
ELEMENTARY K-6TH BASE COURSES

Kindergarten

LAN 000: Kindergarten Language Arts

In Kindergarten, students will engage in many fun activities that will help them to develop their oral and written language skills. Students will learn the relationship between letters and sounds and will begin to associate spoken sounds with the letter or letters that represent them. Using this knowledge, students will begin to read and write words, sentences, and simple stories. Important skills students will learn include short vowels, long vowels, consonant sounds, blends, digraphs, word families, and sight words.

MAT 000: Kindergarten Mathematics

The primary focus of the math program in kindergarten is to develop math concepts through hands-on, interactive learning. Math topics are taught step by step, using manipulatives, engaging activities and discussions. Through the learning of mathematical processes, students will develop problem solving skills and strategies. Sorting, classifying, patterns, geometry, fractions, measurement, time, money, graphing, addition, and subtraction are a few of the topics that will be introduced.

SCI 000: Kindergarten Science

Science at the kindergarten level focuses on God's plan and purpose for creation. A biblical worldview that emphasizes the truth of creation and intelligent design will be taught. Students will investigate God's plan for health, seeds, animals, the earth, the sky, seasons, weather, materials, and transportation.

HIS 000: Kindergarten Social Studies

In Social Studies the focus is on the self, family, home, school, community, and the world. Some topics include Community Helpers, Children of the World, and America: Our Great Country. Students will be introduced to geography, famous people and places, holidays, and world cultures.

1st Grade

LAN 010: 1st Grade Language Arts

MAT 010: 1st Grade Math

SCI 010: 1st Grade Science

HIS 010: 1st Grade Social Studies

2nd Grade

LAN 020: 2nd Grade Language Arts

Second grade students study reading, spelling, writing and grammar. Students will read independently using novels. Study from works of literature will teach students to examine what they read, Christian or secular, classic or contemporary, and value the truth it contains as measured against the Bible.

MAT 020: 2nd Grade Math

Students will strengthen math concepts through literature, hands on activities, vocabulary, and problem solving strategies. The primary focal points will be addition and subtraction of two and three digit numbers, place value, counting money, geometry, fractions, measurement, time, temperature, graphs and probability, patterns, and multiplication and division concepts.

SCI 020: 2nd Grade Science

Students will plan and conduct simple classroom and field investigations to develop the skills of making scientific observations and measurements using standard and non-standard units. Students will gain experience in using common tools such as graduated cylinders, balance scales, rulers and clocks to collect information, classify and sequence objects and events, and identify patterns. Some topics of study include bones and muscles, health and safety, animals, liquids and solids, position and motion, and buoyancy and boats. A biblical worldview that emphasizes the truth of creation and intelligent design will be taught.

HIS 020: 2nd Grade Social Studies

Students are introduced to the history of the world, beginning at the beginning of time. The year will focus on a timeline study of the Old Testament and Ancient Egypt and how God is the God of all history, not just that written in the Bible. Music-based memory tools and hands-on activities are critical aspects of the class and implemented regularly.

3rd Grade

LAN 030: 3rd Grade Language Arts

Students will increase their understanding of the eight parts of speech and how they are used in a sentence. This information will aid them as they learn to create more colorful and complex sentences in various classroom writing assignments. Vocabulary will be emphasized in both the grammar curriculum and through literature. Students will read novels independently and will be expected to answer related questions and/or present oral reports to the class. Spelling and handwriting will also be covered, primarily at home.

MAT 030: 3rd Grade Math

Third grade math offers students the opportunity to develop an understanding of multiplication and division strategies for basic multiplication facts and related division facts involving the creation and analysis of patterns and relationships in both multiplication and division. Students will also explore fractions and their equivalence, as well as, describe and analyze properties of two-dimensional shapes.

Addition, subtraction, multiplication and division of whole numbers come into play as students construct and analyze frequency tables, bar graphs, picture graphs, and line plots and use them to solve problems.

SCI 030: 3rd Grade Science

3rd Grade Science uses student's natural inquisitiveness and joy of discovery as the basis for further investigation into the beauty, order, intricacy, and variety of God's world. Lessons are student centered and active, encouraging the students to make their own hypotheses and test them. Students learn to plan and implement simple classroom investigations and to develop the skills of collecting information, making inferences, communicating conclusions and making informed decisions. Some topics of study include scientific investigations, circulatory and respiratory systems, plants, forces and electricity, heat and temperature, soil, natural resources and structures.

HIS 030: 3rd Grade History

This course will focus on learning history names, dates, places and events beginning with the Minoans in 1450 A.D to the end of the Western Roman Empire in 476 A.D. Together, we will explore and prepare an understanding of how God is working today and what He has done during many past events. Furthermore, we are following classical methodology by memorizing this material which is presented in a variety of ways that makes the memory work

quite enjoyable. Students will use reading novels in conjunction with Language Arts, projects, and songs to help learn the major events associated with Old and New Testament, Greece and Roman Times.

4th Grade

LAN 040: 4th Grade Language Arts

Students will continue the emphasis on the eight parts of speech and how they are used in a sentence. A more in-depth study of punctuation and capitalization rules will be provided, as well. In writing, students will begin by modeling short paragraphs and narratives with the teacher, and will work toward more independent assignments in which they write to explain or inform. Novels are the primary source used to teach reading comprehension and literary elements. Spelling and handwriting will be covered at home.

MAT 040: 4th Grade Math

In 4th grade math, students have the opportunity to develop an understanding of decimals and explore the connections between fractions and decimals. In addition, students will investigate the concept of area and will be able to determine the area of two-dimensional shapes. Multiplication and division facts will be reviewed to develop quick recall of multiplication facts, related division facts and fluency with whole number multiplication. Students will also solve problems by making frequency tables, bar graphs, picture graphs and line plots.

SCI 040: 4th Grade Science

4th Grade Science uses student's natural inquisitiveness and joy of discovery as the basis for further investigation into the beauty, order, intricacy, and variety of God's world. Lessons are student centered and active, encouraging the students to make their own hypotheses and test them. Students learn to plan and implement simple classroom investigations and to develop the skills of collecting information, making inferences, communicating conclusions and making informed decisions. Some topics of study include scientific investigations, organ systems, living things and their homes, light, sound waves and hearing, investigating minerals, rocks and the earth's structure, and investigating packaging.

HIS 040: 4th Grade History

In the first semester students will study history chronologically beginning with the Fall of the Roman Empire to the Reformation. Students will be introduced to the Middle Ages, including feudalism and the role of the church, and the Renaissance. During the second semester students will be introduced to the Age of Exploration, focusing on the Spanish Explorers in the southwest region. Finally, the students will learn the history of Texas from its discovery until statehood.

5th Grade

LAN 050: 5th Grade Language Arts

Students are taught to write short research reports, persuasive paragraphs, book critiques, comparison/contrast essays and business letters. Much of the writing is correlated with the novel-based reading curriculum. A full review of previously learned grammar concepts helps to solidify understanding of the eight parts of speech and how they are used in the sentence. Spelling and handwriting will be taught at home.

MAT 050: 5th Grade Math

In 5th grade, math students will apply whole number, fraction, and decimal operations in a variety of contexts; determine perimeter and area of geometric shapes; and represent and interpret data in graphs, charts, and tables. In addition, students will learn to identify and convert both Metric and Standard Measures, explore probability, and will begin to solve algebraic equations.

SCI 050: 5th Grade Science

Fifth grade science is a hands-on course that encourages students to become actively involved in scientific discovery. Student will be given the opportunity to develop their own hypotheses and design experiments to test them. The students will investigate the laws of motion, how simple machines make work easier and influence society, and how vehicles move. In addition, students will explore how cells function and why the human body needs good nutrition. Finally, students will study our solar system including the earth, sun, moon, and stars.

HIS 050: 5th Grade History

Students will study the first half of American history, beginning with the explorers from Europe. Students will learn about the American colonies and their quest for independence from Britain. They will discover how America became its own country and its expansion to the west.

6th Grade

LAN 060: 6th Grade Language Arts

Students will review the eight parts of speech, as well as the parts of a sentence. Students will also learn to identify fragments and run-ons, and will develop strategies to correct these common problems. They will receive routine practice in editing for punctuation, capitalization, tense and subject-verb agreement errors. All of these skills will be re-emphasized through a variety of writing assignments such as descriptive paragraphs, expository essays, friendly letters and poetry. Students will examine the writing style of others as they read poetry and various novels and evaluate these works from a Christian perspective. Spelling will be taught at home.

MAT 060: 6th Grade Math Course 2

In 6th grade math, problem solving, formal and informal reasoning, the language of mathematics, and connections within and outside mathematics will be taught using the tools of arithmetic. Emphasis is placed on increasing the difficulty of basic arithmetic processes and preparing the students to think algebraically. Topics to be covered include decimals, fractions, ratio and percents, geometry, and probability.

SCI 060: 6th Grade Science

Sixth grade science is a hands-on course that encourages students to become actively involved in scientific discovery. Student will be given the opportunity to develop their own hypotheses and design experiments to test them. The students will investigate energy, matter, and electricity. In addition, students will explore how the immune and nervous system in the human body functions, as well as the diversity of life on earth. Students will also study weather in our atmosphere, how it is predicted, and measured.

HIS 060: 6th Grade History

Students will study the history of the United States from 1815 to the Present. They will begin to develop historical skills such as thinking chronologically and recognizing the impact of people and events. Students will also study an overview of the Old and New Testaments.

ELEMENTARY ELECTIVES

Fine Arts

Music & Movement: Music K

Music games and group participation will introduce the musical concepts of rhythm, melody, listening, and creating. Students will participate in creating fun and joyful musical experiences.

Sing, Say, Move, Play: Music 1-3

Music games and group participation will introduce the musical concepts of rhythm, melody, harmony, form, listening, creating, and cultural context. Students will participate in creating fun and joyful musical experiences.

Music Fun & Recorder Karate: Music 4

Musical exercises and group participation will provide basic training in rhythm, melody, harmony, form, and identifying instruments of the orchestra. Student will learn to play the recorder. Posture and position, breath control, fingering, articulation and tonguing will be taught. A recorder and portable music stand will need to be purchased. Students will participate in creating fun and joyful musical experiences.

Music Fun & Skill: Music 5-6

Musical exercises and group participation will train the students in rhythm, form, and reproducing melodies and harmonies. Sight-reading and rhythmic skills will be emphasized. Music appreciation and history will be introduced. Students will participate in creating fun and joyful musical experiences.

HUA 000: K-6th Grades Elementary Art

This hands-on and project based course uses a variety of art mediums to support and develop basic drawing techniques, fundamental principles of color and artistic vocabulary. Sketchbooks will be used by each student to explore project ideas, reinforce lessons from class and to practice drawing techniques. Age appropriate art appreciation from a Biblical perspective, art history, and art in our community will be integrated as part of this course. The emphasis for critiquing in this class will be on original ideas, artistic process and aesthetic value of finished work.

MIDDLE AND HIGH SCHOOL BASE COURSES

Language Arts

LAN 070: 7th Grade Language Arts

Students review the basic parts of speech and their use in the sentence, as well as skills used in writing clear, coherent and varied sentences while avoiding sentence fragments and run-on sentences. Writing covers various writing styles, as well as strategies to develop notes and adding style to their compositions. Reading includes both novel studies and exposure to various literary forms, including fiction, essays, drama and poetry. In all areas there is an emphasis on increasing vocabulary, including using context clues, semantics, and etymology. Likewise, all three areas are used to help the students apply and demonstrate what they have learned, through their writing as well as in oral presentations. Spelling practice is continued at home.

LAN 080: 8th Grade Language Arts

Students' mastery of the eight parts of speech, the parts of a sentence, and the seven sentence patterns is expected. Students read a variety of classics from a Christian perspective. Also short selections in various genres are used to increase reading comprehension, critical thinking and test-taking skills. Vocabulary is emphasized through grammar and literature. Students are taught to write narratives, poetry, expository paragraphs, persuasive essays, and business letters. Oral presentations also provide students with an opportunity to express ideas in a clear and concise manner. This is the final grade that includes spelling instruction, and some students may finish the curriculum before the end of the year.

LAN 100: 9th Grade Language Arts

Students receive a broad review of grammar, usage and style. Literature models are provided in the curriculum so that students can see how these concepts are applied. Writing assignments offer emphasis as well, as students are required to create complex sentences and vary their structure. Students write narratives, poetry, five-paragraph essays, brief research reports, and critiques. World literature is used to increase reading comprehension and vocabulary, teach literary elements, and discuss the need to evaluate selections based on a Christian worldview.

LAN 200: 10th Grade Language Arts

Students are encouraged to refine their writing skills through essays that compare and contrast, persuade, describe and explain. Students will be expected to edit their own writing for spelling, grammatical and

punctuation errors. Vocabulary practice focuses on understanding the root meaning of words, and incorporates some test practice. Students read fiction and nonfiction selections to better understand literary elements and to learn how to evaluate works from a Christian perspective.

LAN 300: 11th Grade Language Arts - American Literature

This class is a combination of American literature, writing, and grammar review. Students will examine the timeline of American literature and study classic works in various genres, including poetry, short stories, novels and nonfiction. A special emphasis is placed on writing in order to prepare students for college and beyond. Students will write persuasive paragraphs, five-paragraph essays, a short story, poetry and a research report.

LAN 400: 12th grade Language Arts - British Literature

This class is a combination of British literature and writing practice. Formal essays, reports, and analysis's prepare students for college entrance exams, applications, and routine course work. Students will also write their own resume and complete sample applications. Grammar and punctuation will be reinforced through writing. Vocabulary and literary elements will be taught through literature selections.

Math

MAT 070: 7th Grade Math Course 3

Course 3 serves to provide a solid foundation of integers, rational numbers and real numbers preparing the student for working with equations, inequalities and functions. Real-World applications to the more abstract algebraic concepts are found throughout the text.

MAT 080: 7th and 8th Grades Pre-Algebra

Pre-algebra serves as the transition course from arithmetic to algebra. The text used is designed so as to automate the use of fractions, mixed numbers, and decimals in all operations. Functions (linear and quadratic) and polynomials (adding, subtracting, and multiplying) are introduced. Perimeter, area, volume, and other geometric formulas are also introduced. The beginning concepts of algebra will be practiced thoroughly.

MAT 100: 8th and 9th Grades Algebra I

Course coverage will include a review of symbols and expressions, along with the commutative, identity, associative, and distributive properties; integers and rational numbers; equations and formulas; inequalities, exponents and polynomials; polynomials and factoring; graphs and linear equations; systems of equations; inequalities and absolute value; rational expressions and equations; radical expressions and equations; relations and functions; and quadratic equations.

Calculator Required: TI 83 or TI 84

Course Prerequisite: Successful completion of MAT 080: Pre-Algebra

MAT 200: 9th and 10th Grades Geometry

In the study of Geometry, students will learn geometric thinking and spatial reasoning. Geometric figures and their properties will be studied and applied to real world applications. The students will strengthen their algebraic thinking skills while learning to use the various tools of geometry. Throughout the course, logical thinking and problem solving skills will be emphasized.

Calculator Required: TI 83 or TI 84

Course Prerequisite: Successful completion of Algebra 1

MAT 250: 10th - 12th Grades Math Models

This course will offer students an exciting new perspective on mathematics by exploring how math helps real people in their jobs and lives. This class is for students who have completed Algebra I and Geometry but require more review practice prior to moving on to Algebra II.

MAT 300: 10th and 11th Grades Algebra II

Algebra II extends the topics first seen in Algebra I and provides advanced skills in algebraic operations. Additionally, linear and quadratic functions and relations, conic sections, exponential and logarithmic functions, graphing, and sequences and series will be explored.

Pre-requisites: Algebra I and Geometry

Calculator Required: TI 83 or TI 84

Course Prerequisite: Successful completion of Geometry

MAT 400: 11th and 12th Grades Pre-Calculus

This course includes intensive study of algebraic, exponential, logarithmic, trigonometric, and inverse functions and graphs and their applications. Other topics include triangle trigonometry, analytic geometry, and trigonometric representation of complex numbers. It is designed to prepare students to make a smooth transition to College and prepare them for future courses such as calculus, algebra based physics, and related technical subjects

Calculator Required: TI 83 or TI 84

Course Prerequisite: Successful completion of Algebra II

Science

SCI 070: 7th Grade Exploratory Science

Exploratory Science will be a hands-on, discovery centered course where the students are actively engaged in science. During the first semester, students will explore facets of astronomy, meteorology, and geology. We will study the earth's motions and how the seasons are affected, as well as, our moon, stars, and modern space exploration. Students will have the opportunity to identify and predict the weather as we explore the earth's atmosphere. In addition, we will look at the rocks and minerals found in the earth's crust, identify different types of mountains, investigate how and why the earth is weathering, and discover how glaciers form and how they have changed the earth's landscape. The second semester is an overview of life science. Here students will explore the cells, the basic building block of life; the human body; genetics; and ecology. This course will not simply be a collection of facts, but an exploration of processes, historically important events, and the structures and actions that can be observed in or from the earth today.

SCI 080: 8th Grade Introduction to Physical Science

This course introduces physical science, which deals with matter and energy. Hands on learning opportunities in the following topics will be covered: applying the methods of science, converting standard measurements, understanding motion and forces, and analyzing chemical reactions.

SCI 100: 9th Grade Biology

In this class, students will reinforce and master concepts in biology. The science of life study includes cell structure and function, genetics, the chemistry of life, and ecology. The learner will explore evolution as part scientific theory, and part unconfirmed hypothesis. Students will learn taxonomy through the study of the kingdoms. Throughout the class, a biblical worldview that emphasizes the truth of creation and man's role as steward of the world will be taught.

SCI 200: 10th and 11th Grades Chemistry

The objective of this course is to facilitate the understanding of chemistry concepts for all students of all learning levels, allowing students to hone their investigative, critical, and deductive reasoning skills. The Chemistry class will take the student from understanding the properties and changes of matter to having the ability to break down and comprehend multiple reactions. Beginning with an introduction to chemistry, analyzing data, matter, atom structure, students will move toward applications through the study of reactions. Within each unit real world applications are discussed.

Prerequisite: Successful completion of Algebra 1

SCI 300: 11th and 12th Grades Physics

Physics is a one year course that promotes learning through discovery activities. The three main topics, motion of object, forces acting on objects, and energy will be explored throughout the year. Other topics will include electronics, nuclear physics, and relativity. Students will work individually and in small groups as they observe the principles of physics unfold through real life scenarios and in laboratory settings. Real life applications of the physics concepts will be the main daily focus. Math will be incorporated almost daily in the understanding of the physics concepts.

Prerequisite: Successful completion of or co-enrollment in Algebra II

SCI 400:

Prerequisite: Successful completion of SCI 100, SCI 200 and SCI 300.

History

HIS 070: 7th Grade Geography and World Cultures

This course strives to instill in students the great variety of people and places on our planet. Students will learn basic geography skills such as mapping and identifying geographic features. They will also study the cultures of people groups in all parts of the world, gaining an appreciation for other cultures as well as their own.

HIS 080: 8th Grade Ancient Civilization

The purpose of this course will be to lay the foundation for a study of Western Civilization in ninth and tenth grade. Studies will focus on early civilizations across the world, with special attention paid to Greece and Rome as the founders of Western Civilization.

HIS 100: 9th Grade Early Western Civilization I

This course will cover the history of Western Civilization from its development following the collapse of Rome up to 1648. Students will study significant events and figures, and develop skills in research and drawing conclusions about patterns they see in history.

HIS 200: 10th Grade Late Western Civilization II

This course will focus on Western Civilization from 1648 to the present. Students will continue to study and analyze key figures and events. Students will further develop research and critical thinking skills by engaging in discussions, activities, and projects.

HIS 300: 11th Grade American History

This course covers the history of the United States from its inception as a collection of disparate colonies up to the present day. Students will examine key events and figures, as well as look for patterns and trends in the history of our nation. The first semester will cover the developmental period of U.S. History up to the Spanish-American War. The second semester will look at the U.S. as it developed into a World Power in the last century. In order to further hone their researching skills, students will also be required to complete a research paper during the second semester.

HIS 402 and 403: 11th and 12th grade Government and Economics

This course will study the processes and philosophy behind the government and economic systems in the United States, as well as investigate how our government interacts with those of other nations throughout the world. The first semester will be spent studying the thinkers and writers throughout the ages whose ideas influenced the founders of the United States and who continue to influence the way political leaders in the United States and around the world work and think. The second semester will look at these ideas in action through a study of the workings of the U.S. government and economy and through comparison with those of other nations.

MIDDLE AND HIGH SCHOOL ELECTIVES

Music

HUM 070: 7th and 8th Grades Middle School Praise and Worship

HUM 100: 9th - 12th Grades High School Praise and Worship

This class is an introduction to music Production and Performance of the individual and collaboration of a group. Students will engage in a study of worship, style, music fundamentals, creative process, sound production, and rehearsal techniques. Students taking this course will be responsible for planning and leading the music for Higher Ground and select school functions and therefore will be expected to exhibit a high level of personal discipleship. Rehearsals outside of school hours may be necessary as determined by the teacher. One fine arts credit per year will be earned for students meeting the participation and attendance requirements for this course.

Art

HUA 070: 7th and 8th Grades Middle School Art

This hands-on and project based course uses a variety of art mediums to support and develop basic drawing techniques, fundamental principles of color and artistic vocabulary. Sketchbooks will be used by each student to explore project ideas, reinforce lessons from class and to practice drawing techniques. Age appropriate art appreciation from a Biblical perspective, art history, and art in our community will be integrated as part of this course. The emphasis for critiquing in this class will be on original ideas, artistic process and aesthetic value of finished work.

HUA 100: 9th - 12th Grades High School Art

High school art is an art and design class that includes 3 dimensional art. Students will explore a broad range of techniques and approaches to art through the collage, mixed media, drawing, painting and sculpting. Development of technical skills and artistic vocabulary will include drawing techniques, color wheel theory and 3 dimensional designs. Sketchbooks will be used by each student to explore project ideas, reinforce lessons from class and to practice drawing from various subject matters. Also, research, art appreciation from a Biblical perspective, art history, and art in our community will be regularly integrated as part of this course. The emphasis on critiquing in this class will be on original ideas, composition, artistic process, and aesthetic value of finished work.

HUA 150: 9th - 12th Grades Media Art

In this course, students will develop the skills required to use various media arts technologies as tools for visual expression. Students will design, create, and present images that reflect their own individuality and creativity using graphic art, photography, and computer technologies such as Photoshop. In developing their media artworks, students apply visual elements and principles of design. In addition to several media arts projects, students will be responsible for producing the school year book.

Foreign Language

FLS 070: 7th and 8th grade Middle School Spanish I

In this course students will gain a beginning understanding of the Spanish language and learn about the culture of various Spanish speaking countries. Throughout this course students will learn basic conversational vocabulary, beginning grammar structures, reading and writing skills, and gain confidence in listening to and speaking the Spanish language.

Hispanic Culture Appreciation:

- Students will give brief oral/visual presentations about Spanish-speaking countries.
- Students will complete homework and projects related to some aspect of the Hispanic culture.
- Students will learn and use Spanish colloquial expressions in the classroom.

FLS 080: 7th and 8th Middle School Spanish II

In this course students will gain a beginning understanding of the Spanish language and learn about the culture of

various Spanish speaking countries. Throughout this course students will learn basic conversational vocabulary, beginning grammar structures, reading and writing skills, and gain confidence in listening to and speaking the Spanish language.

Hispanic Culture Appreciation:

- a. Students will give brief oral/visual presentations about Spanish-speaking countries.
- b. Students will complete homework and projects related to some aspect of the Hispanic culture.
- c. Students will learn and use Spanish colloquial expressions in the classroom.

FLS 100: 9th - 12th grades Spanish I

FLS 200: 9th - 12th grades Spanish II

FLS 400: 10th - 12th grades Spanish IV

Spanish IV is the fourth part of a comprehensive Spanish program at Cornerstone Christian Academy. It is intended to assist the student master Spanish by augmenting vocabulary, internalizing all grammar, increasing communication skills, and exploring Hispanic cultures. In addition, students will read literary and media selections at the AP level, which means they will be reading materials that native speakers read. In all, the course is intended to prepare students for bilingual and bicultural life and ministry whether they end their Spanish studies here or continue them to the next educational level.

Fitness and Athletics

AGF 050: 5th and 6th Grades Gymnastic Fitness

AGF 070: 7th and 8th Grades Gymnastic Fitness

AGF 100: 9th - 12th Grades Gymnastic Fitness

Gymnastic Fitness is open for both boys and girls and is designed to teach students body and spatial awareness through learning gymnastic tumbling elements. Skills learned are designed to build strength, balance, agility, endurance, flexibility and coordination. Progression of elements learned will be determined by each student's ability and/or previous tumbling experience. The class is designed to enhance each student's skills, so that they can be applied to further their tumbling ability, or to help enhance performance in other athletic disciplines. This class is open to all students in grades 5-12 and recommended for all athletes. For high school students enrolled, this class carries a normal half credit physical education or elective credit per semester.