



Freshman Course Offerings

The following are the courses and descriptions that freshman can take; some courses *may* require challenge testing, audition or teacher approval.

Required Courses Assigned to Freshmen

ALL Freshmen Take These Classes - English, Social Studies & Theology

English

Eight semesters required for graduation

- **English 9** is a literature-based class that develops the skills students need to interpret, analyze, discuss and write about literature. Students participate in the “shared inquiry” method of literary analysis, which develops their literary interpretation skills. Seminar discussions promote clear communication and the use of textual support to answer interpretive questions. The writing component of the class develops competence in fundamental grammar, rules of usage, and basic paragraph and essay writing. (2 semester class)

Social Studies

Seven semesters required for graduation

- **World Geography & Non-Western Cultures** is a beginning social studies course which serves as the first semester of a three semester World History survey. Students develop geographic literacy and an ability to link geography and its effect on human culture, with an emphasis on non-western history and culture. Students learn map reading as well as research and writing skills, while developing an empathetic socio-economic awareness of non-western culture. This course not only requires student mastery of the narrative flow of history of the non-western world, but also develops basic analytical and presentation skills. There is a special emphasis on the interpretation of history as a universal discipline: a field of study which requires familiarity

with the entire range of human behavior, including politics, diplomacy, economics, social relations, technology, science, religion, literature, and art. (1 semester class)

Theology

Eight Semesters required for graduation

- **Jesus Through the Ages** is a part reflection, part Christology. This class explores the history, culture, deeds, and words of the Lamb of God as well as the faith traditions of first-century Christians. Students are prompted to explore their own life of faith in light of the Gospel Message. (1 semester class)
- **Introduction to Scripture** invites students into friendship with God through the revelation expressed in the Old and New Testaments. Students explore the nature and development of these writings and come to understand the Jesus of History and the Christ of Faith. The course provides tools of interpretation and methods of discerning inspiration, progressing through an appreciation of symbolism and the vitality of the “word”. Students have an opportunity to study the evolution from oral traditions to the early written scriptures in the early church community. (1 semester class)

Required Classes Students are Placed In Based on Test Scores - Math & Science

Science

Six Semesters Required for Graduation

- **Integrated Science** is a survey course that engages students in scientific inquiry while developing their natural curiosity about the world around them. Students participate in discussion, projects, and lab investigations. The curriculum of this course is designed to provide students with a solid foundation for future lab sciences. The class devotes one academic quarter to each of the four sciences: chemistry, physics, earth science, and biology. (2 semester class)
- **Biology** is a laboratory science course that focuses on the study of life. The course begins with an inquiry into the chemistry of life and proceeds to an examination of the

fundamental concepts of cellular biology, including in-depth study of cellular structure and function. Biology students study photosynthesis, cellular respiration, cell growth and division, the fundamentals of DNA and RNA, genetics, evolution, and the anatomy and physiology of the human immune and reproductive systems. The Biology course introduces students to bacteria, viruses, fungi, animals, and plants, focusing on their cellular similarities and differences. Scientific thinking, analysis, and laboratory skills are emphasized along with Biology's connections to other scientific disciplines. Students practice scientific writing skills and learn to think deeply in order to apply what they have learned. A time equivalent of approximately one period per week is spent in the laboratory. (2 semester class)

- **Honors Biology** is designed to teach the student the fundamental principles of Biology and to prepare her to succeed in future biologically based courses on the high school and college level. The curriculum is covered in greater depth and at a more accelerated pace than Biology. Honors Biology engages the student with numerous demonstrations, laboratory exercises, microscopy and dissections as they discover Chemistry, Biochemistry, Cytology, Molecular Biology, Genetics, and Anatomy and Physiology. The course aims to teach students the necessary laboratory skills needed for success in science courses, such as observation, analysis of data, microscopy, and dissection. Critical thinking and communication are an integral part of this course. (2 semester class)

Math

Six Semesters Required for Graduation

- **Algebra 1** is a standard first year Algebra course. Topics covered include operations with real numbers, solving and graphing linear equations, word problems, introduction to polynomials, factoring, quadratics, and radicals. (2 semester class)
- **Algebra 1 XL** follows the general goals and objectives of a standard first year Algebra course; however, advanced topics of algebra are covered in greater detail. These topics include: absolute value equations and inequalities; polynomial functions and their graphs; joint and combined variation; and other topics. Finally, students will be given challenge problems designed for curricular enrichment. (2 semester class)

- **Geometry** continues to review basic Algebra skills, but focuses on completing the common core standards for Geometry. Major topics include geometric proofs, properties of parallel and perpendicular lines, congruent triangles, basic properties and area and volume of two-dimensional and three-dimensional figures, similarity and proportions, basic trigonometric functions, constructions, and coordinate Geometry. (2 semester class)
- **Honors Geometry** While the pacing is not dramatically different from the standard Geometry course, the depth of understanding and level of difficulty of problems done for homework and exams is significantly different. In addition, the student will be assigned more proofs (direct and indirect).(2 semester class)
- **Algebra 2** is the standard second year course in Algebra. Basic concepts are extended to include three-dimensional systems and their solutions; also developed are functions, relations, irrational and complex numbers, conics, exponential functions, log functions, and sequences and series. (2 semester class)

**Important for Incoming Freshman: UC and CSU college systems require Geometry on a high school transcript. Students taking Geometry in the 8th grade may submit their 8th grade report card to the university when applying but the report card must state Geometry not just Math.*

- **Honors Algebra 2** While the pacing is not dramatically different from the standard Algebra 2 course, the depth of understanding and level of difficulty of problems done for homework and exams is significantly different. The student is being prepared for Honors Pre-calculus and AP Calculus. (2 semester class)

Required Classes that Allow for Student Options Modern and Classical Language & P.E.

Modern and Classical Languages

Four Semesters Required for Graduation

Students may take an optional challenge test to place into a second-year language program.

- **French 1** This First year communicative-based course introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC/CSU approved in the (e – Language Other than English) category. (2 semester class)
- **Italian 1** This is a first year communicative-based course that introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through reading of short stories and passages that integrate the culture and everyday life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC/CSU approved in the (e – Language Other than English) category. (2 semester class)

- Spanish 1** This first year languages communicative-based course introduces the beginning student to the four basic language skills of listening, speaking, reading, and writing. Students learn the geography, customs, and culture of the language studied through reading, dialogues, and other communicative activities. There is a strong emphasis on pronunciation, parts of speech, and basic sentence structure. The student gains mastery of the grammar structure necessary to carry out basic communicative tasks. A contextual setting is provided to enhance understanding and to allow for successful communication. Vocabulary building is stressed while oral and listening comprehension is developed. Reading comprehension is elicited through reading of short stories and passages that integrate the culture and every day life of native speakers. The student's writing progresses from simple but clear sentences to meaningful dialogues and then to basic paragraphs about the individual student and her immediate world. UC/CSU approved in the (e – Language Other than English) category. (2 semester class)
- Latin 1** The course endeavors to develop a coherent and clear understanding of the overall structure of the Latin language and incorporates elements of Latin grammar, vocabulary building and mastery of basic translation skills. it includes elements of early Roman civilization, culture, and history. Through the study of English derivatives and a thorough comparison of English and Latin grammatical concepts, the student strengthens her knowledge of English grammar, syntax, and vocabulary. The student learns noun declensions and verb conjugations and becomes skilled at translating and analyzing sentences that incorporate all parts of speech. This course is also appropriate for the student who wishes to improve her English language skills. UC/CSU approved in the (e – Language Other than English) category. (2 semester class)

P.E. Requirement

Four semesters required for graduation

- Cardio & Weight Training** surveys movement, skills and knowledge of body mechanics through achieving and maintaining a health-embracing level of physical fitness. The course focuses on the components of physical fitness (strength, flexibility endurance, balance, coordination and relaxation), the benefits of exercise and good nutrition, and the proper uses of

the different fitness machines and apparatuses in the fitness center. Instruction in proper conditioning technique will also be included in the course. The goal of the class is to enable the student to design her personal fitness program. (1 semester class)

- **Dance Styles** This beginning dance course introduces the student to a variety of modern dance genres, including jazz, modern, hip-hop, funk, and character. Students in this class will develop their knowledge of dance techniques while improving their body flexibility, strength, endurance, balance, coordination and relaxation. The dance course encourages students to collaboratively create choreography. This class may be repeated for PE credit. (1 semester class)
- **Recreational Fitness** This course will offer an extensive array of recreational sport activities that will develop skill, interest and appreciation for the need of lifelong learning, activity and recreation. The goal of this class is to provide experiences that give release from emotional strain and tension by allowing students to experience competitive and noncompetitive activities through team and individual activities. The course will incorporate background information about the games and activities, equipment use, sequence of skills, drills, game strategies, rules, safety, health benefits and assessments. The recreational games will include but are not limited to the following: Basketball, Volleyball, Indoor Soccer, Badminton, Floor Hockey, Pickle Ball, Capture the Flag and Wiffel Softball. (1 semester class)
- **Yoga** This course will introduce the student to the Hatha form of yoga. Students will learn the importance of correct alignment at all times. All the poses can be modified, depending on the student's abilities and flexibility. Students who have previous experience will be challenged with intermediate and advanced levels of combinations. However, yoga postures are more than physical poses; they work on the mind, and spirit, and promote increased awareness, vitality and inner peace. (1 semester class)

Audition Classes that meet the PE requirement include:

- **Dance Company** This yearlong class fulfills the UC requirement for Fine Arts. This class enables advanced dance students to develop their understanding, appreciation, and artistic expression through dance. Students will advance their skills in ballet, lyrical, modern, tap and jazz techniques, as well as develop their own choreography. Stage presence and confidence are vital for a performer and students will work on enhancing these techniques. By working on body flexibility, strength, endurance, balance, coordination and relaxation, students will

strengthen technique, projection dynamics, memorization skills and confidence. Local diocesan schools will be invited to the class for dance art enrichment programs. This company will study and prepare for the annual Winterfest Dance Concert. Company members will also participate in competitions and workshops during the Spring semester. Students enrolled in this course may request a PE waiver for one semester. This course may be repeated for credit. UC/CSU approved in the (f – Visual & Performing Arts) category. Audition Required.

- **Apprentice Dance Company** This year long course satisfies the UC requirement for Fine Arts. This upper intermediate dance company increases technique and performance skills through studies in multiple dance genres. Major choreographers and dance performers are studied through written and visual materials. Students create and perform original choreography through group collaboration. Students have several performance opportunities that include the “Winterfest Dance Concert”. Students enrolled in this course may request a PE waiver for one semester. UC/CSU approved in the (f – Visual & Performing Arts) category. Audition Required.
- **Intermediate Dance** This intermediate dance class is designed for students interested in improving their dance ability. The class will focus on ballet and modern movement in order to increase knowledge of various turns, leaps, and expand the students’ overall dance vocabulary. Students will have a performance opportunity at a SFHS event. Audition Required.
- **Hula Club** This year-long course enables students to learn basic Hawaiian language, Polynesian dance, and history. Through hula basics and choreography, the students will learn discipline, grace, teamwork, and commitment to reach each dancer’s full potential in hula. Students learn techniques to dance hula gracefully through hand gestures, body movement and facial expression in addition to learning basic Hawaiian language and Hawaiian history. This class performs in many of the school events as well as some outside events. Audition Required.
- **Show Choir** is an advanced choral and dance group which is open to all students 9-12 by audition only. Students will perform intermediate and advanced level popular and musical theater repertoire. Training on interpretation, vocal and dance techniques and performance will be emphasized. Required rehearsals, performances, and competitions are scheduled by the director. The course may be repeated for additional credit. Audition Required.

Participation in any level of a St. Francis High School Athletic team fulfills the PE requirement in the semester the sport is played. Each freshman will be registered

in a regular PE course until she is accepted on a team and the coach submits a roster to the Athletic Director; so, even if you plan to go out for a sport, you will still be asked to select a PE class.

Elective Classes

Fine Arts, Technology, Leadership & *Health

Fine Arts Electives

2 semesters required for graduation

- **Art 1** (1 semester). This semester introductory survey course is the prerequisite for Drawing 1, Painting 1, and Figure Sculpture 1. Students are introduced to the visual arts through instruction in drawing, sculpture, architecture, painting, printmaking and art history. This course will focus on the elements of art through hands-on experiences.

Art 1 is a prerequisite for Drawing 1, Painting 1, Figure Sculpting 1 and Digital Photography; if you take Art 1 during the summer or first semester you may select one of the following classes:

- **Acting 1** is a semester introductory course that explores applications of acting theories and techniques to scripts of realistic drama, memorized scenes, various acting exercises and audition pieces; all are presented in the classroom. This course is a prerequisite for Theater Arts 1. (1 semester)
- **Troubadour Choir** This introductory level semester class focuses on the performing of beginning level literature from selected eras of music. Basic training in interpretation, rehearsal techniques and performance will be emphasized. In addition, the students will learn relevant theory and history of the music performed. Required rehearsals and performances are scheduled by the director. The course serves as the prerequisite to year-long choral music classes. (1 semester)
- **Essentials of Music** provides students with a broad overview of music. Students will be introduced to and explore music from the medieval period through rock-n-roll. If you want to know more about music, this is the course for you. Students will develop a clear understanding

of all forms of music, build a basic listening library, and learn the fundamentals of music theory. Pending UC/CSU approval in the (f – Visual & Performing Arts) category. (2 semester)

Audition classes that meet the Fine Arts requirement include:

- **Concert Choir** The concert choir at St. Francis focuses on the performing intermediate level literature from selected eras of music. Training in interpretation, rehearsal techniques and performance will be emphasized. In addition, the students will learn relevant theory and history of the music performed. The required rehearsals, performances, and competitions are scheduled by the director. This yearlong class fulfills the UC requirement for Fine Arts. The course may be repeated for additional credit. UC/CSU approved in the (f – Visual & Performing Arts) category.
- **Chamber Singers** The chamber singers at St. Francis focus on performing intermediate and advanced level literature from selected eras of music. Training in interpretation, rehearsal techniques and performance will be emphasized. In addition, students will learn relevant theory and history of the music performed. Required rehearsals, performances, and competitions are scheduled by the director. This performance group represents St. Francis and the diocese in the community of Sacramento as the primary singing ensemble with many scheduled events. The course may be repeated for additional credit. UC/CSU approved in the (f – Visual & Performing Arts) category.
- **Jazz Ensemble** Jazz ensemble performs material from various historical Jazz idioms, including Swing, Ragtime, Blues, Dixieland, Latin Jazz, Smooth Jazz, Rock and Funk. In addition to performance and rehearsal, students will achieve awareness of the history and events of jazz music and the theoretical components of group playing and improvisation. Students will have the opportunity to create and record their own compositions in the style under consideration. UC/CSU approved in the (f – Visual & Performing Arts) category.
- **Concert Orchestra** The Orchestra is an intermediate class. Musicians will be trained in reading notations, rhythms, and standard literature. They will also be trained in the musical techniques of rehearsal and performance. Each student will be graded on the ability to perform as a contributing cooperative member. The director schedules the required performances. The students study the beginning elements of music theory and ear training. This yearlong class

fulfills the UC requirement for Fine Arts. It may be repeated for credit. UC/CSU approved in the (f – Visual & Performing Arts) category.

- **Chamber Orchestra** This is an advanced level ensemble performing as the music representatives of St. Francis in many school events and venues. The Chamber Orchestra will train in the interpretation and the period style of many musical eras. In addition to the techniques of rehearsal and performance, the student will be graded on the ability to perform as a contributing, cooperative member, responsibly improving the level of the ensemble in every aspect. The director schedules required performances and competitions. The students will continue to study music theory with an emphasis in sight singing, ear training and basic written theory. UC/CSU approved in the (f – Visual & Performing Arts) category.
- **Instrumental Solos** Students enrolled in this one semester guided independent study class work through their particular medium as a soloist and/or member of an ensemble. The one-to-one instructional format requires that the student arrange to meet with the instructor at the regularly scheduled block time (some exceptional conflict situations MIGHT allow instruction at another mutually agreeable regularly timed meeting). Students are instructed in standard literature, performance technique, and stylistic interpretation. In addition, students learn the history of the music performed and the relevant theory. Class members are expected to contribute to St. Francis and the community-at-large through participation in Liturgies, musicals and other venues. Students are required to attend rehearsals, performance concerts, and competitions. This course does not meet the UC Fine Arts requirement. The course may be repeated for additional credit.
- **Show Choir** which is open to all students 9-12 by audition only. Students will perform intermediate and advanced level popular and musical theater repertoire. Training on interpretation, vocal and dance techniques and performance will be emphasized. Required rehearsals, performances, and competitions are scheduled by the director. The course may be repeated for additional credit.

Leadership Electives

- **Ministry Leadership** (1 semester; open to all students) This course provides each student the opportunity for experience and development of her leadership knowledge and skills. It also allows the student to contribute to the St. Francis Community through

the unique gifts given to her by God. Topics covered include lay ministry, leadership styles, effectiveness, communication, conflict resolution, recruiting and managing. In addition, students will create, lead and evaluate projects to build and refine their skills. Students in Ministry Leadership work within the Campus Ministry Department and its various programs including: liturgies and prayer, retreats, service, community building, and the Big Sister mentoring program. This course may be repeated for credit. **NOTE: This class is only offered in C Block.**

- **Student Leadership** (2 semesters; required for freshman officers). This course is a required class if you have been elected as a Student Body Officer or Class Officer. Students in this class will develop an understanding of leadership theory, personal development, communication, organization, community building, and ethics in leadership. The purpose of this class is to organize, manage, and evaluate school-wide activities and events, increase school spirit, participate in community activities and events, facilitate communication within St. Francis, and support the St. Francis student community. Student leaders also provide student representation to faculty, administration, and parent organizations. **NOTE: This class is only offered at C Block.** Prerequisite: You must be elected to a Student Body Office or Class Office to enroll.

Technology Education Electives

- **Computer Graphics** This course provides students with the basic and intermediate computer graphic experience. Through the use of the Adobe Creative Suite and with a pen and tablet device, students develop 2D and 3D computer graphics for print material. Students explore a wide range of techniques to create unique graphics. This is a semester-long course. (1 semester)
- **Web Design** The course provides students with Web design experience. Students learn basic and intermediate design, creation, and maintenance of Web pages and websites. Students learn how to critically evaluate website quality and learn about Web design standards. Students design and publish their own Web sites using HTML. This is a semester-long course. (1 semester; prerequisite Computer Graphics class or portfolio)

- **Introduction to Computer Science** This introductory computer science course will teach students the fundamental concepts of computer programming in a more user-friendly and gentle format than the AP-level course. Students will learn about traditional programming concepts such as variables, loops, conditionals, procedures, lists, algorithms, complexity, concurrency, recursion, object-oriented design, classes, and inheritance. In addition, the course will cover the history of computing, the future of computing, and the relevance of computing to society. This course is geared towards any student with an interest in computers and requires no prior coursework or experience. This course is also useful as a foundational course for students planning to take AP Computer Science. (2 semesters)
- **iiliPad Technology Internship** The iiliPad program trains students to become digital media and technology leaders at St. Francis to help improve the use of technology and to enhance learning and innovation. The experience also fosters working with others in a “business” like environment. The focus is on students helping students and teachers with iPad use to create meaningful, engaged learning. This is a semester long internship. No experience necessary. This course is pass/fail. (1 semester)

Health

Health can be taken at any time during 9-12th grades.

Health is a one semester required course for graduation. The course focuses on helping students understand and develop healthy behaviors. The student will assess her current life style choices and set personal goals aimed at improving her quality of life. Students learn to identify teenage health risks, and investigate women’s health issues and health related careers. In addition, the student will research health risks created by poverty, domestic violence, child abuse and war.