



COURSE SELECTION FOR RISING 10TH GRADERS

Curriculum Night: February 10, 2026

Course Selection: Feb. 18 – 23, 2026



Please Note

Course selections made during this process are used to determine

- teacher hiring,
- the number of course sections offered, and
- the development of the master schedule.

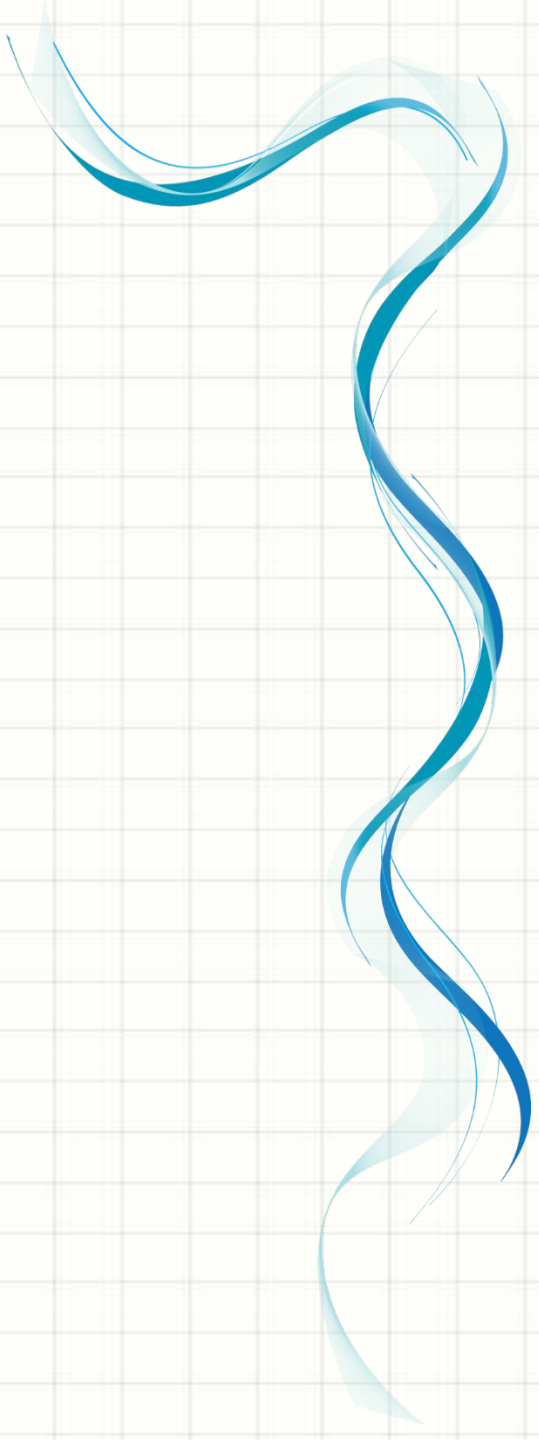
As a result, the courses students select now will be reflected in their fall schedules. **Schedule changes will not be made due to a student changing their mind.**

It is extremely important that you help guide your student in making thoughtful, well-informed choices now.

AP Course Guidance:

- Gain an edge in college preparation
- Stand out in the college admissions process
- Demonstrate commitment to academic excellence
- Students are encouraged to select AP courses aligned with their interests and learning strengths. Each student is unique, and success is not measured by the number of AP courses taken, but by meaningful engagement and performance.





ENGINEERING



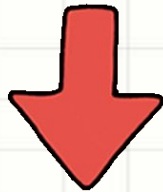
CTE OFFERINGS

3 Required Courses for Engineering Pathway



9th Grade PhysEng Course:

- Foundations of Engineering
 - ✓ Taken in Fall of Freshman Year
- Engineering Concepts
 - ✓ Taken in Spring of Freshman Year



10th Grade Course:

- Engineering Applications
 - ➡ Included in the Introduction to STEM Research course during Sophomore Year

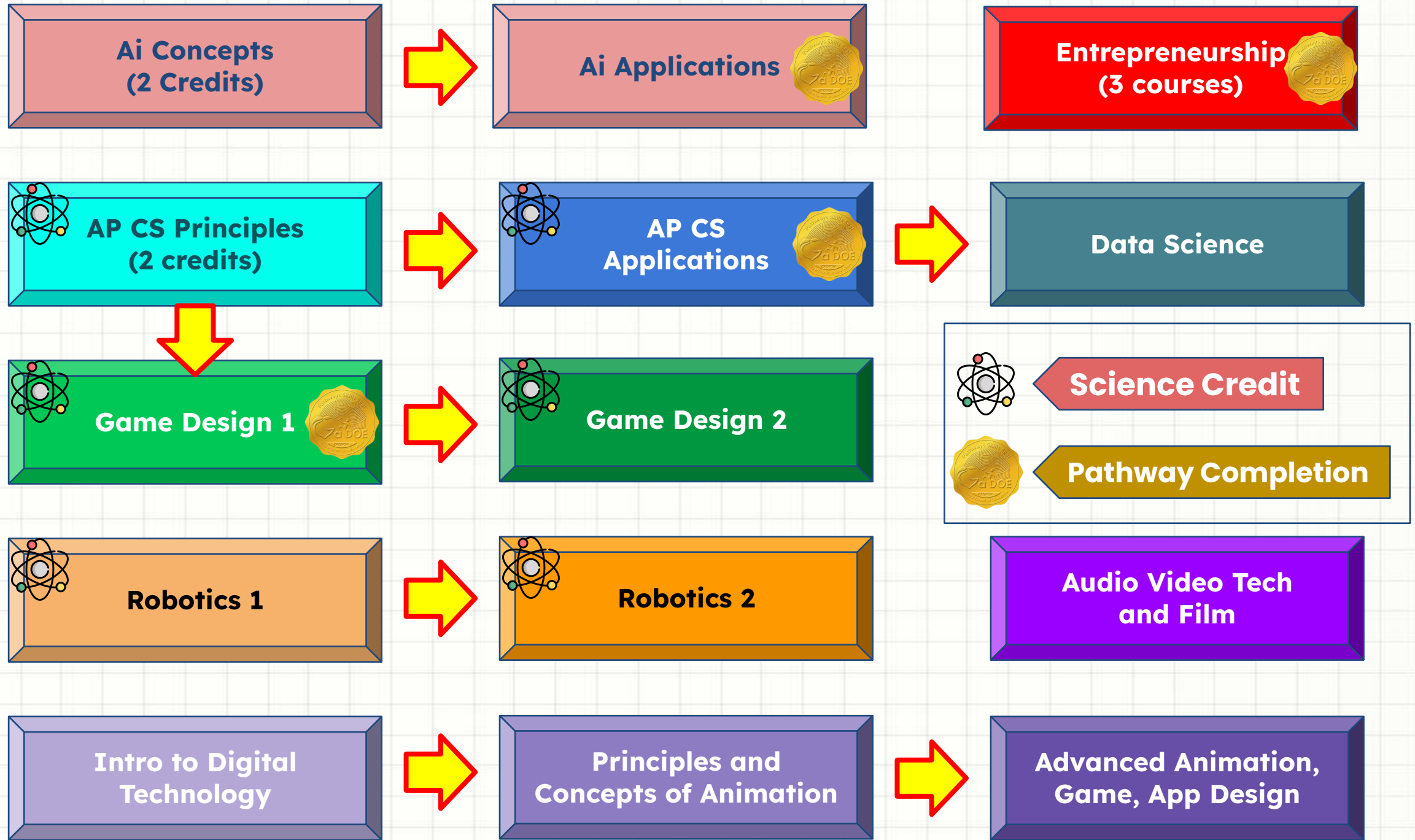


End-of-Pathway Exam

- Scheduled for Spring Semester (late March)
- National Occupational Competency Testing Institute
- Must pass in order to be a pathway completer
- Diploma Seal acquired



CTE COURSES



CTE ELECTIVES



If you have room in your schedule for an elective, you are encouraged to take an engineering elective. Please speak with an engineering teacher to find out which course would best meet your needs.

- AP Computer Science Principles 🏆
- AP Computer Science A 🏆
- Game Design: Animation & Simulation 🏆
- Game Design II 🏆
- Advanced Physics and Robotics 🏆
- Advanced Robotics (2nd year Robotics) 🏆
- Artificial Intelligence Concepts
- Artificial Intelligence Applications
- Introduction to Digital Media (Animation and 3D Design)
- Principles and Concepts of Animation
- Advanced Animation, Game, App Design
- Nanotechnology & Materials Engineering 🏆
- Audio/Video Technology & Film
- Entrepreneurship
- Data Science Analytics (1 semester)

🏆 **Recognized as a 4th year science by the State Department of Education**

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Ai Concepts
(2 Credits)



Ai Applications



Entrepreneurship
(3 courses)



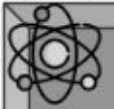
AP CS Principles
(2 credits)



AP CS
Applications



Data Science



Game Design 1



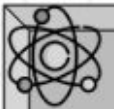
Game Design 2



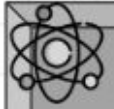
Science Credit



Pathway Completion



Robotics 1



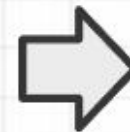
Robotics 2

Audio Video Tech
and Film

Intro to Digital
Technology

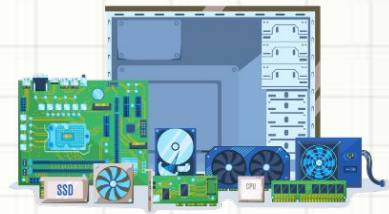
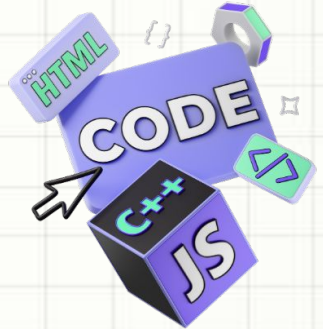


Principles and
Concepts of Animation



Advanced Animation,
Game, App Design

AP Computer Science Principles



*No Prerequisite

(**Instructors:** Mr. Nguyen, Mr. Holmes-Williams, Mrs. Calhoun, Dr. Shukla)

- Programming Fundamentals in **Python** and **JavaScript**
- Web Development: **HTML**, **CSS**, **JavaScript**
- **Computer Systems** and **Components**
- Digital Information: **ASCII code**, Pixel **RGB** data, File Formats, Data Compression
- **Spreadsheets** and **Data Visualization**
- **Ai Concepts** and **Prompt Engineering**
- **Computing Innovations** and **Impacts of Computing**
- The **Internet/Networks**, **Phishing**, **Malware**, **Encryption**

✓ Students also receive **course credit** for **Introduction to Software Technology** upon completion of this course.



AP Computer Science Applications



***Prerequisite:** AP Computer Science Principles (90%), AI Concepts, BC Calculus or above, or **faculty approval**.

(Instructors: Mrs. Rachkovskiy, or Mr. Holmes-Williams)

- The course aligns to the College Board's AP Computer Science A course and first semester computer science college courses (Georgia Tech CS 1331, among others). It provides college credit with a 4 or 5 on the AP Exam.
- Develop/Select appropriate algorithms and data structures to solve problems
- Code fluently in Java, an object-oriented paradigm programming language, including the following concepts:
 - Iterations/Loops
 - Input/Output
 - Collections/Lists
 - Methods/Classes
 - Conditional Logic
 - Recursion
 - Concepts of Abstract & Linear Algebra/Number Theory
 - Algorithm Performance/Complexity Analysis/Big O Notation
 - Primitive/Reference Object Data Types
 - Searching/Sorting Algorithms
 - Reading data from a text/.csv file
 - Multidimensional Arrays/ArrayLists
- Read/Program large labs consisting of several classes and interacting objects
- Study/Discuss ethical and social implications of computer use in our society and historical game changers in Information Technology.



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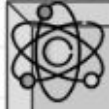
**Ai Concepts
(2 Credits)**



Ai Applications



**Entrepreneurship
(3 courses)**



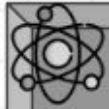
**AP CS Principles
(2 credits)**



**AP CS
Applications**



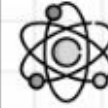
Data Science



Game Design 1



Game Design 2



Science Credit



Pathway Completion

Robotics 1



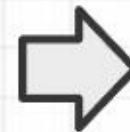
Robotics 2

**Audio Video Tech
and Film**

**Intro to Digital
Technology**



**Principles and
Concepts of Animation**



**Advanced Animation,
Game, App Design**

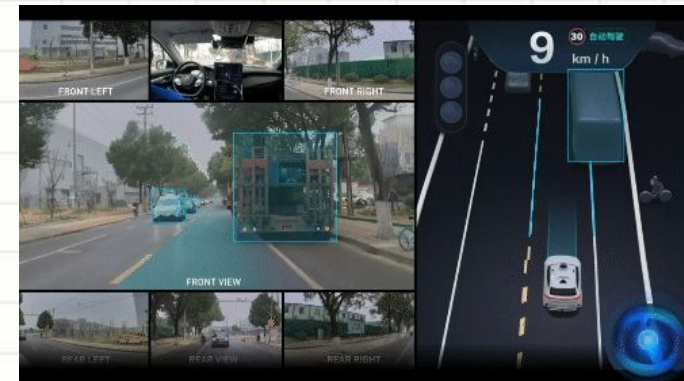
ROBOTICS + MECHATRONICS

➤ Year 1 Robotics

(Instructors: Mr. McDonald, Mr. Roberts, Mr. Nguyen)

- Intro to Aerial Vehicles (Drones).
- Learn the basics of robotic movement, sensor integration, and programming.
- Computer vision and autonomous vehicle concepts.
- Intro to AI for physical devices.
- 3D printing experience.
- Build and program robots to meet real-world objectives.

✓ Students will earn **+10 points** for **Course Grade** in each Semester.

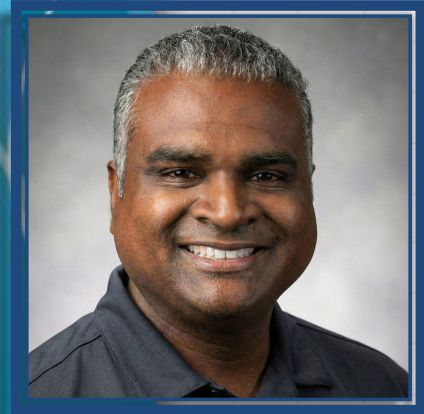


ADVANCED ROBOTICS

➤ Year 2 Robotics

(Instructors: Mr. McDonald, Mr. Roberts, Mr. Nguyen)

- Work independently and collaboratively building and programming specialized robots using various microcontroller such as Arduinos, Raspberry pi's, esp32, etc.
- Extend our understanding of robotic movement to discreet and logic circuits.
- Continue working with drones, build up a small swarm.
- Learn how to build a network of robots that work together to accomplish task and objectives using Robotics Operating
- Continue to develop design skill use a CAD software like Inventor, On shape, and fusion 360, while learning principles of additive and subtractive manufacturing.
- Earn Part 107 Drone Certification (Professional Flight)



C T E C O U R S E S

**Ai Concepts
(2 Credits)**



Ai Applications



**Entrepreneurship
(3 courses)**



**AP CS Principles
(2 credits)**



**AP CS
Applications**



Data Science



Game Design 1



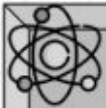
Game Design 2



Science Credit



Pathway Completion



Robotics 1



Robotics 2

**Audio Video Tech
and Film**

**Intro to Digital
Technology**



**Principles and
Concepts of Animation**



**Advanced Animation,
Game, App Design**



Game Design: Animation & Simulation

***Prerequisite:** AP CSA, AP CSP, AI Concepts, Robotics or faculty approval
(Instructor: Mr. Schepens)



- Students will learn **skills required of first year professional** software developers.
- Use **professional** level development tools - Microsoft Visual Studio and Unity Game Development Platform.
- Implement the Full Software Development Life Cycle for projects.
- Design using UML Diagrams and Object Oriented Programming in Visual C#.
- Develop software design documents and project plans.
- Develop games that will be published to full size arcade cabinets in GSMST.
- Create 1st and 3rd person perspective games, multiplayer networked games, animations, physics and rigid body interactions.
- Ideal for creative students interested in growing strong professional development skills.



C T E C O U R S E S

**Ai Concepts
(2 Credits)**



Ai Applications

**Entrepreneurship
(3 courses)**



**AP CS Principles
(2 credits)**



Game Design 1



**AP CS
Applications**



Data Science

Robotics 1

Robotics 2

**Audio Video Tech
and Film**

**Intro to Digital
Technology**

**Principles and
Concepts of Animation**

**Advanced Animation,
Game, App Design**

Science Credit

Pathway Completion



Artificial Intelligence Concepts

(Instructors: Mr. Schepens, Ms. Rachkovskiy)

AI Concepts

- Machine Learning Algorithms
- Computer Vision Algorithms
- Natural Language Processing
- History and Ethical use of AI tools

Programming In Python

- Introduction to Python Programming skills
- Programming using Python AI Libraries (Pandas, OpenCV, Numpy, PyTorch, SKLearn)

Data Science Elements

- Collect and use data for Artificial Intelligence algorithms
- Define and understand statistical concepts in data science
- Utilize data visualization reporting and statistical tools





Artificial Intelligence Applications

(**Instructors:** Mr. Schepens, Ms. Rachkovskiy)

***Prerequisite:** AI Concepts

Covering AI Concepts in more depth

- Machine Learning, Reinforcement Learning, Computer Vision
- Generative AI algorithms
- Large Language Models - Transformers

Hands On Individual and Group Projects for Advanced AI models

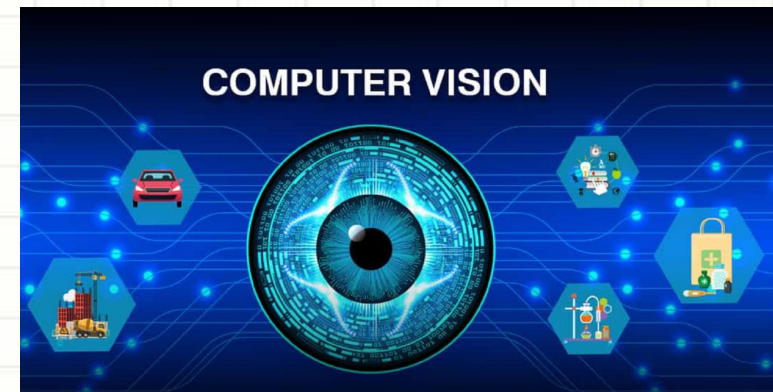
- Programming the Unitree Go2 Robot Dog for autonomous problem solving
- Utilization of pretrained AI models (Kaggle, Hugging Face)

Programming In Python

- Advanced programming using Python AI Libraries

Use of Data

- Collection of data for using in AI Algorithms
- Tuning model hyperparameters for optimum training
- Using visualization tools to show analyze data and results of AI models



C T E C O U R S E S

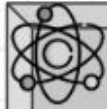
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(2 Credits)**



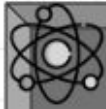
Ai Applications



**Entrepreneurship
(3 courses)**



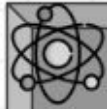
**AP CS Principles
(2 credits)**



**AP CS
Applications**



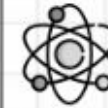
Data Science



Game Design 1



Game Design 2



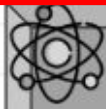
Science Credit



Pathway Completion



Robotics 1



Robotics 2

**Audio Video Tech
and Film**

**Intro to Digital
Technology**



**Principles and
Concepts of Animation**



**Advanced Animation,
Game, App Design**



Introduction to Digital Media (Animation and 3D Design)

(**Instructor:** Mr. Boyette) ➤ **Year 1 Animation**

- Introduction to Digital Media is a foundation course that serves as an introduction to the animation and 3d design industry.
- Students will learn the basics of animation and modeling in both 2d and 3d software applications that would be used in industries such as animation, motion graphics, video game design, and product visualization/simulation.
- Software used will include Adobe Animate, After Effects, Photoshop, and Autodesk 3DS Max.



Principles and Concepts of Animation

(**Instructor:** Mr. Boyette)

➤ **Year 2 Animation**

- This course will take students deeper into the animation and 3d design areas that were covered in the Intro course.
- Students will gain more experience and skills in both 2d and 3d animation and design. Students will work with other classes such as Game Design to create assets to be used in video games, as well as create animations for the school.
- A focus will be put on becoming more efficient with animation and modeling as well as the 12 principles of animation. Software used will include 3DS Max, After Effects, Animate, Photoshop, Unity and many others. Students will have the opportunity to customize much of the work to fit their particular area of interest.

Audio Video Technology and Film

(Instructor: Mr. Boyette)

- This course will give students an introduction to the film industry. Students will learn the equipment, software, and skills used to create productions from start to finish. Topics will include industry terminology, storyboarding, camera use, shot compositions, editing, and much more. An emphasis is put on creativity during the production process throughout the course, allowing students to showcase mastery of standards in a variety of different ways. Software used will include Adobe Premier, After Effects, Photoshop and others.



C T E C O U R S E S

**Ai Concepts
(2 Credits)**



Ai Applications

 **AP CS Principles
(2 credits)**

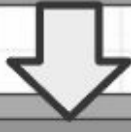


 **AP CS Applications**



Data Science

 **Game Design 1**



 **Game Design 2**

 **Robotics 1**



 **Robotics 2**

**Intro to Digital
Technology**



**Principles and
Concepts of Animation**



**Advanced Animation,
Game, App Design**

**Entrepreneurship
(3 courses)**

 **Science Credit**

 **Pathway Completion**

**Audio Video Tech
and Film**



Entrepreneurship Pathway

(Instructors: **Mrs. Calhoun**)

If you are interested in:

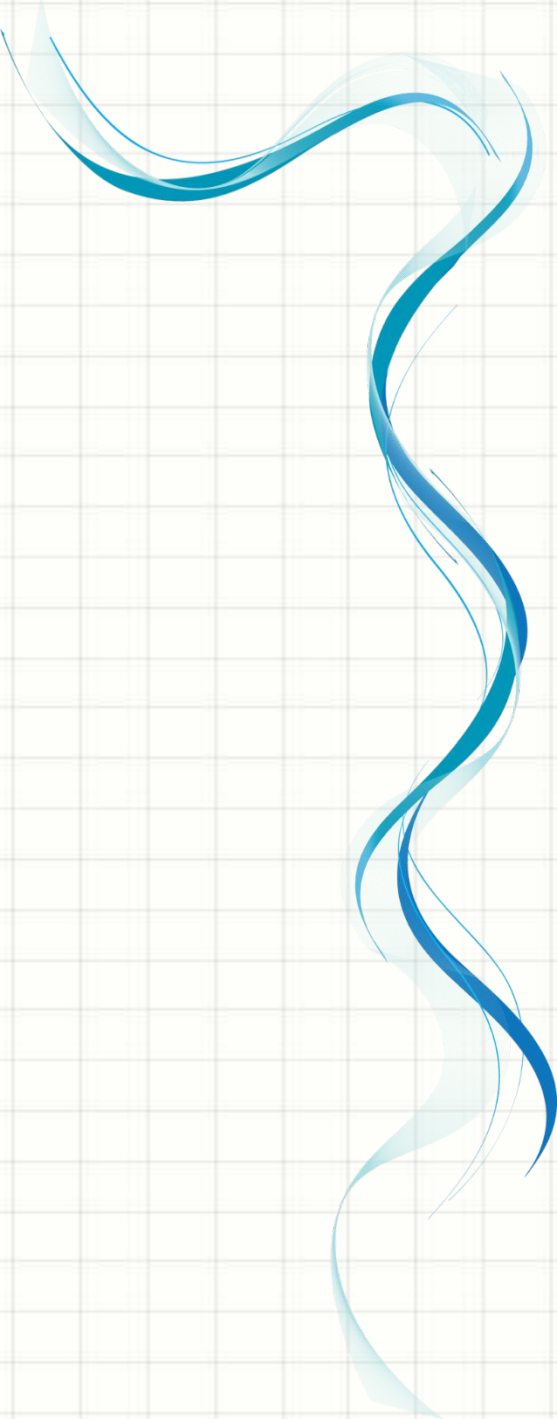
- Starting a business or leading a large organization
- Business, Finance, Marketing, or Law in STEM fields
- Developing leadership skills
- Operating a school based enterprise

Entrepreneurship

**HARD
WORK
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HARD
WORK**

- **Year 1 - Introduction to Business & Technology & Legal Environment of Business**
- **Year 2 - Entrepreneurship**
- **Also available as JFE/SCE (year long)**
- Eligible for diploma seal



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HUMANITIES

- Language Arts
- Social Studies

10th Grade ELA

AP Seminar at GSMST

- This course will prepare your child to apply for the AP Research course in 11th grade. Completing both courses can earn the AP Seminar and AP Research Certificate.
- The AP score is based on three components:
 - Team research project and presentation
 - Individual research project and presentation
 - AP Exam

10th grade ELA

AP Seminar at GSMST

Coursework Grading

AP Exam:

- Part A: Analyze an author's argument
- Part B: Write a source-based argument

Performance Tasks:

1. Individual research and team presentation
2. Stimulus-based individual research and presentation

ELA Electives:

Both courses provide students an opportunity to explore the process of creating a large publication, including preplanning, designing layouts, copyrighting, proofreading, organizing visuals, and managing finances.

Journalism/Literary Magazine: 10 – 12 (one semester or yearlong)

- Students will produce a literary magazine *Infinitas*

Journalism/Yearbook: 9 – 12 (yearlong)

- This course involves the production and sale of the *VANGUARD*, the GSMST yearbook.

Social Studies – 10th grade

All students will take one of the two World History courses below:

AP World History (A)

- Requires reading every night
- Demands self-motivated students
- Focuses on essay writing
- Culminates in the AP exam
- Starts at 1200 CE

Honors World History (B)

- Provides more scaffolding of content
- Covers pre-modern history
- Does **not** focus on or prepare for the AP exam
- Follows GCPS AKS
- Takes 4 total district assessments

**Teacher Recommendation and the PSAT Index are used to place students*

Social Studies Electives

AP Human Geography: 9 – 12 (yearlong)

- This year-long elective course introduces students to the systematic study of patterns and processes that have helped 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. Students also engage the methods and tools geographers use in their science and practice.

你好

¡Hola!

*Guten
Tag!*

WORLD LANGUAGES

Chinese | German | Spanish

CHINESE GERMAN SPANISH

- Chinese 1
- Chinese 2
- Chinese 3
- Chinese 4

- German 1
- German 2
- German 3
- German 4

- Spanish 1
- Spanish 2
- Spanish 3
- Spanish 4
- Spanish AP



SPANISH

Students who took 8th grade Spanish 1 credit:

- Spanish 2, 3, 4, AP

Students starting in Spanish 1 at GSMST:

- Spanish 1, 2, 3, **4** or Spanish 1, 2, 3, **AP**

**Spanish 4: culture, history, & geography of Spanish speaking countries*



COGNITIVE BENEFITS OF WORLD LANGUAGES

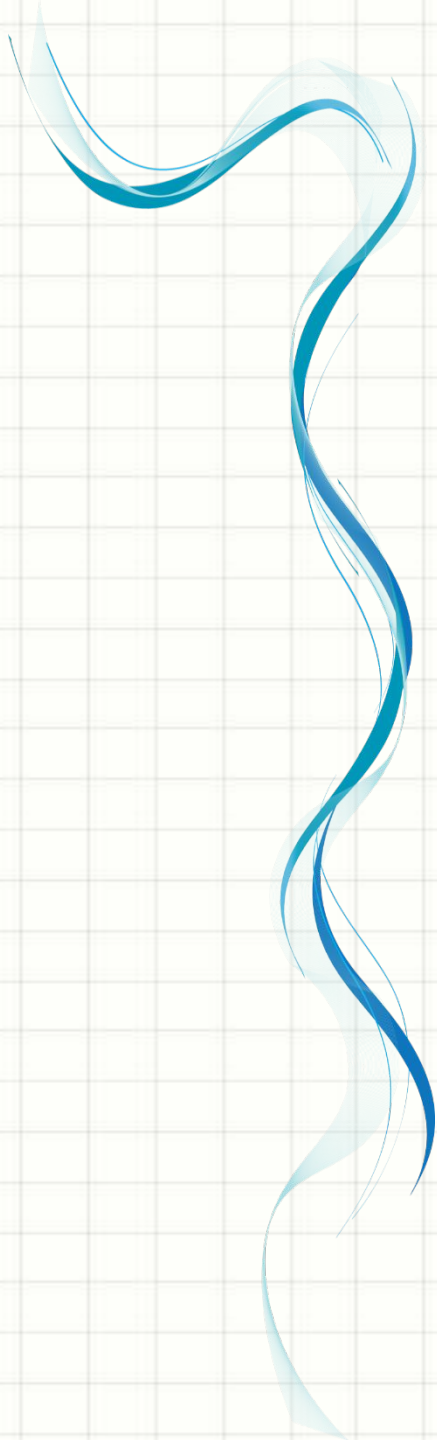
Research shows that the study of World Languages enhances higher-order thinking skills: analysis, interpretation, comparison and contrast, improvisation, synthesis



COLLEGES REQUIRING 3 OR MORE YEARS OF WORLD LANGUAGE

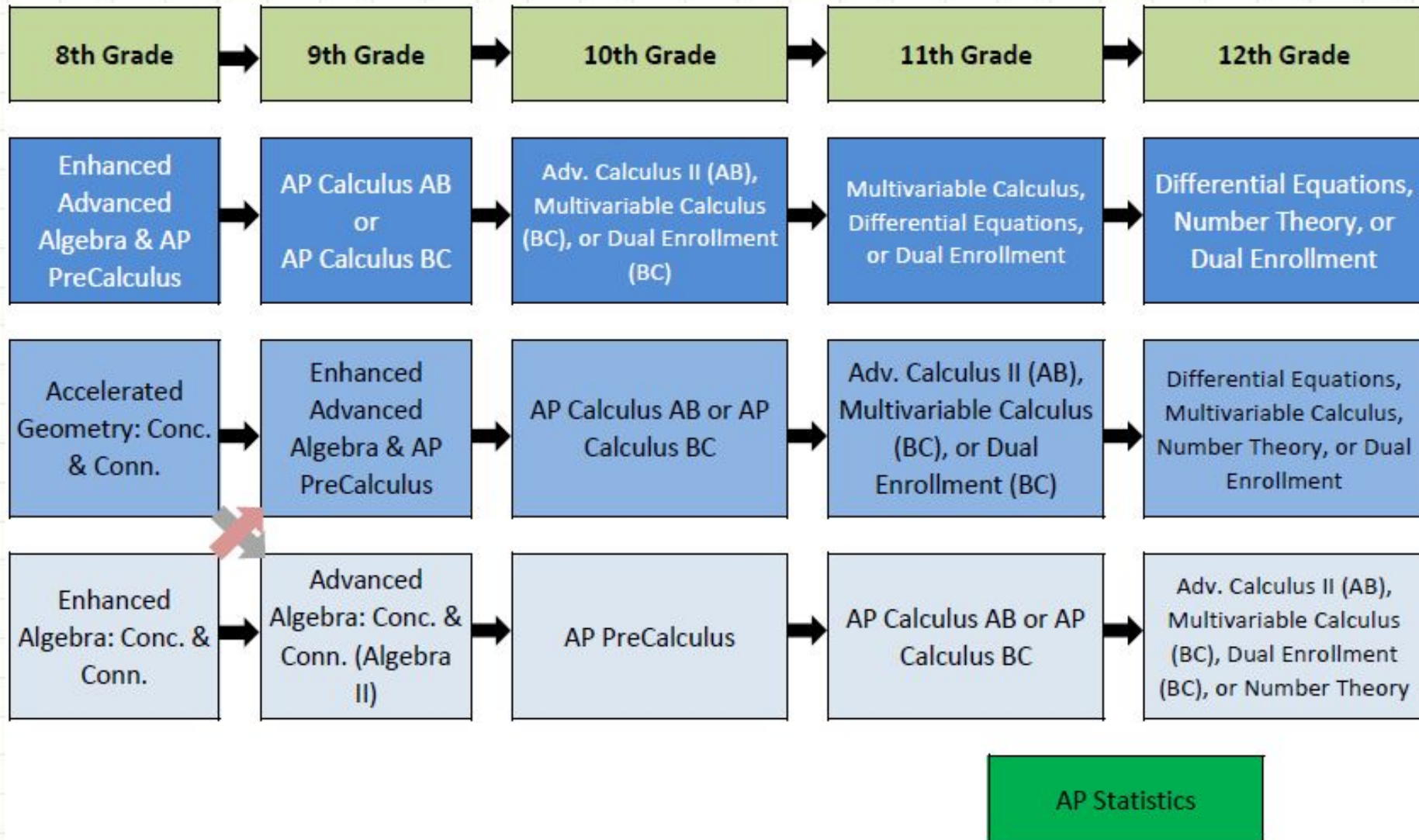
- Duke
- Emory
- Stanford
- Princeton
- Clemson
- Boston College
- Providence, RI
- University of Colorado
- College of Charleston
- University of Connecticut
- University of Delaware
- St. Olaf College, MN
- University of Michigan
- Brown University
- Dartmouth College
- University of Wisconsin
- Florida State University
- Middlebury College
- University of Pittsburgh
- Virginia Military
- California University System





MATHEMATICS

Mathematics Sequence



If Your Student Is Currently Taking Advanced Algebra: C & C

AP Precalculus

This course is designed to dive deep into the trigonometric relationships that students have surveyed in the past. While this course is the end of a math pathway at some schools, Precalculus at GSMST is specifically designed to look towards the Calculus requirement on the horizon.

****Prerequisite: Adv. Algebra: C & C**

If Your Student Is Currently Taking Enh. Adv. Algebra & AP Precal OR AP Precal

AP Calculus AB/BC (Teacher Recommendation)

The objectives follow the AP syllabus developed by the College Board for the Advanced Placement (AP) Calculus AB/BC Examination. This college level course provides an in-depth examination of limits, derivatives, and integrals of algebraic and transcendental functions; continuity; applications of derivatives to related rates; maxima and minima; curve sketching; integration formulas; applications of the definite integral; methods of integration, graphing, and integrating in polar coordinates; infinite sequences and series; power series, vectors; and differential equations.

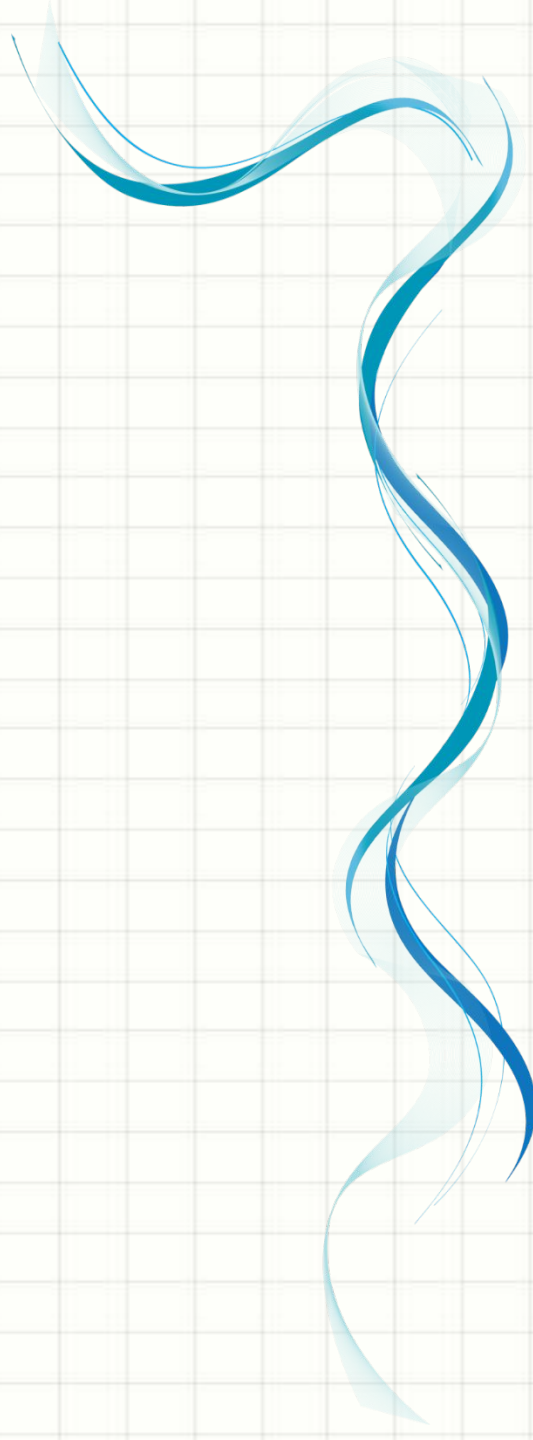
*****Prerequisite Enh. Adv. Algebra & AP Precal or AP Pre-Calculus***

AP Statistics - Also Available as a Math Elective

Math Electives

AP Statistics

This college level course provides an in-depth experience in statistical concepts and methods, including data collection and exploration, experimental and theoretical probability, probability distributions, and descriptive and inferential statistics. Projects involve planning a study, anticipating patterns, producing models, and confirming models. The objectives for this course follow the College Board syllabus, preparing students for the optional Advanced Placement exam. This is an elective math course for students and not in the required curriculum.



SCIENCE

AP Biology



- AP Biology is a college-level course in which the GCPS AKS standards are taught through and aligned with the College Board's Course and Exam Descriptions (CEDs)
- For many students, AP Biology is their first Advanced Placement course, and adjusting to application-based learning can be challenging. This transition requires time, practice, and persistence as students learn to apply concepts rather than recall information.

Unit 1: Chemistry of Life

Unit 2: Cells

Unit 3: Cellular Energetics

Unit 4: Cell Communications and
Cell Cycle

Unit 5: Heredity

Unit 6: Gene Expression and
Regulation

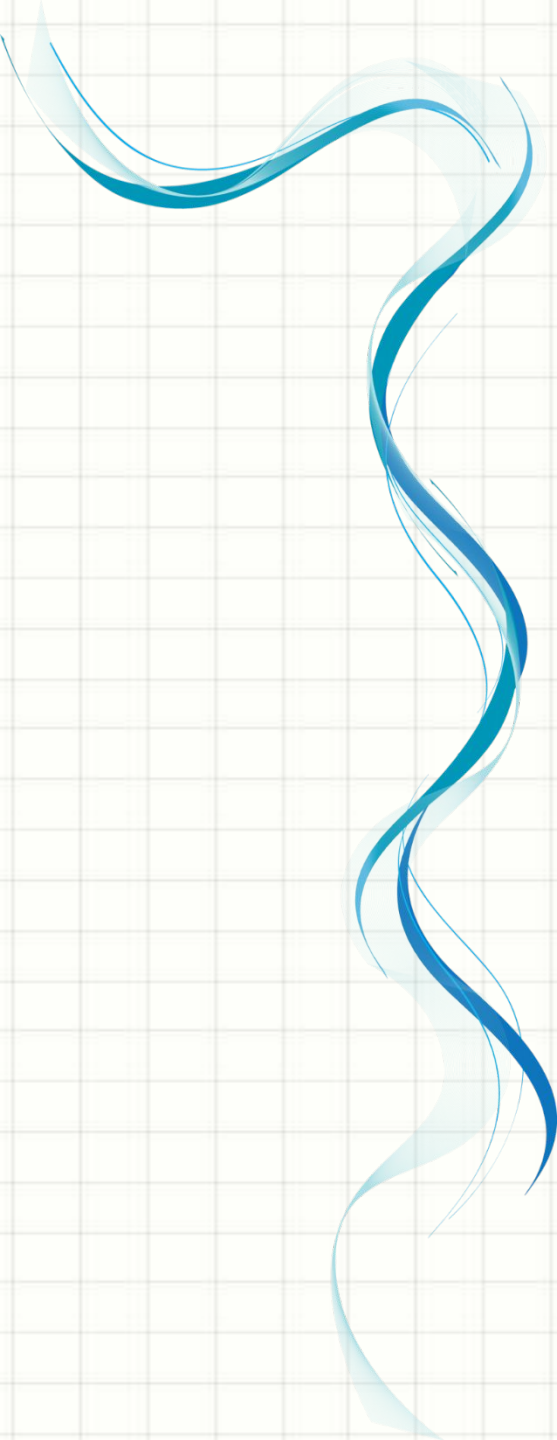
Unit 7: Natural Selection

Unit 8: Ecology

Introduction to STEM Research

- 10th grade students will learn the skills necessary to perform interdisciplinary STEM research, equipping them with a solid foundation of the scientific investigative process
- This collaborative lab-based course will teach research methodologies, data analysis, and experimental design; integrating all STEM disciplines (biology, chemistry, physics, technology, mathematics, computer science, robotics, and engineering)
- Successful completion is a graduation requirement that is specific to GSMST and is a course item on the transcript
- Students will design and conduct experiments throughout the year and exemplary research projects are eligible to enter local and national competitions



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FINE ARTS PROGRAM

INSTRUCTORS



Dr. Lauren Phillips
Visual Arts



Dr. David Richardson
Orchestra & Piano



Dr. Matt Haynor
Band, Music Tech, &
Guitar



**Ms. Catherine
Vatalaro**
Photography



Ms. Laurie Duke
Chorus, Orchestra, &
AP Music Theory

Visual Art I/II

Full Year Course

Prerequisite for all studio art classes (except Crafts)

What you'll learn

- Elements of Art
- Principles of Design
- Various 2D and 3D media
- first semester is 2D media and second semester is 3D media

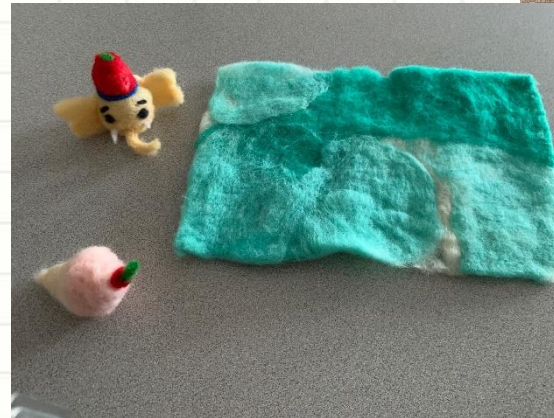


Crafts

One Semester — No prerequisites required to take Crafts

What you'll learn

- Elements of Art
- Principles of Design
- How crafts relate to STEM fields
- Students will create projects in ceramics, jewelry, fiber arts, and papermaking/book arts



Drawing/Painting I

Full Year Course

Must pass VA I/II to take this class

What you'll learn

- Advanced drawing and painting techniques
- Technical skills in a variety of 2D media
- Learn about different painting styles from art history



Drawing/Painting II

Full Year Course

Must pass DP I to take DP II, must pass DP II to take DP III or AP Studio Art

What you'll learn

- More 2D mixed media
- Develop and refine your personal art style
- Printmaking
- Oil painting
- Prepare for AP Studio



Photo I

Full Year Course

**Prerequisite for all other
photo and graphics
classes**

What you'll learn

- How to adjust settings on a digital camera
- Good composition
- Applying elements & principles
- How to use Photoshop
- Alternative & experimental processes in the darkroom

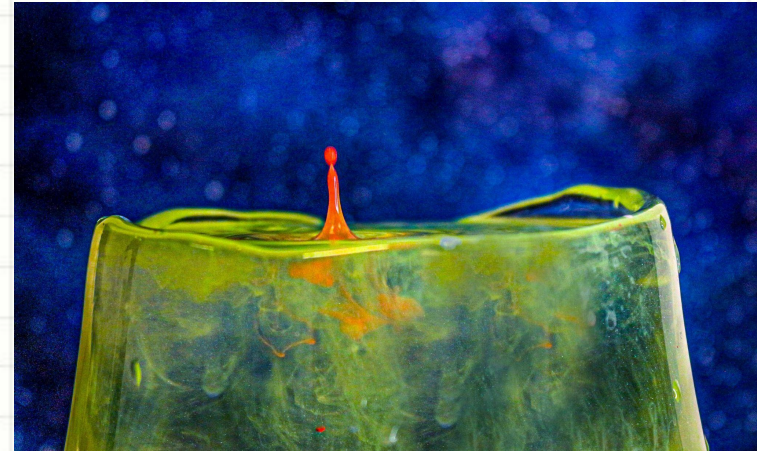


Photo II/III/IV

Full Year Course

**Must pass Photo I to take
Photo II, and Photo II for
Photo III/IV**

What you'll learn

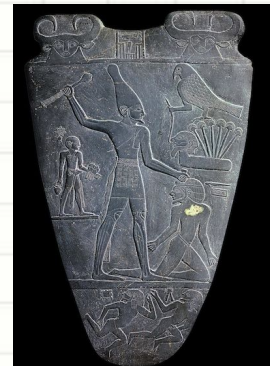
- Advanced techniques in digital photo—both camera and Photoshop
- Film photography
- To include your voice in your work
- How to develop more conceptual ideas



AP Art History

Full Year Course

- Art elective
- Explore art history from prehistory to present day
- There are no prerequisites for this class, but strong writing skills are required.
- You will learn how to analyze and compare works of art from different cultures and eras.
- Food and fun days are part of the curriculum!



Beginning Piano

Full Year Course

- This class is designed for beginning Keyboard students who are interested in learning basic playing and music terminology.
- For students who have little or no musical background
- No Pre-requisite



Beginning Guitar

Full Year Course

- This one-year course is designed for students with no previous guitar experience.
- Areas of concentration include: note reading, aural skills, playing songs, rhythmic patterns, chord study, finger-picking styles, musical forms, improvisation and performing experiences.
- No Pre-requisite



Band



Full Year Course

- The GSMST band program is made up of two ensembles - Concert & Symphonic Band. These ensembles serve as a natural progression for wind and percussion students grades 9-12 moving from middle school into high school. These performance ensembles allow students to continue in their musical pursuit and to increase their playing skills.
- Intermediate Band (Concert)
 - Participation in middle school band is required
- Mastery Band (Symphonic)
 - Audition Required (Contact Dr. Haynor for Details)
 - Meets from 7:05 – 7:52am (Transportation required)
- School concerts and rehearsals occurring outside of the school day are required.

Chorus



Full Year Course

- The GSMST chorus program is made up of two ensembles Mixed Chorus & Advanced Treble Chorus. These ensembles provide an opportunity for students 9-12 to explore and develop vocal performance skills.
- Mixed Chorus (Beginning/Intermediate/ Advanced)
 - All Voices and Experience Levels Welcome
- Treble Chorus (Advanced/ Mastery)
 - Soprano and Alto Voices
 - Audition Required (Contact Mrs. Duke for Details)
- School concerts and rehearsals occurring outside of the school day are required.

Orchestra



Full Year Course

- The GSMST orchestra program is made up of four orchestras. These ensembles serve as a natural progression for string students grades 9-12 moving from middle school into high school. These performance ensembles allow students to continue in their musical pursuit and to increase their playing skills.
- Intermediate Orchestra (Concert)
 - Participation in middle school Orchestra is required
- Intermediate Ensemble (Symphonic)
 - Audition Required (Contact Dr. Richardson for Details)
- Advanced Orchestra (Symphonic)
 - Audition Required (Contact Dr. Richardson for Details)
- Mastery Orchestra (Honor)
 - Audition Required (Contact Dr. Richardson for Details)
 - Meets from 7:05 – 7:52am (Transportation required)
- School concerts and rehearsals occurring outside of the school day are required.

Music Technology

Full Year Course

- Beginning, Intermediate, & Advanced Levels (9-12th Grades)
- An introduction to music technology software and hardware, focused on basic acoustics, digital audio, MIDI, and MIDI sequencing and notation software. Students complete independent and small group projects in areas such as digital audio, music notation, and MIDI sequencing.
 - The pre-requisites one of the following:
 - Current enrollment in Band, Orchestra or Chorus
 - Yearlong enrollment in Beginning Piano or Guitar with a B average or better
 - Teacher approval based on a piano and music theory audition



AP Music Theory

Full Year Course



- AP Music Theory is a college level course studying the development and functions of Western Music with a heavy focus on tonal harmony.
- Offered to grades 11-12
- The pre-requisites for this class are:
 - Music Teacher Recommendation and Approval
 - Current enrollment in Band, Chorus, or Orchestra
 - Yearlong enrollment in Beginning Piano, Music Technology, or Guitar with a B average or better

JFE in Music Technology

Full Year Course

- Requirements:
 - Teacher approval
 - Completion of Beginning and Intermediate Music Technology
 - Concurrent enrollment or completion of Advanced Music Technology
 - May be done at the GSMST facilities or at an approved off campus location



GSMST Health and Physical Education

“It is health that is real wealth, not pieces of
gold and silver.” ~Mahatma Gandhi

Personal Fitness and Health from the GCPS Choice Book

Personal Fitness - Required - 1 Semester - Gr. 9–12

This course is a graduation requirement and a prerequisite to all elective physical education courses. The course provides students with the basic knowledge and understanding that physical fitness, exercise, and diet are essential in developing and maintaining a healthy lifestyle. **There is no waiver for this course as a graduation requirement for a Regular Education Diploma.**

Personal Fitness at GSMST:

The teacher becomes like a personal trainer - helping the students develop personal goals, fitness, nutrition and wellness plans for healthy habit development that can last a lifetime!

Health - Required - 1 Semester - Gr. 9–12

This course is a graduation requirement designed to offer a practical approach to health topics that concern adolescents. The course covers knowledge and skills necessary for personal health and well-being and the prevention and treatment of injury. Additional information covered includes disease prevention, relationships, consumer health, the life cycle, CPR/AED instruction, and preventing the abuse of tobacco, alcohol, and drugs.

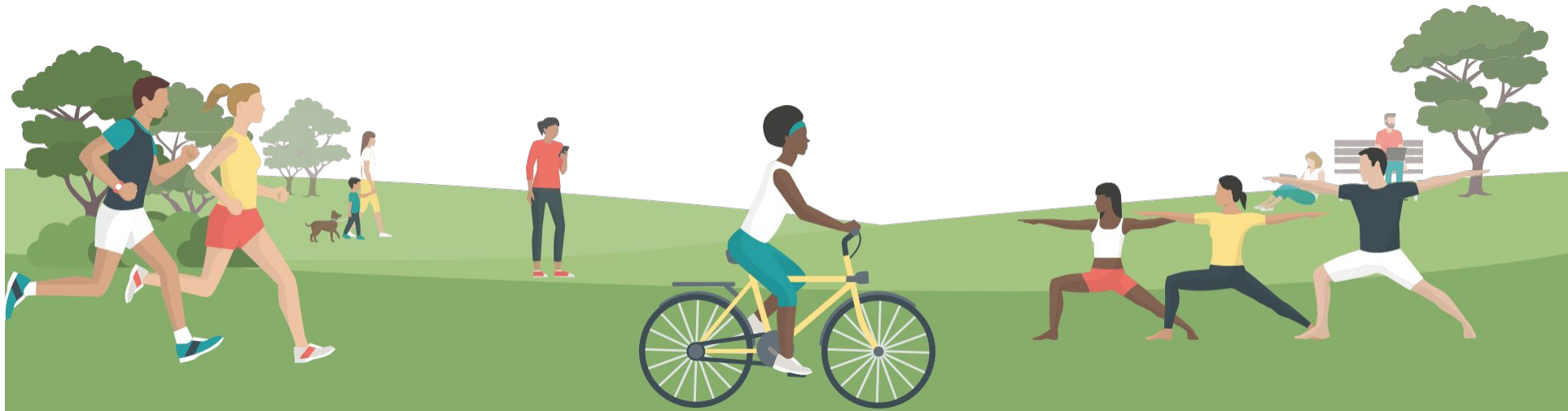
Health at GSMST:

Application of health and wellness concepts in such a way to see the relationship between all areas of life. Students will have the opportunity to earn CPR certification, and also their ADAP certification.

GSMST Options for Graduation Requirements: Personal Fitness and Health

- Offered in the summer (online), traditional semester, and a combination quarter option.
 - **2026 Summer Registration** is now open on MPP through the GSMST Community School
 - Online curriculum from **June 1-June 22**
 - Students must be available to take the final exam in online on June 22nd.
 - **Traditional Semester** - one semester of Personal Fitness, one semester of Health = full year.
 - **Quarter/Combination Option** - both courses are covered at the same time at an accelerated rate. Outside of class activity and coursework will be required.

GSMST PE Electives Promote Recreation and Wellness!



General PE Elective (I, II, III)

A series of topics that focus on all aspects of a physically active and wellness-focused lifestyle.

Course activities will include a variety of options:

- **Lifetime sports and or recreational games** (tennis, badminton, golf, bowling, ping-pong, etc.)
- **Team sports or team recreation games** (capture the flag, ultimate frisbee, speedball, kickball, volleyball, etc.)
- **Fitness and Training** (walking, jogging, cycling, strength training, yoga, pilates, etc.)
- **Healthy habits** (stress relief, good nutrition, time management)

Basic methods to attain a healthy and active lifestyle are emphasized!



Summer Health/PE @ GSMST

Cost: \$250 each

(payable on MyPaymentsPlus)

***Registration closes on May 21st (or earlier if class capacity is reached)*

Health: June 1 – June 22

Course is completed entirely online. Final exam is online on June 22nd.

Personal Fitness: June 1 – June 22

Course is completed entirely online. Final exam is online on June 22nd.

***In order to take part in Personal Fitness, you must have access to a phone with a fitness tracking app which you will carry/wear during exercise to track your pace (Fitbit app is recommended and is a free download to any smartphone).*

FINE ARTS & HEALTH/PE PROGRAMS

To learn about all the different course offerings available in Fine Arts (Music/Art) and Health/Personal Fitness, use the QR code below.



Fine Arts &
Health/PE Elective
Options



Summer Health
& PE Flyer



THANK YOU!

