

## Elective Course Descriptions-Middle School

**M/J Business Keyboarding** (one semester) – Using a special online library of software, you will gain typing speed while learning the proper technique to become a keyboarding master. You will also learn business skills to prepare for your future career.

**M/J Career Research & Decision Making** (one semester) - Learn how to set goals and develop an understanding about making informed career decisions. Throughout this course, you will participate in several self-assessment activities to help you become more aware of your unique interests, values, and skills.

**M/J Physical Education** (one semester) - This course will provide you with practice in diverse sports skills and game strategy, leading to a physically active lifestyle. You will explore nutrition and peer pressure while learning how to make effective decisions.

**M/J Coding Fundamentals** (one semester) – Do you ever wonder how your favorite websites are made? This course will inspire you to build your own! You will learn about technology you use in your day-to-day life. Learn the basics of computer science and discover how to create your own website using HTML.

**M/J Critical Thinking, Problem Solving & Learning Strategies** (yearlong) – Gain strategies to find important information quickly, transfer it to long-term memory, and perform better on assignments and tests. You will learn to become a more efficient learner, find balance, and prioritize goals.

## High School Credit Courses

**Journalism** –(yearlong) Explore a career in journalism and learn how to write a news story, a feature story, and an editorial. Throughout this course, you learn best practices for conducting research and interviews, analyzing the reliability of sources, and self-editing.

**HOPE** - With a focus on health and fitness, this course guides you to be active and healthy now and for a lifetime. With the guidance of a training instructor, you'll set personal goals in four areas of wellness: physical, emotional, social, and academic. The course uses videos, graphics, and interactive learning opportunities to encourage you to get up, eat well, and be active.

**Digital Information Technology** – (yearlong)(Meets Fine Art Requirement) Includes the exploration and use of databases, the Internet, spreadsheets, presentation applications, management of personal information and email, word processing and document manipulation, HTML, and web page design.

### **Foreign Language**

**Spanish I** - Learn basic communication with vocabulary, and new insight into the Spanish culture.

**Spanish II** - Take a virtual cruise through Mexico, Guatemala, Costa Rica, Panama, Colombia, Venezuela and Puerto Rico while learning their culture, vocabulary, and grammar.

### **.5 Credit Electives**

**Fitness Lifestyle Design**\*(see below) - Students will learn healthy habits for body and mind to lead to a healthier lifestyle. Students assess their fitness levels and nutritional knowledge to create individual plans for achieving personalized goals. (Meets PE Elective Credit)

**Personal Fitness**\*(see below) - The purpose of this course is to acquire knowledge of physical fitness concepts, understand the influence of lifestyle on health and fitness, and begin to develop an optimal level of fitness. (Meets PE Requirement)

**Social Media** – Learn about the proper use of social media for both personal and business purposes. Topics will include cyberbullying, netiquette, and digital footprints.

*\*All courses have a 14 day seat time requirement per segment EXCEPT Personal Fitness, which has 21 days and Fitness Lifestyle 24 days*