



ATHLOS JUNIOR HIGH
2019-20 COURSE CATALOG & LOOKBOOK

REQUIRED COURSES

7TH GRADE

Course	Credits
English Language Arts 7	1.0
Math 7	1.0
Science 7	1.0
Athletic Movement	1.0
College and Career Readiness	1.0
Utah Studies	0.5
Computer Tech	0.5
2 Electives (0.5 credits each)	1.0

English Language Arts 7

1.0 credit

The 7th grade language arts course connects reading instruction with writing for multiple purposes. The course continues intensive practice and study of informational and literary reading and writing. Students read extensively from a variety of sources and draft, revise, and edit their own writing.

Honors English Language Arts 7

1.0 credit

A score of 3 or 4 on the RISE assessment and a recommendation from student's English Language Arts teacher is required.

The Honors English Language Arts 7 course curriculum is studied at a deeper level and is faster paced than English Language Arts 7, accelerating students and preparing them for high school.



Math 7

1.0 credit

In this course, instructional time focuses on the following areas: (1) developing understanding of and applying proportional relationships; (2) developing understanding of operations with rational numbers and working with expressions and linear equations; (3) solving problems involving scale drawings and informal geometric constructions and working with two- and three-dimensional shapes to solve problems involving area, surface area, and volume; and (4) drawing inferences about populations based on samples.

Honors Math 7

A score of 3 or 4 on the RISE assessment and a recommendation from student's math teacher is required.

This course is designed to help meet the needs of gifted students that would not be challenged in the 7th grade math class. This course will compact the curriculum of both 7th and 8th grade math into one year so that students will be able to take Secondary Mathematics I as 8th graders. (Students must pass the required test to take this course. Placement in this course is based upon math test scores and/or instructor recommendation.)



Utah Studies

0.5 credit

The Utah Studies/Current Issues component of this course helps students understand the interaction between Utah's geography and its inhabitants, as well as the formative contributions of Native Americans, explorers, and Utah pioneers. The course will also investigate the relationship between government and the people of Utah, the diverse nature of Utah's people and cultures, and the impact of contemporary issues on the land and people of Utah.



Athletic Movement

1.0 credit

In Athletic Movement class, 7th grade students will continue level 4 of the Athlos athletic curriculum, referred to as Organized Sport Application. Level 4 introduces performance enhancement through the development of speed, agility, mobility, and strength. Students develop key physiological adaptations and participate in an environment that instills a joy of physical activity with exposure to various sports. Students build speed, develop coordination and agility, increase mobility and stability, and enhance fitness through aerobic and anaerobic exercises and resistance training.

Electives

1.0 credit

7th grade students may select two elective courses— one for each semester.

Science 7

1.0 credit

7th grade Science uses cross-cutting concepts and science and engineering practices to access core ideas in physical, Earth, and biological sciences. The overall approach is phenomenon based. The goal is to enable students to become critical thinkers who are fluent in science and engineering approaches to problem solving.

Computer Tech

0.5 credit

Students will have the opportunity to practice keyboarding skills, as well as become proficient in Microsoft Word, Excel, and PowerPoint. In a digital world, it is important to become digital literate for future success in any career.



College and Career Readiness

1.0 credit

College and Career Readiness offers exploration and preparation in college and career pathways focusing on jobs that are high skill and high demand, as well as satisfying and financially rewarding. The College and Career Readiness course is designed to help students identify their interests, abilities, and skills. With appropriate developmental information related to careers, educational pathways, and self-knowledge, students are able to begin to make college and career goals for the future. College and Career Readiness is designed to acquaint students with the Utah labor market and the employment opportunities for which they can prepare by defining a College and Career Ready Plan.



REQUIRED COURSES

8TH GRADE

Course	Credits
English Language Arts 8	1.0
Math 8	1.0
U.S. History	1.0
Science 8	1.0
Athletic Movement	1.0
Health	0.5
Digital Literacy	0.5
2 Electives (0.5 credits each)	1.0

English Language Arts 8

1.0 credit

The 8th grade language arts course connects reading instruction with writing for multiple purposes. The course continues intensive practice and study of informational and literary reading and writing. Students read extensively from a variety of sources and draft, revise, and edit their own writing.

Honors English Language Arts 8

1.0 credit

A score of 3 or 4 on the RISE assessment and a recommendation from student's English Language Arts teacher is required.

The Honors English Language Arts 8 course curriculum is studies at a deeper level and is faster paced than English Language Arts 8, accelerating student learning and preparing them for high school.

Math 8

1.0 credit

In this course, instructional time focuses on three critical areas: (1) formulating and reasoning about expressions and equations, including modeling and association in bivariate data with a linear equation and solving linear equations and systems of linear equations; (2) grasping the concept of a function and using functions to describe quantitative relationships; (3) analyzing two- and three-dimensional space and figures using distance, angle, similarity, and congruence and understanding and applying the Pythagorean Theorem.

Honors Math 8

1.0 credit

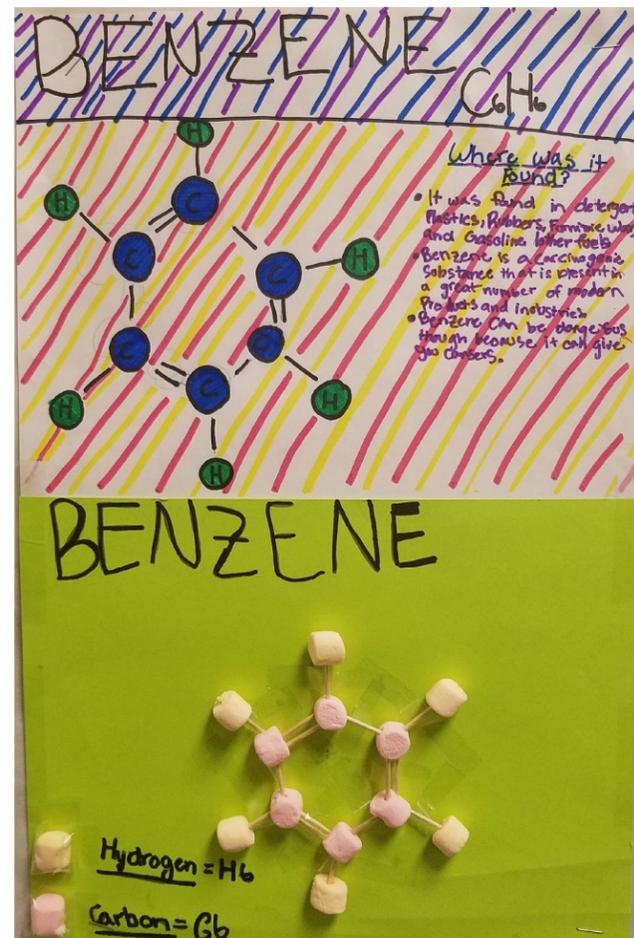
A score of 3 or 4 on the RISE assessment and a recommendation from student's math teacher is required.

In addition to the curriculum described for Math 8, students in this honors course will also focus on additional mathematical topics. Placement in this course is based upon math test scores and/or instructor recommendation.

Science 8

1.0 credit

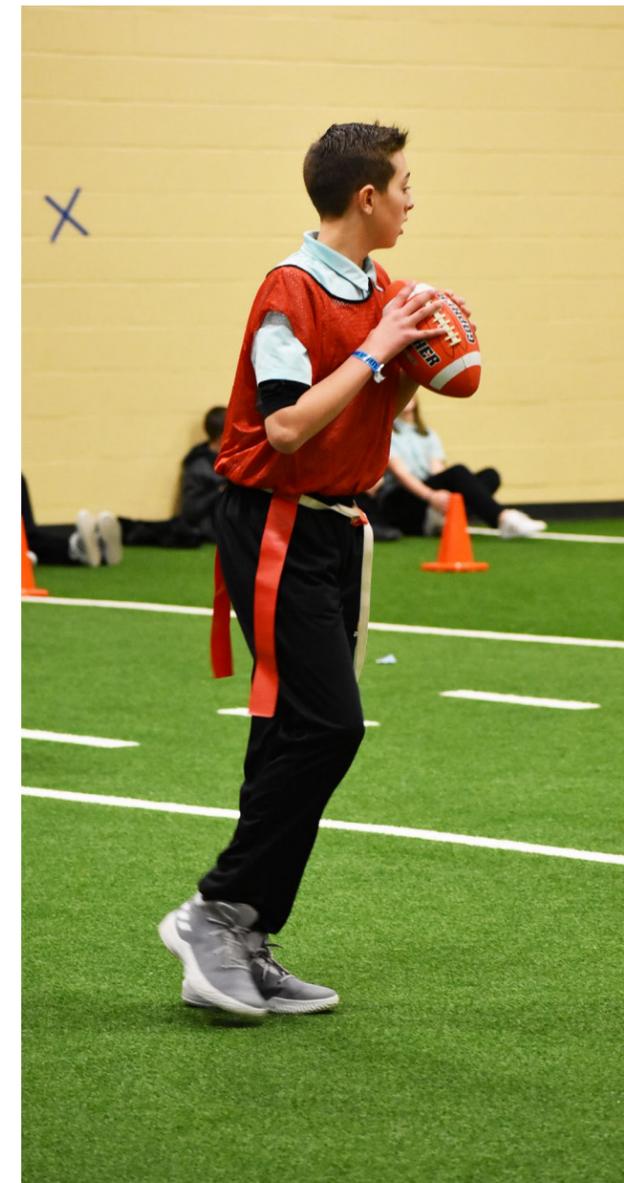
This is a course integrating science skills with district performance results to build self-directed learners. Students are participants in assessing and reflecting on their own learning. The main intent of science instruction in Utah is that students will value and use science as a process of obtaining knowledge based upon observable evidence.



U.S. History

1.0 credit

Students in U.S. History will learn about historic events of the 18th and 19th centuries. Some of the topics covered are exploration, colonization, the Revolutionary War, constitutional issues, nation-building, westward movement, the Civil War, and Reconstruction.



Athletic Movement

1.0 credit

In Athletic Movement class, 8th grade students participate in level 5 of the Athlos athletic curriculum, which is called Active Sports Participation. This level utilizes the sport education model and takes a more student-centered approach, combining all of the previously learned skills and abilities from levels 1, 2, 3, and 4 into a more advanced curriculum. The end goal of level 5 is to further develop the physiological adaptations made in the previous levels and deepen students' understanding of how the development of athleticism affects lifelong health and wellness.



Health

0.5 credit

The purpose of health education is to provide opportunities for students to develop knowledge, skills, and attitudes necessary for practicing lifelong health-enhancing behaviors. This course of study includes such topics as disease prevention, first aid, risk-reducing behaviors, and interpersonal skills to improve health and relationships.

Digital Literacy

0.5 credit

This course is an introduction to computers helping to make students more computer literate. Students will have opportunities to use technology and develop skills that highlight critical thinking, productivity, creativity, and collaboration. The students will demonstrate learned skills by creating projects in the various content areas covered in class. This course is aligned with national and international standards and the Utah Core to prepare students across multiple skill levels. This course is a prerequisite for high school computer literacy courses.



Electives

1.0 credit

8th grade students may select two elective courses—one for each semester.

REQUIRED COURSES

9TH GRADE

Course	Credits
English Language Arts 9	1.0
Secondary Math I	1.0
Biology I or Earth Systems	1.0
Geography	0.5
Fitness for Life	0.5
Participation Skills and Techniques	0.5
4 Electives (0.5 credits each)	2.0

English Language Arts 9

1.0 credit

The 9th grade English Language Arts course connects reading instruction with writing for multiple purposes. The course continues intensive practice and study of informational and literary reading and writing. Students read extensively from a variety of sources, and draft, revise, and edit their own writing.

Honors English Language Arts 9

1.0 credit

A score of 3 or 4 on the RISE assessment and a recommendation from student's English Language Arts teacher is required.

This writing-intensive honors course will focus on developing academic writing and analytical skills while introducing students to a variety of works ranging from novels to short stories to plays. This course is designed to ready students interested in AP or IB courses during their final two years of high school.

Secondary Math I

1.0 credit

The purpose of Secondary Math I is to formalize and extend the math students learned in the middle grades. Students in this course will deepen and extend their understanding of linear relationships, explore exponential phenomena, apply linear regression techniques to data, and use properties and theorems of congruent geometric figures. The final unit of this course will tie together the algebraic and geometric ideas the students have studied.

Honors Secondary Math I

1.0 credit

A score of 3 or 4 on the RISE assessment and a recommendation from student's math teacher is required.

In addition to the curriculum described for Secondary Math I, honors students will also represent and model with vector quantities, use matrices in application, and perform operations on vectors and matrices.

Biology I

1.0 credit

Lab fee required.

Biology includes the topics of ecosystems, cells, heredity, diversity, organ systems, and evolution. Students will explain biological ideas or concepts in their own words, relate them to other topics, and apply them in new contexts.

Geography

0.5 credit

This course is designed to introduce students to the physical and cultural patterns of the world. Geographic study includes mapping skills, the interaction between people and their environment, and the political and economic systems they develop.

Earth Systems

1.0 credit

The theme for Earth Science is systems as an organizing concept to understand life on Earth, geological change, and the interaction of atmosphere, hydrosphere, and biosphere. Students will learn about Earth's place in the universe, internal structure, atmospheric processes, and reactions.



Fitness for Life

0.5 credit

Students will identify, understand, and apply all the components of fitness, such as cardiovascular fitness, strength, flexibility, endurance, weight control, nutrition, eating disorders, and stress management. This course will utilize level 5 of the Athlos athletic curriculum to help each student adopt a personal lifestyle that will achieve physical fitness.



Participation Skills and Techniques

0.5 credit

This course will develop participation skills and techniques in a variety of individual team sports and activities with emphasis on leadership, courtesy, respect, and fairness. This course will utilize level 5 of the Athlos athletic curriculum to help each student adopt a personal lifestyle that will achieve physical fitness.

Electives

2.0 credits

9th grade students may select 2.0 credits of electives for the school year— two half-credit classes per semester.

ELECTIVE COURSES

Electives are based off of student interest. If there are enough students interested in a course, we will offer that course. Selecting a course does not guarantee a space in that class.

Grade	Credits
7th Grade	1.0
8th Grade	1.0
9th Grade	2.0

Creative Writing

0.5 credit

Want to publish one of your favorite pieces of writing? Plays, short stories, novels, screen-plays, poems, monologues, and pop-culture writing all rely on techniques of creative writing. This class will focus on each of these genres of writing and give the opportunity to take many of your selected pieces of writing through the writing process to publication in the format of a literary magazine.



Art I

0.5 credit

Learn various styles of art using different mediums: clay, painting, drawing, shading, pointillism, texture, and more!

Art II

0.5 credit

Prerequisite: Art I

This is an advanced art class where students have an opportunity to explore and enrich principles they have learned in Art I.

Choir I

0.5 credit

Want to make new friends and learn to sing? This is a semester-long course that explores choral music from various cultures and time periods through study and performance. This class will emphasize the basics of vocal technique, sight-reading, and musicianship. We will have fun with community building activities and games throughout the course. The choir students are expected to participate in one evening concert during the semester.



Choir II

0.5 credit

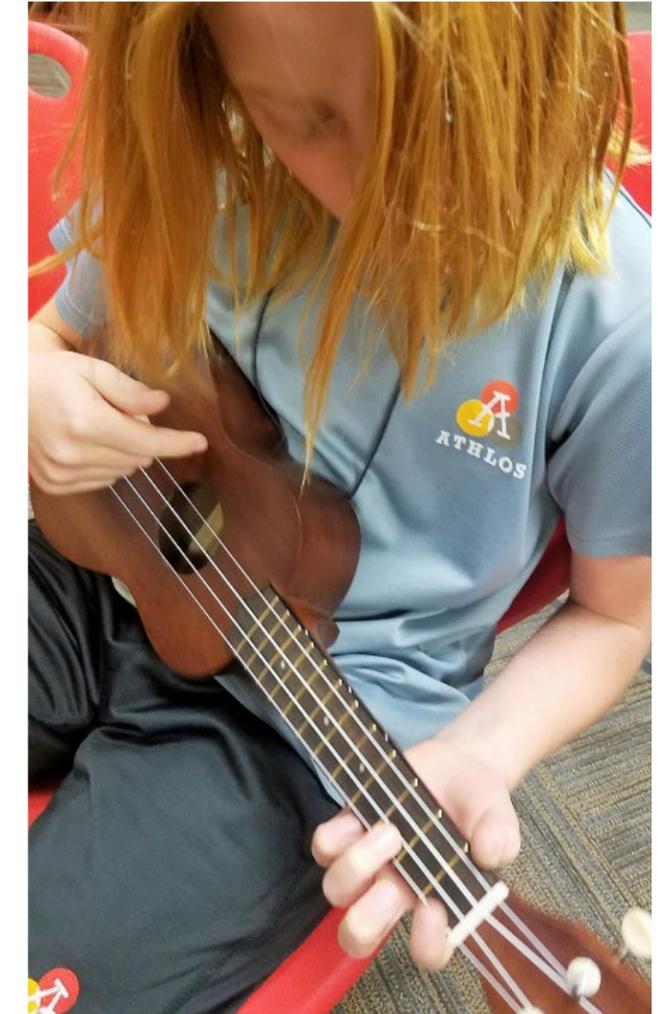
Prerequisite: Choir I

This course provides opportunities for students to develop their musical potential and aesthetic understanding through singing in a choral ensemble. Study includes the care and cultivation of a beautiful tone, aesthetic sensitivity, ability to read music with increasing fluency, building of technical skills, team spirit, and responsible rehearsal habits. This is a singing class for 7th–9th graders where emphasis is balanced between learning to sing correctly, understanding basic music theory, music appreciation, and performing. This class will have many opportunities to perform throughout the second semester.

Ukulele I

0.5 credit

Have you ever wanted to learn how to play the ukulele? This is a great instrument for around the campfire, sitting on the beach, or just playing at home. In this class you will learn the notes of the ukulele and how to adapt solfa from simple folk songs to the ukulele. You will learn how to play root position major, minor, and seventh chords relative to the key of C. You will learn to read tablature and play simple single-note melodies.



Ukulele II

0.5 credit

Prerequisite: Ukulele I

Ukulele II will continue on to more advanced techniques for playing, as well as more challenging chords. It also includes a deeper understanding of music reading, as well as group music including popular music.

Personal Finance

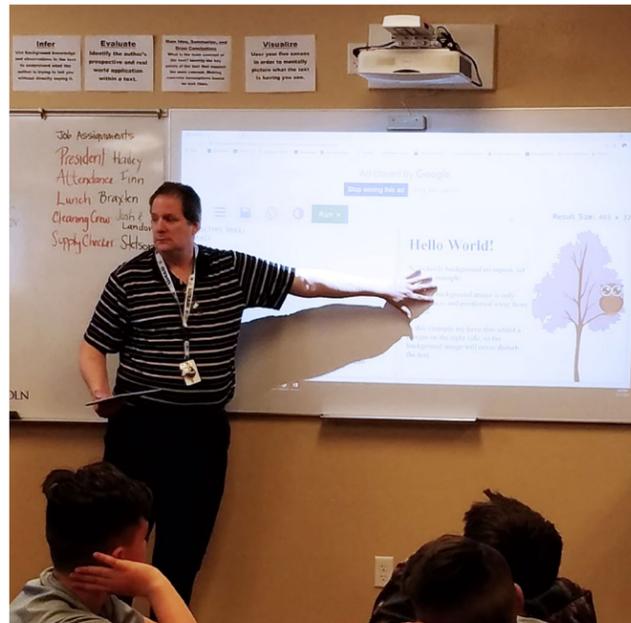
0.5 credit

This course provides students with understanding of basic financial concept skills they can use to conduct their personal finances. Students develop individual plans—budgeting, short-term and long-term financial planning, and career preparation.

Theater

0.5 credit

In theater, we will study basic stage terms, improvisation, stage movement, observation techniques, oral skills, characterization, and cooperation. We will also cover monologues and literary awareness. If you like to use your imagination, role-play, and perform, or you want to improve your confidence and get out of your comfort zone, this class is for you!



Robotics 0.5 credit

The LEGO robotics course provides an introduction to robotics for students with no programming background using LEGO MINDSTORMS EV3 kits. Students will learn to construct, control, and program robots through investigative and explorative activities. Research projects will expose the students to the engineering process. This class uses advanced mathematics; strong math skills are highly encouraged.

Spanish I 0.5 credit

Spanish I will provide the student with a general introduction to the Spanish language: sound system, pronunciation, functional vocabulary related to everyday life, cultural information, and basic grammatical structures. Emphasis will be on the acquisition of four skills: listening, speaking, reading, and limited writing. There are two main objectives to the course. Foremost is to give the students the ability to carry on a simple conversation in Spanish. The second is to provide the students with instruction that teaches a basic understanding of Spanish culture, vocabulary, and grammatical concepts.

Human Anatomy and Physiology 0.5 credit

Lab fee required.

This semester-long course will cover basic human anatomy and physiology, medical terms, medical ethics, diseases, and disorders. It will help prepare students with interest in a health care career for further study. It will also explore career possibilities in the health care field and the education students will need to compete in the job market.

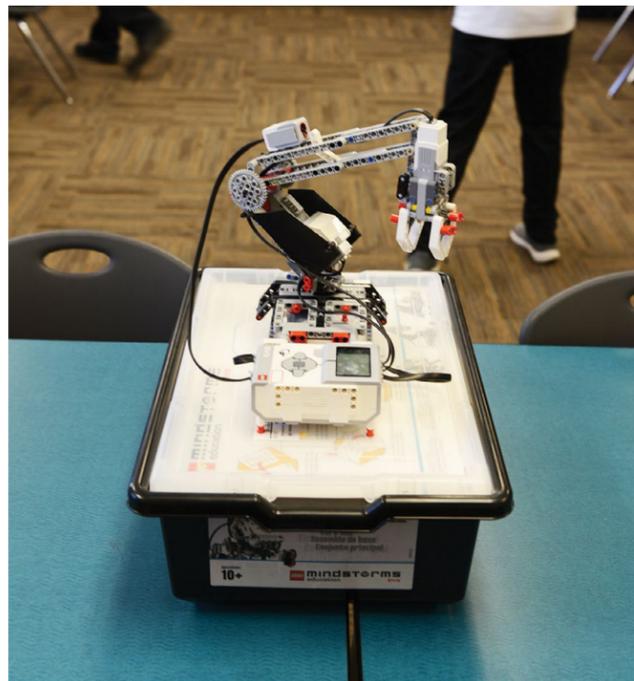
Coding 0.5 credit

Coding is appropriate for 7th–9th grade students. The course takes a wide lens on computer science by covering topics such as programming, physical computing, HTML/CSS, and data. Students engage with computer science as a medium for creativity, communication, problem solving, and fun. The course inspires students as they build their own websites, apps, games, and physical computing devices.

Principles of Strength Training 0.5 credit

Offered only to 8th and 9th grade students.

Principles of strength training is a hands-on course designed to prepare students for a lifetime of physical activity. In addition to developing a student’s physical literacy, students will learn about other benefits of strength training to become more well-rounded physically, cognitively, and social-emotionally. Over the course of the semester, students will learn and apply principles of strength training to develop a personalized exercise program.



Introduction to Physics 0.5 credit

Why does a Slinky move the way it does? How do boomerangs come back? Why does my bouncy ball ALWAYS bounce away from me? Short answer: physics! Our lives are influenced in many ways by physical forces, several of which can be seen using toys many of us grew up with. In this class, we’ll use hands-on learning to investigate what those forces are and how they affect things, big and small, in our world. You’ll never look at a yo-yo the same way again!



Animal Science 0.5 credit

Students will discover the importance of biodiversity within ecosystems. They will study the life cycles of and grow several living organisms such as butterflies and frogs. They will be dissecting owl pellets to discover the treasures inside and try to recreate the skeletons of the owl’s prey. This course will also cover climate issues and how we all can work together to protect our natural resources.

American Sign Language 1A 0.5 credit

Students will learn the basics of communicating through American Sign Language (ASL). This includes fingerspelling, sentence structures, and expressing emotions. They will also be learning, through experience, how things work for deaf individuals, about deaf culture, and the use of technology for day-to-day life. The class will become more intense throughout the semester, eventually leading to the students not being able to use their voices at all in class, but communicating only through ASL!

American Sign Language 1B 0.5 credit

Prerequisite: American Sign Language 1A

This course is a continuation of American Sign Language 1A.





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