PRACTICAL ARTS

FAMILY & CONSUMER SCIENCE PHYSICAL EDUCATION

KR = NO Classes in the Practical Arts Department are included in the Qualified Admissions Approved Curriculum for KS Regents Universities

The Family and Consumer Science department offers courses in Foods and Nutrition, Clothing, Interior Design and Child Development. Classes are one semester in length and include primarily hands-on types of activities. These courses are typically taken by upper class students, and fulfill requirements for electives. The Interior Design course fulfills a Fine Arts credit.

The Physical Education department requires students to take PE1 or PE1 Wts as a freshman. Health will be taught online concurrently in that class. Two PE classes and one health class are required for graduation.

Drafting is an introduction to the industry. AutoCAD is introduced. Students are expected to purchase basic drafting equipment to use in class.

PHYSICAL EDUCATION

No more than two credits of Physical Education (four semesters) may be applied toward the 27 total credits required for graduation or 27.5 for graduation year 2028 and beyond.

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PHYSICAL EDUCATION 1

Credit: ½ Grade: 9

Course #: Girls 050017, Boys 050016

Prerequisite: None

PE 1 is an option for the physical education course for freshmen. Students participate in individual, team, and lifetime sports with an emphasis on overall improvement of physical fitness.

Health will be taught online concurrently.

PHYSICAL EDUCATION 1 WEIGHTS

Credit: ½ Grade: 9

Course #: Girls 050137, Boys 050136

Prerequisite: None

PE 1 Weights is an option for the physical education course for freshmen. Students learn proper form and lifting techniques. Students will lift weights every class period, and will engage in warm-up and cool-down activities. Flexibility, agility, and running work will contribute to the overall physical fitness of participants.

Health will be taught online concurrently.

HEALTH

Credit: ½ Grade: 9

Course #: 050005

Prerequisite: None. Students will complete an online health program concurrent to their PE 1.

Encouraging students to make responsible, respectful, informed, and capable decisions about topics that affect the well-being of themselves and others, this course is a one-semester course that provides students with comprehensive information they can use to develop healthy attitudes and behavior patterns. Designed for high school students, this informative and engaging course encourages students to recognize that they have the power to choose healthy behaviors to reduce risks.

FB PHYSICAL EDUCATION PE 1

Credit: ½ Grade: 9 (FB players)

Course #: FB 050179 (Sem 1)

Prerequisite: None

FB Physical Education PE 1 is an option for the physical education course for freshmen football players. Students learn proper form and lifting techniques. Students will lift weights every class period, and will engage in warm-up and cool-down activities. Flexibility, agility, and running work will contribute to the overall physical fitness of participants.

Health will be taught online concurrently.

PRACTICAL ARTS

Course Number	Course Name	Possible Grade Level 9	10	11	12	Credit	Dual-Enrollment	Weighted Grade
040321	FB Weights 9	■				0.5		
050179	Boys FB Physical Education 1	■				0.5		
050279	FB Weights 10		■			0.5		
050017	Girls Physical Education 1	■				0.5		
050016	Boys Physical Education 1	■				0.5		
050137	Girls Physical Education 1 Weights	■				0.5		
050136	Boys Physical Education 1 Weights	■				0.5		
050005	Health	■				0.5		
050036	Girls Physical Education 2		■			0.5		
050035	Boys Physical Education 2		■			0.5		
050125	Girls Physical Education 2 Weights		■			0.5		
050120	Boys Physical Education 2 Weights		■			0.5		
050335	Girls Advanced Physical Education			■	■	0.5		
050315	Boys Advanced Physical Education			■	■	0.5		
050345	Girls Advanced Physical Education 2			■	■	0.5		
050325	Boys Advanced Physical Education 2			■	■	0.5		
050435	Girls Weight Training 1			■	■	0.5		
050445	Girls Weight Training 2			■	■	0.5		
050415	Boys Weight Training 1			■	■	0.5		
050425	Boys Weight Training 2			■	■	0.5		
010315	Child Development			■	■	0.5		
010325	Skills for Living				■	0.5		
010215	Foods 1	■	■	■	■	0.5		
010225	Foods 2			■	■	0.5		
010335	Interior Design		■	■	■	0.5		
020311	Drafting	■	■	■	■	1.0		
020325	Principles of Applied Engineering 1		■	■	■	0.5 or 1.0		
020330	Principles of Applied Engineering 2			■	■	0.5 or 1.0		

FB WEIGHTS 9

Credit: ½ Grade 9 (FB players)

Course #: 050135 (Sem 2)

Proper lifting form and technique are taught in this class. The class is graded using Hang Clean, Bench, Squat scores based on norm standards for grade and weight. Leadership and daily points are also included.

** This course is an elective credit.*

PHYSICAL EDUCATION 2

Credit: ½ Grade 10

Course #: Girls 050036, Boys 050035, FB 050279 (Sem 1)

Prerequisite: Successful completion of Physical Education & Health 9/ PE1

Physical education 2 is an option for the second of two required physical education courses. This course builds on activities and skills learned during PE 1, continuing the emphasis on improvement of physical fitness. In addition to being physically active, the students will continue to explore sports, games, and activities they can incorporate into their daily lives as adults.

PRACTICAL ARTS

PHYSICAL EDUCATION 2 WEIGHTS

Credit: ½ Grade: 10

Course #: Girls 050125, Boys 050120

Physical Education 2 Weights builds upon the work done in PE1 Weights and continues to emphasize proper form and lifting techniques. Students continue to build on the foundation developed in PE Weights 1. Students will lift weights every class period, and will engage in warm-up and cool-down activities. Flexibility, agility, and running work will contribute to the overall physical fitness of participants.

ADVANCED PHYSICAL EDUCATION

Credit: ½ Grade: 11-12

Course #: Girls 050335, Boys 050315

This course is designed with an emphasis upon lifetime fitness and activities. In addition to being physically active, the students will continue to explore sports, games, and activities they can incorporate into their daily lives as adults.

ADVANCED PHYSICAL EDUCATION 2

Credit: ½ Grade: 11-12

Course #: Girls 050345, Boys 050325

Advanced physical education 2 is an elective physical education course. This course builds on activities and skills learned during Advanced PE, continuing the emphasis on improvement of physical fitness. In addition to being physically active, the students will continue to explore sports, games, and activities they can incorporate into their daily lives as adults.

BOYS' WEIGHT TRAINING

Credit: ½ Grades 11-12

Course #: 1 - 050415, 2 - 050425

Prerequisite: Successful completion of Physical Education and Health 9 and 10

Proper lifting form and technique are taught in this class. Conditioning, running and plyometrics are also incorporated into the course. Basic muscular function and different modes of weight training are taught. The course offers flexibility to help athletes who are in season or out of season as well as training programs for non-athletes to improve overall strength and physical fitness.

GIRLS' WEIGHT TRAINING

Credit: ½ Grades 11-12

Course #: 1 - 050435, 2 - 050445

Prerequisite: Successful completion of Physical Education & Health 9 and 10

Proper lifting form and techniques for the female athlete are taught in this class. This course is designed to help student-athletes both during their sport season and in preparation for their sport season. A general training and conditioning program is included for those interested in a lifetime fitness activity.

FAMILY AND CONSUMER SCIENCE

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CHILD DEVELOPMENT

Credit: ½
Grades 11-12

Course #: 010315

Prerequisite: None

This course teaches students how humans develop and how to care for children. Units include responsibilities of parenthood, family structures, conception, pregnancy, and childbirth. Students study the physical, social, and emotional development of infants and toddlers. They also have the opportunity for a baby care simulation using an electronic "Real Care Baby." In addition, students get hands-on experience working with the kids in the Little Saints Daycare here at STA. For the safety and well-being of the Little Saints, the health department of Kansas requires current documentation of a negative TB test provided to the STA school nurse prior to enrolling in Child Development class.

SKILLS FOR LIVING

Credit: ½ Grade 12

Course #: 010325

Prerequisite: None

This course provides basic information and teaches skills for living on your own. Topics include: personality profile, college and careers, checking accounts and balancing bank accounts, savings, scholarship research, money and time management, selecting a living space, living with a roommate, nutrition, cooking lab, etiquette, laundry, clothing repair, basic car care, personal safety, cyber safety, identity theft and drug abuse.

Skills class incorporates online programs: "Knowledge Matters: Business Sims" and the "Banzai plus" programs.

PRACTICAL ARTS

FOODS 1

Credit: ½ Grades 9-12
Course #: 010215
Prerequisite: None

This one semester course emphasizes meal planning and food preparation techniques. In a laboratory setting, evaluation of food products, background nutritional information, and care of the kitchen are also included. Students practice basic cooking skills by following safety, sanitation, and nutritional guidelines. This course is designed to encourage an interest in issues relating to food and nutrition.

FOODS 2

Credit: ½
Grades 11-12
Course #: 010225
Prerequisite: Successful completion of Foods and Nutrition and Teacher Recommendation

This one semester course includes the study of International Foods. Students expand skills developed in Foods and Nutrition with new cooking situations and apply these new talents during practical laboratory experiences.

INTERIOR DESIGN

Credit: ½
Grades 10-12
Course #: 010335
Prerequisite: None

This course covers design topics including roof types and exterior architectural styles, floor plans and furniture arrangements, space and design of specific rooms, elements and principles of design, color, accessories, lighting, background treatments, and career information. Hands-on activities and experiences are emphasized. This course fulfills one half credit of the fine art requirement for graduation.

NOTE: Interior Design will not meet the University of Missouri fine art requirement for admission.

DRAFTING

Credit: 1
Grades 9-12
Course #: 020311
Prerequisite: None

This course is designed to introduce the fundamentals of drafting and design. Students will experience a variety of technical drawings to include Multiview Projections, Auxiliary Views, Object Shadowing, Isometric, Oblique and Perspective Drawings.

AutoCAD and 3D printing will be introduced. Students will individually compete in the KSPE Model Bridge Building Contest. Students are required to purchase special drafting equipment (approximately $30). This course fulfills the fine arts credit needed for STA graduation.

PRINCIPLES OF APPLIED ENGINEERING 1

Credit: ½ or 1 Grades 10-12
Course #: 020325
Prerequisite: Successful completion of Algebra 1

This course will lay a foundation for understanding innovative and creative design processes. Students will problem solve to design, build, and 3D print working models using multiple CAD programs such as Fusion 360, AutoCAD, TinkerCAD and SketchUp, as well as other programs and applications as appropriate. Students will be expected to compete in area engineering competitions. Additional fees will be required and will vary depending on the students' choice in projects.

** This class can be taken either semester or for the year*

PRINCIPLES OF APPLIED ENGINEERING 2

Credit: ½ or 1 Grades 11-12
Course #: 020330
Prerequisite: Successful completion of Engineering 1

Engineering II course continues to expand the skills, knowledge and teamwork skills using various CAD programs that were introduced in our Engineering I class. Students will be expected to participate in area Engineering competitions, designing and creating working models with 3D printers and our laser cutter. Students will have the opportunity to choose some projects based on their person interest/field of study in engineering.

Additional fees will be required and will vary depending on the student's choice of projects.