools.

Creative Writing—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course will expose students to a variety of types of writing and provide them with opportunities to create their own works. Students will focus on fictional writing, poetry, playwriting, and non-fiction.

Journalism I—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course will enable students to develop fundamental skills in the production of print or electronic journalistic media. Topics studied include, but are not limited to: writing processes, the history and ethics of journalism, applications and issues in photojournalism, organization and management techniques, technology for research, production, and dissemination, analysis of journalistic media, and careers in journalism.

Yearbook—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Application process and Journalism/Writing course required

This course teaches the art of producing a yearbook. Students will gain experience in photography, design and layout, editing, and marketing skills.

Learning to Code 1: Intro to Swift Coding—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Swift Playgrounds is an app for iPad that makes learning Swift interactive and fun. Students master the basics of Swift—a programming language created by Apple and used to build apps—then take on a series of challenges and step up to more advanced creations. Swift Playgrounds requires no previous coding knowledge. This course consists of 12 modules that build from beginner to more advanced programming. There are vocabulary assessments, coding projects for project based learning assessments, and discussion feedback that includes, but are not limited to feedback, personal project reflection and future ideas on usage of the coding app.

Learning to Code 2—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Learning to Code 1

Learning to Code 2 will build on the fundamental knowledge of the coding concepts taught in Learning to Code 1. The Swift Playgrounds 2 Course will bridge the gap between Intro to Swift Coding and Xcode. This course consists of 16 modules building from intermediate to more advanced programming. Students will start with Swift Playgrounds and then transition to Tynker. This course includes vocabulary assessments, coding projects for project based learning assessments, and discussion feedbacks that include, but are not limited to feedback, personal project reflection and future ideas on usage of the coding app. By the end of the course, students will be ready to move to the MacBook and start with Xcode and create their very own app.

Learning to Code 3 Honors—1.0 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Learning to Code 1 & 2

At the core of App Development with Swift (Learning to Code 3) are five progressively challenging guided projects, each preceded by multiple lessons that cover the concepts and skills required to build the app. The course culminates in a personal project, which is creating an app of your own design.

Other Electives

Early Child Development—1.0 credit

Tenth, Eleventh, and Twelfth Grade

** Only 6 spots available upon request*

The Early Childhood Development (ECD) course is a one credit, elective course offered to junior and senior students. This course provides first hand, classroom immersion experience with students from 8 weeks old to 3 years old. Students will have the opportunity to observe early childhood development socially, emotionally, physically, and spiritually.

Special Needs Development—1.0 credit

Tenth, Eleventh, and Twelfth Grade

** Only 2 spots available upon request*

The Special Needs Development (SND) course is a one credit, elective course offered to senior students. This course provides first hand, classroom immersion experiences with special needs students at The First Hope. Students will have the opportunity to observe social, behavioral, emotional, academic, physical, and spiritual development.

Biblical Foundations in Personal Finance—.5 credit

Eleventh and Twelfth Grade

This course covers numerous topics in personal finance. Such topics include, but are not limited to, managing money God's way; saving money; creating a budget; understanding different types of investments; setting and achieving financial and career goals; understanding the dangers of debt; and understanding different types of insurance.

Research 1: Aquaponics—1.0 credit

Ninth, Tenth, Eleventh and Twelfth Grade

Students will be trained in the emerging field of Aquaponics where fish and organic produce are raised using a state of the art closed loop system. With the help of experts in the field, students will be responsible for the day to day running of the facility, maintaining the equipment, problem solving and they will conduct research relating to issues that arise. Science, math and writing skills will be enhanced throughout the year. Note: this is an elective that can meet general graduation requirements, and while much of the content is science based, it cannot be used to replace any mandatory science graduation requirements.

Test Prep Math—.5 credit

Tenth, Eleventh and Twelfth Grade

Pre-requisite: Algebra II

This course is designed to help students prepare for the rigors of taking the SAT assessment offered by College Board. The primary goal of this course is to identify and implement test taking strategies using prerequisite knowledge to increase student performance on the SAT.

Test Prep English—.5 credit

Eleventh and Twelfth Grade

Students will undergo intensive review of the reading comprehension and grammar sections of the SAT and ACT. The class will focus on both content and strategy to maximize score potential in these areas.

Worship Arts—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

The Worship Arts class is designed to study biblical foundations of worship from Genesis to the Levitical Order to Jesus, through the New Testament and finalizing in Revelation. The application of the course will be learning how to develop and implement services using the biblical concepts introduced throughout the course. The course can be taken by any student interested in the topic but is designed and suggested for those students participating in the a praise band as well as the TFA Chapel Band.

Physical Education Electives

Personal Fitness—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

The purpose of this course is to (a) acquire knowledge of physical fitness concepts (b) understand the influence of lifestyle on health and fitness, and (c) begin to develop an optimal level of fitness.

Beginning Weight Training—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This course is designed to help students develop an individual weight training program. It involves developing muscular strength and endurance.

Intermediate Weight Training—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Beginning Weight-Training

This is a continuation of the weight training that students learned in Beginning Weight-Training. It is an intensive program that requires students to perform Olympic-style lifts, plyometrics, and extensive planning and record keeping.

Advanced Weight Training—.5 credit

Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Intermediate Weight-Training

The purpose of this course is to enable students to develop advanced knowledge and skills in weight training, further improve muscular strength and endurance, and further enhance self-image.

Varsity Sports Conditioning and Leadership—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

Pre-requisite: Student must be a Varsity Athlete to take this course

This is an advanced level Physical Education class, designed to help athletes elevate their games to a new level using state of the art training techniques. Athletes will use many different training modalities to increase strength, speed, power and endurance. Athletes will have the opportunity to use off-season strength training programs in the weight room, speed development on the track, and agility training on the field and court. In-season sport specific training will also be available by sport. Athletes will be able to get individualized and team training in season.

Aerobics—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

This is an entry level course designed for those interested in doing basic aerobics courses. Students will learn foundational skills in flexibility, technique, and core strengthening.

Life Management Skills—.5 credit

Ninth, Tenth, Eleventh, and Twelfth Grade

The purpose of this course is to produce health literate students that take positive actions for healthy and effective living. The course is wellness oriented and emphasizes responsible decision-making and planning for a healthy lifestyle.

Care and Prevention of Athletic Injury—1.0 credit

Eleventh and Twelfth Grade

Pre-requisite: Anatomy and Physiology

Semester I will focus on anatomical structures of the body and learning how to identify, assess and treat related injuries. Each student will learn and receive certification in CPR and First Aid. Students will gain knowledge in the classroom and through observation experiences. Each student will be exposed to such topics as; concussions, broken bones, sprains, strains, asthma, female triad, nutrition (diabetes) and heat related illness. Students will learn about Sports Medicine Technology and Modalities. The focus during the second semester will be on preventive medicine and the physical development of the athlete. Students will look at the physiology of the cardiovascular and muscular systems. They will learn how to assess movement, perform sport specific athletic evaluations, design strength and conditioning programs, nutrition and take a peak into sports medicine and performance at the collegiate and professional realm.

Summer Courses

Summer Courses are offered every year at The First Academy. Course offerings may change but traditionally include:

- Economics – 2 week intensive course – \$200
- Personal Fitness – 2 week intensive course – \$200
- World Religions – 2 week intensive course – \$200
- Genius Bar Course Prep – 2 week preparation course – Free

Dual Enrollment

TFA Students have another great way to get challenge themselves in college level courses to prepare for educational opportunities after high school through Dual Enrollment. Students can have the opportunity to fulfill both high school graduation requirements and college requirements! TFA students must meet various requirements of each college's dual enrollment program and complete the application process in a timely manner to qualify.

When taking Dual Enrollment courses at The First Academy:

- Students will report to the library and will work independently on course assignments, tests, etc. Grades will be given by college professors.
- Dual-enroll final grades will be listed on the transcript as an alphanumeric grade and calculated into the TFA GPA with a weight factor of 1.0 (same as AP level classes). These grades will appear ONLY on the student transcript.
- If a student withdraws from a DE course, that withdrawal will appear on their TFA and College transcripts.
- Students must maintain a 3.0 high school GPA and a 2.0 college GPA in order to continue participation in the DE program; Academic Probation, two "W"s/withdrawals, or Academic Warning with less than a 2.0 will result in dismissal from further program participation
- Students are permitted to register for up to 4 courses/13 credit hours for Fall and Spring terms; 2 courses/7 credit hours for Summer term
- Courses must be creditable towards successful completion of high school graduation requirements
- Students will receive .5 credit with the GPA calculated on the transcript unless specified on the Dual Enrollment Equivalency List by the Florida Department of Education.
- Students may not register for remedial/developmental courses (since they do not receive college credit)
- Full details pertaining to the Dual Enrollment process at TFA can be found in the Parent-Student Handbook.