Issaquah High School will be offering the following 7th period options during the 2015-16 school year. Please read through the course descriptions carefully – with particular attention to meeting dates and times. Should you be interested in one of the 7th period options, registration is available online.

**FALL, 2015**

Registration is open for fall semester beginning March 11th – June 1st (or until a course fills – first come, first served). Fall semester 7th periods will begin the 2nd week of school, September 8th – 11th.

**SPRING, 2016**

Registration is open for spring semester beginning March 11th – January 8th (or until a course fills – first come, first served). Spring semester 7th periods will begin the 2nd week semester 2, February 1st – 5th.

<table>
<thead>
<tr>
<th>Fall Semester 7th Periods</th>
<th>Spring Semester 7th Periods</th>
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</thead>
<tbody>
<tr>
<td>Crossfit and Competitive Games .5 PE</td>
<td>Introduction to Fitness .5 PE</td>
</tr>
<tr>
<td>Health Live/Online Hybrid .5 Health</td>
<td>Health Live/Online Hybrid .5 Health</td>
</tr>
<tr>
<td>Conceptual Physics .5 Science Elective</td>
<td>World War II through Movies .5 Social Studies Elective</td>
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<tr>
<td>AM Fitness .5 PE</td>
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<tr>
<td>*Projects in Robotics .5 General Elective</td>
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<tr>
<td>*Technical Theatre .5 CTE Credit</td>
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<tr>
<td>*Open ASB and Intro to Leadership .5 General Elective</td>
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*Yearlong class for .5 credit over the entire school year
<table>
<thead>
<tr>
<th>Course Title</th>
<th>AM Fitness</th>
</tr>
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<tbody>
<tr>
<td><strong>Format:</strong></td>
<td>This is a twelve week class that will meet zero hour on Mondays, Tuesdays and Thursdays from 6:25 AM-7:15. There is an outside fitness component that requires an additional 3 hours per week and an online academic component that requires an additional 1 hour per week.</td>
</tr>
<tr>
<td><strong>Credit:</strong></td>
<td>0.5 PE Credit</td>
</tr>
<tr>
<td><strong>Text/Materials:</strong></td>
<td>IHS PE t-shirt ($8)</td>
</tr>
<tr>
<td><strong>General Description:</strong></td>
<td>This class will start your day off right as it will utilize weight training and recreational sports and activities to develop your cardiovascular and muscular strength. In-class activities will include weight training, badminton, pickleball, and volleyball. Self directed and student planned outside of class activities can include biking, jogging (indoor/outdoor) and hiking. Outside workouts will be recorded with Polar FT-40 heart rate monitors.</td>
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<thead>
<tr>
<th>Course Title</th>
<th>Conceptual Physics</th>
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<tbody>
<tr>
<td><strong>Format:</strong></td>
<td>The class will meet twice a week for one hour in class and have an online component for two hours per week.</td>
</tr>
<tr>
<td><strong>Credit:</strong></td>
<td>.5 Science elective</td>
</tr>
<tr>
<td><strong>Text/Materials:</strong></td>
<td>WebAssign.com Registration (~$10) Access to the internet</td>
</tr>
<tr>
<td><strong>General Description:</strong></td>
<td>This course will be a conceptual physics course that centers around physics concepts not taught in current General or AP Physics courses. The in class portion of the course will be inquiry /modeling based activities and demonstrations. The online component will be labs using computers simulations to manipulate variables and collect data. With the focus of the course being on conceptual thinking and drawing correct conclusions from data, the students who would otherwise lack the math skills necessary to succeed in Physics, will have the opportunity to take a physics course. Its will also cover topics not covered in the other physics classes providing an opportunity for students who are enrolled in physics to explore additional physics concepts.</td>
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<thead>
<tr>
<th>Course Title</th>
<th>Crossfitness &amp; Competitive Games</th>
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<tbody>
<tr>
<td><strong>Format:</strong></td>
<td>Monday, Tuesday, Thursday 2:20-3:15</td>
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<tr>
<td><strong>Credit:</strong></td>
<td>.5 PE Credit</td>
</tr>
<tr>
<td><strong>Text/Materials:</strong></td>
<td>IHS PE t-shirt ($8)</td>
</tr>
<tr>
<td><strong>General Description:</strong></td>
<td>Do you like to work out after school but are frustrated because the weight room is often closed? Are you tired of not being able to fit working out into your schedule? Want to finally get in shape? If you answered yes to any or all of these questions, then sign up for Crossfitness &amp; Cardio Activities. The class will be a combination of two days of Crossfit style workouts (full body, explosive, multi muscle group exercises) and two days of cardio activities. The perfect combination to get you in the best shape of your life!</td>
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<tr>
<td>Course Title</td>
<td>Health</td>
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<tr>
<td><strong>Format</strong></td>
<td>Monday and Tuesday 2:20-3:15 and online work from home. Thursday from 2:20-3:15 for the first two weeks and during the CPR/AED/First AID unit.</td>
</tr>
<tr>
<td><strong>Credit</strong></td>
<td>.5 Health/CTE – counts as CTE and Health credit but only accumulates .5 credit total</td>
</tr>
<tr>
<td><strong>Text/Materials</strong></td>
<td>ISD Health Curriculum. Online Pearson “Health” text and online classroom through moodle.com</td>
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<tr>
<td><strong>General Description</strong></td>
<td>Having a hard time fitting health into your schedule? This health class may be the answer. Students will read, take quizzes, and work on health assignments from home using an online classroom format and will also meet twice a week for discussions, guest speakers, and group work. This comprehensive course follows the ISD health curriculum and encourages students to develop healthful attitudes and practices for life-long benefit. Course content includes human development and body systems, disease prevention, relationships, mental and emotional health management, alcohol and drug education, sexuality education and careers in Health industry.</td>
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<tr>
<th>Course Title</th>
<th>Intro to Fitness</th>
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<tbody>
<tr>
<td><strong>Format</strong></td>
<td>Wednesday 3:40pm-4:45pm and Thursday 2:25pm-3:25pm with additional outside exercise and nutrition hours done at home</td>
</tr>
<tr>
<td><strong>Credit</strong></td>
<td>.5 PE Credit</td>
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<tr>
<td><strong>Text/Materials</strong></td>
<td>n/a</td>
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<tr>
<td><strong>General Description</strong></td>
<td>This course requires counselor approval. You may register to express interest but then counselors will evaluate your need and schedule to determine if this is a good fit. This is a class for students with injuries or other reasons for PE reluctance. It’s intended to build an individual PE program for your needs based on fitness limitations. Students will be introduced to exercises based on their current fitness levels and then work using a growth oriented model. Outside fitness and nutrition will also be components to this program.</td>
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<th>Course Title</th>
<th>Open ASB &amp; Leadership</th>
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<td><strong>Format</strong></td>
<td>Tuesdays OR Fridays 2:20-3:15 Additional outside hours through event attendance &amp; projects</td>
</tr>
<tr>
<td><strong>Credit</strong></td>
<td>.25 each semester of General Elective - .5 total for the year</td>
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<tr>
<td><strong>Text/Materials</strong></td>
<td>None</td>
</tr>
<tr>
<td><strong>General Description</strong></td>
<td>The purpose of this course is to help students identify and develop specific leadership skills that will aid them in their leadership role both in and out of school. The assignments for this course include activities in goal setting, project planning, problem solving, group process, communication skills, self-awareness as a leader, community service, stress management, student and staff recognition, and fundraising process. Tuesday class meetings will focus on developing leadership skills and Friday class meetings will consist of attending Open ASB Club meetings, where students will put their leadership skills into action by helping to plan and run ASB projects.</td>
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<tr>
<td>Course Title</td>
<td>Projects in Robotics</td>
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<tr>
<td><strong>Format</strong></td>
<td>Daily opportunities 3:30pm-9:00pm plus event attendance</td>
</tr>
<tr>
<td><strong>Credit</strong></td>
<td>.25 each semester of General Elective -.5 total for the year</td>
</tr>
<tr>
<td><strong>Text/Materials</strong></td>
<td>None</td>
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<tr>
<td><strong>General Description</strong></td>
<td>The Robotics course is designed to introduce students to the design and implementation of automation technology. The students will receive an overview of robotic systems and the subsystems that comprise them and will work on projects to learn and apply skills in design, fabrication, and operation. Students in this course will operate as members of the Issaquah High School Robotics Team, and will be expected to meet all expectations and requirements of team members. Attendance is not required at ALL meetings and events, but students must attend often enough to meet the 75-hour minimum requirement and be able to participate in team activities.</td>
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