



FHS Course Guide 2023-2024

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Introduction

Welcome to Freeman High School! We are so glad you are here! The staff at FHS is eager to help you discover your interests and guide your skills as you navigate high school and prepare for the world beyond it. The purpose of this catalog is to assist students and families in planning a rigorous and meaningful path to graduation and post-high school plan at Freeman High School. It is our commitment to offer courses that are both engaging and challenging that meet the graduation requirements for Freeman School District, Washington State, two- and four-year college and university admission requirements and NCAA eligibility. We are proud to offer a variety of academic and extracurricular opportunities.

It is our belief at FHS that students will be active participants in the course selection process as well as engaged in activities that promote well-rounded growth. With this in mind, we encourage students to involve their guardians and the school staff in the planning process. It is well documented in various educational and developmental research that participation in school activities has a positive impact on your intellectual and personal growth. Getting involved helps to build relationships and interpersonal skills that will last a lifetime.

Please read through this guide to familiarize yourself with the options and opportunities available to you at Freeman High School (including the Course Codes on page 28). If you have any questions, please do not hesitate to reach out to us. Go Dawgs!

Administrative and Counseling Team

- | | |
|----------------------------------------------------|--------------------------------------------------------------------|
| • Jeff Smith, Principal | jsmith@freemansd.org |
| • Chad Ripke, Athletic Director/Dean of Students | cripke@freemansd.org |
| • Kaela Holm, School Counselor | kholm@freemansd.org |
| • Heidi Youseph, College & Career Counselor | hyouseph@freemansd.org |
| • Raelyn Davis, Secretary & Registrar | rdavis@freemansd.org |
| • Kristal Hayek, Athletic Secretary/ASB Bookkeeper | khayek@freemansd.org |
| • Deputy Ryan Felvarg, School Resource Deputy | rfelvarg@freemansd.org |

Contact

Office Phone
509-291-3721

Office Fax
509-291-7337

Website
www.freemansd.org/fhs

Notice of Non-Discrimination

The Freeman School District complies with all state and federal rules and regulations and does not discriminate on the basis of race, color, national origin, gender or disability. This holds true for all district employment and opportunities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/Chapter 28A.640 RCW officer and/or Section 504/ADA Coordinator: Randy Russell, Ph.D., Superintendent, 15001 S. Jackson Rd., Rockford, WA 99030-9755, 509-291-3695.

Credit Requirements	FSD Graduation & Comm. College Admission Requ.	4-year College & University Admission Requirements	NCAA Eligibility and Requirements Division I	NCAA Eligibility and Requirements Division II
Subject Area	Credits	Credits	Credits	Credits
English	4 (a)	4	4	3
Social Studies	3 (b)	3	2	2
Mathematics	3 (c)	3 (through Algebra 2)	3 (Algebra I or higher)	2 (Algebra 1 or higher)
Science	3 (d)	2 (both lab, 1 math-based)	2 (natural/physical science, 1 must be lab-based)	2 (natural/physical science, 1 must be lab-based)
Fine Arts	2 (e)	1 (e*)		
Health & Fitness	2 (f)	2		
Career and Technical	1 (g)			
World Language	2 (h)	2		
Electives	4		4 additional core courses (world lang. or core) + 1 additional (English, math, science)	4 additional core courses (world lang. or core) + 3 additional (English, math, science)
High School and Beyond Plan	(i)			
Washington State History	(j)			
Graduation Pathway	(k)			
Total Credits	24			

a. English is required at every grade level (4 years). See Course Descriptions for course offerings.

b. Social Studies requirements

- World History 9th or 10th grade 1.0 credit
- United States History 11th grade 1.0 credit
- Civics/Current World Problems 12th grade 1.0 credit

c. Mathematics credits must include Algebra I or integrated mathematics I, Geometry or integrated mathematics II, and a third credit of high school mathematics that aligns with the student's interests and high school and beyond plan.

d. Science credits must include at least 2 lab sciences.

e. 1 Fine Arts credit is required for graduation. The second credit may be completed with a Personalized Pathway Requirement (PPR) credit as determined by the student's High School and Beyond Plan. **Highly selective colleges and universities may desire or require 2 Fine Arts credits over a PPR option. Set up an appointment with Ms. Youseph, our CCR counselor, for assistance and stay in communication with your college/university admissions advisor for the most up-to-date admissions requirements.*

f. Health and Fitness requirements include 0.5 credit of Health and 1.5 credits of PE credits (2.0 total credits)

Class of 2026: 1.0 Health and Fitness in the 9th grade is required and any elective PE course(s) totaling 1.0 credit in 10th-12th grade

Classes of 2023-2025: 0.5 Health is required + any elective PE courses totaling 1.5 credits

g. CTE credits are offered in various courses. See Course Descriptions for more details.

h. World language credits may be completed with Personalized Pathway Requirement (PPR) credits as determined by the student's High School and Beyond Plan. **Highly competitive colleges and universities are likely to require 2 World Language credits over a PPR option. Set up an appointment with Ms. Youseph, our CCR counselor for assistance and stay in communication with your college/university admissions advisor for the most up-to-date admissions requirements.*

i. Your High School and Beyond Plan must be completed prior to graduation. This is a Washington State and FSD graduation requirement.

j. Washington State History is provided in middle school in the Freeman School District. If you do not have a passing Washington State History credit or transferred from a different state, please see Ms. Holm, our School Counselor.

k. See page 5 for applicable Graduation Pathways. Completion of a Math and an English pathway is required.

Graduation Pathway Options

Students in Washington are required to complete one of the graduation pathways from the table below. Note: any pathway option selected by a student to demonstrate career and college readiness must be in alignment with the student's High School & Beyond Plan.

State Assessment	Pass statement high school assessments (SBA or WA-AIM) <i>English SBA Score: 2548</i> <i>Math SBA Score: 2595</i>
Dual Credit	Pass dual credit course in English Language Arts (ELA) and Math <i>Earn 1 ELA credit and Math credit</i> Running Start, College in the High School and/or CTE dual credit courses <i>Earn college credit at the 100-level or higher</i> CTE dual credit must have state/local course equivalency
AP	Take an Advance Placement (AP) class in ELA and Math and pass the AP Test with a 3 or higher or pass the class with a C+ or higher
SAT/ACT	Meet SAT or ACT Benchmark in ELA and Math <i>English: SAT Score of 410 or ACT Score of 14</i> <i>Math: SAT Score of 430 or ACT Score of 16</i>
Transition Course	Pass a high school transition course in ELA and Math (Bridge to College)
Combination	Meet any combination of at least one ELA and one Math requirement from those listed above. <i>For example, a student may meet the English option using the state assessment and the Math option using the transition course.</i>
CTE Pathway	Complete 2.0 or more credits that either include a dual credit course or lead to an industry recognized credential.
ASVAB	Pass the Armed Services Vocational Aptitude Battery (ASVAB) with a score of 31 or higher.

What is the High School and Beyond Plan?

The High School and Beyond Plan process is a **graduation requirement** that supports students in exploring their interests, planning high school coursework that is aligned to those interests, keeping track of major assessment scores, and logging work and other relevant experience. The Plan, which includes financial aid resources, is designed to enable students to successfully pursue education or training after they graduate high school.

How to Earn Credits

- Generally, credit towards high school graduation will be earned in grades 9-12. However, unless requested otherwise by the student and the student's family, the district will award high school credits towards fulfilling graduation requirements to a student who has completed high school courses while in 7th or 8th grade if one of the following applies:
 - The course was taken with high school students, and the student successfully passed the same course requirements and examinations as the high school students enrolled in the class; or
 - The course taught at the middle school level has been determined by the district to be similar or equivalent to a course taught at the high school level.
- Students who have taken and successfully completed high school courses under the above circumstances shall not be required to taken an additional mastery/competency examination or perform any other additional assignment to receive credit.
- Before the end of 11th grade, a student and the student's parent or guardian must inform the school if they do not want credit for the course or courses taken before attending high school or if they want the credit to be transcribed with a numerical grade.
- The district will award high school credit for successful completion of a specified unit of study. A student successfully completed a specified unit of study by doing one of the following:

- Earning a passing grade according to the district's grading policy

A = 4.0	C+ = 2.3
A- = 3.7	C = 2.0
B+ = 3.3	C- = 1.7
B = 3.0	D+ = 1.3
B- = 2.7	D = 1.0

The minimum passing grade is a D = 1.0.

- Pass/fail, credit/no credit and satisfactory/unsatisfactory marks may also be used. However, notwithstanding the provisions of WAC 180-57-055, these non-numerical marks/grades shall be clearly identified and excluded from the calculation of grade point average.
- Successfully completing an established number of hours of planned instructional activities to be determined by the district:
One-half (0.5) credit will be granted after the successful completion of each semester class. Two (2) semesters in a year equals one (1) credit; six (6) yearlong classes in four (4) years totals 24 credits.
- Dual Credit Opportunities: The principal or designee is responsible for determining which credits will be recognized by the district for students enrolling from another state approved learning program (public school, approved private school or homeschool), or from out-of-state, or out-of-country. The district will accept credits from another Washington public school or accredited state private school or accredited out-of-state public or private school to the extent the credit matches a district graduation requirement, or may be counted as an elective credit. The district will evaluate credits from unaccredited programs or home schools as described below for homeschool students. Decisions of the principal or designee may be appealed to the superintendent within 15 school days of the initial decision.

Special Programs

Advanced Placement Courses:

Advanced Placement (AP) Courses provide students the opportunity to complete rigorous college level coursework in the high school. AP courses are for students with a successful academic record that have the time to commit to the additional work required by the class; we expect students to choose wisely. **We offer AP courses in Biology, Environmental Science, Calculus AB, US Government and Politics, English Language and Composition, English Literature and Composition and US History.** *It is highly likely that students who pre-register for AP courses will have a summer reading assignment to be completed before fall classes begin. Enrolled students should check with the teacher prior to leaving on summer break.* AP Courses require the student to complete extensive reading, writing and research in order to prepare the student for a national AP exam in May. The exam scores range from 1 to 5, with a 5 score being highly qualified. Most all colleges have a schedule of what is allowed to place out of based on a particular exam score. Many colleges provide at least one class to be skipped for a score of a “3” or higher.

Students are expected to pay for their AP exams, which at this time is \$96 per exam. Students on the Free and Reduced Lunch program pay \$53 per exam. ***AP Exam costs are determined by The CollegeBoard and are subject to change.*** Exams are scheduled in the fall and take place in the spring. Dates are announced at the time of exam registration and students are expected to ensure they have no conflicts with the exam date. Freeman does not restrict access to AP courses or limit the number of AP courses in which a student enrolls. **Once we pass the first two weeks of the school year, students are expected to stay in the class until the end of the school year.**

College in the High School:

This dual enrollment program allows our junior and senior students access to college coursework from two state universities, Eastern Washington University and Central Washington University, right in the classroom. College in the High School (CiHS) allows high school juniors and seniors to earn college credit without leaving the high school. Freeman has partnered with EWU and CWU to offer college courses taught in the high school by a university-approved high school teacher. The curricula and assessments for CiHS courses are provided by the college and are delivered by the approved high school teacher. **Participation in CiHS is voluntary** for those students choosing to enroll. Students must meet the college/university requirements and pre-requisites such as GPA minimums. Students that choose to enroll in a CiHS course are dually enrolled in both the high school and the university. Student outcomes in CiHS courses are assessed by the same standards used at the university with the opportunity to earn full college credit.

This option is useful for those students ready for college curriculum and rigor. It is a reasonable solution for those college-ready students that do not have transportation to a college campus. For students that would like to earn college credit and remain at the high school, CiHS is a great option.

Freeman High School made the decision to combine some CiHS enrolled students in some of the advanced placement classes in order to justify offering the class which might otherwise have too few numbers to offer. In a combined course option, only those students that have chosen to enroll in the CiHS program and **paid the tuition** will receive the college credit. Students choosing the CiHS dual

enrollment option should be mindful that the course grade will be posted to both the high school transcript and will create a college transcript as well.

EWU Courses - \$65 per college credit*	CWU Courses - \$60 per college credit*
ENGL 101: College Composition: Exposition and Argumentation 5 credits	ENST 201: Earth as an Ecosystem 5 credits
ENGL 170: Introduction to Literature 5 credits	BIOL 101: Fundamental of Biology 5 credits
POLI 100: Intro to US Politics 5 credits	BIOL 201: Human Physiology 5 credits
<i>*Prices are subject to change and are determined by the participating colleges, not by Freeman School District.</i>	

Running Start:

The Running Start program allows high school juniors and seniors to attend community college classes (100 level or above) for part or all of their schedule. Students must be of junior standing or above to be eligible for the program. Students earn college credit, which is converted and applied to their high school transcript. This program allows juniors and seniors the opportunity to test into college level coursework at Eastern Washington University, Spokane Community College or Spokane Falls Community College. **All students interested in attending Running Start must adhere to the application deadlines as set by the colleges.** All students attending Running Start have certain courses that must be taken in order to graduate high school. These courses are selected by high school staff and placed on the appropriate Course Equivalency Guide. **Equivalent courses may not be substituted without the permission of the counselor and no equivalencies can be waived to fulfill graduation requirements.**

Running Start enrollment may not exceed the 1.2 Full Time Equivalent (FTE) status unless paid for by the student. Running Start students are eligible for up to 15 college credits per quarter. Students must pay tuition for all credits taken above 15 credits per quarter. All textbooks and all fees required by the college are the responsibility of the student.

See the counselor for more details on Running Start.

NEWTech Skills Center:

NEWTech is a regional career and technical education partnership serving juniors and seniors from our 11 consortium-member school districts: Central Valley, Cheney, Deer Park, East Valley, Freeman, Mead, Medical Lake, Nine Mile, Riverside, Spokane and West Valley. NEWTech originally opened as the Spokane Area Vocational Skills Center to provide access to comprehensive, industry-defined career and technical programs of study. Students apply to attend and participate in one of the 17 different programs offered. As a skill center, all programs provide students with leadership opportunities, industry-recognized certifications, and/or college credit.

Students should plan a year ahead to attend the Skills Center in order to have sufficient credits in science, fine arts and physical education ensuring the required credits to graduate. More information about this program is available online at: www.spokaneschools.org/NEWtech Students must have transportation to and from the site at 4141 N. Regal in Spokane.

See the counselor for more details on NEWTech Skills Center.

Spokane Valley Tech:

Spokane Valley Tech and STEM Academy students gain technical skills and experience in growing industries with a focus on career and college readiness. Spokane Valley Tech is a collaborative effort of Central Valley, East Valley, Freeman and West Valley School Districts and serves students in the Spokane Valley and greater Spokane region, including home schooled and private school students. Students can earn up to 3 CTE credits for each full-year course completed and learn valuable technical and professional skills that employers and colleges are demanding. Additionally, students who take courses through SVT gain experience through internships and worksite learning opportunities and often pursue and earn college credit.

Students should plan a year ahead to attend the Skills Center in order to have sufficient credits in science, fine arts and physical education ensuring the required credits to graduate. More information about this program is available online at: www.spokanevalleytech.org Students must have transportation to and from the site at 115 S. University Rd. in Spokane Valley.

See the counselor for more details on Spokane Valley Tech.

Credit Retrieval:

These courses provide students an opportunity to make up credit for a course that was previously failed. A student must have taken and failed the course before having access to credit retrieval coursework. *These courses are not an alternative option for students wanting to avoid a required course or find an easier option.* Credit retrieval coursework must be completed in addition to an assigned elective in order to maintain appropriate progress toward graduation. Freeman School District does not offer Summer School. Should a student decide to retrieve online during the summer months, it may be done so through approved and accredited programs, **the costs borne by the student/family** (see the counselor for approved courses and summer school options).

English & Language Arts

4 Credits Required – One course per year and taken in sequence

*Course required to graduate

Course Title	Grade Level, Credit, & NCAA Approval	CADR/ College Prep	Pre-Requisites	CTE Credit Eligible
English 9*	9 th Grade 1.0 credit NCAA Approved	Yes	None	No
English 10*	10 th Grade 1.0 credit NCAA Approved	Yes	English 9	No
For 11th and 12th grade years: *One course per year must be completed. Courses rotate in even/odd numbered years.				
Bridge to College English	11 th Grade <i>12th Grade upon approval</i> 1.0 credit NCAA Approved	Yes	English 10 & SBA score below the cut score	Yes
English 11/12 - Language and Composition Offered 2023-2024 (Even Graduation Years)	11 th & 12 th Grade 1.0 credit NCAA Approved	Yes	English 10	No
English 11/12 - Literature Analysis Offered 2022-2023 and 2024-2025 (Odd Graduation Years)	11 th & 12 th Grade 1.0 credit NCA Approved	Yes	English 10	No
AP English Language and Composition & ENGL 101: College Composition: Exposition and Argumentation (EWU) Offered 2023-2024 (Even Graduation Years)	11 th & 12 th Grade 1.0 credit <i>5 EWU college credits w/paid tuition</i> NCAA Approved	Yes	English 10 <i>With a grade of C or higher</i>	No
AP English Literature Analysis & ENGL 170: Intro to Literature (EWU) Offered 2022-2023 and 2024-2025	11 th & 12 th Grade 1.0 credit <i>5 EWU college credits w/paid tuition</i> NCAA Approved	Yes	English 10 <i>With a grade of C or higher</i>	No
Journalism (<i>English Elective – will not count for 4-year English credits</i>)	9 th – 12 th 1.0 credit	No	None	Yes
Creative Writing (<i>English Elective – will not count for 4-year English credits</i>)	9 th – 12 th Grade 1.0 credit	No	None	No

English 9*:

Grade 9

An introduction to literature and composition. Students study a wide variety of literature including poetry, drama, short story and the novel. Students practice compositions, essay writing and creative writing. Additional focuses are basic vocabulary development, spelling and writing conventions.

English 10*:

Grade 10

A survey of World Literature. Novels, plays, short stories and poems from around the world are studied as well as a continued focus on composition and writing conventions. Students also read and analyze non-fiction material. State assessment related reading and writing skills as well as an outside reading requirement are addressed.

Bridge to College English:

Grade 11 (Grade 12 upon instructor and counselor approval)

B2C focuses on the English Language Arts key readiness standards from Washington State's K-12 Learning Standards for English language arts (Common Core State Standards, CCSS-ELA). The course is designed to prepare students for entrance into post-secondary credit bearing courses. Students who earn a grade of "B" or better will be granted automatic placement into English 101 at all WA higher ed institutions. Students may then use their transcript that documents college and career readiness and gain entrance into college level courses across the state without the need to take a placement test or provide other test documentation. The course builds skills in critical reading, academic writing, speaking and listening, research and inquiry and language use.

This course satisfies an ELA Graduation Pathway requirement in lieu of meeting the cut score on the Smarter Balance Assessment (SBA).

English 11/12 – Language and Composition:

Grade 11 or 12 (offered in 2023-24 school year)

This course will develop students' literacy skills as writers, readers and critical thinkers while engaging in the writing process. Genres studied will include varieties of nonfiction (including seminal texts), documentaries and films, drama, news articles and other shorter texts. Writing pieces will include a rhetorical analysis, narratives, synthesis, argumentation and persuasion.

English 11/12 – Literature Analysis:

Grade 11 or 12 (offered in 2022-23 and 2024-25 school years)

In this course, students will read, write about, and discuss a wide range of fiction genres, and they will continue to enhance their analysis and synthesis skills. Genres studied will include novels, short fiction, poetry, drama, film and nonfiction. Writing pieces will include literary analysis, comparative analysis and reflective writing.

AP English Language and Composition/EWU ENGL 101: College Composition: Exposition and Argumentation

Grades: 11/12 (offered in 2023-24 school year)

This is a year-long course designed for upperclassmen with particular interest in writing and analyzing text from a rhetorical perspective. Students use given texts to reach the goal of effective reading and analysis: They will read and annotate texts from a critical perspective in order to craft well-reasoned essays and personal reflections in response. The course prepares students for the Advanced Placement Language and Composition Exam, which students may optionally register for and then take in May (AP Exams require an additional fee). During the second semester, the curriculum and expectations will be governed by the Eastern Washington University College in the High Schools program. English 101 provides opportunities for students to develop and enhance their written communication skills. The course stresses the organization, development, and support of ideas and perspectives in exposition and argumentation as public discourse. It will familiarize students with library resources and application of the rules and conventions of Standard American English. Upon sufficient completion, students will receive credit through EWU. An enrollment fee is required to earn college credit.

AP English Literature and Composition & EWU ENGL 170: Introduction to Literature:

Grade 11 or 12 (offered in the 2022-23 and 2024-25 school years)

This is a year-long course designed for upperclassmen with particular interest in writing and analyzing text from a rhetorical perspective. Students use given texts to reach the goal of effective reading and analysis: They will read and annotate texts from a critical perspective in order to craft well-reasoned essays and personal reflections in response. The course prepares students for the Advanced Placement Language and Composition Exam, which students may optionally register for and then take in May (AP Exams require an additional fee). During the second semester, the curriculum and expectations will be governed by the Eastern Washington University College in the High Schools program. English 101 provides opportunities for students to develop and enhance their written communication skills. The course stresses the organization, development and support of ideas and perspectives in exposition and argumentation as public discourse. It will familiarize students with library resources and application of the rules and conventions of Standard American English. Upon sufficient completion, students will receive credit through EWU. To receive optional college credit, students must register and pay the course tuition (\$65 per credit for 5 credits).

Journalism

Grades 9 -12

Journalism is a publication course which builds on the communication skills of writing, photojournalism, and graphic design. First semester, students will learn the basics of journalism including writing styles (news, features, opinion and reviews), interviewing, photography, InDesign layout, press law, journalism history and AP style first semester. During second semester (or all year for returning Journalism students), students will be creating and publishing our school newspaper The Bagpiper. They will be responsible for brainstorming ideas, writing articles on deadline and creating layout packages (including photography and art) for their articles. The process will emphasize interviewing skills, observation skills, utilizing appropriate references and proofreading. Students will submit work for peer review and by deadlines just as any publication would observe. This class may be

taken multiple times. This class can be used as a Career/Technical Education credit or an English elective.

Creative Writing

Grades 9 - 12

This course is designed to give students the opportunity to write original fiction, poetry, and memoirs, as well as to write collaboratively on stories and poems. Journal writing will be utilized, and the student will keep a writing portfolio throughout the term--a collection of his or her finished pieces. Some class time will be structured in a workshop format where the student is expected to work on course requirements. Workshop activities include personal writing, brainstorming, revising, reading, conferencing with peers, the instructor, and other activities related to the creative process. Class time will also be used to read, analyze and discuss mentor texts that will help deepen concepts being explored in their workshop activities.

Mathematics

3 Credits Required

*Course required to graduate

All classes below are year-long and 1.0 credit unless otherwise noted as 0.5 credit.

Students must complete Algebra I and Geometry. A third math credit may be taken concurrently with Geometry. See Page 5 For more current state assessment information.

Course Title	Grade Level, Credit, & NCAA Approval	CADR/ College Prep	Pre-Requisites	CTE Credit Eligible
Algebra I*	8 th & 9 th Grade 1.0 credit NCAA Approved	Yes	8 th grade math or Pre-Algebra	Yes (only if taken at FHS)
Geometry *	8 th – 10 th Grade 1.0 credit NCAA Approved	Yes	Algebra I	No
Algebra II	9 th – 12 th Grade 1.0 Credit NCAA Approved	Yes	Algebra I & Geometry	No
AP Pre-Calculus	10 th – 12 th Grade 1.0 credit NCAA Approved	Yes	Algebra I, Geometry, & Algebra II	No
AP Calculus AB	11 th – 12 th Grade 1.0 credit NCAA Approved	Yes	Pre-Calculus	No
Applied Geometry	11 th – 12 th Grade 1.0 credit	No	Algebra I & Geometry	Yes
Personal Finance	11 th – 12 th Grade 1.0 credit	No	Algebra I & Geometry	Yes

Algebra I*:

Grades 8 – 9

Focuses on the Common Core State Standards for Math. These standards provide students with the framework to develop and understanding of relationships within various patterns and how they are represented using variables. The main topics covered during the year are linear functions, quadratic functions and exponential functions. Other topics covered include linear inequalities, absolute value functions, radical functions, rational functions and data analysis. Students will also work on the mathematical practice standards such as problem-solving, reasoning and modeling to help them be successful in their mathematical endeavors. Algebra I will prepare students for the next steps in the math series: Geometry and Algebra II.

Geometry*:

Grades 8-10

Focuses on the Common Core State Standards (CCSS). The course offers students the opportunity to make conjectures about geometric situations and prove in a variety of ways, both formal and informal, that their conclusion follows logically from their hypothesis. Within this course, students will be expected to make connections between the verbal, numerical, algebraic and geometric representations of problem situations. The study of point, lines and planes and the study of two and three-dimensional shapes will be the basis for our study this year. Students will use algebra skills on a daily basis, as well as develop the problems from a set of given information. Major areas covered will include: deductive and inductive reasoning, coordinate geometry, arcs and loci used in construction, solid geometry (areas and volumes) circles, theorems relating to right triangles, congruency and similarity of polygons, and for all the vocabulary associated with these concepts.

Algebra II:

Grades 9-12

Provides a review and extension of the concepts taught in Algebra I. Topics covered will include equations and inequalities, coordinates and graphs, general functions, polynomial and rational functions, exponential and logarithmic function as well as systems of equations and inequalities, sequences and series. Throughout this course students will develop learning strategies, critical thinking skills and problem-solving techniques to prepare for future math courses and college entrance exams.

AP Pre-Calculus:

Grades 10-12

Advanced Placement Pre- Calculus addresses matrices and determinants, trigonometric graph identities, vectors, polar and rectangular coordinates, and the extensive list of vocabulary associated with families of functions. The course integrates the extensive use of geometric concepts with algebraic notions. Students will be able to use algebraic, numerical and graphical methods to meet these outcomes. This approach solidifies the fundamentals of high school mathematics while introducing concepts of higher mathematics as extensions of familiar ideas. Students taking this course are prepared to take the AP Pre-Calculus exam in May, which if passed will allow them to receive college credit for the course. Students will be prepared the take the AP Calculus course

AP Calculus:

Grades 11-12

Advanced Placement Calculus is a course that is comparable to courses taught in colleges and universities. It is primarily concerned with developing an understanding of the concepts of calculus, such as limits, derivatives and integrals, and providing experience with its methods and applications. The course emphasizes a multi-representational approach to calculus, with concepts, results and problems being expressed geometrically, numerically, analytically and verbally. Students taking this course are prepared to take the AP Calculus A/B exam in May, which if passed will allow them to receive college credit for the course.

Applied Geometry:

Grades 11-12

This Career & Technical Education (CTE) math class applies basic knowledge and skills to everyday problems. This is accomplished by a series of videos, workbooks, story problems, and labs. Applied math is a course designed for students with a solid background in math, with the intent of tying job trades directly to the math concepts. It is a very good course for those who like hands-on activities, planning on additional vocational or technical school, or for those who like to use math that is relevant to their everyday lives.

Personal Finance:

Grades 11-12

This Career & Technical Education (CTE) math class will inform students how individual choices directly influence occupational goals and future earnings potential. Real world topics covered will include job search documents, income, money management, spending and credit, purchasing a home and vehicle, as well as savings and investing. Students will design personal and household budgets utilizing checking and savings accounts, gain knowledge in finance, debt and credit management, and evaluate and understand insurance and taxes. This course will provide a foundational understanding for making informed personal financial decisions leading to financial independence.

Science

3 Credits Required (2 lab sciences and 1 science elective)

All Freeman High School Science Courses are Lab Sciences

All classes below are yearlong and 1.0 credit. ***Students may not drop a year-long course at semester.***

Students planning on entering a 4-year college immediately after high school need at least one Algebra based science on their transcript.

+Offered every other year. ++Completed or Co-Enrolled in Algebra II

Course Title	Grade Level, Credit, & NCAA Approval	CADR/ College Prep	Pre-Requisites & Co-Requisites	Algebra 2 Based Science	CTE Credit Eligible
Physical Science	9 th Grade 1.0 credit NCAA Approved	Yes	None	No	Yes
Biology	10 th Grade 1.0 Credit NCAA Approved	Yes	Physical Science	No	Yes
Chemistry ++	10 th -12 th Grade 1.0 Credit NCAA Approved	Yes	Physical Science & Algebra I Algebra II completed or concurrently	Yes	No
Intro to Agriculture	9 th -12 th Grade 1.0 Credit	No	None	No	Yes
Horticulture	11 th -12 th Grade 1.0 Credit	No	Intro to Agriculture or Teacher Approval	No	Yes
AP Environmental Science & ENST 201: Earth as Ecosystem (CWU curriculum) <i>*10th grade students are not eligible for CWU College Credit</i>	10 th -12 th Grade 1.0 Credit 5 CWU college credits w/paid tuition NCAA Approved	Yes	Chemistry, Algebra I & II	Yes	No
AP Biology & BIOL 101: Fundamentals of Biology (CWU Curriculum) ++ <i>*May be a pathway in place of 10th grade Biology – requires teacher and counselor approval</i>	11 th -12 th Grade 1.0 Credit 5 CWU college credits w/paid tuition NCAA Approved	Yes	Chemistry, Algebra I & II	Yes	No
Physics ++ Offered 2022-2023 (Odd Graduation Years)	11 th -12 th Grade 1.0 Credit NCAA Approved	Yes	Physical Science & Algebra I & II Pre-Calculus completed or concurrently	Yes	No
Anatomy & Physiology & BIOL 201: Human Physiology (CWU Curriculum) +++ Offered 2023-2024 (Even Graduation Years)	11 th -12 th Grade 1.0 Credit 5 CWU college credits w/paid tuition NCAA Approved	Yes	Physical Science, Algebra I Chemistry Suggested	No	No

Physical Science:

Grade 9

This course is the foundation of the high school science curriculum that is aligned to the Next Generation Science Standards (NGSS). Students will learn the basics of chemistry, physics, earth science and space science throughout the year. Students will participate in classroom activities, labs and investigations to illustrate the various topics covered. Students will also develop their skills in the science and engineering practices such as asking questions, developing and using models, planning and carrying out investigations to help them be successful in future science classes. Physical Science is a prerequisite for all other science classes.

Biology:

Grade 10 (*May be replaced with AP Biology with teacher and counselor approval*)

This course prepares students for the Washington state required Biology End-of-Course Exam. The curriculum for this course is a study of living things, ecosystems, plants and animals. The areas of emphasis include biology as a science of life and a study of cells, plants, genetics and ecology. Students will learn the vocabulary of biology, which will provide the foundation to progress into future courses such as Chemistry, Physics, AP Environmental Science or AP Biology.

Introduction to Agriculture:

Grades 9-12

The major purpose of this course is to introduce students to the world of agriculture, the pathways they may pursue, and the science, mathematics, reading and writing components they will use throughout the CASE Ag curriculum. Woven throughout the course are activities to develop and improve employability skills of students through practical applications. Students will understand specific connections between their lessons and Supervised Agricultural Experience and FFA components that are important for the development of an informed agricultural education students. Students will investigate, experiment and learn about documenting a project, solving problems and communicating their solutions to their peers and members of the professional community.

Horticulture:

Grades 11-12

This course will teach students about the form and function of plant systems. Students are immersed in inquiry-based exercises filled with activities, projects and problems to teach them plant concepts through laboratory and practical experiences. Student experiences will include the study of plant anatomy and physiology, classification, and the fundamentals of production and harvesting. Students will learn how to apply scientific knowledge and skills to use plants effectively for agricultural and horticultural production. Students will work on major projects and problems similar to those that plant science specialists face in their respective careers. Every lesson is aligned with national standards for agriculture, science, math and English language arts. *Class fee applies (see page 35)

Chemistry:

Grades 10-12

This course deals with the relationships between matter and energy which translates into chemical reactions, heat loss/gain from objects, atomic theory, bonding between objects, chemical and physical

makeup of objects and more. Emphasis in this class is on laboratory work, which is approximately 25% of class time. Students are required to keep a detailed laboratory book for each experiment. Students need a sound foundation in Algebra to be successful in the class as Algebra II level math is used to problem solve questions related to mass, volume and other problems. Prerequisites: co-enrollment in or completion of Algebra II with a B or higher. Students will need a scientific calculator for this class.

*Class fee applies (see page 35)

AP Environmental Science & CWU ENST 201 Earth as an Ecosystem:

Grades 10*-12 (10th grade students may not receive CWU College credit)

The goal of this Advanced Placement course is to provide students with the scientific principles, concepts and techniques necessary for them to understand the interrelationships between the natural world and our society. Historically biology has played a large role in the development and advancement of our society. This course is an opportunity to acquaint students with the social, political, economic, and ethical decisions and the impact they may have on the biosphere. In the class students study the connections that exist between these issues, and through lab experiences and field trips. Students learn how closely connected we are to the world we live in and societies profound effects on the environment and biosphere as a whole. Students in the class are required to do a significant amount of reading and studying outside of class, including the Miller text as well as selected articles from magazines and other textbooks selected by the instructor. This course includes CWU ENST 201 as an imbedded curriculum. Introduction of the concept of our planet as a finite environment with certain properties essential for life. They dynamic nature of the earth's physical, chemical, geological and biological processes and their "interrelated" systems furnishes the thrust of this treatment. To receive the optional college credit, students must register and pay the course tuition (\$60 per credit for 5 credits). *Class fee applies (see page 35)

AP Biology & CWU BIOL 101 Fundamentals of Biology:

Grades 11-12

This Advanced Placement course is designed to meet the standards of a 1st year college biology course. Course lab work and subject matter will be at the level of a college biology course. Students enrolled in the course need to expect rigorous curriculum and spending a minimum of 10 hours per week of study time out of class. In class the students can expect an approximate 1:4 day ratio of laboratory work to didactic instruction in class. Students are expected to keep a lab composition book in which they record all pertinent data, calculations and results to each activity. Additional activities outside of class will supplement the curriculum that will assist the student's understanding about the subject matter. Multiple field trips are also part of the class using the environment around us as a laboratory and study subject. Students are also required to do a research project separate from the class. It is assigned at the beginning of the class and students present the findings of their research in class. This course includes CWU BIOL 101: Fundamentals of Biology as an imbedded curriculum. Biology in the modern world. 4 hours lecture and one 2-hour laboratory per week. May not be counted toward a major or minor in the department of biological sciences. To receive the optional college credit, students must register and pay course tuition (\$60 per credit for 5 credits). *Class fee applies (see page 35).

Anatomy and Physiology & CWU BIOL 201 Human Physiology:

Grades 11-12 (offered in the 2023-24 school year)

This college preparatory course deals with the study of the vertebrate body. This includes both the structure and function of the different vertebrate systems and organs. Material covered in this class includes the nervous, respiratory, digestive and excretory systems. This class will prepare students interested in pursuing careers in nursing, lab tech, medicine, veterinary science for the rigor of college science classes. Students should have a good working foundation of Chemistry to succeed. About one-fourth of the class time is spent in the laboratory. Labs include the study of blood pressure and heart rate, pig dissection, and human cell study, just to name a few. Prerequisites are co-enrolled in Algebra II or teacher approval. This course includes CWU BIOL 201: Human Physiology as an imbedded curriculum. An introduction to the function of human cells, organs and organ systems as it relates to health and well-being current developments and society. May not be counted toward a major or minor in the department of biological sciences. To receive the optional college credit, students must register and pay the course tuition (\$60 per credit for 5 credits). *Class fee applies (see page 35)

Physics:

Grades 11-12 (offered in the 2022-23 school year)

This college preparatory course deals with the relationships between matter and energy. Much of the physics will be related to forces and motion. Topics will include: gravitational forces, momentum, waves and energy transfer, reflection, refraction, acceleration, vectors and scalars, work and power, the nature of light (electromagnetic spectrum) and electricity. There is an emphasis on laboratory work in the class. Each unit will have one or two laboratory experiments. A good foundation in Algebra II is essential if you wish to succeed in the class. Each day you can expect to solve 6 to 20 story type math problems. Offered 2022-2023. *Class fee applies (see page 35)

Social Studies

3 Credits Required

*Course Required to graduate

1.0 credit of US History, 0.5 credit of Civics, 0.5 credit of Current World Problems, and a third social studies credit is required

Course Title	Grade Level, Credit, & NCAA Approval	CADR/ College Prep	Pre-Requisites
World History	9 th or 10 th Grade 1.0 Credit NCAA Approved	Yes	None
US History*	11 th Grade* 1.0 Credit NCAA Approved	Yes	World History
AP US History (US History Credit)	11 th Grade* 1.0 Credit NCAA Approved	Yes	World History
Civics/CWP*	12 th Grade* 1.0 Credit NCAA Approved	Yes	US History or AP US History
AP US Government & Politics & POLI 100: Introduction to US Politics (EWU Curriculum) (Civics/CWP Credit)	12 th Grade* 1.0 Credit <i>5 EWU College credits w/paid tuition</i> NCAA Approved	Yes	US History or AP US History

World History:

Grades 9 or 10

Students are exposed to a global perspective of our world. Students will develop a greater understanding of the evolution of globalization. More specifically, students will study the development and interaction of cultures, the interactions between humans and the environment, and the creation, expansion and interaction of economic, political and social systems. This understanding will develop from a combination of factual knowledge, social science perspectives and analytical skills. Special attention will be given to helping students work with their informational reading and writing skills through the year.

US History:

Grade 11

Students will investigate the transition from the United States becoming an industrial nation to its emergence as a world power in the 20th century. Students study the transition of our country from rural agrarian society to an urban industrialized society and the conflict created by that change. Students also study presidential administrations, social issues, economics, and conflict and culture with a focus on the Progressive Era, World War I, the Great Depression, World War II and the Cold War.

AP US History:

Grade 11

This Advanced Placement course is designed to prepare students to take the College Board Advanced Placement Exams in United States History. The study of American history, culture and government from the pre-revolutionary times to the present are covered. Students with strong reading and writing skills are encouraged to enroll. Students should expect a rigorous curriculum and they are strongly encouraged to take the AP US History Exam. The exam scores may qualify a student for college placement advantages or college credits.

Civics/Current World Problems (CWP)

Grade 12

Civics will examine the foundation of federal, state and local government, focusing on organization and procedure, rights and responsibilities of citizens addressed in our Washington state and United States Constitutions; as well as current issues at each level; and electoral issues such as the election process, ballot measures, initiatives and referenda. CWP students will examine the evolution of the post-Cold War world following the fall of the Soviet Union and the collapse of Soviet communism. Students will incorporate current world events and world geography along with an examination of global issues, various economic systems, world cultures and the concept of global interdependence. Instructional units will focus on various topics such as terrorism, regional conflicts, world religions, the United Nations and the Global Economy. This course will enable students to attain a personal comprehension of our world and it's geopolitical, economic and social tensions.

AP US Government & Politics & EWU POLI 100 Intro to US Gov't & Politics:

Grade 12

This Advanced Placement course is designed to teach US constitutional government, including the following: constitutional underpinnings of United States government, political beliefs and behaviors, political parties, interest groups and mass media, institutions of national government, public policy, and civil rights and civil liberties. Special emphasis is given to the relationship of citizens to the structure and function of the American constitutional system. This course fulfills the district Civics and Current World Problems graduation requirements. Students with strong reading and writing skills are encouraged to enroll. Students should expect a rigorous curriculum and they are strongly encouraged to take the AP US Government and Politics Exam. The exam scores may qualify a student for college placement advantages or college credit. This course includes EWU POLI 100: Intro to US Government and Politics as an imbedded curriculum. This course is an introduction to the workings of the United States government from a historical, theoretical, and institutional point of view. Subjects of study include the founding of the United States, federalism, civil rights and civil liberties, political parties and interest groups, and American political institutions such as Congress, the Presidency, the Judiciary. The course also addresses fundamental concepts such as power, ideology, and the citizen role in democratic politics. To receive the optional college credit, students must register and pay the course tuition (\$65 per credit for 5 credits).

Fine Arts

2.0 Credits – 1.0 Required (1.0 credit may be fulfilled through PPR)

Fine Arts courses may be repeated as often as availability allows. While unlikely, it is possible that students that have taken the course previously may be removed to allow for a senior student to enroll in the class to meet graduation requirements.

Course Title	Grade Level & Credit	CADR/ College Prep	Pre-Requisites	CTE Credit Eligible
Art	9 th – 12 th Grade 1.0 Credit	Yes	None	Yes
Band (Beginning, Intermediate, and Advanced)	9 th – 12 th Grade 1.0 Credit	Yes	None (Advanced Band requires an audition)	No
Choir	9 th – 12 th Grade 1.0 Credit	Yes	None	No
Drumline	9 th – 12 th Grade 1.0 Credit	Yes	None	No
Guitar	9 th – 12 th Grade 1.0 Credit	Yes	None	No
Yearbook	9 th – 12 th Grade 1.0 Credit	Yes	None	Yes

Art:

Grades 9-12

This 2D & 3D visual arts course will focus on drawing, painting, printmaking and ceramics. Students will learn to create, produce, respond and connect through the arts. No prior experience required. All are welcome! This class develops the student's basic skills in seeing and intends to improve one's ability to create artworks that are derivative of our visual world. It puts emphasis on understanding the elements of art and design as well as developing each student's manual dexterity to achieve good results in their creative efforts. A variety of materials and techniques are explored in drawing, painting, printmaking, sculpture and pottery. Art enrichment is also a focus, with the student learning about art history and its influence on what we do today. **Required participation includes:** demonstrated effort to improve art skills is a daily requirement. *Class fee applies (see page 35)

Beginning Band:

Grades 9-12

Have you never played a musical instrument in a classroom setting? Do you want to? If you answered "yes" to either question then you should sign up for beginning band. In this class, you will not only learn to play an instrument, but you will learn valuable leadership and life skills as well. If you need an instrument, you can rent one for \$40 for the entire school year. Along with classroom instruction, you will have access to a full video library with every instrument playing every song that we work on. If you have more questions, please contact Mr. Jydstrup at jjydstrup@freemansd.org. **Required participation includes:** two performances for this class (usually in December and May), which will be performed after school for the community, friends and family. *Class fee applies (see page 35)

Instruments available to rent: flute, clarinet, alto saxophone, tenor saxophone, trumpet, trombone, baritone.

Intermediate Band:

Grades 9-12

Have you ever played a musical instrument in a classroom setting? Do you want to again? If you answered “yes” to either question then you should sign up for intermediate band. In this class, you will not only continue your musical growth while performing music that is fun, but you will also learn valuable leadership and life skills. Although it is preferred that you have your own instrument in this class, if you need an instrument, you can rent one for \$40 for the entire school year. Along with classroom instruction you will have access to a full video library with every instrument playing every song that we work on. **Required participation includes:** three required performances a year: two concerts and marching in either the Jr. Lilac Parade (middle school) or the Torchlight Parade (high school) in the spring. You will also get the opportunity to play with the pep band and be at all the football and basketball games (these games are not required for a grade but it is required to purchase an ASB card and pay the once yearly transportation fee). If you have more questions, please contact Mr. Jydstrup at jjydstrup@freemansd.org. *Class fee applies (see page 35)

Instruments available to rent: flute, clarinet, alto saxophone, tenor saxophone, trumpet, trombone, baritone.

Advanced Band (Audition Required):

Grades 9-12

Do you enjoy playing musical instruments? Do you want to be challenged? If you answered “yes” to either question then you should sign up for advanced band. In this class you will not only continue your musical growth while performing music that is challenging and fun, but you will also learn valuable leadership and life skills. Although it is preferred that you have your own instrument in this class, if you need an instrument, you can rent one for \$40 for the entire school year. Along with classroom instruction, you will have access to a full video library with every instrument playing every song that we work on. **Required participation includes:** three required performances a year: two concerts and marching in either the Jr. Lilac Parade (middle school) or the Torchlight Parade (high school) in the spring. You will also get the opportunity to play with the pep band and be at all the football and basketball games (these games are not required for a grade but it is required to purchase an ASB card and pay the once yearly transportation fee). If you have more questions, please contact Mr. Jydstrup at jjydstrup@freemansd.org. *Class fee applies (see page 35)

Instruments available to rent: flute, clarinet, alto saxophone, tenor saxophone, trumpet, trombone, baritone.

Drumline:

Grades 9-12

Do you catch yourself drumming on a desk in class? Have you always been curious about playing drums? If you answered “yes” to either question then you should sign up for drumline. In this class you will not only continue your musical growth while performing music that is challenging and fun, but you will also learn valuable leadership and life skills. There is a \$10 fee for this class which covers your sticks and drum heads that you play on throughout the year. **Required participation includes:** three required performances a year: two concerts and marching in either the Jr. Lilac Parade (middle school)

or the Torchlight Parade (high school) in the spring. You will also get the opportunity to play with the pep band and be at all the football and basketball games (these games are not required for a grade but it is required to purchase an ASB card and pay the once yearly transportation fee). Along with classroom instruction, you will have access to a full video library with every instrument playing every song that we work on. If you have more questions, please contact Mr. Jydstrup at jjydstrup@freemansd.org. *Class fee applies (see page 35)

Choir:

Grades 9-12

Do you like to sing along with your favorite songs? If you answered “yes” you should join choir. In this class you will not only continue your musical growth while performing music that is fun, but you will also learn valuable leadership and life skills. Along with classroom instruction, you will have access to a full audio library to practice your part to enhance your singing ability. **Required participation includes:** two performances a year (winter and spring concert) and you will also get the opportunity to sing in more advanced groups of your choosing (duets, small group, jazz, etc.). If you have more questions, please contact Mr. Jydstrup at jjydstrup@freemansd.org.

Guitar:

Grades 9-12

Have you ever wanted to learn to play guitar? If so, here is your chance. In this class, you will not only start/continue your musical growth while performing music that is fun, but you will also learn valuable leadership and life skills. Along with classroom instruction you will have access to a full audio library to practice with your part to enhance your guitar playing ability. **Required participation includes:** bring/rent an acoustic guitar and perform what you have learned in class by playing tests within the classroom. If you have more questions, please contact Mr. Jydstrup at jjydstrup@freemansd.org. (If you are already in either band, choir or drumline you will be given the video curriculum so you don’t have to switch out of those classes.)

Yearbook:

Grades 9-12

This elective course gives students marketable experience in print media publishing. Students will learn sound design principles and skills needed to design and produce the annual school yearbook for Freeman High School. In class, students compose, construct and edit all elements of computerized text layout, graphic art, and digital photography. Students will utilize computer programs such as Microsoft Word, Microsoft Excel, Fireworks, Photoshop and Edesign in the process of developing the book. They will learn financial record keeping skills for fundraising activities and how to take and correct photographs needed for the design and submission of the book.

Career and Technical Education

1.0 Credit Required

All classes below are yearlong and 1.0 credit unless otherwise noted as one semester and 0.5 credit. CTE courses will always fulfill an occupational or elective credit. In some cases, a course has been cross-credited and may fulfill another credit requirement. The chart below is an easy way to determine course equivalency.

Course Title	Grade Level & Credit	Mathematics	Science	Fine Art	Health	Elective
Algebra 1	9 th Grade 1.0 Credit	X (Algebra)				
Applied Geometry	11 th – 12 th Grade 1.0 Credit	X (Geometry & 3 rd Year Math)				
Art	9 th – 12 th Grade 1.0 Credit			X		
Biology	10 th Grade 1.0 Credit		X			
Computer Science Principles	9 th – 12 th Grade 1.0 Credit					X
Construction Tech 1 Semester 1	9 th – 12 th Grade 0.5 Credit					X
Construction Tech 2 <i>Prerequisite:</i> <i>Construction Tech 1</i>	9 th – 12 th Grade 1.0 Credit					X
Digital Communications (Digi Tools/Digi Design)	9 th – 12 th Grade 1.0 Credit					X
Health	9 th Grade 0.5 Credit				X	
Horticulture	11 th – 12 th Grade 1.0 Credit		X			
Introduction to Agriculture	9 th – 12 th Grade 1.0 Credit		X			
Journalism	9 th – 12 th Grade 1.0 Credit					X
Leadership	10 th – 12 th Grade 1.0 Credit					X
Metals/Welding Tech 1 Semester 2	9 th – 12 th Grade 1.0 Credit					X
Metals/Welding Tech 2 <i>Prerequisite:</i> <i>Metals Tech 1</i>	9 th – 12 th Grade 0.5 Credit					X
Personal Finance	11 th – 12 th Grade 1.0 Credit	X (3 rd Year Math)				
Physical Science	9 th Grade 1.0 Credit		X			
Yearbook	9 th – 12 th Grade 1.0 Credit			X		

Construction Tech I (Semester 1):

Grades 9-12

This introductory semester-long course will emphasize basic skill building in woodworking. It teaches students the safe and correct way to use a variety of tools and machinery in the shop plus a variety of woodworking processes. Students will build various projects using these skills and machinery. *Class fee applies (see page 35)

Metals Tech I (Semester 2):

Grades 9-12

This introductory semester long course will teach the fundamentals of welding and basic metal working techniques. Students will learn the skills, tools, machinery and processes in the metal area. There are units on safety, metal structures, bench work and sheet metal work. Welding will consist of gas, stick and MG cutting operations using gas, propane and plasma. *Class fee applies (see page 35)

Construction Tech II:

Grades 10-12

This year long course is for those who have successfully completed Construction Tech I and want to advance their skills in woodworking. The first semester will have an emphasis on cabinet design and structure including casing, door and drawer construction. Second semester will concentrate on basic building construction with topics such as concrete, framing, roofing, basic wiring, plumbing and finish work will be discussed. A storage shed will be the culminating project or students can work on their own project if it demonstrates these skills and procedures. *Class fee applies (see page 35)

Metals Tech II:

Grades 10-12

This year long course is for those who have successfully completed Tech I and want to advance their skills using multi pass flat, vertical and overhead welding. Aluminum, stainless, pipe and cast-iron welding will be added plus incorporating lathe and milling machine projects. A personal project using the acquired skills will end the year. *Class fee applies (see page 35)

Digital Communications (Digi-Tools) and Digital Design (Digi-Design):

Grades 9-12

This course will introduce students to project-based activities using specific skills and tools for today's computer world. The course blends computer skills of keyboarding and voice recognition software with various Microsoft Office applications, resume and portfolio exercises. Terminology specific to computer business settings, skills and artifacts generated in class are competencies that need to be met. Additionally, this course introduces students to the skills necessary to producing web-ready communications. The project-based course develops four key skill areas: project management and collaboration, design, research and communications, professional web-authoring tools. Students learn skills for individual web design instruction and then migrate skills to that of a group process in order to learn to evaluate and redesign their communications.

Computer Science Principals:

Grades 9-12

This introductory course introduces students to the foundational concepts of computer science and challenges them to explore how computing and technology can impact the world. This year long course includes concepts such as app design and building, computer coding and exploration of datasets that impact public policy, law, ethics and social impact.

Leadership:

Grades 10-12

Leadership is for students wanting to develop and/or improve their leadership skills. Students will learn the basics of communication skills, group-process, self-awareness, managerial skills, and human relations. They will also work on school activities. **Students are required to attend events that are after school & on weekends. Responsibility and reliability are a must to pass this class.** This class is for student body officers, class officers, club officers and other students that may want to develop and exhibit their leadership skills. Elected officers are highly encouraged to take this class. Students that are not elected officers may fill out an application to be considered for the course.

Health & Physical Education

2.0 Credits required

*Course required to graduate

Course Title	Grade Level & Credit	CADR/ College Prep	Pre-Requisites	Co-Requisites
Health & Fitness*	9 th Grade 1.0 Credit	Yes	None	None
Lifetime Fitness	10 th – 12 th Grade 1.0 Credit	Yes	Health & Fitness	None
Strength Training	10 th – 12 th Grade 1.0 Credit	Yes	Health & Fitness	None
Total Fitness	10 th – 12 th Grade 1.0 Credit	Yes	Health & Fitness	None

Health & Fitness*:

Grade 9

This **required 9th grade** course will evaluate current health status and set health goals based on personal need. Short term and long-term goals will be included. It will explore the youth factors and strategies for making good decisions about social, physical, mental and spiritual health. Some of the topics include the following: appearance, nutrition and fitness, stress management, personality traits, alcohol, drugs and tobacco, human growth and development, first aid and CPR. The fitness portion of the class will acquaint students with a variety of lifetime sports and skills to be used in maintaining a healthy lifestyle throughout life. This course must be taken in the 9th grade prior to enrolling in any other fitness curriculum. Upper classmen are not enrolled in the PE portion of the course.

Lifetime Fitness:

Grades 10-12

This course will acquaint the student with a variety of lifetime sports and skills to be used in maintaining a healthy lifestyle throughout life. The course will include such activities as: football, soccer, softball, golf, volleyball, pickleball, badminton, basketball, weekly fitness tests and a number of low-level activities. Students are required to dress down for each class and a portion of the grade is based on overall participation.

Strength Training:

Grades 10-12

Students will be in the weight room on a daily basis performing a variety of activities/movements in a safe and technically correct way. The activities/movements performed are designed to set each student up to have adequate mobility, flexibility and strength to perform day-to-day activities and will give students the tools and knowledge to lead and live a healthy lifestyle outside of school.

Total Fitness:

Grades 10-12

Total Fitness is one's ability to exercise daily activities with optimal performance, endurance, and strength with the management of fatigue, stress and the reduction of sedentary behavior. It consists of the following components: cardiorespiratory fitness, muscular strength, muscular endurance, body composition and flexibility.

Zero Hour Strength Training:

Grades 10-12 (*9th grade by teacher, counselor and parent/guardian approval only*)

This course offers the same curriculum as other Strength Training courses but is offered before the traditional start of the school day. With a 7:00am start time, it is expected that you are gym ready at the start of class. There is no transportation for the early start time. Zero Hour does not provide space in the student's day for a free-period or early release. Enrollment is determined by teacher, counselor and parent/guardian approval.

World Language

2.0 Credits (2.0 completed in WLA or substituted with PPR credits)

Although the 2.0 WLA credits are not required for graduation, they are often required for 4-year college/university admission. Specific questions about specific admissions standards may be answered by our CCR Counselor or by contacting the admissions counselor/representative at your college/university of choice.

Course Title	Grade Level & Credit	CADR/ College Prep	Pre-Requisites
Spanish I	10 th or 11 th Grade 1.0 Credit NCAA Approved	Yes	None
Spanish II	11 th or 12 th Grade 1.0 Credit NCAA Approved	Yes	Spanish I
Spanish III	12 th Grade 1.0 Credit NCAA Approved	Yes	Spanish II

Spanish I:

Grades 10-11 (9th grade by teacher and counselor approval)

The focus of Spanish I is on vocabulary and the present tense, as well as an introduction to language structure and culture. Classroom commands and directions are learned in Spanish. The vocabulary includes numbers, colors, time, weather, calendar, clothing, family and some food. Verb conjugations are in the present tense, including regulars, irregulars and stem changers. Grammar mastery includes use of pronouns, subject-verb agreement, adjective agreement in number and gender, interrogatives and propositions. Culture lessons focus on some holidays, Hispanic foods, and common sports and pastimes.

Spanish II:

Grades 11-12

This is the year of the tenses! The present tense is reviewed and many other tenses are learned and expanded on: the preterit, imperfect, future, conditional and imperative. An extensive list of common verbs will be covered. Oral communication and understanding is a primary focus with cultural lessons included. Common vocabulary is expanded as well, including more food, places in the city, and hotel vocabulary for travel.

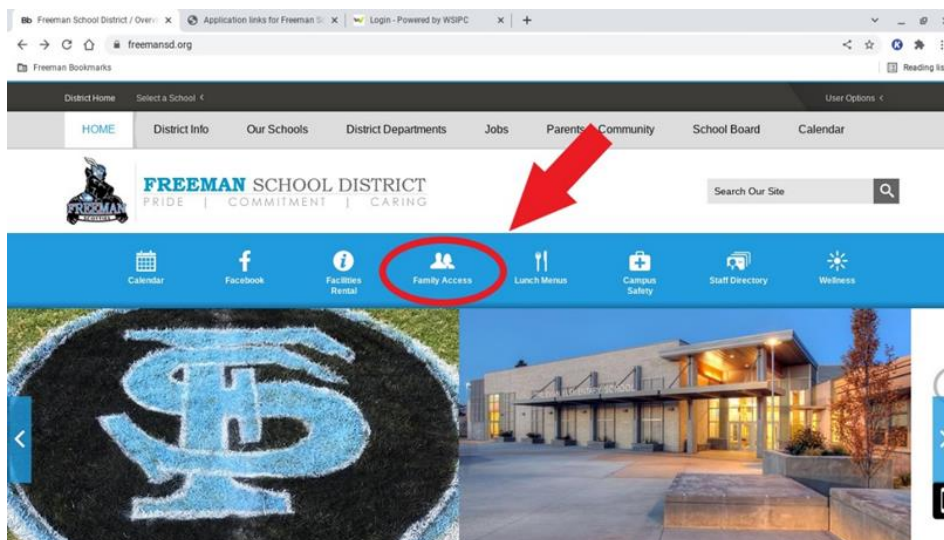
Spanish III:

Grade 12

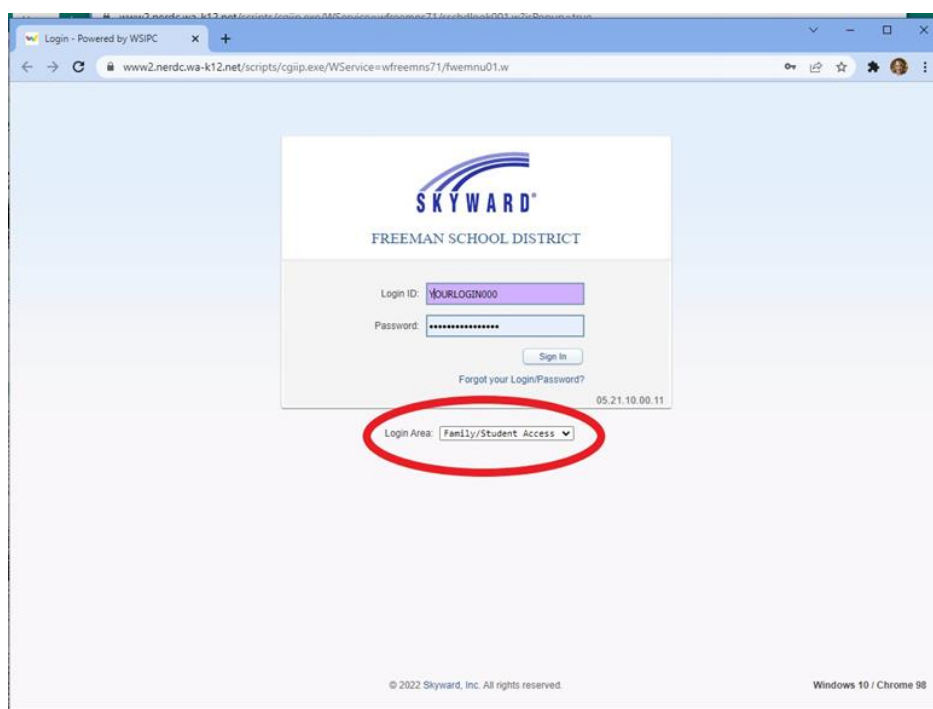
Our third year is built for conversation and for putting all those tenses, vocabulary and formations to work. Not only will we review and deeply investigate all previously learned tenses, we'll introduce the challenging subjunctive mood. Also, we'll give some new formations that allow you to communicate more fluently on a variety of every day topics. Also, there will be some exciting new cultural topics that will allow you to see the people's passion for the language, the country, and for a way of life. As you continue through Spanish III, you will notice that your abilities in writing, listening, speaking and comprehending will be even further enhanced upon completion.

2023-2024 Online Registration Instructions

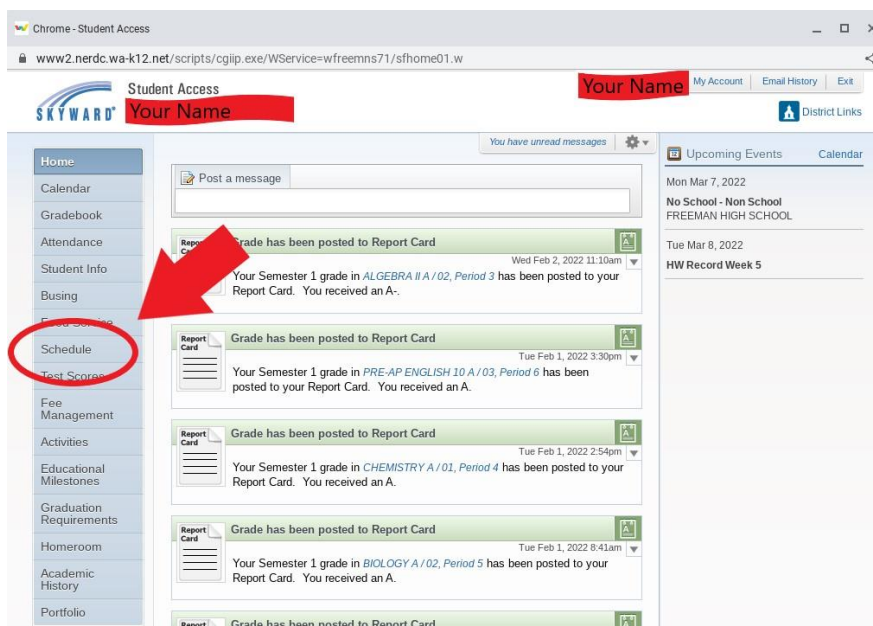
1. Open your internet browser
2. Go to www.freemansd.org



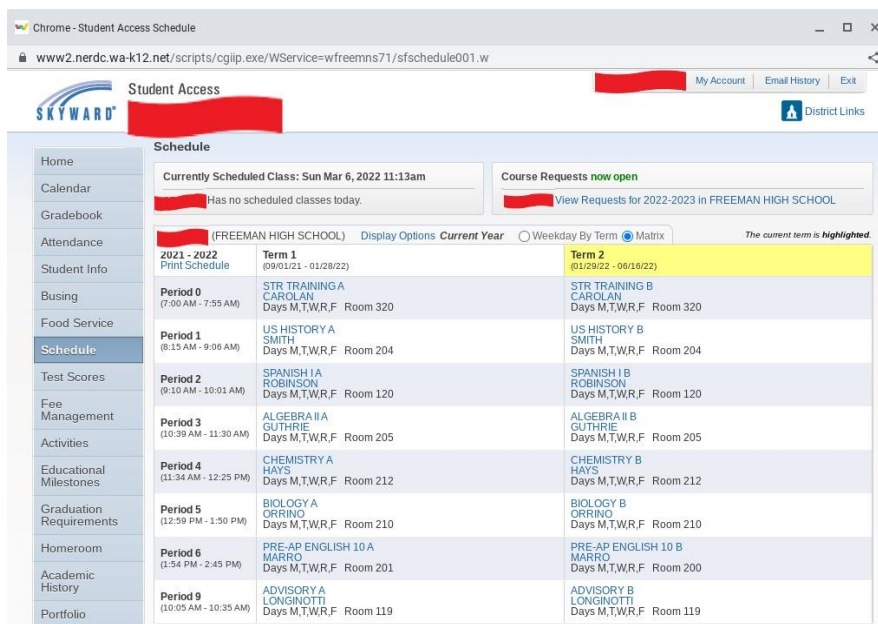
3. Find the “Family Access” link and click on it. This will bring up a login screen. You can also click on this link: <https://www2.nerdc.wa-k12.net/scripts/cgiip.exe/WService=wfreemns71/fwemnu01.w>
4. You must login to your STUDENT account, not a parent/guardian account
5. If you do not know your login, please contact Ms. Holm (kholm@freemansd.org) or Mrs. Hayek (khayek@freemansd.org) or Mrs. Davis (rdavis@freemansd.org).



6. Once you have logged in, you will be at the Student Access Screen.
7. On the left-hand side, click SCHEDULE



8. Under Course Requests on the upper right side, select Request Courses for 2023-2024. This will take you to courses that are sorted alphabetically by course codes (example: FAS200 is ART A – first semester Art). You will search for courses by course codes. Course codes are listed on page 34 of the 2023-24 Course Guide.



9. Select the course by clicking on the course box and then clicking Add Course.
 - a. **SENIORS** Please refer to your Grad Requirements in Student Access. You **must** register for English and either Civics/CWP or AP Gov/EWU POLI 100.

- b. **JUNIORS** Please refer to your Grad Requirements in Student Access. You **must** register for English and either US History or AP US History, a 3rd science, and a 3rd math.
- c. Make sure that if you are selecting a year-long elective, you are seeing both semester one and semester two in your requests.
- d. Planning on Running Start or Skill Center next year? Complete registration as if you were staying at FHS and contact your counselor as they will be the one to adjust your schedule based on acceptance to a Dual Enrollment program.

Chrome - Student Access Schedule
www2.nerdc.wa-k12.net/scripts/cgip.exe/WService=wfreemns71/sfschedule001.w

Student Access

View Requests for 2022-2023 in FREEMAN HIGH SCHOOL

(FREEMAN HIGH SCHOOL) Request Courses | Request Alternates

Total Requests/Scheduled: 2 Total Credits: 1.000

Available Courses for 2022-2023		Selected Courses	
ELE900	SKILLS CENTER A (ELECTIVES) 1.500 Credits, Elective	SST440	CIVICS A (Social Studies) 0.500 Credits, Required
ELE901	SKILLS CENTER B (ELECTIVES) 1.500 Credits, Elective	SST441	CURRENT WRLD PROBLEMS B (Social Studies) 0.500 Credits, Required
ELE910	SPOKANE VALLEY TECH A (ELECTIVES) 0.500 Credits, Elective		
ELE911	SPOKANE VALLEY TECH B (ELECTIVES) 0.500 Credits, Elective		
ENG310	ENG 11/12 LIT ANALYSIS A (English) 0.500 Credits, Required		
ENG311	ENG 11/12 LIT ANALYSIS B (English) 0.500 Credits, Required		
ENG430	BRIDGE TO COLLEGE A (English) 0.500 Credits, Required		
ENG431	BRIDGE TO COLLEGE B (English) 0.500 Credits, Required		
ENG520	AP ENGLISH LITERATURE & COMP A (English) 0.500 Credits, Required		

Portfolio | Days M,T,W,R,F Room 119 | Days M,T,W,R,F Room 119

10. Once you have selected your core and elective courses – **totaling 6.5 courses (7.5 if Zero Hour Strength Training is selected)**, you will need to add your alternative options by clicking on Request Alternate tab. Advisory will be preloaded and will account for 0.5 credit.

Chrome - Student Access Schedule
www2.nerdc.wa-k12.net/scripts/cgip.exe/WService=wfreemns71/sfschedule001.w

Student Access

View Requests for 2022-2023 in FREEMAN HIGH SCHOOL

(FREEMAN HIGH SCHOOL) Request Courses | **Request Alternates**

Total Requests/Scheduled: 12 Total Credits: 6.000

Available Courses for 2022-2023		Selected Courses	
ELE900	SKILLS CENTER A (ELECTIVES) 1.500 Credits, Elective	ELE310	CAREERS & LEADERSHIP A (Vocational) 0.500 Credits, Elective
ELE901	SKILLS CENTER B (ELECTIVES) 1.500 Credits, Elective	ELE311	CAREERS & LEADERSHIP B (Vocational) 0.500 Credits, Elective
ELE910	SPOKANE VALLEY TECH A (ELECTIVES) 0.500 Credits, Elective	HPE206	STR TRAINING A (Health & PE) 0.500 Credits, Elective
ELE911	SPOKANE VALLEY TECH B (ELECTIVES) 0.500 Credits, Elective	HPE207	STR TRAINING B (Health & PE) 0.500 Credits, Elective
ENG310	ENG 11/12 LIT ANALYSIS A (English) 0.500 Credits, Required	MAT400	PRE-CALCULUS A (Mathematics) 0.500 Credits, Required
ENG311	ENG 11/12 LIT ANALYSIS B (English) 0.500 Credits, Required	MAT401	PRE-CALCULUS B (Mathematics) 0.500 Credits, Required
ENG430	BRIDGE TO COLLEGE A (English) 0.500 Credits, Required	SCI520	AP BIOLOGY A (Science) 0.500 Credits, Elective
ENG431	BRIDGE TO COLLEGE B (English) 0.500 Credits, Required	SCI530	BIOL 101 CWU (Science) 0.500 Credits, Elective
ENG520	AP ENGLISH LITERATURE & COMP A (English) 0.500 Credits, Required	SST440	CIVICS A (Social Studies) 0.500 Credits, Required

Portfolio | Days M,T,W,R,F Room 119 | Days M,T,W,R,F Room 119

This request cannot be added because it will cause the credit request limit of 6.000 credits to be exceeded

11. Select the alternate course box and click Add Course. You will choose two alternate courses. You will know they are alternates by the arrows to the left of the course code. **Alternates may show as 1 semester ONLY. This is not a problem – please select your 2 alternate class choices – do not select 2 semesters of the same course.**

The screenshot shows a web browser window titled "Chrome - Student Access Schedule" with the URL "www2.nerdc.wa-k12.net/scripts/cgiip.exe/WSservice=wfreemns71/sfschedule001.w". The page is for "FREEMAN HIGH SCHOOL" and is titled "Request Alternates". It displays two columns of courses: "Available Alternate Courses for 2022-2023" and "Selected Alternate Courses".

Available Alternate Courses for 2022-2023:

Course Code	Course Name	Credits	Requirement
ELE900	SKILLS CENTER A (ELECTIVES)	1.500	Elective
ELE901	SKILLS CENTER B (ELECTIVES)	1.500	Elective
ELE910	SPOKANE VALLEY TECH A (ELECTIVES)	0.500	Elective
ELE911	SPOKANE VALLEY TECH B (ELECTIVES)	0.500	Elective
ENG310	ENG 11/12 LIT ANALYSIS A (English)	0.500	Required
ENG311	ENG 11/12 LIT ANALYSIS B (English)	0.500	Required
ENG430	BRIDGE TO COLLEGE A (English)	0.500	Required
ENG431	BRIDGE TO COLLEGE B (English)	0.500	Required
ENG520	AP ENGLISH LITERATURE & COMP A (English)	0.500	Required

Selected Alternate Courses:

Course Code	Course Name	Credits	Requirement
1 CSP105	INTRO TO DIGI TOOLS (Vocational)	0.500	Elective
2 FAS200	ART A (Fine Arts)	0.500	Elective
R ELE310	CAREERS & LEADERSHIP A (Vocational)	0.500	Elective
R ELE311	CAREERS & LEADERSHIP B (Vocational)	0.500	Elective
R HPE206	STR TRAINING A (Health & PE)	0.500	Elective
R HPE207	STR TRAINING B (Health & PE)	0.500	Elective
R MAT400	PRE-CALCULUS A (Mathematics)	0.500	Required
R MAT401	PRE-CALCULUS B (Mathematics)	0.500	Required
R SC1520	AP BIOLOGY A (Science)	0.500	Elective

At the top right of the "Selected Alternate Courses" section, a red circle highlights the summary: "Total Requests/Scheduled: 12 Total Alternates: 2 Total Credits: 6.000". Below the course lists, a note states: "A maximum of 2 Alternate Courses can be assigned."

At the bottom of the page, there is a footer section with the following information:

Portfolio	Period 9 (10:05 AM - 10:35 AM)	LONGINOTTI Days M,T,W,R,F Room 119	LONGINOTTI Days M,T,W,R,F Room 119

12. You should have a total of 12 requests for 6.5 credits requested/scheduled (14 for 7.5 credits if you have signed up for Zero Hour Strength Training) plus 2 alternates.
13. Online registration must be completed by Friday, March 17th, 2023. If you have questions, are having difficulty with the online registration, or do not have access to a computer, you can contact Ms. Holm at (509) 291-3721 or by email at khholm@freemansd.org.

Course Codes 2023-2024

Please refer to these codes when selecting courses during registration.

ENGLISH	
Course Code	Course Name
ENG100	English 9
ENG250	English 10
ENG350	Language Comp – English 11/12
ENG430	Bridge to College English
ENG420	AP English Language Composition and EWU ENGL 101
ENG406	Journalism
ENG320	Creative Writing

FINE ARTS	
Course Code	Course Name
FAS200	Art
FAS206	Beginning Band
FAS275	Intermediate Band
FAS306	Advanced Band
FAS103	Choir
FAS350	Guitar
FAS308	Drumline
FAS270	Yearbook

MATHEMATICS	
Course Code	Course Name
MAT110	Algebra I
MAT201	Geometry
MAT301	Algebra II
MAT331	Applied Geometry
MAT400	AP Pre-Calculus
MAT501	AP Calculus
PFN100	Personal Finance

CTE	
Course Code	Course Name
IAS150	Introduction to Construction (Semester 1)
IAS160	Introduction to Metals/Welding (Semester 2)
IAS320	Construction Tech II
IAS350	Metals/Welding Tech II
CSP105	Digi-Tools
CSP200	Computer Science Principles
ELE310	Leadership

SCIENCE	
Course Code	Course Name
SCI110	Physical Science
SCI201	Biology
SCI270	Intro to Agriculture
SCI260	AP Environmental Science and CWU ENST 210
SCI301	Chemistry
SCI520	AP Biology and CWU BIOL 101
SCI220	Anatomy & Physiology and CWU BIOL 201
IAS400	Horticulture

HEALTH & PHYSICAL EDUCATION	
Course Code	Course Name
HPE101	Health & Fitness
HPE220	Lifetime Fitness
HPE206	Strength Training
HPE374	Total Fitness

SOCIAL STUDIES	
Course Code	Course Name
SST201	World History
SST301	US History
SST440	Civics & CWP
SST500	AP US History
SST550	AP US Gov and CWU POLI 100

WORLD LANGUAGE	
Course Code	Course Name
WLA101	Spanish I
WLA200	Spanish II
WLA300	Spanish III

See the school counselor, Ms. Holm, for more information regarding electives such as TA's, the Dawghouse, etc. These courses are by application and availability only.

Course Fees (subject to change)

FEES	AMT
ASB CARD	\$35.00
ASB CARD REPLACEMENT	\$ 5.00
BAND	\$15.00
BAND PERCUSSION	\$10.00
ANATOMY & PHYSIOLOGY	\$10.00
AP BIOLOGY	\$10.00
AP ENVIRONMENTAL SCIENCE	\$10.00
ART (per semester)	\$20.00
CHEMISTRY	\$10.00
CONSTRUCTION/SHOP (per semester)	\$10.00
HORTICULTURE	\$ 5.00
PHYSICS	\$10.00
RENTAL INSTRUMENT	\$40.00
TRANSPORTATION/EXCURR (per year)	\$20.00