

# Welcome to Forks High School

## Home of the Spartans

The **Forks High School Course Catalogue** contains important information about the programs and courses available to students in the coming school year. The catalogue contains a variety of courses. There must be sufficient enrollment in a class to justify offering it.

A central mission of any secondary school is to prepare its students as they transition from school to work. The identification of a Career Pathway, in conjunction with the WOIS career assessment survey, and the completion of the Five-Year Plan are vital tools in this process. Use these tools, together with the course guide to make the best possible choices.

Regular attendance, a positive attitude, carefully selected courses, and co-curricular activities will result in a meaningful high school experience. You are the key ingredient in your own success, but the entire staff is here to assist you along the way.

## GRADUATION REQUIREMENTS

In the four-period day system, a student earns one credit for each course successfully completed during each term. To earn a high school diploma, a student must earn thirty (30) credits during four (4) years of high school.

Each student is to be enrolled in four (4) classes each term. All students are expected to attend high school for four (4) years. Graduation prior to the completion of four (4) years may be recommended by the high school principal and approved by the Quillayute Valley School Board, **only** if there are very special extenuating circumstances.

The following specific course requirements are expected for completion of the Forks High School diploma:

<u>Subject</u>	<u>2005-2007</u>	<u>2008</u>
English	4	4*
Social Studies	4	4*
Mathematics	2	4*
Health/Home and Family	1	1
Science (one must lab base)	2	3
Physical Education	2	2
Occupational Education	1	1
Fine, Visual or Performing Arts	1	1
Electives	13	10
Total Credits Required	30	30

\*At least one credit must be taken each year in English, Social Studies, and Mathematics

## Suggested Courses by Year

### FRESHMAN COURSES-REQUIRED

Health/Family & Consumer Science  
English  
Math  
Physical Education  
Science 9  
U. S. History 1  
Digitools

### SOPHOMORE COURSES-REQUIRED

English  
Math  
World History/Geography  
Science 10  
Physical Education

### JUNIOR COURSES-REQUIRED

English  
US History II  
Fine Arts (if not taken previously)

### SENIOR COURSES-REQUIRED

English  
CWP

## Class Standing

At Forks High School, class (academic) standing depends upon credits earned.

- To be enrolled as a sophomore, a student is expected to have a minimum of six (6) credits earned the previous year.
- To be enrolled as a junior, a student is expected to have earned a minimum of fourteen (14) credits.
- To be enrolled as a senior, a student is expected to have earned a minimum of twenty-two (22) credits.

Class standing will be determined twice each year, at the beginning of each semester. Students remain in the calculated class for enrollment purposes and school activities for the duration of the academic semester and will be promoted each semester according to credits earned.

If a student has not earned 26 credits by the end of the first semester of his/her senior year, a request to participate in commencement must be submitted in writing to the building principal. Required course(s) and a plan of action for credit recovery will be reviewed at this time and tentative approval will be granted or denied. If the parent or student feels this decision is unjustified, either party may appeal the decision to the principal within three business days and the Quillayute Valley School District appeal procedures will be followed. If the plan for credit recovery is approved, weekly reports will be required concerning student's progress. It is to be clearly understood that a student may have an approved plan of action, but fail to complete it, resulting in the loss of privilege to participate in commencement.

## Credit Deficiencies

If a Forks High School student fails two or more classes, arrangements must be made **as soon as possible** to make them up outside the normal four-period day. The following are suggested ways to make up credit:

- While it is possible to take summer school classes, summer school is not always available in the Quillayute Valley School District. The cost of the summer school course is the responsibility of the student.
- In addition to their four classes per term, students may (with permission of the high school principal and counselor) take classes in the evenings from Peninsula College, paying the tuition required by regular Peninsula College students. (This is not the same as Running Start.)
- Under our internship program, students may earn additional credits by engaging in internship experiences facilitated through the business department of Forks High School.

- A variety of online and correspondence courses are available. These courses must be approved by the high school principal prior to registering. The cost of these courses are the responsibility of the student. Information regarding registration and program offerings is available in the counseling center.

## **Grading and Grade Reporting**

- The final semester grade is the sole grade posted to transcripts. During each semester a mid-term grade is reported to parents as an indication of **progress** at that point in time.
- Grade point average (GPA) is determined by dividing the total grade points achieved, based on the 4.0 system, by the total number of letter grades received.
- To receive honor roll recognition, students must have completed a minimum of three (3) letter grades. They must have a minimum of 3.0 with no F, U, I or NC as a grade. Honor Roll is announced every quarter and is published in the Forks Forum and Peninsula Daily News.

## **Valedictorian – Salutatorian**

The Valedictorian is the highest ranking member of a graduating class and the Salutatorian is the second highest. Ranking is initially determined by the highest GPA at the end of the seventh semester. However, the principal may reconsider the Valedictorian and Salutatorian if the students fail to maintain their GPA or display deviant behavior during the final semester. The Salutatorian has the next highest GPA. In the case of a tie between two people, there will be co-valedictorians and no salutatorian. In the case of a tie of three or more students, SAT results and class schedules will be used to determine the **two** co-valedictorians by the principal.

## **Planning a Program of Study**

Forks High School has established graduation requirements that are in accordance with the Washington State Board, the Washington State Superintendent of Public Instruction, and the policies of the Quilayute Valley School District. These high school graduation requirements incorporate flexibility and attempt to meet the individual needs of the students. Requirements focus on basic learning opportunities facilitating all students' chances for success in our society. In addition to the requirements, each student is encouraged take those courses, which will enable him/her to develop his/her own particular abilities and interests.

Forks High School offers a variety of opportunities for its students. Students are encouraged to take courses that will develop career, academic, or leisure time interests and abilities. Some advanced courses are sequential and require students to take prerequisites prior to enrolling.

## **Running Start**

The Running Start program, developed by the Washington State Legislature in 1990, provides an educational opportunity for eleventh and twelfth grade students, "... or students who have not yet received a high school diploma or its equivalent and are eligible to be in the eleventh and twelfth grades," to study at community colleges. Students may, if they meet the eligibility standards set by each community college, enroll in courses at the community college for both high school and college level academic and/or vocational credit.

**Students must declare intent, complete the planning form, pass the entrance test, and gain approval to participate in Running Start prior to beginning of the intended enrollment term. A student must have completed the two physical education requirements and Family, Health, & Consumer Science course prior to entering Running Start. Running Start students must also complete their Senior Projects and Portfolios during the fall term of their senior year.**

## *FHS Course Catalogue - revised 5-2004*

Running Start students are treated as “regular” community college students by the faculty and are governed by the community college’s policies and procedures. Tuition for up to fifteen college credits per academic quarter is paid by the local school district. Students are responsible for the costs of transportation, books, supplies, and any incidental expenses. Students with established financial need may apply for some financial assistance from the college to cover these costs. Courses may be taken at any community college campuses approved by the school including the Peninsula College Port Angeles Campus or at the Extension Site in Forks.

In order to qualify for admission to Running Start, a student must meet the following conditions:

- be a Forks High School student in good standing and on target for graduation;
- complete the ASSET test, which is given at Forks High School each spring, and is offered at the Port Angeles campus several times each year. The cost of the ASSET test is \$10;
- pass the ASSET test at a level which qualifies the student to take courses at the 100 level and above (college level courses) in math/science and/or English. If a student qualifies to take college level courses in one area, but not the other and desires to complete a high school level course (courses numbered under 100), the student is responsible for paying the tuition for that course;
- complete and submit a Peninsula College Running Start application to the Counseling Center;
- meet with the high school counselor and make a plan for meeting high school graduation requirements while at Running Start;
- meet with the high school counselor, complete a Running Start Planning Form, to be signed by the counselor, high school principal, student, and parents;
- return the signed Running Start Planning Form to the counselor for submission to the college along with an official transcript;
- arrange a pre-registration appointment with the Peninsula College Counseling Center;
- inform the Forks High School Registrar of the courses registered in;
- arrange and complete an Orientation Seminar at Peninsula College.

Students must demonstrate on the ASSET that they are capable of passing and progressing in college level work in the areas of English and Mathematics. If a student qualifies in one area but not the other, he/she may still be eligible to take courses in the area passed, but will not be eligible to take courses tuition-free in the areas not passed. The student may choose to take course work at the high school in the deficient area.

While participating in Running Start, a student is responsible to:

**1 - maintain a course schedule that will meet all graduation requirements within the time normally be expected for graduation**

**2 - maintain a grade point average of at least 2.5**

- When a student's GPA falls below 2.5, he/she is subject to Peninsula College's Academic Probation policy. If placed on academic probation, a student is expected to improve his/her academic standing or return to the high school until graduation, or until a return to Running Start is approved by the high school principal.

**3 - meet regularly with counseling staff and advisor at the high school**

- to stay informed of high school expectations and activities  
- to maintain School-to-Work advisory relationship

**4 - meet regularly with the counseling staff at the college**

- to inform them of your progress and / or any problems with classes  
- to consult about class changes  
- to preregister for the next quarter's classes

**5 - keep the high school informed of your intention to continue with Running Start classes or return to the high school on a part-time or full-time basis**

Grades earned while in Running Start are included on the Forks High School transcript and are calculated into the student's grade point average just as received from Peninsula College.

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Students accepted as Peninsula College Running Start students will be assigned to one of the admissions categories below based on their ASSET test scores:

- Category 1 - Student may register for any course numbered 100 or above.
- Category 2 - Student may register for any course numbered 100 or above except:  
Chemistry 101 or above, Computer Science 100 or above, Geology 100 or above Physics 105 or above,  
and Engineering 112 or above.
- Category 3 - Student may register for courses above 100 except mathematics courses and courses having a Math 110,  
105 or higher prerequisite.
- Category 4 - Student may register for courses above 100 except English courses and courses, which have, English 111  
or 112 for a prerequisite.

Students will work closely with counselors at the high school and the college to plan their course schedule so as to not overload themselves with homework, but still meet high school graduation requirements. Five college credits are the equivalent of one high school credit. The community colleges are arranged on the quarter system, which starts new courses each September, January, March, and June.

Grades reported to the high school at the end of each quarter, will be added to the student's transcript at that time, and will be computed into the student's grade point average. The grades will not be "weighted." The transcript will indicate that the courses were taken at Peninsula College.

Students planning to use the credits earned at the community college to transfer to a four-year college need to work with the Peninsula College counselor to ensure that course work will be accepted for credit at the four-year college and inform their academic advisors of their long-range plans to transfer to another institution or to complete a two-year degree at the community college.

## COURSE DESCRIPTIONS

This catalog lists suggested high school classes. The classes listed are not available in all semesters.

### ART

#### **BEGINNING ART**

Course Number: ART101

Grades: 9 - 12

**Pre-requisite(s): none**

The student will explore and create a variety of art projects related to the basic elements of art: line, shape and form, texture, value, color, space, and perspective. Students will learn the basics of art criticism and begin to develop an appreciation of masterpieces in art history using the textbook *Art Talk*. The ceramics unit includes pinch and coil built pots and some sculpting. Spiral bound sketchbooks, a covered Tupperware-type container, pens and pencils are required.

#### **ART 201**

Course Number: ART201

Grades: 10-12

Elective: 1 term

**Pre-requisite(s): Beginning Art (ART101)**

The student will develop basic drawing and shading skills by drawing still life, figure, and other life subjects using pencil and other media. Students will explore basic techniques in acrylics and watercolor and produce several paintings. Students will produce a hand-built pottery project. Students will continue the art appreciation and criticism begun in ART101 and practice Principles of Design using the *Art Talk* text. Intermediate ceramics includes slab built pottery and sculpting. Sketchbooks, a covered Tupperware-type container, pens and pencils are required.

#### **FILM/VIDEO PRODUCTION**

Course Number: ART301

Grades: 11-12

Elective: 1 term

**Pre-requisite(s): ART 201 OR**  
seniors who have taken ART 101

This offering is strictly for the accelerated, independent, self-motivated student. The student will be expected to produce one or more videos for presentation to an audience and to develop criteria for evaluating various film/video media and directors. A variety of films from the history of cinema from the 20<sup>th</sup> century will be viewed and critiqued and appreciated. This video production class will study script writing (using the books *Story* and *Imovie: The Missing Manual*). They will critique films, sitcoms and documentaries, and will produce their own film. Written work in the form of script writing and story boarding, as well as essays and critiques are required. A three ring binder is also required.

## ENGLISH and SOCIAL STUDIES

Students are required to complete four years of English and Social Studies during their high school career. Students are encouraged to take additional English courses as electives.

#### **HUMANITIES 9**

Course Number: ENG114

Grade: 9

Required: 1 year

This course will focus on an integrated approach to teaching. The content will use literature and composition, with an emphasis on using six-trait criteria and writing short and long papers to trace the history of the political, social, and economic forces, people and events which shaped the development and character of the United States of America from the Age of Exploration the Constitution

#### **HUMANITIES 10**

Course Number: ENG214

Grade: 10

Required: 1 year

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This course will focus on an integrated approach to teaching. The content will use literature and composition, with an emphasis on preparation for the Washington Assessment of Student Learning (WASL) and writing short and long papers to trace the history of various regions of the world both geographically and historically.

**COMMUNICATIONS**

Grades: 11 - 12

Course Number: ENG319

This course can be used to meet an English course requirement for junior or senior students. It is recommended that this class be taken before or during the term in which the Senior Project will be presented. This is a course in practical communications, which will prepare students not only for the Senior Project, but also for a variety of real life, vocational, and academic communication needs.

**AMERICAN LITERATURE**

Grades: 11

Course Number: ENG316

Students will demonstrate proficiency in critical thinking and writing, express understanding of traditional literary genres and identify authors and works representing major periods of American literature.

**WORLD LITERATURE**

Grades: 12

Course Number ENG385

Students will demonstrate proficiency in critical thinking and writing, express understanding of traditional literary genres and identify authors and works representing major periods of world literature.

**STUDENT PUBLICATION**

Grades: 11 - 12

Course Code: ENG331

**Pre-requisite: Teacher Approval**

Students will learn proper and effective interviewing, researching, photographing and editing skills, while creating and maintaining a database of visual and written information relating to Forks and Forks High School with the purpose of utilizing this information when creating the school's yearbook. Students will produce a bi-weekly newspaper. The course will culminate in the student production of the high school annual.

**ADVANCED PLACEMENT ENGLISH AND  
UNITED STATES HISTORY**

Grades 11-12

Course Code: SOC310

Elective: 1 term

Students who enroll in AP US History may elect to receive one History and one English credit, satisfying both graduation requirements. The class is organized as a college-level course and includes lecture, discussion and possible field trips along with college-level reading in texts. Upon completion of the course, students will be encouraged to take the Advanced Placement Literature and Composition Exam and US History Exam. Each exam costs approximately \$80. Students scoring high on these national placement exams in May could be eligible to receive college credit for the course. This course focuses on extensive and intensive reading and discussing of serious, college level literature. Emphasis is placed on written and oral analytical, rhetorical and critical analysis. Students will write critical analyses of literature as well as evaluative essays about their own work and their own reading. Students read poetry, drama, prose fiction, and expository literature within themed units. There are also vocabulary study and test-preparation activities geared toward the PSAT, SAT and other placement tests. In addition, this course is an advanced course designed to help the student gain greater insight into American History. Students should expect to be assigned 4 to 8 hours of homework per week. Strong reading and writing skills combined with a firm academic background in history is strongly encouraged.

**U.S. HISTORY II**

Grade : 11

Course Number: SOC301

Required: 1 term

This course traces the history of the political, social, and economic forces, people and events that shaped the development and character of the United States from Reconstruction through the 1990's.

**CWP/GLOBAL STUDIES**

Grade: 12

Course Number: SOC401

Students will study global issues today and the interrelationships of nations around the world in today's society. This information will give students the basis to formulate a plan to address future issues. Global issues covered will include world population and resulting problems, international conflict with focus on nuclear weapons, health concerns, human rights, environmental concerns, and the global use of technology today and in the future.

## **FOREIGN LANGUAGE**

### **SPANISH I**

Course Number: SPA101

Grades 9-12

Elective: 1 term

This course is designed for students to learn Spanish sound patterns, sentence structures, and about the Spanish culture. By the end of the first course, students should be able to read, write, and speak Spanish at a level to which they can understand and be understood when talking to a native Spanish speaker.

### **SPANISH II**

Course Number: SPA201

Grades 10-12

Elective: 1 term

**Pre-requisite(s): Spanish I**

This course will increase the student's knowledge of the Spanish language. The student will: increase his/her vocabulary while learning past, future and conditional verb tenses. Language use in the classroom will be stressed. Students are required to keep a notebook of their daily homework.

### **SPANISH FOR THE SPANISH SPEAKER**

Course Number: SPA150

Grades: 9-12

Elective: 1 term

**Pre-requisite: Native Spanish Speaker**

This course is designed exclusively for native speakers of Spanish. The focus of the class will be on the parts of speech, composition, Hispanic literature, and the essentials for translation and interpreting.

## **MATHEMATICS**

### **PRE-ALGEBRA**

Course Number: MAT 108

Grades: 9-12

Pre-requisite: None

Pre-Algebra prepares students for the materials that will be covered in Algebra. Areas of study will include number systems, variables, solving equations, basic mathematic skills, probability, as well as other remedial math topics.

### **ALGEBRA**

Course Number: MAT110

Grades: 9-12

Pre-requisite: 8<sup>th</sup> Grade General Math or Pre-Algebra

This course studies the basic structure of Algebra in the real number system. Students will solve problems using abstract variables.

### **GEOMETRY**

Course Number: 210

Grades: 9-12

Pre-requisite: Algebra

Planar Geometry uniquely enables students to use logical reasoning to systematically approach and determine relationships that exist between geometric figures. Geometry follows algebra in the sequential math courses.

### **ALGEBRA II**

Course Number: MAT310

Grades: 9-12

Pre-requisite: Geometry

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Algebra II combines abstractions learned in Algebra with logical reasoning skills learned in Geometry to develop an understanding of functions, graphs, trigonometry, polynomials and matrices.

### **PRE-CALCULUS**

Course Number: MAT415

Grades: 9-12

Pre-requisite: Algebra II

Pre-Calculus analytically covers the algebra concepts in order to prepare students for Calculus. This course rigorously goes in depth and covers functions, graphs, matrices, trigonometry, polar coordinates, parameterization, sums, series and sequences, and the complex number system. Pre-Calculus is homework-intensive.

### **AP CALCULUS AB**

Course Number: MAT420

Grades: 9-12

Pre-requisite: Pre-Calculus

Advanced Placement (AP) Calculus AB covers limits, continuity, derivatives and integrals while involving polynomials, trigonometry, logarithms, growth functions, and other functions in the Real Number System. It is offered in the fall semester while the corresponding AP test is offered in May for students desiring eligibility for college level class placements and/or credit. The AP exam costs approximately \$80. Calculus AB and BC are a year-long sequence.

### **AP CALCULUS BC**

Course Number: MAT421

Grades: 9-12

Prerequisite: AP Calculus AB

AP Calculus BC covers integrals and differential and integral calculus involved in sums, series, sequences, polar coordinates, parameterization, conic sections and vectors in the Real Number System. It is offered in the spring semester, the corresponding AP test is offered in May for students desiring eligibility for college level class placements and/or credit. Calculus AB and BC are a year-long sequence. Special note: If a student takes both AB and BC Calculus, the AP test will cover both courses in one test, and the exam results will be given for two AP classes. They will call this the BC score and the AB sub-score. It can be considered a two-for-one special on the AP exams.

## **MUSIC**

### **HIGH SCHOOL BAND**

Course Number: MUS110

Grades: 9 - 12

Elective: 2 terms

High School Band is for those students wanting to continue their education in instrumental music within a group experience. Emphasis will be placed on performance and continued development of instrumental techniques through group and individual instruction. Students will have opportunities to perform as soloists or as a member of an ensemble. Performance music will be chosen from a variety of styles including symphonic, jazz, classical, novelty, 20th Century, and pop literature in order to develop an appreciation of different musical styles. Performance participation is required. Technical progress, musical knowledge (theory), part tests, assignment scores, and meeting the performance requirements coupled with effort and attitude determine the student's grade.

## **PHYSICAL EDUCATION**

Physical Education for two years is a graduation requirement and encouraged by the PE department since sound bodies produce sound minds and will lead to a lifetime appreciation and awareness of the values of physical activity. If graduation requirements have been fulfilled, students may take additional PE classes as electives. Participation in a sports season enables students to waive .5 credits. No more than 1.0 credit of PE may be waived. A PE waiver allows students to meet graduation course requirements but does not give students credits towards graduation.

### **PE 9**

Course Number: PEH101

Grades: 9

### **PE 10**

Course Number: PEH201

Grades 10-12

### **AEROBICS**

Course Number: PEH210

Grades: 10 - 12

## *FHS Course Catalogue - revised 5-2004*

This course is a fun, energetic class that promotes cardiovascular and muscle conditioning. This class includes video, teacher, and guest instruction.

### **WEIGHT TRAINING**

Grades: 10 -12

Course Number: PEH163

The primary focus of this class is strength training. Techniques and safety skills of weight lifting are taught, as well as physical fitness. Introduction to lifetime activities will also be part of the class. This course meets the requirements for the completion of the two term physical education requirement. This course may also be taken as an elective. Individual strength training programs for students will be based on initial fitness testing at the beginning of the term.

## **SCIENCE**

### **INTEGRATED SCIENCE 9**

Grade: 9

Course Number: SCI150/VOC360

Required: 1 term

This course introduces students to biology, chemistry, physics, ecology, and careers through an interdisciplinary approach. This is a lab-based course that incorporates the use of technology and field studies.

### **PRINCIPLES OF TECHNOLOGY**

Grades: 9-12

Course Number: VOC360

This laboratory course in applied science provides an understanding of the principles of technology and the mathematics and science associated with these principals. Course content covers: (1) mechanical systems, (2) fluid systems, (3) electrical systems, (4) thermal systems.

### **INTEGRATED SCIENCE 10**

Grade: 10

Course Number: SCI250

Required: 1 term

Integrated Science 10 builds on Integrated Science 9 and covers biology, chemistry, physics, ecology, and careers through an interdisciplinary approach. This laboratory-based course that will incorporate the use of technology and field studies. The activities emphasize scientific inquiry that promotes problem solving, cooperation and creativity leading to work skills.

### **PHYSICS**

Grades 11 - 12

Course Number: SCI401

**Pre-requisite: Algebra II or concurrent enrollment**

Physics is the branch of science that involves the study of the nature of matter, energy, and their relationships. It is a mathematical laboratory-based science requiring a strong background in algebra.

### **HUMAN ANATOMY & PHYSIOLOGY**

Grades: 11-12

Course Number: SCI 355

**Pre-requisites: Science 10**

Human Anatomy & Physiology is an advanced laboratory science course and emphasizes comparative anatomy. This course studies all of the human body systems while emphasizing structure and function of these systems. This advanced life science course is designed for those students who plan to go on to higher education in medicine, allied health care professions, and/or coaching and athletic training.

## **FHS VOCATIONAL COURSES**

### **INTRODUCTION TO AUTOMOTIVE MECHANICS**

Grades: 9 - 12

Course Number: VOC381

Some of the areas that will be covered are: safety, short block engines, engine lubrication systems, clutches, cooling system, exhaust system, fuel system, batteries, charging system, starting systems, ignition system, standard transmission, drive lines & constant velocity joints, balancing, wheels, wheel bearings, steering system, suspensions system, brake system, automatic transmission, basic emissions control system, and basic air conditioning.

**ADVANCED AUTOMOTIVE MECHANICS**

Course Number: VOC382

Grades: 10 - 12

**Pre-requisite: Intro to Auto Mech/Teacher Permission**

An in-depth continuation of Introduction to Automotive Mechanics.

## Tech Prep

Tech Prep grants college credit from Peninsula College (or any college with whom the School District may have a tech prep agreement for selected high school vocational classes). These credits are available to any student grades 9 through 12. The classes that are approved, with the number of college credits possible in parentheses are as follows:

\*Digitools (1-4 college credits)

\*Applied Math (5 college credits)

\*Tech Lab 1 & 2 (5 college credits)

In order to receive this credit, the student must do the following:

- Complete the objectives of each of the classes for which the student desires Tech Prep credit;
- Complete an application to Peninsula College;
- Pay a one-time application/transcription fee of ten dollars (\$10.00).

The student will then have a Peninsula College transcript listing the courses completed. These courses can be applied toward required or elective credits needed for completion of vocational certificates or Associate Degrees at the community college or transferred as elective credits to a four-year college. For more information, students or parents may contact vocational teachers, the vocational director, or the high school counselor.

## TECHNOLOGY COURSES

**TECHLAB I & II**

Course Number: VOC472/473

Grades: 9-12

**Tech Prep-eligible**

This introductory class prepares students to take intermediate and advanced courses in computer technology. The course covers five areas of computer technology: network design, network management, computer maintenance, network information services, and multimedia. Students should be self-motivated, able to work in an online environment, and able to communicate daily through email. Students will be expected to be professional in attitude and behavior because they will be working in classrooms with teachers and be using their skills to troubleshoot our local area network. Specific options include the following:

### Tech Prep Courses – Peninsula College

**Peninsula College Course Title: UPGRADE AND MAINTAIN PERSONAL COMPUTERS**

Peninsula College Course Number: CAT162      College Credits: 5

This course covers hardware basics and conflict resolution between software and hardware. It is designed for users who want to do basic upgrades of memory, motherboards, and CD-ROM drives.

**Peninsula College Course Title: A+ CERTIFICATION**

Peninsula College Course Number: CAT163      College Credits: 5

This course teaches advanced skills in computer maintenance and covers the necessary knowledge, skills, and abilities required to take the A+ Certification exam.

**Peninsula College Course Title: INTRODUCTION TO NETWORK INFRASTRUCTURE (CISCO 1)**

Peninsula College Course Number: CAT290      College Credits: 5

### *FHS Course Catalogue - revised 5-2004*

Introduction to Cisco networking technologies covers topics including the OSI model; network components, such as network design, premise wiring, topologies, and industry standards; and a project-based learning component that deals with the design of networks and the installation of network premise cabling. Course utilizes e-learning enhanced with extensive hands-on, lab-based activities.

**Peninsula College Course Title: ROUTER CONFIGURATION AND PROTOCOLS (CISCO 2)**

Peninsula College Course Number: CAT 291                      College Credits: 5

This course covers information on beginning router configurations, network management, and networking protocols. Course utilizes e-learning enhanced with extensive hands-on, lab-based activities.

**Peninsula College Course Title: ADVANCED ROUTER CONFIGURATION AND LAN SWITCH DESIGNS (CISCO 3)**

Peninsula College Course Number: CAT292                      College Credits: 5

Topics include advanced router configurations, LAN switching Theory, VLAN concepts and technologies, Advanced LAN and LAN-switched design, and Novell IPX and applications to real world networking situations. Course utilizes e-learning enhanced with extensive hands-on, lab-based activities.

**Peninsula College Course Title: WAN THEORY AND DESIGN (CISCO 4)**

Peninsula College Course Number: CAT293                      College Credits: 5

This course includes information on WAN theory and design, WAN technology, PPP, Frame Relay, ISDN, and network troubleshooting. In addition, it utilizes e-learning enhanced with extensive hands-on, lab-based activities

## **BUSINESS AND OFFICE**

### **DIGITOOLS/CAREERS**

Course Number: BUS120

**Tech Prep-eligible**

Grades: 9 - 12

**Required: 1 term**

Digitools is designed to review the correct use of the keyboard and touch typing, and to give a working knowledge of computer techniques. The student will use Microsoft 2000 concentrating on Word and PowerPoint, with introductions to Excel, FrontPage, and Publisher. Students will also utilize Dragon Naturally Speaking to enhance future computer use. E-mail accounts will also be set up and used for classroom purposes. Students will also do basic study skill units to better understand study habits and gain experience in study skills. They also do career researches, job shadows, and career reports using Choices community resources. The last part of the class will tie together the various skills and information gained in the course, focusing on the required portfolio development for graduation.

### **BUSINESS MATH**

Course Number: BUS206

Grades: 9 - 12

Elective or math credit

Business Math is designed to help students understand and prepare for the real-life situations everyone faces. Students will learn the skills needed to understand various banking transactions, investments, installment buying, insurance, taxes, inflation, purchasing and maintaining a house and car, also introductions to use of Excel and other applications.

### **BUSINESS COMMUNICATIONS**

Course Number: ENG120

Grades: 9-12

Elective or English credit

Students will learn communication in the work place by gathering and using information using problem solving strategies. Students will learn the importance of English grammar and oral and written communication in the world of work as well as sales letters, letters of complaint and adjustment, and business reports. This course will help students develop skills to meet workplace needs.

## **FAMILY AND CONSUMER SCIENCE**

### **FAMILY, HEALTH AND CONSUMER SCIENCE**

Grades: 9 - 12

## *FHS Course Catalogue - revised 5-2004*

Course Number: VOC105

This course is designed to help students make decisions on issues that will affect them now and in the future. Areas of interest include foods and nutrition, money management, consumer education, parenting, clothing, apartment living, career planning, and technology. Wiser decision making on the acquiring and use of human and natural resources will be implemented. FCCLA is integrated into the classroom and students will participate in local, regional, state and national activities. Students will also receive instruction on AIDS and Hepatitis B. This class can be counted as a health class or as a vocational credit.

### **NUTRITION AND WELLNESS/ CONSUMER DECISION**

Grades 10 - 12

Course Number: VOC205

This course is designed to help students plan, prepare, and serve nutritious meals for different situations. Special emphasis will be upon budgeting and living in a world of increasing dependence upon fast foods, synthetics, and new technologies for food preparation and preservation. FCCLA is integrated into the classroom and students will participate in local, regional, state and national activities. This semester course is designed to help students develop skills in budgeting, credit and finances, consumer rights, and consumer management. Special emphasis will be placed upon reduced economic resources and the need to carefully budget and plan for the future. Simulation and computer based projects will be used in the class.

### **ADVANCED CLOTHING: TEXTILES AND APPAREL**

Grades 10 - 12

Course Number: VOC306

This course gives students the opportunity to further develop their skills in clothing design and construction. Emphasis will be upon sewing for profit. Students will participate in the design and construction of commercial projects such as team uniforms, hats, formal wear, and school spirit promotion items. Industry style production equipment and materials will be used in the class. A portion of this class will require student field experience in a local industry.

## **INDUSTRIAL ARTS**

### **INTRO TO METALS**

Grades: 9 – 12

Course Number: IDA120

This class will include an overview of metals technology. Students will be introduced to six areas of metal technology: Arc welding, gas welding, bench metals, forging, sheet metal, and machine tools. With the knowledge gained, students will then design and build a final project of their choice, which should include at least three different areas of metals technology. All materials for the class will be provided with the exception of the final project materials, which will be provided by the student.

## **ESL-ENGLISH AS A SECOND LANGUAGE**

### **ESL HUMANITIES**

Grades: 9-12

Course Number: ESL110

Pre-requisite: Qualify for ESL/Prior Approval

These courses integrate English reading and writing into a social studies and history curriculum. All courses meet Washington State EALR standards in history, civics, economics, geography, literature, reading, and writing.

## **Other Miscellaneous Courses**

### **ASSOCIATED STUDENT BODY**

Grades: 10 - 12

Course Number: ASB500

**Pre-requisite(s): Instructor permission**

### *FHS Course Catalogue - revised 5-2004*

This course is for students interested in creating, promoting, and encouraging school spirit with positive activities. Through responsibility, organization, and goal-setting, the members of the class will become more skillful as leaders--helping them to become productive members of their school and community.

#### **RUNNING START**

Course number: RUN100

Grades: 11 - 12

**Pre-requisite(s): see earlier descriptive section**

The Running Start Program, developed by the Washington State Legislature in 1990, provides an option for eleventh and twelfth grade high school students, "...or students who have not yet received a high school diploma or its equivalent and are eligible to be in the eleventh or twelfth grades", the possibility of taking transfer level courses at community colleges. Students may, if they meet the eligibility standards set by each college, enroll in a course for both high school credit and college level academic and vocational credit. A student's intent to participate must be made through the FHS counseling office on or before May 15 of each year.

#### **INTERNSHIP**

Course number: WOR500

Grades 11-12

Elective: 1 term

This course is designed to allow students to further research personal career options and develop skills in a specific area. Students work daily at a selected, off campus work site achieving specifically designed goals. Students will maintain a personal journal, quarterly reports and present a final portfolio. Worksite supervisors will evaluate the students weekly, quarterly and at the end of the experience.

## **NORTH OLYMPIC PENINSULA SKILLS CENTER**

North Olympic Peninsula Skills Center is a five district cooperative that provides students with job preparation skills off-campus by offering a variety of vocational courses and provides students an opportunity to start on post secondary education, apprenticeships, technical, two/four year colleges or universities. College credit is granted for some programs.

#### **CERTIFIED NURSING ASSISTANT**

Course Code: CNA101

Grades: 10-12

Students will learn information relevant to today's health careers and become familiar with medical terminology, care essentials, and work as an intern in local care facilities.

#### **SKILLS CENTER AUTO MECHANICS**

Course Code: VOC640

Grades: 10-12

Some of the areas that will be covered are: safety, short block engines, engine lubrication systems, clutches, cooling system, exhaust system, fuel system, batteries, charging system, starting systems, ignition system, standard transmission, drive lines & constant velocity joints, balancing, wheels, wheel bearings, steering system, suspensions system, brake system, automatic transmission, basic emissions control system, and basic air conditioning.

## **Virtual High School (VHS)/Online Courses**

#### **VIRTUAL HIGH SCHOOL**

Course Code: VHS001 – VHS004

**Pre-Registration necessary**

**Some Virtual High School classes are designed to fulfill core requirements. For graduation requirements prior credit approval is required. These classes are taken with teacher permission only.**

All of VHS classes will be offered to Forks High School students via the Internet. The courses will be offered during one of four periods in the VHS classroom. Students enrolled in a VHS class will log-on via the Internet to the particular class in which they are enrolled, obtain assignments, and work independently on their assignments. Students enrolled in these classes must be self-motivated to accomplish their work without direct supervision of their teacher. The instructor will be available to answer questions and to serve as a resource for students, but students must be responsible for their own learning.

*FHS Course Catalogue - revised 5-2004*

A complete list and course descriptions of all VHS Course offerings found at [www.govhs.org](http://www.govhs.org)

# NCAA Requirements

## For Potential College Athletes Preparing to Enter Division I and Division II Colleges

The Forks High School counseling department endeavors to provide sound guidance and as accurate information as we have at our disposal concerning NCAA requirements. The requirements are subject to change and established by the NCAA.

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization which established rules regarding eligibility, recruiting, and financial aid. The NCAA has three membership divisions -- Division I, Division II, and Division III. Institutions are members of a division based on the size and scope of their athletic programs and whether or not they provide athletic scholarships.

Students planning to enroll in college as freshmen who want to participate in Division I or Division II athletics, must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions. **As a prospective student athlete, students have the responsibility to make sure that the Clearinghouse has the necessary certification documents. For a complete listing of requirements and criteria, visit:**  
**<http://www.ncaaclearinghouse.net/ncaa/NCAA/common/index.html>**