

# Bishop Heelan High School



## 2024-2025 COURSE GUIDE

Bishop Heelan High School  
1231 Grandview Street  
Sioux City, IA 51103  
Phone (712) 252-0573  
Fax (712)252-9086



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## Registration and Financial Assistance Sessions

All families must register online. The online registration window opens on February 1. Please refer to the steps below to complete the process.

### **Step 1 – Online Registration Access**

- Current Families – Online Registration. Login to your Infinite Campus Parent account: <https://iacloud2.infinitecampus.org/campus/portal/parents/bishopheelan.jsp>.

From the left menu bar, scroll to “More” at the bottom. Then select Online Registration. You can select the online registration in English or Spanish. Review and update information provided in the online form.

- New Families – Online Registration. Go to [www.bishopheelan.org](http://www.bishopheelan.org). Then select the “Enrollment” tab. Under that tab, choose “Register”. Scroll to the NEW FAMILY REGISTRATION link located in the middle of the page. Click on the link to complete and to submit the online registration.

### **Step 2 – Financial Assistance**

We encourage all families to apply for financial assistance. TADS Financial Aid Assessment Service has been selected to conduct fair and confidential financial need assessments for families that may need assistance paying tuition. The application window opens February 12th. To begin, access the TADS online application at [www.mytads.com](http://www.mytads.com) and click on ‘Financial Aid Assessment’. You can complete the TADS application at any time. More details can be found on our website: [www.bishopheelan.org](http://www.bishopheelan.org) under Enroll. See the Financial Assistance (TADS) drop down.

**THE TADS APPLICATION DEADLINE IS APRIL 1 , 2024**

## Course Guide Purpose

The purpose of this course guide is to provide the students and their parents with information concerning curriculum requirements and to provide a brief description of the courses offered at Heelan. All students and their parents are urged to study the contents of this guide carefully before completing the scheduling process. Please be aware of the course prerequisites as well as the requirements for high school graduation and college admission. Carefully choose your classes as they can greatly impact your future. The student’s counselor will be available to discuss matters concerning registration.

# Heelan Graduation Requirements

\*Each semester of class is equal to 1 credit  
\*48 high school credits are required to graduate

- Business Education – 1 credit
- Communication Arts – 9 credits (including required Speech **OR** Debate I)
- Electives – 6 credits
  - Fine Arts **AND/OR** Life Skills – 2 credits
- Mathematics – 6 credits
  - Natural Sciences – 6 credits
- Physical Education – 2 credits (in the absence of Physical Education being waived)
- Social Studies – 6 credits
  - Theology – 8 credits
- World Languages – 2 credits

## Early Graduation

Students planning to graduate in seven (7) semesters must notify their counselor no later than December 1 of their junior year.

## General 4-Year College Entrance Requirements

- Communication Arts – 4 years
- Natural Sciences – 3 years
- World Languages – 3 years
- Mathematics – 3 years
- Social Studies – 3 years

## Athletes Participating in College Athletics

If you are planning to participate in a collegiate sport at the NCAA Division 1, NCAA Division 2, or NAIA level, it is mandatory for high school student athletes to register with either the NCAA Eligibility Center (Clearinghouse) or the NAIA Eligibility Center to verify whether you have met the necessary core class numbers, GOA guidelines, and ACT standards to play collegiate athletics. Courses taken during the 8<sup>th</sup> grade year do not apply to these requirements. Information regarding these Eligibility Centers can be obtained through your school counselor or by accessing the following websites: [www.eligibilitycenter.org](http://www.eligibilitycenter.org) or [www.planyia.org](http://www.planyia.org). There is a fee associated with submitting your information to these websites.

## Registration Reminders

- Students are allowed a maximum of one study hall/PE period in their schedule unless approved by the administration.
- Students wanting to enroll in online/college credit classes will be required to have space in their schedule to enroll in such classes.
- Students must take an assigned religion class each semester.
- Students taking Band must register for an early bird class.
- Algebra I, Spanish I, and Physical Science courses taken during the 8<sup>th</sup> grade year will not be figured into the student's high school GPA nor will they count for the six math, the two world languages, or the six science credits required for graduation. The class listing and grade will be included on the transcript.

# Heelan High School Faculty and Staff

## Administration

President: -Dr. John Flanery

Principal: -Mr. Chris Bork

Dean of Students: -Mr. Robert Michaelson

Co-Activities Directors: - Mr. Andrew Foster and Mr. Jay Wright

Chaplain: -Fr. Travis Crotty

## Guidance

Director of Guidance- Mr. Bob Geary (Students M-Z)

Mrs. Marla Pluim (Students A-L)

Mrs. Allie Mousel, Student Support Counselor

## Faculty

### Art

Mrs. Sobaski

### Business Education

Mrs. Mogensen

### Campus Ministry

Ms. Ricke

### Communications Arts

Ms. Augustine Mrs. Bonnema

Ms. Britson Mrs. Johnson

Mr. McLean Ms. Valentine

### Family & Consumer Science

Mrs. Bukovich

### Mathematics

Ms. Grebasch Mrs. Hoffmann

Mrs. Oberle Mr. Vigdal

Ms. Wilmesherr

### Music

Mr. Fenton Ms. Larson

### Physical Education

Ms. Carson Mr. Foster

### Science

Mrs. Fladung

Dr. Jorstad

Mr. D. Fravel

Ms. Meyer

### Social Studies

Mr. Corcoran

Mrs. Nichols

Mr. Wright

Mrs. Kiel

Mrs. Schettler

### Theology

Mrs. Flanery

Mr. McLarty

Mrs. Kirkpatrick

Ms. Odom

### Traffic Education

Mr. Torno - North High School

WITCC Staff

### World Language

Mrs. Billings

Ms. Sturges

Mrs. Chauncey

Ms. Sulentic

### Academic Resource Room

Mr. T Fravel

Ms. McElroy

Mr. Oberle

Mr. Roerig

# Art Department

The Art Department of Bishop Heelan High School provides opportunities for individuals to increase their awareness through self-expression, creativity, and visual communication. All students, not just the gifted or talented, are welcome to be involved in a rigorous study of the arts as part of their general education. The Heelan Art Department firmly believes in a fundamental approach to integrating the arts into curriculum which will permit all students, at all levels, to be introduced to, understand, and participate in an art form within the school day. We will work to teach visual literacy and awareness of good design.

Each course has four aspects:

1. Production (creating)
2. History (encountering the historical/cultural background)
3. Aesthetics (discovering the nature/Philosophy)
4. Criticism (making informed judgments).

All Art classes **have a minimum \$15 fee**. These fees are used to purchase materials that are retained by the students (sketchbook, portfolio, pencils, clay, etc.)

**ART I FA 3011** (9, 10, 11, 12) 1 Semester 1 Credit  
Emphasis will be placed on a variety of basic skills and their imaginative use. A willingness to get involved is just as important as “talent” or previous experience. The specific program content includes beginning drawing, color study, perspective, composition, painting, design, and three-dimensional experiences.

**ART II FA 3021** (9, 10, 11, 12) 1 Semester 1 Credit  
Art II offers a wide variety of experience using drawing and painting exercises with an emphasis placed on previously developed skills. The program content includes painting in tempera and watercolor, pottery, intermediate design, linoleum prints, oil pastel, mixed media, and clay unit 4th quarter.

**Prerequisite: Art I**

**ART III FA 3031, FA 3032** (10, 11, 12) 1 Year 2 Credits  
This course offers experience in the drawing, sculpting, and painting processes. Emphasis will be placed on design and composition as related to the expression of the medium. Students will work in large tempera painting, layout and design, drawings with various mediums, mixed media sculpture, self-portraits, art history, independent projects of their choice of media, and clay unit in 4th quarter.

**Prerequisite: Art II**

**ART IV FA 3041, FA 3042** (11, 12) 1 Year 2 Credits  
Students who choose Art IV will continue their depth of study with a possible career-minded approach or also a approach for those who just enjoy the creativity that art provides. This course provides an opportunity for the fine-tuning of talents and skills.

**Prerequisite: Art III**

# Business Education Department

**ACCOUNTING I** LIF 4001 (10, 11, 12) 1 Semester 1 Credit

This course introduces students to the basic knowledge of accounting procedures, including analyzing and journalizing business transactions; constructing worksheets; calculating and recording adjusting entries; preparing financial statements; and finalizing the accounting cycle through closing entries. The emphasis of the course is on the basic principles, concepts, and procedures which must be understood to enter the world of business. Accounting fundamentals and terminology are stressed, and data processing is integrated throughout the course. Simulations are used to emphasize actual business record management. While this course is highly recommended for students considering a business major, all students can benefit in accounting instruction for their own personal business knowledge.

**ACCOUNTING II** LIF 4002 (10, 11, 12) 1 Semester 1 Credit

Accounting II will build on concepts and procedures covered in Accounting I. During the second semester we will be accounting for a merchandising business. This covers several new aspects of accounting including cost of merchandise, inventory control, depreciation of plant assets, payroll, recording and paying of taxes. Students will perform various computer functions including generating financial reports and preparing report analysis utilizing Microsoft Excel 2019. This is an excellent course for students considering a business career and for students wishing to learn accounting procedures for their personal use. Students will enhance basic math skills, improve their ability to analyze situations, develop budgetary skills and be introduced to financial analysis. **Prerequisite: C or better in Accounting I**

**AP COMPUTER SCIENCE PRINCIPLES** BUS 1211 BUS 1212 (11, 12) 1 Year 2 Credits

This class is a full-year, rigorous course that is designed to be the equivalent of a first-semester introductory college computer science course. The course covers a broad range of foundational topics such as programming, algorithms, the Internet, big data, digital privacy and security, and the societal impacts of computing. This class will prepare students to take the Advanced Placement Computer Science Principles exam administered by the College Board in May.

**COMPUTER APPLICATIONS I** LIF 4051 (9, 10, 11, 12) 1 Semester 1 Credit

This course provides students with technology skills necessary for continued success in high school, college, and future employment. Using Professional Microsoft Office 2019 software, which includes Word, Excel, and PowerPoint, students will learn to create documents, spreadsheets, graphics, and presentations. Students will also review touch keyboarding skills and strive for acceptable levels of speed and accuracy.

**COMPUTER APPLICATIONS II** LIF 4052 (9, 10, 11, 12) 1 Semester 1 Credit

This course builds on skills students acquired through Computer Applications I. Using Professional Microsoft Office 365 software, students will explore MS PowerPoint to create professional presentations and MS Access software to learn about databases by creating forms, queries, and reports. Students will also explore web page design and development principles and complete basic coding in HTML and CSS. **Prerequisite: C or better in Computer Applications I**

**FINANCIAL LITERACY** LIF 4030 (11, 12) 1 Semester 1 Credit

**This course is limited to 24 students.**

This required, one-semester course is designed to help students develop the knowledge and skills to make informed, responsible decisions that could affect their financial futures. Whether today's high school students head to college or straight into the workforce, they will face a robust marketplace of financial products and services. To better navigate our nation's financial systems, students will explore topics that include planning your career, payroll and taxes, banking, credit, debt, investing, budgeting, and basic economic principles. Students will also participate in the SIFMA Foundation's Stock Market Game, where they will have the chance to apply their investing skills and compete against other high school teams in the state of Iowa. The curriculum for this course is provided by the University of Northern Iowa and upon completion, students have the option to take an exam and earn college credit by demonstrating a level of proficiency. Required for graduation.

# Business Education Department continued

**INTRODUCTION TO BUSINESS BUS 1101 (10, 11, 12) 1 Semester 1 Credit**

Introduction to Business is a semester course for general education in basic business practice and allows students to discover how the American business economy operates. This course is designed to expose you to business terminology, concepts, and current business issues with the intent to develop a viable business vocabulary, foster critical and analytical thinking, and refine your business decision-making skills. Major topics covered will include the various forms of business ownership, focusing on entrepreneurship, as well as the basic functional areas of business with key units in the areas of business law and marketing.

## **Career Education (Sioux City Community Schools)**

For information on possible Career Education classes through the Sioux City Community Schools, please see your guidance counselor.

# Communication Arts Department

Bishop Heelan students will be required to successfully complete nine semesters of English before graduation. Freshman English is a year-long course. American Literature is a year-long sophomore class. Juniors and seniors have one required Communication Arts course and one semester when they can choose a class from a series of electives. A semester of speech or debate is also required for graduation.

**AMERICAN LITERATURE/COMP** COM 2011, COM 2012 (10) 1 Year Required 2 Credits

Since literature reflects the life and times of the writers, a study of significant works and the periods they represent will give students an awareness of their American heritage. The students will study the literature of the United States from pre-colonial times up through the 20th century. This course helps students observe how the thinking of Americans has changed through the years. It offers an opportunity to compare the styles of prominent writers and to explore a particular author, theme, or type of literature in depth. This class will include all major genres of literature including but not limited to short stories, poetry, plays, and novels. Students will develop skills in writing a formal essay. **NCAA approved.**

**BRITISH LITERATURE** COM 2030 (11) 1 Semester Required 1 Credit

In this class, students learn the importance of British Literature. This course emphasizes the desire to know the past for a better understanding of the present and future. The composition section of this course is devoted to learning the process and the structure used in writing a MLA-style research paper. **NCAA approved.**

**DEBATE I** COM 2091 (9, 10, 11, 12) 1 Semester 1 Credit

This course emphasizes the fundamentals of debate and includes Student Congress, Public Forum, Lincoln-Douglas, Policy, Extemporaneous Debate, and other forms. Debaters will work independently and in pairs on national high school debate topics and student written bills. Research, analysis, and speaking skills are emphasized in the classroom and in tournaments. Communication skills learned in debate are used in a wide array of classes and careers. Students who sign up for this class should be on grade level or higher in reading and vocabulary based on their recent standardized test scores. Debate requires extensive reading outside of class. There are several regional tournaments that will be attended leading to the state tournament and national qualifying tournaments for accomplished students. **Attendance at two weekend tournaments as well as a minimum participation in four work nights, two per quarter, is MANDATORY.**

The fee will be \$25. **Debate I or Speech is required for graduation. NCAA approved.**

**DEBATE II** COM 2092 (10,11,12) 1 Semester 1 Credit

**DEBATE III** COM 2093 (11,12) 1 Semester 1 Credit

**DEBATE IV** COM 2094 (11, 12) 1 Semester 1 Credit

Debate II, Debate III, and Debate IV are a continuation of Debate I. They are designed to enable junior varsity and varsity debaters to further develop skills learned in Debate I. Students can participate in four semesters of debate. **Attendance at two weekend tournaments as well as a minimum participation in four work nights, two per quarter, is MANDATORY.** The fee will be \$25 for each class.

**ENGLISH HONORS 10** COM 2123, COM 2124 (10) 1 Year 2 Credits

This course will encompass American Literature, following the traditional curriculum, but at a faster pace and more in-depth. Students will do an intensive study of all genres in American literature plus writing various essays. **NCAA approved.** **Prerequisite: A's in English courses, teacher recommendation, and successful completion of a placement test**

**ENGLISH HONORS 11** COM 2133, COM 2134 (11) 1 Year 2 Credits

This course will encompass British Literature, following the traditional curriculum, but at a faster pace and more in-depth. Emphasis will be placed on the influence of British authors on American literature and culture. In writing, the emphasis will be placed on the term paper. This class will study several Shakespearean plays, some creative writing, and the importance of British poetry as well as prose. **NCAA approved.**

**Prerequisite: A's in English courses, teacher recommendation and successful completion of a placement test.**

# Communication Arts Department (continued)

**AP ENGLISH 12** COM 2145, COM 2146 (12) 1 Year 2 Credits

Honors English is offered to those students who have shown the capabilities and initiative to work at a college level in English. Successful completion of the year-long course will entitle the student to 6 hours of college credit in Composition and 3 hours of college credit in Literature through Briar Cliff University that are acceptable at most colleges and universities.

**There is an extra fee of \$157.50 per semester for this class which covers the cost of the credits and textbooks.**

**NCAA approved.**

**Prerequisite:** Recommendation from the Department Chair

**FRESHMAN ENGLISH** COM 2113, COM 2114 (9) 1 Year Required 2 Credits

The Freshman English course provides a brief review of grammar and composition culminating in a short research paper. The student works with the four types of sentences and paragraphs. Literature is studied as an art and acquaints students with short stories and novels. **NCAA approved.**

**JOURNALISM I** COM 2201 (10, 11, 12) 1 Semester 1 Credit

This course will be limited to 15 students.

This class is for the student interested in learning journalistic style writing and preparation for work on the newspaper and yearbook staff. Students gain experience in gathering information and assembling it into news stories. Basic desktop publishing will be taught. Students also learn feature writing, newspaper page design, layout, and headlines. Through this course the student becomes aware of the ethical practices of good journalism. The fee will be \$10.00. **NCAA approved.**

**JOURNALISM II NEWSPAPER** COM 2221, COM 2222 **JOURNALISM II YEARBOOK** COM 2241, COM 2242  
(11, 12) 1 Year 2 Credits

This class is an extension of Journalism I. Students will continue learning journalistic writing in preparation for publication of the Shield, the school yearbook, or Pride Online, the online student news site. The students will focus on advanced feature writing. Active participation in designing the content, format, and theme along with completing all steps of the publication process will be required. Advanced desktop publishing, design/layout, and photography skills will also be emphasized.

**Prerequisite:** Students must receive a C or better in Journalism I and have a cumulative GPA of 2.5 or higher.

**JOURNALISM III NEWSPAPER** COM 2231, COM 2232 **JOURNALISM III YEARBOOK** COM 2243, COM 2244  
(12) 1 Year 2 Credits

This class is designed for in-depth study of newspapers and yearbooks. Enrolled students may assume editorial and managerial positions of Pride Online or the Shield. Students will enhance their written and oral communication skills through assisting Journalism I and II students throughout the publication process.

**Prerequisite:** Journalism II and a cumulative GPA of 2.5 or higher is required.

**MULTICULTURAL LITERATURE** COM 2050 (11, 12) 1 Semester 1 Credit

Multicultural literature is a study of modern-day writers. Students observe the problems of the modern world and how people everywhere learn to cope with them. A study of various genres of literature will be undertaken so our students develop a full appreciation of literature throughout the world. The approach will be from a multi-cultural, non-sexist perspective. **NCAA approved.**

**SPEECH** COM 2320 (9, 10, 11, 12) 1 Semester 1 Credit

This course is designed to provide experience in various types of public speaking and oral interpretation. Emphasis is placed on listening skills, discussion, researching, and delivering original material. Self and group evaluation and synthesis of speaking styles and techniques will be required. Speech or Debate is required for graduation. **NCAA approved.**

# Communication Arts Department (continued)

<b>Shakespearean Literature</b> (Com 2040)	(11,12)	1 Semester	1 Credit
This course provides students with an opportunity to enhance personal knowledge of Britain's greatest playwright. Shakespeare's life, his theatre, and the exciting period in English history during which he lived and wrote are explored. Comedies, tragedies, and histories of Shakespeare are included in this course. Dramatic literature includes plays that were written before or about the time of Shakespeare. <b>NCAA approved.</b>			
<b>THEATER COM 2340</b>	(11, 12)	1 Semester	1 Credit
<b>This course will be limited to two classes of 20 each.</b> Students will need to apply for entrance into this class. Students in this course will study the skills and professions of the theatre. Furthermore, students will study time periods of the theatre and perform scripted and non-scripted scenes. Plays are read and performed. Hands-on production work will be required for all school productions. Aesthetic judgment and evaluation will be emphasized. Participation in a one-act production could be a part of the final examination. <b>Prerequisite:</b> Recommendation from the Theater Teacher and Department Chair.			
<b>WORLD LITERATURE COM 2063</b>	(12)	1 Semester Required	1 Credit
The student will study a variety of genres and periods of world literature. Writing for the course will include both formal and informal writing and literary essays. In-depth analysis of literature and writings will be required. <b>NCAA approved.</b>			
<b>ENGLISH 9 COM 2101, COM 2102</b>	(9)	1 Year	2 Credits
This class provides additional instruction in basic grammar and writing skills. The students will work with the four types of sentences. They will also study the different types of literature from fiction to non-fiction, from plays to novels. <b>Prerequisite:</b> Students will be placed into this class based on past scores on ITEDs and other standardized tests. Grade schools will be able to give recommendations for possible inclusion. <b>NCAA approved.</b>			
<b>ENGLISH 10 COM 2121, COM 2122</b>	(10)	1 Year	2 Credits
Since literature reflects the life and times of the writers, a study of significant works and the periods they represent will give students an awareness of their American heritage. The students will study the literature of the United States from pre-colonial times up through the 20 <sup>th</sup> century. This course helps students observe how the thinking of Americans has changed through the years. It offers an opportunity to compare the styles of prominent writers and to explore a particular author, theme, or type of literature in depth. This class will include major genres of literature including but not limited to short stories, poetry, plays, and novels. Students will develop skills in writing different types of sentences leading to writing the formal essay. The students receive more individualized instructions enabling them to work at a slower pace to grasp the content of the class. <b>NCAA approved</b>			
<b>ENGLISH 11 COM 2131, COM 2132</b>	(11)	1 Year	2 Credits
This is a year-long class with the first semester students learning the importance of British Literature. The students will be made aware of how the past is reflected in the present. The composition section will have emphasis on learning the format for formal essay writing. The second semester will emphasize 20 <sup>th</sup> century literature with work continuing on the essay. During both semesters the students will be reading various novels as well as being made familiar with the drama. This class is designed so students may have more individual instruction as well as material presented at a slower pace. <b>NCAA approved.</b>			
<b>ENGLISH 12 COM 2141, COM 2142</b>	(12)	1 Year	2 Credits
This course provides a look at various job-related scenarios that add real life situations to the workplace. It is a hands-on study of career-oriented situations. An "I" search paper is written to do in-depth research on a career of the student's choice. The literature section of this class has been designed to give students the opportunity to acquire a variety of strong academic skills by studying literature both in traditional and new ways. <b>NCAA approved.</b>			

# Communication & Audiovisual Technology

**VISUAL DESIGN WITH A GRAPHICS TABLET I** FA 3211 (9,10,11,12) 1 Semester 1 Credit

This class will use software called Adobe Creative Suite Cloud that includes Photoshop, InDesign and Illustrator to design and build layouts and print materials, to review and improve content, produce print-ready materials and develop a portfolio of graphic design projects. Students will develop skills that lay the foundation for computer generated artwork and producing print-ready communications. Key skills emphasized include designing for a variety of audiences and problem solving that helps support multiple perspectives; design process and effective communications; peer teaching and evaluation in a collaborative environment; technical image manipulation and print publishing skills.

**VISUAL DESIGN WITH A GRAPHICS TABLET II** FA 3212 (9,10,11,12) 1 Semester 1 Credit

Students will further develop skills learned in Visual Design with a Graphics Tablet I, focusing on longer print production projects as well as more in-depth content and advanced techniques for graphics and layout development. Key skills involve project management skills such as task management and planning; illustration and drawing; communication with peers and team members using project plans or specifications; design and redesign; technical graphics and print-production skills such as creating vector-based graphics; design solutions; multi-page and double-page layouts; simple animation; basic architectural/3D design drawing.

**Prerequisite: Visual Design with a Graphic Tablet 1**

**VIDEO DESIGN AND PRODUCTION I** LIF 4801 (9,10,11,12) 1 Semester 1 Credit

Video Design and Production is a two-semester project-based curriculum that develops career and communications skills in digital video production using Adobe tools. In Video Design and Production I, students engage in (1) skills to learn storytelling (2) capturing and editing video and audio and (3) learning the basics of special effects such as masking, creating 3D environments, and generating original content. Students may be required to tape school events outside of the school day.

**VIDEO DESIGN AND PRODUCTION II** LIF 4802 (9,10,11,12) 1 Semester 1 Credit

The 2nd semester of Video Design and Production builds on student design and development skills by focusing on large video production projects as well as more in-depth content and advanced editing, audio, and motion graphic techniques. Students additionally learn audio engineering concepts and music/voice manipulation techniques using Adobe Audition

**Prerequisite: Video Design and Production I**

**ALL COMMUNICATION & AUDIO-VISUAL TECHNOLOGY CLASSES ARE LIMITED TO 20 STUDENTS**

# Family and Consumer Sciences

**CHILD DEVELOPMENT AND PARENTING LIF 4041** (11, 12) 1 Semester 1 Credit

This course is designed to give young men and women practical understandings of parenting and raising children. Parenting skills such as communication and effective discipline are emphasized. The financial and emotional consequences of teen pregnancy are taught. Prenatal development of the child and healthy prenatal care for the mother are learned. Practical ideas are discussed, such as the financial commitment of pregnancy and raising children, infant care, and nutrition.

The emotional, social, cognitive, and physical development of children from birth to adolescence is taught. Career opportunities in the child development field are explored.

**FOODS I LIF 4311** (9, 10, 11, 12) 1 Semester 1 Credit

This is a basic course in food. Basic nutrition and health, the use of small and large equipment, measuring and using recipes successfully, table setting and manners, meal planning, and purchasing food are included in the following units: fruits and vegetables, grain products, dairy, eggs, quick breads, cookies, and bars.

**FOODS II LIF 4321** (10,11, 12) 1 Semester 1 Credit

This course concentrates on advanced cooking experiences, double-crust pies, yeast breads, foods from other cultures, meats, food preservation, and large group entertaining. Presentation and nutrition are applied to all lessons. Consumer decision and comparisons are made in all units. Both conventional and microwave techniques are taught as well as the use of the food processor. Food preservation includes freezing, dehydrating, and canning. Emphasis is placed on creative ways of working with recipes and trying new foods and flavors. Careers related to food are explored.

**Prerequisite: Foods I**

**INTERIOR DESIGN LIF 4501** (9, 10, 11, 12) 1 Semester 1 Credit

This course is designed to help students explore career options in the design field and gain confidence in decorating their home. The principles of balance, rhythm, proportion, harmony, emphasis, and color are explored to give students an understanding of the basic decorating concepts. Students will work with fabrics, colors, and furniture styles and arrangements. Tempera paints are used to experiment with color and design. Kitchen design is studied. Architectural styles, individual and community housing needs and alternatives will be discussed.

**LIFE SKILLS LIF 4401** (11, 12) 1 Semester 1 Credit

This course is designed to help students' transition from high school to college or the workplace. The course increases understanding of the skills teens need to use in the real world such as rent and leases, savings, checking, credit, budgeting, and insurance. Job skills include career exploration, writing a resume, and interviewing skills. Communication skills include writing goals, making decisions, and managing stress. A three-ring binder is required.

**PERSONAL SEWING LIF 4610** (9, 10, 11, 12) 1 Semester 1 Credit

This course is designed for students who wish to learn to sew or advance skills they have already achieved. Each student will begin at his/her level of experience and will complete a minimum of three projects and one service project. Students will learn to identify and select fibers and fabrics, use patterns, and use various types of sewing equipment.

# Health Courses

**HEALTH-BODY SYSTEMS LIF 4231** (9, 10, 11, 12) 1 Semester 1 Credit  
 This is a semester course emphasizing the different systems of the body. The systems will include, but not be limited to: Nervous, Skeletal, Muscular, Endocrine, Reproductive, Circulatory, Respiratory, and Digestive. This course will also include units in Health Career Exploration and Environmental Health concerns.

**PERSONAL HEALTH LIF 4230** (9, 10, 11, 12) 1 Semester 1 Credit  
 This is a course emphasizing wellness concepts essential to the individual. Basic units include the following: Fitness and Exercise, Physical Care of the Body, Nutrition and Eating Disorders, Mental Wellness, Drugs, Alcohol, Tobacco, Communicable and Non-communicable Diseases, Sexually Transmitted Diseases, Consumer Health, First Aid and CPR.

## Physical Education Department

<b>GIRLS LIF 4211, LIF 4221</b>	Physical Education (09)	1 year	0.25 Credit/sem
<b>BOYS LIF 4212, LIF 4222</b>	Physical Education (10)	1 year	0.25 Credit/sem
	Physical Education (11)	1 year	0.25 Credit/sem
	Physical Education (12)	1 year	0.25 Credit/sem

All students taking physical education are required to participate in physical activities class, except those students who, for medical reasons, are not able to participate. Present class structure dictates the classes meeting on a once-a-week basis. Physical education is based upon the premise that the quality and productivity of every individual's life can be enhanced through participation in a comprehensive, sequential physical education program that promotes physical, mental, emotional, and social wellbeing. Education implies a focus on the whole person as opposed to a narrow range of skills or abilities. It means teaching our youth to apply new knowledge and become lifelong learners. The concept of lifelong learning is as relevant to physical education as it is to other areas of instruction. Four years of physical education is required for graduation from Bishop Heelan Catholic High School.

Uniform – All students are required to wear a Heelan issued physical education uniform. These are available for \$25. Athletic shoes and white sweat socks are required. Possible class activities include the following:

Badminton	Floor Hockey	Basketball	Pickle Ball
Strength/Weight Training	Volleyball	3 on 3 Basketball	Flag Rugby
Soccer	Eclipse Ball	Wall Climbing	Team Handball
Step Aerobics	Combo Aerobics	Football	Yoga
Fitness Testing	Frisbee	Wiffleball	Golf
CPR & First Aid	Tchoukball		

**EXERCISE SCIENCE I LIF 4101** (9,10,11,12) 1 Sem/Daily 1 Credit  
 Exercise Science will involve the students in a combination of strength training, classroom health and fitness topics, aerobic activities, flexibility, core strength, and balance activities. Students will split time between fitness activities and classroom health related studies. Personal performance gains, classroom work, and participation in fitness activities will be evaluated. Only students who are serious about improving their personal fitness level and learning more about fitness and health for life should register for this class. Class size is limited to 16 students and the 1st period section starts at 7:45AM.

**EXERCISE SCIENCE II LIF 4102** (9,10,11,12) 1 Sem/Daily 1 Credit  
 Exercise Science II will involve the students in a combination of strength training, classroom health and fitness topics, aerobic activities, flexibility, core strength, and balance activities. Exercise Science II students will be asked to design a physical fitness activity program for the semester and lead Exercise Science I students through various exercise programs throughout the semester. A physical education uniform is required daily. The first period section starts at 7:45AM.

**Prerequisite: B or better in Exercise Science I and department approval.**

# Mathematics Department

**ADVANCED MATH CONCEPTS** MATH 5101, MATH 5102 (11,12) 1 Year 2 Credits

Advanced mathematics is designed as a survey of mathematical topics that are useful in our contemporary world with an emphasis on mathematical thinking through quantitative reasoning and problem solving. Topics include linear equations and systems, set theory, number theory, probability, statistics, finance, trigonometry, and graph theory. A scientific calculator is required. **NCAA approved.**

**Prerequisite:** Departmental approval required

**ALGEBRA I** Math 5211, Math 5212 (9, 10, 11, 12) 1 Year 2 Credits

Students study equations and their solutions. Students work with polynomials, inequalities, factoring, functions, and graphs. Many students follow-up this course with Geometry. A scientific calculator is required. **NCAA approved.**

**ALGEBRA II** MATH 5221, MATH 5222 (10, 11, 12) 1 Year 2 Credits

This is a second-year Algebra that expands the topics covered in Algebra I plus an exploration of new areas such as special factoring, solving systems with more than two unknowns, negative and rational exponents, complex numbers, conic sections, polynomial equations, exponential equations, logarithms. A scientific calculator is required. **NCAA approved.**

**Prerequisite:** Geometry

**AP CALCULUS** MATH 5431, MATH 5432 (12) 1 Year 2 Credits

Calculus is an advanced level mathematics course in which basic methods of finding derivatives and taking integrals are studied as well as their applications to practical problems. This course is offered through Briar Cliff University. This is a dual credit class; successful completion of the class would earn the student four (4) college credits. A graphing calculator is required.

**NCAA approved.**

**There is an extra fee for this class which covers the cost of the college credits and textbooks.**

**Prerequisite:** B or better in Pre-Calculus or in Pre-Calculus Honors

**GEOMETRY** MATH 5311, MATH 5312 (10, 11, 12) 1 Year 2 Credits

Geometry includes the study of properties of geometric figures, parallel lines, congruence, and similarity. Coordinate geometry, areas of polygons and circles are studied as well as methods of developing formal proofs. A scientific calculator is required.

**NCAA approved.**

**Prerequisite:** Algebra I

**MATH PRINCIPLES I** MATH 5011, MATH 5012 (9, 10,11,12) 1 Year 2 Credits

**MATH PRINCIPLES II** MATH 5021, MATH 5022 (10,11,12) 1 Year 2 Credits

**MATH PRINCIPLES III** MATH 5031, MATH 5032 (11/12) 1 Year 2 Credits

These are self-paced courses designed for students who test below grade level to bridge the gap and enhance their math skills. Students who successfully navigate this course will move on to pre-algebra.

**Prerequisite:** Teacher recommendation and standardized test scores.

**MODERN ALGEBRA I** MATH 5231, MATH 5232 (9, 10) 1 Year 2 Credits

Students study equations in one or two variables, rational numbers, irrational numbers, inequalities, and linear graphs. This course provides the basic skills necessary for further work in mathematics and science. Many students follow-up this course with Modern Geometry. A scientific calculator is required. **NCAA approved.**

**MODERN ALGEBRA II** MATH 5241, MATH 5242 ( 10, 11, 12) 1 Year 2 Credits

A second year of Algebra which enlarges upon topics studied in Modern Algebra I and extends them to new areas. General areas covered are equation solving, sequences and series, functions, systems of equation and inequalities, graphing, factoring, polynomials, radicals, complex numbers, logarithms, and trigonometric expressions. A scientific calculator is required. **NCAA approved.**

**Prerequisite:** C or better in Modern Algebra I and teacher recommendation

# Mathematics Department *(continued)*

**MODERN ALGEBRA II HONORS** MATH 5251, MATH 5252 (10, 11, 12) 1 Year 2 Credits

A second year of Algebra which enlarges upon topics studied in Modern Algebra I and Modern Geometry Honors. General areas covered include: the real number system, graphing, logarithms, polynomial operations and solutions, solving systems of equations, and trig functions. A graphing calculator is highly recommended. **NCAA approved.**

**Prerequisite:** A in Modern Geometry, teacher recommendation, and successful completion of a placement test.

**MODERN GEOMETRY** MATH 5331, MATH 5332 (10, 11, 12) 1 Year 2 Credits

This course attempts to give the student an understanding of the structure of Geometry while strengthening their power of logical deductive reasoning. Formal Geometry includes the study of properties of geometric figures, parallel lines, congruence and similarity. Coordinate geometry, areas of polygons and circles are studied as well as methods of developing formal proof. Most students follow this course with Modern Algebra II. A scientific calculator is required. **NCAA approved.**

**Prerequisite:** C or better in Modern Algebra I or teacher recommendation

**PRE-ALGEBRA** Math 5201, Math 5202 (9, 10) 1 Year 2 Credits

This course is a transition from mathematics to algebra. The purpose is to pave the way for a progressive mastery of more difficult and complex skills as a prerequisite for understanding algebraic concepts in an informal way and to build a foundation for a formal study of Algebra. Topics include language of Algebra, integers, problem solving, factors, functions, rationales, equations, inequalities, proportions, percentages, statistics, and probability. A scientific calculator is required.

**PRE-CALCULUS (INTRODUCTORY)** MATH 5401, MATH 5402 (11, 12) 1 Year 2 Credits

An advanced level mathematics course which furthers the concepts studied in algebra and geometry and develops the principles of plane trigonometry. This is a pre-calculus course. A graphing calculator is required. **NCAA approved.**

**Prerequisite:** B or better in Modern Geometry and Modern Algebra II.

**PRE-CALCULUS (INTRODUCTORY) HONORS** MATH 5411, MATH 5412 (11, 12) 1 Year 2 Credits

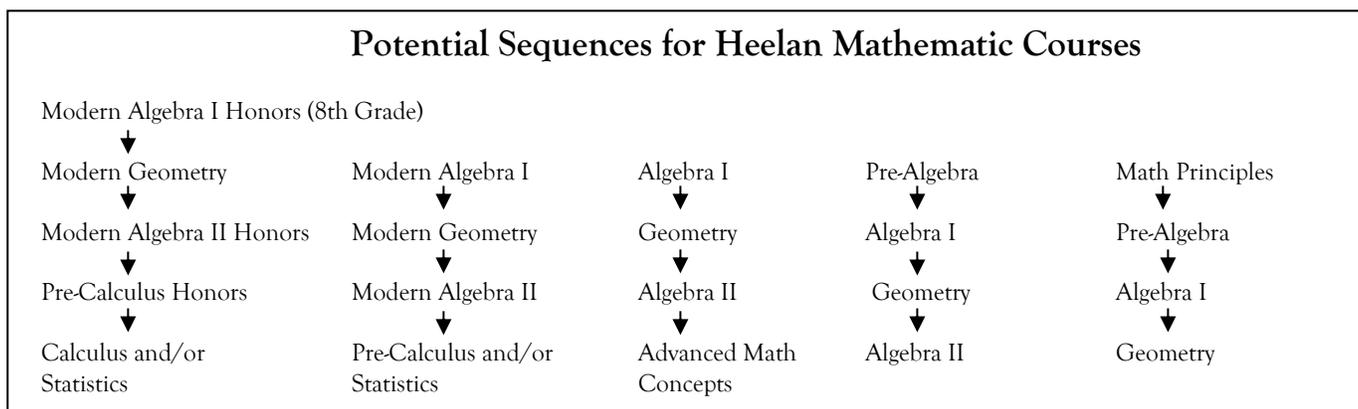
An accelerated level pre-calculus course that furthers the concepts studied in Modern Algebra II Honors and Modern Geometry Honors. The students refine their algebra skills, study analytic geometry, and develop the principles of plane trigonometry. A graphing calculator is required. **NCAA approved.**

**Prerequisite:** B or better in Modern Algebra II Honors and Departmental approval.

**STATISTICS (INTRODUCTION)** Math 5441 (12) 1 Sem 1 Credit

This is an introductory level course that covers topics such as frequency distributions, probability, confidence intervals, correlation, and regression. It is a non-theoretical approach with an emphasis on conceptual understanding. A scientific calculator is required. **NCAA approved**

**Prerequisite:** B or above in Pre-Calculus, Pre-Calculus Honors or teacher recommendation.



# Music Department

**BAND FA 3151, FA 3152** (9,10,11,12) 1 Year /Daily 2 Credits

A variety of performance opportunities enables students to learn and progress in many musical concepts, including music history and theory. Although the program offers many ensembles, the curricular ensemble consists of marching band from August to the end of October and concert band for the remainder of the year. In addition to home football games and marching competitions, the concert band has three major concerts during the year that students are required to attend. Heelan also offers a jazz band and a pep band that performs throughout the winter and spring seasons.

**Prerequisite:** Participation in middle school band unless approved by director.

**BEL CANTO FA 3121, FA 3122** (10,11,12) 1 Year/Daily 2 Credits

This ensemble will consist of female voices chosen by audition. The course will consist of advanced SSA or SSAA literature in a wide range of styles. Work and opportunities will include solo competitions, voice lessons, show choirs, All-State, various ensembles, contest participation, and frequent participation in school liturgies. Participating in the following performances is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts and State Large Group Contest.

**CHORALE FA 3131, FA 3132** (10,11,12) 1 Year/Daily 2 Credits

This ensemble will consist of 40+ voices chosen by auditions. The course will consist of advanced choral literature in a variety of styles from classical to contemporary. Students will have the opportunity to participate in solo competitions, voice lessons, show choir, various ensembles, and frequent participation in school liturgical celebrations. Participating in the following four concerts and one contest is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts, and State Large Group Contest.

**Color Guard FA 3153** (9,10,11,12) 1 Quarter 0.5 Credit

Course work concentrates on the utilization of visual elements to enhance the marching arts. Students will learn dance, choreography, flag/prop techniques, and marching fundamentals in conjunction with the marching band to create a show to be performed at all home football games and 4-5 marching band competitions per season. Participation in these events is required. Prior dance experience is a plus, but not required. All students are welcome, and students need not be a full-time member of the band program.

**FRESHMAN GIRLS CHORUS FA 3101, FA 3102** (9) 1 Year/Daily 2 Credits

Course work concentrates on the study of musical concepts: reading, musical notation, and appreciation through singing many styles of music. It is open to all freshmen girls who express a desire to sing. Girls enrolled will be given the opportunity to participate in the following: concerts, show choir, honor choirs, All-State, and voice lessons. Participating in the following performances is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts and State Large Group Contest.

**\* FRESHMAN GIRLS WILL BE PLACED IN FRESHMAN GIRLS CHORUS**

**CRUSADER CHOIR FA 3113, FA 3114** (9,10,11,12) 1 Year/Daily 2 Credits

Course work will provide a variety of performance opportunities enabling students to learn and communicate a wide range of musical types. Work includes serious music, pop music, solo opportunities, voice lessons, show choirs, various ensembles, contest preparation, and frequent participation in school liturgical celebrations. Concentration will be on the quality of preparation. Participating in the following performances is required: Fall Concert, Madrigal Dinner, Pops and Spring Concerts and State Large Group Contest.

**\*FRESHMAN BOYS WILL BE PLACED IN CRUSADER CHOIR**

**MUSIC THEORY FA 3147** (10, 11, 12) 1 Semester 1 Credit

Music Theory is the study of how music works. Course work consists of construction of scales, concentration on note reading, intervals, chord formation, chord inversion, writing of melodies and harmonization, as well as sight singing and ear training. This course is designed as a preparatory class for students who plan on majoring in music in college but is open to all students wanting a deeper understanding of how music works. Must have five students registered for this class to take place.

# Science Department

All courses are lab courses. Registration for all Honors courses requires departmental approval.

**ANATOMY AND PHYSIOLOGY GENERAL** SCI 6051, SCI 6052 (11, 12) 1 Year 2 Credits

This class is a basic study of the human body including the structure of body systems and how these systems function in health and in disease. Lab Course: Microscopic study, modeling by use of charts, diagrams, and prepared specimens. (No dissection) **NCAA approved.**

**Prerequisite:** Biology

**ANATOMY AND PHYSIOLOGY HONORS** SCI 6053, SCI 6054 (11, 12) 1 Year 2 Credits

This class is a detailed study of the structure, function, and disease of the human body. Emphasis is placed on using knowledge and critical thinking skills in problem-solving applications of study. Dissections and laboratory investigations play a major role in classroom work. This course is offered through Briar Cliff University. Dual credit would be given for this college course; successful completion of the class would earn the student four (4) college credits. **NCAA approved.**

**There is an extra fee of \$140 for this class which covers the cost of the college credits and textbooks.**

**Prerequisite:** Strong biology background and departmental approval.

**BIOLOGY GENERAL** SCI 6011, SCI 6012 (9) 1 Year 2 Credits

This course outlines the study of living things (plants and animals) and develops an understanding of structure, function, and ecological principles in today's living world. The science of life is presented with an emphasis on process and critical thinking skills, laboratory work, current research, and problems that face our changing world. **NCAA approved.**

**BIOLOGY PRINCIPLES** SCI 6031, SCI 6032 (9) 1 Year 2 Credits

Biology Principles focuses on the relationship between structure and function, matter and energy flow in organisms and ecosystems, interdependent relationships in ecosystems, inheritance and variation of traits, and natural selection, evolution, and geologic time. This course is designed to ensure the academic success of all students. **Placement in class based on middle school recommendations.**

**AP BIOLOGY** SCI 6021, SCI 6022 (12) 1 Year 2 Credits

This course is designed specifically to prepare students for an introductory college life science course and to prepare students for the AP Biology test. In the first semester, students will focus on cell biology and genetics. Throughout the second semester, students will explore many topics with an emphasis on organism and population ecology.

**NCAA approved.**

**Prerequisite:** Departmental approval, Biology and Chemistry

**CHEMISTRY GENERAL** SCI 6111, SCI 6112 (11, 12) 1 Year 2 Credits

A college preparation course in which the student studies matter in atomic theory, the periodic table, chemical bonding, properties of elements, acid-base and kinetic theory as well as current chemistry topics through classroom and laboratory experiences. Written lab reports are required of students. **NCAA approved.**

**Prerequisite:** C or better in Algebra I or Modern Algebra I and General Biology.

**CHEMISTRY PRINCIPLES** SCI 6131, SCI 6132 (11-12) 1 Year 2 Credits

A course in which students will study the applications of chemistry and how they relate to their daily lives. A hands-on approach will be taken to learn concepts such as atomic theory, the periodic table, chemical bonding, properties of elements, acids and bases. This course is designed to ensure the academic success of all students. **NCAA approved.**

**Prerequisite:** Departmental approval

**CHEMISTRY HONORS** Sci 6123, Sci 6124 (11, 12) 1Year 2 Credits

A college prep course in which students experience the study of mathematical relationships in experimentation and learn relationships about matter. Topics included are basic concepts, atomic theory, metrics, chemical formulas and equations, aqueous reactions, thermochemistry, electronic structure, periodic properties, chemical bonding, molecular geometry, gases and intermolecular forces, and organic naming/reactions. Writing labs are required as well as assignments and tests for each unit. **NCAA approved.**

**Prerequisite:** Modern Algebra II (may be taken concurrently) and a B or better in Honors Physical Science or an A in General Physical Science as well as department approval.

# Science Department *(continued)*

**PHYSICAL SCIENCE GENERAL** Sci 6211, Sci 6212 (10) 1 Year 2 Credits

This college prep course focuses on physics and earth science. This inquiry-based course explores all the major forces and phenomena associated with our planet and the universe that surrounds it. Throughout the course, the impacts of those forces and phenomena on human lives and our future will be discussed. **NCAA approved.**

**PHYSICAL SCIENCE PRINCIPLES** Sci 6231, Sci 6232 (10) 1 Year 2 Credits

Physical Science Principles focuses on physics and earth science. This lab-based course deals with all the major forces and phenomena associated with our planet and the universe that surrounds it. Throughout the course, the impacts of those forces and phenomena on human lives and the future will be discussed. This course is designed to ensure the academic success of all students.

**Prerequisite:** Departmental approval

**PHYSICAL SCIENCE HONORS** Sci 6221, Sci 6222 (10) 1 Year 2 Credits

This course is designed for highly motivated and intellectually disciplined students. Focusing on physics and earth science, this inquiry-based course explores all the major forces and phenomena associated with our planet and the universe that surrounds it. Throughout the course, the impacts of those forces and phenomena on human lives and our future will be discussed. **NCAA approved.**

**Prerequisite:** Departmental approval, B or better in Modern Algebra

**PHYSICS GENERAL** Sci 6301, Sci 6302 (12) 1 Year 2 Credits

Physics General is a course that deals with science and how it affects our daily life. The students will use simple investigations into areas of motion, heat, light, sound, and electricity to understand how these things affect their lives. Students who are curious about the physical world around them should enjoy an orderly approach to knowing how it works. Laboratory, algebra, geometry, trigonometry and thinking skills are stressed through the year. **NCAA approved.**

**Prerequisite:** B or better in Geometry and Algebra II

**PHYSICS HONORS** Sci 6311, Sci 6312 (12) 1 Year 2 Credits

Physics Honors is a course in the useful investigations of matter and energy. The students will use current laboratory methods of observation and experimentation to develop ideas concerning electricity, motion, light, heat, and sound. Students who are highly intellectually motivated should consider this course as an important step towards understanding the physical sciences. Strong laboratory algebra, geometry, trigonometry and thinking skills are a prerequisite for Honors Physics. **NCAA approved.**

**Prerequisite:** Departmental approval, B or better in Modern Algebra II or Modern Algebra II Honors.

## Science Tracks

Biology General OR Biology Principles (9)

Physical Science Honors OR Physical Science General OR Physical Science Principles (10)

Chemistry Honors OR Chemistry General OR Chemistry Principles (11)

Anatomy & Physiology Honors OR Anatomy & Physiology General (11,12)

Physics Honors OR Physics General (12)

AP Biology (12)

# Social Studies Department

**AP GOVERNMENT AND POLITICS SS 7212** (12) 1 Semester 1 Credit  
The college level course will cover the in-depth structure and procedures of government in the United States and the role that politics plays within our system. Students will be given the opportunity to gain an in-depth understanding of the rights and responsibilities of citizens within our democratic system. so that as adults they may take an active role in the democratic process. Students will be given a direct look at how U.S. Supreme Court decisions have affected and changed the nation and the course of our history. Course content includes: the Constitution, the Executive Branch, the Judicial Branch, and the most impactful Supreme Court cases. **NCAA approved**

**AP U.S. HISTORY SS 7021, SS 7022** (11,12) 1 Year 2 Credits  
This Advanced Placement United States History course is a high-level honors class designed to prepare students for the AP United States History test taken in May that could earn students 3 hours of college credit. This course covers U.S. history from the Explorers to current American History. It provides students with the analytic skills and factual knowledge necessary to deal critically with the problems and materials in U.S. history. Students learn to assess historical materials and to weigh the evidence and interpretations presented in historical scholarship. Students develop skills necessary to arrive at conclusions based on an informed judgment and to present reasons and evidence clearly and persuasively in essay format. **NCAA approved.**  
**Prerequisite:** Approval from Social Studies Department Chair

**CURRENT AMERICAN HISTORY HONORS SS 7011** (12) 1 Semester 1 Credit  
This course follows the history of the United States as it examines the topics of the Civil Rights Movement, segregation versus integration, Watergate, Reaganomics, and the Gulf War. The course will also explore the impact of terrorism on the political, economic, and social facets of American Life. **NCAA approved.** **Prerequisite:** US History Post 1866

**GOVERNMENT SS 7200** (11,12) 1 Semester Required 1 Credit  
This course will cover the basic structure and procedures of government in the United States. Students will be given the opportunity to gain a basic understanding of the rights and responsibilities of citizens within our democratic system, so that, as adults, they may take an active role in the democratic process. Course content includes: the Constitution, president, congress, judicial system, and the political parties. **This is an Iowa state requirement for graduation.** **NCAA approved.**

**GOVERNMENT PRINCIPLES SS7201** (11,12) 1 Semester Required 1 Credit  
This course introduces the structure and procedures of government in the United States. Students will gain a basic understanding of the rights, responsibilities, and privileges of citizens within our democratic system, so that as adults, they may take an active role in the democratic process. Course content will include learning the components of the Constitution, the roles and purpose of the president, congress, judicial system, and political parties in our democracy. **An Iowa state requirement for graduation.** **Prerequisite:** Department approval

**PSYCHOLOGY I SS 7311** (11,12) 1 Semester 1 Credit  
This introductory course is an exploration of human nature taught through group activities, individual activities and projects, and traditional classroom teaching. Topics explored in the course will include heredity and environment, major psychological theories and theorists, theories of learning, motivation, and emotion. **NCAA approved.**

**PSYCHOLOGY II SS 7321** (11,12) 1 Semester 1 Credit  
This second course in psychology is a continuation of the investigation into topics begun in Psychology I. This course allows in-depth study of advanced topics such as personality disturbances, psychotherapies, human growth and development, and development and theories of personality. This course provides an opportunity for research into individual areas of interest. It will be offered semester 2 only and will have class restrictions. **NCAA approved.**  
**Prerequisite:** B or better in Psychology I or departmental approval.

# Social Studies Department (continued)

**THE SOCIOLOGY OF SOCIAL ISSUES** SS 7514 (11,12) 1 Semester 1 Credit  
During this course, students will analyze and interpret political, economic, social, and cultural issues that affect the world around us. It will also examine the role students, Americans, and Catholics play in the global setting. This class will take current issues and apply sociological theories and perspectives to explain behavior. **NCAA approved.**

**UNITED STATES HISTORY 1860 to 1920** SS 7003 (9) 1 Semester Required 1 Credit  
This course will follow United States history from pre-Civil War through the start of the Roaring Twenties. Focus topics will include, but are not limited to the Civil War, Westward Expansion, Industrialization, Immigration, the Progressive Era, the Spanish-American War, Imperialism, Women's Suffrage Movement and World War One. **NCAA approved.**

**UNITED STATES HISTORY 1860 to 1920 PRINCIPLES** SS 7004 (9) 1 Semester 1 Credit  
This course will follow US History from pre-Civil War through World War I. Eras highlighted will include Westward Expansion, Women's Suffrage, the Progressive Era and more.

**US HISTORY 1920 AND BEYOND PRINCIPLES** SS 7041, SS 7042 (11,12) 1 Year 2 Credits  
This course covers American History from 1920 to the 2000s. This course will fulfill the American History one full year requirement. U.S. History Principles covers the United States' rise on the world stage through imperialism, involvement in the Cold War Era to the tensions in the Middle East. Students will study the cause, events and results of the United States growth into a world power.

**US HISTORY 1920 AND BEYOND** SS 7033, SS 7034 (11) 1 Year Required 2 Credits  
This course will follow United States history from the Roaring 1920s to modern day. Focus topics will include, but are not limited to, the Roaring Twenties, The Great Depression, World War II, the Women's Suffrage movement, the Cold War era which includes the Korean Conflict and Vietnam War, the Space Program, the 60s, the Civil Rights Movement, and the Women's Rights Movement, 9-11, and the War on Terror. **NCAA approved.**

**WORLD GEOGRAPHY** SS 7111 (9, 10, 11, 12) 1 Semester 1 Credit  
This course explores our world using the five themes of geography: location, place, human and environmental interaction, movement, and region. Many types of geography are incorporated: physical, cultural, economic, political, and historical geography. **NCAA approved.**

**WORLD HISTORY PRINCIPLES** SS 7081, SS 7082 (10, 11) 1 Year 2 Credits  
This course will highlight historical events in World History beginning with Greek civilization to World War I. Students will gain insight and understanding of the impact of the events and decisions made in one civilization, place, country, or continent on the entire world throughout history. **One full year of World History is required for graduation**

**WORLD HISTORY** SS 7071, SS 7072 (10, 11) 1 Year Required 2 Credits  
This course is designed to highlight history from the birth of the Greek through WW II. Through their study of the past, students will gain a better understanding of the day-to-day world in which they live. It includes the study of Asia, Africa, Europe, Australia, and the Americas. **One full year of World History is required for graduation. NCAA approved.**

## Social Studies Course Sequence

9 <sup>th</sup> grade (one semester): US History 1860-1920 OR US History 1860-1920 Principles
10 <sup>th</sup> grade (two semesters): World History OR World History Principles
11 <sup>th</sup> grade (two semesters): US History OR US History principles
12 <sup>th</sup> grade (one semester): Government OR Government Principles

# Theology Department

## **CATHOLIC CHURCH HISTORY Th 8511**

(11)

1 Semester Required 1 Credit

Offered 1st semester only

Beginning with the models of the Church, this class studies the development of the Church and how it has affected and been affected by other events which have shaped human history. The Church is viewed both from the dimension of being instituted by Christ and guided by the Holy Spirit as well as from the dimension of the human institution. A study of saints and their contributions to the Church are essential to an understanding of our history. There are many components that make this course a fascinating and important study as to who we are as Christians. Students will actively participate in liturgies at school and the Cathedral.

## **CATHOLIC CHURCH HISTORY HONORS TH 8512**

(11)

1 Semester Required 1 Credit

Offered 1st Semester Only

For this class students will be able to delve deeper into the events that have, for the past 2,000 years, shaped who we are as a Christian Culture. Taking a more concentrated look at the writings of the Church Fathers and great theologians will aid this journey. With the use of technology and available speakers, every attempt will be made to have this class come alive through history.

## **CHRISTIAN LIFESTYLES TH 8611**

(12)

1 Semester Required 1 Credit

Offered 2nd semester only

This course begins with the fundamental understanding of we as human persons who are called by God to live in relationship with God, with others, and with ourselves. Healthy relationships, including an inclusive unit on parenting, result from developing those learned skills directed toward a better understanding of self, others, and God which in turn are nurtured by a growing and shared faith. From this premise, we endeavor to seek and to discover our individual calling or vocation from God: living out our lives in relationships. They will identify and recognize the various lifestyles/vocations with the understanding that all vocations are of equal value and serve the Body of Christ. This course will consider the sanctity of human life, which comes from God and is fulfilled in God. Students will discuss the meaning and purpose of human sexuality as a gift of God, both in how we express our genderness and how our sexuality is intended as a means of love and procreation. They will define and describe abstinence as suitable and appropriate for their lives and how choices impact their future and the lives of others. The course also looks at various aspects of World Religions, ranging from the origins of religion and early religions to the religions of the modern world. Some attention is also given to disbelief and atheism.

## **CHRISTIAN LIFESYTTLES HONORS TH 8612**

(12)

1 Semester Required 1 Credit

Offered 2nd Semester Only

For the first quarter of this class the student will explore four or five of the major religions of the world with a comparative study. Doing so will help the student better understand how strong the precepts of Christianity are. In the second quarter students will endeavor to understand the importance of sound moral and ethical decision making as they face decision making away from home. Choosing vocations and understanding human sexuality will be emphasized, Outside speakers and the use of technology will be emphasized

## **MODERN WORLD JUSTICE TH 8711**

(11)

1 Semester Required 1 Credit

Offered 2nd semester only

This course explores relevant social issues in light of the Catholic Church social teachings. Issues include the following: hunger, peace, equality, human dignity, rights and responsibilities, dignity of work and the rights of workers, concern for the poor, immigration, non-violent conflict resolution, and life issues.

# Theology Department *(continued)*

**MODERN WORLD JUSTICE HONORS TH 8712** (11) 1 Semester Required 1 Credit

Offered 2nd Semester Only

Everyone is made in the image and likeness of God, and as such, the dignity of each human comes with rights and responsibilities. The proper exercise of justice keeps these rights and responsibilities in balance for each person, family, organization, and community. This course will examine the role that justice plays in contemporary social issues. Honors students will engage in an in-depth study of the application of justice, explored through reading of Church documents. They will also be responsible for advanced research projects and presentations that address current social justice themes.

**MORALITY TH 8311** (10) 1 Semester Required 1 Credit

Offered 2nd semester only

Several key themes relating to Catholic morality will be discussed in this course. These themes include the definition of morality, moral decision-making, relationships with others, life issues and sexual issues, referencing theology of the body. Students will identify the gospel values of Jesus as principles of moral conduct. Students will develop and demonstrate how a conscience formed with the cardinal virtues is evident in personal decisions. Students will discuss the various forms of sin and its effect upon individuals and society. In addition, the course will explore each person's unique Christian identity emphasizing the spiritual, emotional, and intellectual growth of young Christians, in their relationship with God, others and self.

**MORALITY HONORS TH 8312** (10) 1 Semester Required 1 Credit

Offered 2nd semester only

Several key themes relating to Catholic morality will be discussed in this course. These themes include the definition of morality, moral decision-making, relationships with others, life issues and sexual issues. Students will engage in a variety of different discussions centering on Church teaching and how we live out our faith in the secular society. Students will be asked to assess the morality of an action, free will, culpability, and the ripple effect that those choices have on the world around us. The expectations for discussion in the class are high as the ability to orate one's rationale for the morality/immorality of an act based on specific scenarios is vital.

**NEW EVANGELIZATION SEMINAR TH 8714** (12) 1 Semester 1 Credit

This course is intended for senior students who desire to go deeper in their relationship with Christ and be formed in authentic discipleship that builds on all that they have received thus far in their formation. This course will be offered as a seminar in which the questions of the students concerning faith, culture, and the Christian life will be addressed through academic study, articulation of experience, and daily prayer and reflection. One overnight retreat is required for the student to complete the course, led by the instructor and the chaplain.

**NEW TESTAMENT STUDIES TH 8111** (9) 1 Semester Required 1 Credit

Offered 2nd semester only

This course deepens the study of Jesus, highlighting key events in his earthly ministry while unpacking his teachings about God the Father, the Trinity, Mary, and the Holy Spirit. Students learn that the goal of discipleship is a life of grace and holiness and a share of God's everlasting Kingdom. This class encourages a course of action and calls on students to "pick up their cross" and follow the Lord in this life and beyond. New Testament Studies introduces key vocabulary terms, explores relevant questions of faith, profiles famous Christian disciples, and offers several applications to put the lessons into action.

# Theology Department *(continued)*

## **SACRAMENTS TH 8211**

(10)

1 Semester Required 1 Credit

Offered 1<sup>st</sup> semester only

This course explores the nature of the sacraments in the light of Scripture, Church History, and contemporary Church teachings. The course will include an examination of the importance of grace in all Christians' lives and explore different types/forms of prayer. Students will understand what it means to become a "living sacrament" and that being a living sacrament is the result of the union with Jesus, the "primordial sacrament". The students will explore the specific aspects and origins of the seven sacraments and their importance in the Church with the understanding that the Eucharist is the central sacrament.

## **SACRAMENTS HONORS TH 8212**

(10)

1 Semester Required 1 Credit

Offered 1<sup>st</sup> semester only

This course explores the nature of the sacraments in the light of Scripture, Church History, and contemporary Church teachings. The course will include an examination of the importance of grace in all Christians' lives. The students will explore the specific aspects and origins of the seven sacraments and their importance in the Church with the understanding that the Eucharist is the central sacrament. Students will be asked to have advanced reading comprehension and vocabulary skills as well as the ability to articulate and demonstrate theological insight for each of the sacraments. Students will use the primary sources from the Doctors of the Church, papal encyclicals, the Mass, and the Catechism of the Catholic Church.

## **SALVATION HISTORY TH 8411**

(12)

1 Semester Required 1 Credit

Offered 1<sup>st</sup> semester Only

The primary focus of this course is to emphasize Christ's saving work in the Paschal Mystery and its effects on the Church. Students will return to an examination of Sacred Scripture in the context of the Paschal Mystery and explore the implications for those events on the world. This course follows up on an introductory course on Jesus and the Sacred Scripture by offering a deeper look at how God reveals himself and how humans respond to the Revelation with faith. It teaches that as Jesus is the fullness of God's Revelation, we are called to a life of discipleship with him. The Mystery of the Incarnation and the events in Jesus' life teach us how to be fully human. In learning about Jesus' mission and his ministry, we come to understand that the concrete goal for this life and the next is to live in him.

## **SALVATION HISTORY HONORS TH 8412**

(12)

1 Semester Required 1 Credit

1<sup>st</sup> Semester Only

To embrace one's own identity as a believer, each Christian must dive into the biblical story of salvation. This course aims to help students tell this story, beginning with the fall of humanity in sin, through the preparations of the coming of the Messiah, to Christ's work of Redemption through the Paschal Mystery. Immersed in this story and the identity it provides, students will be better equipped to respond as faithful disciples to the redeeming gift that has been given to them. As an honors course, critical reading of and discussions about Sacred Scripture will be required, in addition to other assigned readings from Church documents and the writing of important Catholic authors.

## **SCRIPTURE FOUNDATIONS TH 8011**

(9)

1 Semester Required 1 Credit

Offered 1<sup>st</sup> semester only

This course focuses primarily on the Old Testament and studying the Old Testament as a journey. During this course the students embark on a journey of their own with family members of faith. As we learn about the plights and predicaments of the people of Israel, we recognize situations in our own faith journey. Students will be challenged to grow in their understanding of God, themselves, and other people. A wise man once said, "An education that is complete is one in which the hands and heart are engaged as much as the mind." These words form the foundation of this course.

# Traffic Education Department

## TRAFFIC EDUCATION

(9, 10, 11, 12)

1 Semester

1/2 Credit

Traffic education is no longer available at Bishop Heelan Catholic High School.

Traffic education is available only through the summer at the Sioux City public schools, offering two sessions. The first session typically starts the last week of May, and the second session typically starts the last week of June. Each session takes approximately 4 weeks to complete. The oldest students are always registered first. There is a limit on how many students will get into the course. Registration will begin in March. Students must show their driving permit at the time of registration. The cost of the course has been \$385. but is subject to change.

For further information please call or email John Torno at 712-239-7000 ext 3511 / [tornoj@live.siouxcityschools.com](mailto:tornoj@live.siouxcityschools.com)

Western Iowa Tech Community College (WITCC) also offers traffic education classes. They have classes during the school year as well as during the summer. For information on traffic education at WITCC, please contact the office of Teen Driver's Education at 712-274-6418. The cost of the course has been \$399, but is subject to change.

# World Languages Department

## SPANISH I, II, III, IV, V

The Spanish program at Bishop Heelan High School is an oral proficiency-based program, which engages students in active meaningful communication with situational activities that the students can expect to encounter in real life. The Spanish program:

1. Emphasizes meaning, understanding and communication.
2. Provides a functional approach that relates grammar to its role in communication.
3. Gives students practice in all skill areas, listening, speaking, reading, and writing in the context of challenging and realistic situations.
4. Recognizes the enormous diversity of learning styles by providing individual and cooperative learning partner and group activities.
5. Focuses on the mastery of the ACTFL World-Readiness Standards for Learning Languages in the areas of Communication, Cultures, Connections, Comparisons, and Communities.

**NCAA approved.**

SPANISH I WLANG 1101, WLANG 1102	(9, 10, 11, 12)	1 Year	2 Credits
SPANISH II WLANG 1211, WLANG 1212	(10, 11, 12)	1 Year	2 Credits
SPANISH III WLANG 1311, WLANG 1312	(10, 11, 12)	1 Year	2 Credits
SPANISH IV WLANG1411, WLANG1412	(11, 12)	1 Year	2 Credits

Students must earn a grade of C- or higher to advance to the next semester of Spanish I and Spanish II or receive special departmental approval.

Students must earn a grade of B- or higher to advance to the next semester of Spanish III, Spanish IV, and Spanish V or departmental approval. Semester exam scores will be taken into consideration

**AP SPANISH LANGUAGE AND CULTURE WLANG 1621, WLANG 1622 (11,12) 1 Year 2 Credits**

AP Spanish IV is a college level course that will prepare students to exhibit an enhanced level of Spanish proficiency that is necessary to perform at an advanced level in the communicative skill areas of speaking, listening, writing, and reading. Students will be challenged to improve their language skills through an intensive study of grammar, vocabulary, and literature which will enable them to apply their language skills to authentic, real-world situations. Students will be required to speak and write the Spanish language at an advanced level. There will be a requirement of completing literature, compositions/essays, and other assignments outside the classroom setting. At the conclusion of the year, students will have the option to take the Advanced Placement Spanish Exam for potential college credit.

**Prerequisite: A or A+ in Spanish III and departmental approval. NCAA approved.**

**SPANISH V WLANG 1511, WLANG 1512 (12) 1 Year 2 Credits**

Spanish V is offered on an as needed basis to accommodate students who qualify for a fifth year of study. The class is a review of grammar using cultural sources such as newspaper and magazine articles, poetry and history studies, short stories, and novels both in Spanish and in English that explore the Hispanic world of the past and present. Students evidence mastery of varied criteria through written paragraphs and papers, and through performance, oral interviews with the instructor. The use of technology and the researching of various websites (particularly those in Spanish) are incorporated into some lessons to reinforce the global aspect of the study of Spanish and the Hispanic people.

**NCAA approved.**

