



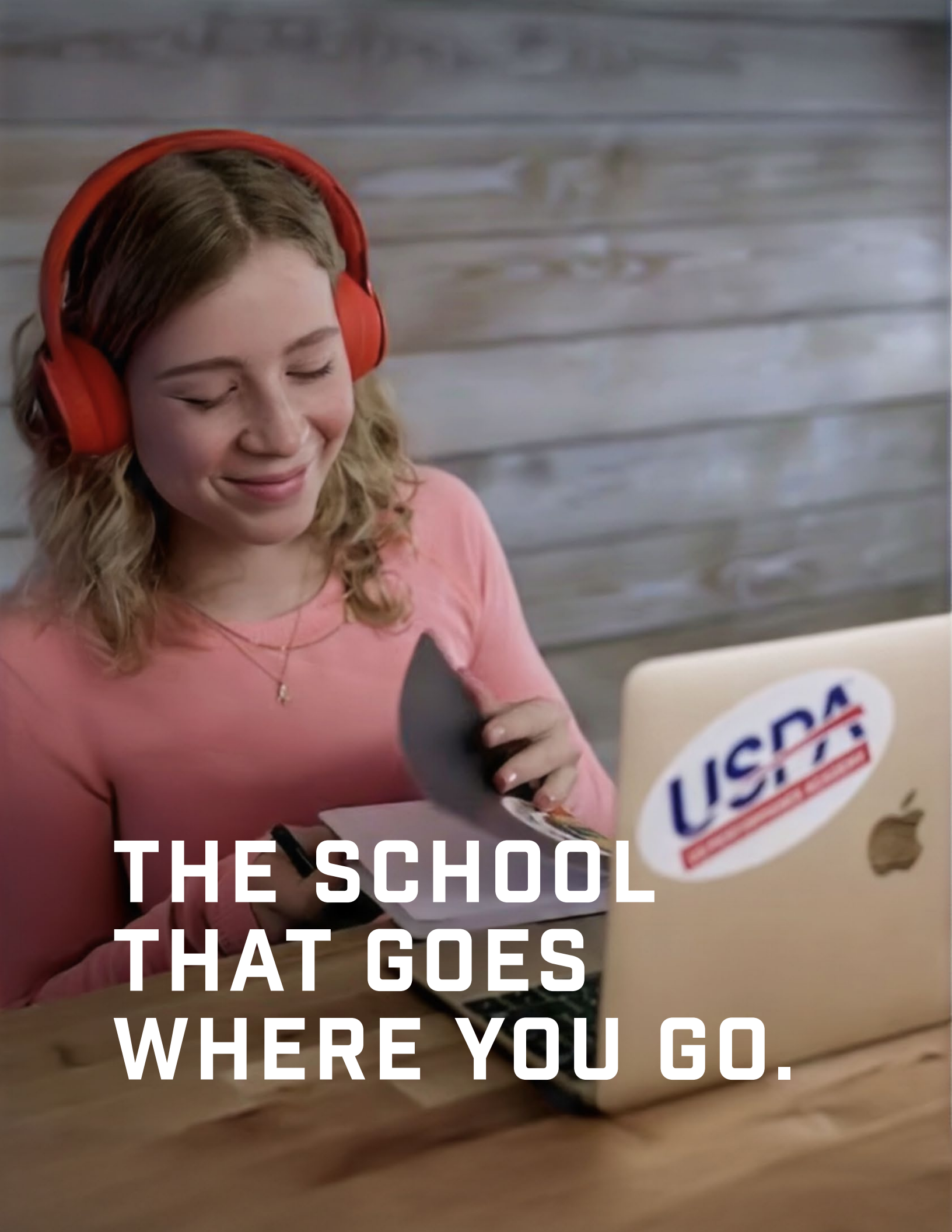
US PERFORMANCE ACADEMY

2025-26

COURSE CATALOG



USPA STUDENT
LONDON ZARKOS



**THE SCHOOL
THAT GOES
WHERE YOU GO.**



USPA STUDENT
LULU CARNEY

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ABOUT USPA

Accredited online school for grades 6-12.

Built for students to chase their dreams without compromising their education.

US Performance Academy (USPA) is an accredited, independent online middle and high school offering U.S. curriculum.

Founded to serve student-athletes, USPA now supports a diverse range of students in a rigorous and flexible learning environment.

As part of the **Inspired Education Group**, a leading global network of over 120 premium private schools worldwide, USPA combines the personal support of a small school with the strength and resources of an international education community.

Students benefit from a flexible schedule, specialized support, and parents/guardians receive frequent communication from USPA staff regarding student progress and pacing. USPA offers students the freedom to pursue their passions and the strong foundation of a premier, college-preparatory education.

ADDRESS & CONTACT



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TYSONS, VA 22102



[833] 752-9066



ADMISSIONS
@GOUSPA.ORG



GOUSPA.ORG



WELCOME FROM OUR HEAD OF SCHOOL

Welcome to USPA, the online school that lets you go all-in on your passions without compromising your education.

Our mission is simple: to provide a world-class education that adapts to the unique needs and aspirations of each student, enabling them to thrive in an ever-changing world and preparing them for wherever their journey may lead.

With experienced and highly-qualified teachers, a personalized support team, a robust curriculum designed to inspire learners, and a welcoming community, we equip our students to excel with the best skills, knowledge, relationships, and confidence.

Fundamentally, we're reimagining what school looks like, because our students learn anytime, anywhere, and on their terms.

We invite you to discover how USPA can help you achieve all your goals.

DONALD BALL, ED.D.
HEAD OF SCHOOL

THE USPA Pillars

ACCOUNTABILITY



Confidence and independence are built through experiences that teach ownership and resilience.

FLEXIBILITY



Built to meet the needs of students and the demands of an ever-changing educational landscape.

EXCELLENCE



Our instruction model empowers students to engage deeply, think critically, and grow at a pace that works for them.

HUMAN CONNECTION



USPA is an online school, but our community is present in every learning space, from soccer stadiums to living rooms. We are welcoming and we foster a culture of genuine care and connection.

COURSES AND SUBJECT REQUIREMENTS

USPA provides an online education for students in grades 6-12 and post-graduates. Course options include the core curriculum, honors, AP, and electives that align with national standards and California A-G requirements. Core courses that are NCAA-approved are noted in the catalog. USPA courses are accessed through the Student Hub.

In addition to core and elective courses, USPA offers dual enrollment for qualifying juniors and seniors through a partnership with Arizona State University (ASU). This program allows students the opportunity to earn college credit and USPA credit simultaneously.

ACCREDITATION

USPA was first fully accredited nationally and internationally by Cognia in January 2016 and successfully completed re-accreditation in February 2021. USPA recognizes that accreditation is a very important assurance to our families. Cognia is the largest community of education professionals in the world. They are a non-profit, non-partisan organization that conducts rigorous, on-site external reviews of PreK-12 schools and school systems to ensure that all learners realize their full potential.

USPA INSTRUCTIONAL MODEL

USPA's primary goal is to help students achieve academic success. Students build strong content knowledge and essential skills through rigorous, standards-based instruction. Interactive tools, engaging multimedia, and real-world applications further support and deepen learning.

ACADEMIC SUPPORT TEAM

At USPA, teachers, learning coaches, specialists, college counselors, and administrators form a strong support team for each student, partnering with each student's family to foster engagement and success.

THE TEACHER

The teacher guides students through the content of their courses, ensuring understanding and mastery. Teachers provide proactive instruction, remediation, and direction. They teach and reteach concepts, provide feedback, and communicate regularly with students and families through one-on-one communications and office hours. Teachers collaborate frequently with Learning Coaches to support students and implement each student's unique learning plan. USPA teachers are experienced, highly qualified, and trained educators from a variety of backgrounds, including public school systems, independent middle and high schools, international schools, online schools and higher education.

THE LEARNING COACH

For students in our self-paced program, the Learning Coach is the hub of the student's support team and serves as an advisor, advocate and mentor for the student and family. The relationship between the Learning Coach and student is a distinctive and unique aspect of the USPA educational model. Upon enrollment, each student is placed with a Learning Coach who will lead the onboarding and orientation process and assist with course selection. After orientation, Learning Coaches provide students consistent academic support through weekly check-ins, pacing plans, and communication on progress. They help students manage their workload and coordinate with families and teachers so expectations are clear and graduation requirements are met.

GOAL PROGRAM [GUIDED OPPORTUNITIES FOR ACHIEVEMENT & LEARNING]

U.S. Performance Academy recognizes that our students bring a myriad of learning styles and profiles to the educational process, including those with ADHD, specific learning disabilities, or those who are gifted or twice-exceptional. The GOAL Program's mission is to embrace these ever-evolving learning profiles by intentionally providing appropriate, accessible support to students and families. This personalized assistance is delivered through a leveled support system that includes specific accommodations and 1:1 live support with the Head of Student Support or a Learning Specialist for 30 minutes to 2 hours per week.

COLLEGE COUNSELING

USPA's college counselors guide students and their families through the college admissions process. College Counseling helps students determine their options after high school and identify strengths, interests and strategies for applying to colleges that will be good fits academically, athletically, and socially.

COMMUNITY LIFE

At USPA, we support high-performing students in balancing excellence with well-being, purpose, and belonging. Wellness initiatives, service projects, assembly, clubs, family events, and cultural celebrations create meaningful connections across our global community, while leadership opportunities empower students to shape their school experience. Together, these opportunities foster resilience, pride, and personal growth that support success in school and beyond.

COURSE PLACEMENT

Students may earn up to six academic credits per academic year/billing cycle. A petition to take credit-bearing courses outside USPA that will count toward USPA graduation requirements must be requested 30 days prior to enrolling in an external course. Any expense for external courses is covered by the family.

COURSE ACCELERATION

Under specific circumstances (see below), students may use credit earned from high school courses taken while in middle school to meet USPA high school graduation requirements.

NCAA CRITERIA:

- Previous high school list of approved core courses, and;
- Recorded on high school transcript with a grade and credit.

TRANSFERRING STUDENTS:

- Assuming the (2) NCAA criteria are met (above), USPA will allow any transferring student who has earned credit in 8th grade to count towards high school graduation requirements.

EXISTING USPA STUDENTS:

- Rising USPA 8th graders have access to high school- level courses to satisfy high school USPA graduation requirements.
- 8th graders taking high school-level courses will be re-evaluated before the 4-week add/drop period for fit, ability to succeed, etc, by the Head of School and Learning Coach.

GRADUATION REQUIREMENTS

To earn a high school diploma from USPA, students must earn a minimum of 20 credits. Distribution requirements include:

DEPARTMENT	CREDITS	MINIMUM EXPECTATIONS
ENGLISH	4	Taken all four years
MATHEMATICS	3	Algebra II
SCIENCE	3	Biology, Chemistry
SOCIAL SCIENCE	3	World History, US History
WORLD LANGUAGE	2	Consistent language
ELECTIVES	5	
TOTAL	20	

While this represents the minimum expectation for graduation, many USPA students choose to follow a more rigorous course of study. USPA typically requires students to carry a full-time course load. In order to be considered full-time, students are required to be enrolled in four (4) to six (6) courses every semester. Students graduating from USPA must be full-time in their senior year taking a minimum of 5 full credits across two semesters. [Exceptions to these rules must be approved by the Head of School.](#)

COURSE PROGRESSION

To earn a high school diploma from USPA, students must earn a minimum of 20 credits. Distribution requirements include:

MIDDLE SCHOOL PROGRAM

One potential pathway

	ENGLISH	MATHEMATICS	SCIENCE	SOCIAL SCIENCE	NON-CORE ELECTIVE
6	ELA 6	Math 6	Comprehensive Science I	MS World History I	
7	ELA 7	Math 7	Comprehensive Science II	MS World History II	MS Beginning Spanish
8	ELA 8	Pre-Algebra	Comprehensive Science III	MS US History	MS Intermediate Spanish



HIGH SCHOOL PROGRAM

One potential pathway

	ENGLISH	MATHEMATICS	SCIENCE	SOCIAL SCIENCE	WORLD LANGUAGE	NON-CORE ELECTIVE
9	ELA 9	Algebra I	Biology	World History	Spanish I or French I	Elective
10	ELA 10	Geometry	Chemistry	US History	Spanish II or French II	Elective
11	ELA 11	Algebra II	Elective	Elective	Spanish III	Elective
12	ELA 12	Pre-Calculus Honors	Elective	Elective	Spanish IV	Elective

ADVANCED PLACEMENT (AP) PROGRAM

Participation in the AP Program is open to any USPA student in high school grades who has fulfilled the necessary prerequisites for AP courses. Students who wish to enroll in AP courses should plan to enroll before October if the student is taking the AP exam the following Spring; exceptions to this would be semester AP courses. USPA encourages students who take AP courses to sit for the AP exam in May.

DUAL ENROLLMENT WITH ARIZONA STATE UNIVERSITY

Juniors and seniors in good standing may earn college credit while enrolled at USPA through Arizona State University. Please speak with the Director of College Counseling to determine qualification and view a course catalog.





GRADE 6-8 COURSES

For Middle School



USPA STUDENT
BANE GRIFFITH

ENGLISH

ENGLISH LANGUAGE ARTS 6

1 CREDIT

Using a motif of heroes, helpers, and hope, students will learn to effectively write narrative, informational, and argumentative pieces and present their ideas clearly and cohesively. They will also work on reading comprehension with units such as a novel/short story study and analysis. Students will explore the world around them, learn about real-life heroes, and create heroes from their own imagination. Authors include Madeline L'Engle, RJ Palacio, and Kristin Levine.

ENGLISH LANGUAGE ARTS 7

1 CREDIT

By examining powerful literary and nonfiction texts by a wide array of authors, students build upon their foundational knowledge of reading, writing, and speaking using engaging mentor texts and scaffolded opportunities. Students also fine-tune their writing by planning and producing effective narratives, argumentative essays, and expository essays using guided practice and exemplar texts. Students dive into the world of rhetoric by exploring important historical texts, demonstrating proficiency in identifying effective rhetorical appeals and ineffective fallacious reasoning that weakens communication.

ENGLISH LANGUAGE ARTS 8

1 CREDIT

English 8 focuses on laying a strong foundation for literary analysis, persuasive, argumentative, and narrative writing. Students will learn about citing internet sources, writer's voice, revision, textual evidence, distinguishing between valid and invalid claims, how modern fiction can draw from myths, creative writing, and more. Authors include Anne Frank, Anna Sewell, Sharon Draper, HG Wells, and Edwidge Danticat.

MATHEMATICS

MATHEMATICS 6

1 CREDIT

Students have the opportunity to demonstrate their knowledge of number manipulation by applying it to real-world scenarios. Topics covered include decimals and fractions, ratios, rational numbers, the coordinate plane, area, expressions, equations, inequalities, and understanding data.

MATHEMATICS 7

1 CREDIT

This course is designed to expand student knowledge about the transformation of shapes by sliding, flipping, rotating, and enlarging them on a coordinate plane. Topics covered include rational numbers, equations and inequalities, proportions, geometry, probability of simple and compound events, and statistics.

PRE-ALGEBRA

1 CREDIT

This hands-on course is full of slideshows, applications, videos, and real-world scenarios. Topics covered include real numbers and exponents, geometric transformations and relationships, functions, linear relationships and equations, patterns, and linear systems.



USPA STUDENT
POPPY MCCOLLISTER

SCIENCE

COMPREHENSIVE SCIENCE I

1 CREDIT

Middle School Comprehensive Science I is the first in a series of three consecutive science classes. It introduces middle school students to the disciplines of life science, physical science, and earth-space science. In addition, technology, engineering, and mathematics (STEM) concepts are integrated throughout the course. The lessons make real-world connections and require students to apply STEM skills like analysis, problem solving, science knowledge, and engineering practices. Students will investigate energy, force, weather, climate, Earth's systems, and living organisms. This in-depth exploration will build a foundation for concepts covered in Comprehensive Science II and III.

COMPREHENSIVE SCIENCE II

1 CREDIT

Middle School Comprehensive Science II is an integrated science that includes the disciplines of life science, physical science, and earth space science in addition to technology, engineering, and mathematics (STEM) concepts. The lessons provide real- world connections through the application of STEM problem-solving, science knowledge and engineering practices. Students will explore the foundations of science, including energy, Earth's changing features and structures, Earth's history, genetics, heredity, and the organization and interaction of living organisms.

COMPREHENSIVE SCIENCE III

1 CREDIT

Students will discover the properties of matter, changes in matter, and energy flow. They will explore the universe and the interactions between the Earth, the sun, and the moon in our solar system. This course prepares students for high school science courses with the introduction of new topics and a review of science basics. Students will learn more about the nature of science, Earth and space science, properties of matter, changes in matter, matter and energy, and energy flow.

SOCIAL SCIENCE

MS WORLD HISTORY I

1 CREDIT

In this course, students discover the mysteries of past civilizations. From the ancient river civilizations to China and its legendary dynasties, different civilizations left their mark on history. In ancient Egypt, students visit the pyramids and find out the secrets of preserving mummies. They will see how the Mayans developed astronomy into a precise science. Students will investigate the difference between the Athenians and the Spartans and journey through India discovering their contributions to medicine, before moving on to Africa to follow the rise and fall of the ancient East African kingdoms of Kush and Axum. Throughout the centuries, and still today, our world is made up of dozens of different cultures.

MS WORLD HISTORY II

1 CREDIT

Following MS World History I, students will expand their reading and writing skills while continuing the study of history. Studying history helps students connect events from the past to the world around them. In this course, students examine civilizations that have left their mark on history. They join travel agent Mr. Lightfoot on a journey back in time, digging through the past and examining its impact on our world today.

MS UNITED STATES HISTORY

1 CREDIT

Learning about history allows people to see how far we have come and what awaits us on our path to the future. In this course, students will explore the history of the United States and analyze cause and effect in historical events. They will investigate history by examining the historical, geographic, political, economic, and sociological events that influenced the development of the United States. This course begins with the engaging stories of what brought the earliest American colonists to the New World and ends with the struggles to repair the United States following the Civil War. Engaging in this study allows students to recognize the themes of history that span across centuries and leads to a greater appreciation of the development of the United States and the resulting impact on world history.

WORLD LANGUAGE

MS BEGINNING SPANISH

1 CREDIT

Immerse yourself in the beauty of the Spanish language and the richness of its diverse cultures. In the MS Beginning Spanish course, you will learn basic grammar and vocabulary skills to help build your fluency and language proficiency. You will explore the culture of Spanish-speaking countries through engaging interactive games, videos, and audio recordings, and apply what you learn through written practice, listening, and speaking exercises. Develop your writing skills while broadening your exposure and appreciation for Spanish cultural similarities and differences. This course provides middle school elective credit and is not eligible for high school credit on transcripts. Open to 6th and 7th-grade students.

MS INTERMEDIATE SPANISH

1 CREDIT

In the Middle School Intermediate Spanish course, students continue learning grammar and vocabulary skills to help build basic fluency and language proficiency. Explore more of the culture of Spanish-speaking countries through engaging interactive games, videos, and audio recordings, and apply what you learn through written practice, listening, and speaking exercises. This course provides middle school elective credit and is not eligible for high school credit on transcripts.

Prerequisite: Open to 7th and 8th-grade students upon successful completion of MS Beginning Spanish.





ELECTIVES

VISUAL ART II

0.5 CREDIT

Art is all around us. In Visual Art II, you will explore it in creative and meaningful ways through a variety of hands-on and digital materials! You'll use the elements and principles of art and design to create expressive works such as self-portraits, earth art, paper art, Pop Art, digital art, and pieces inspired by cultures around the world. As you experiment with found objects, paper, digital imaging, and a wide choice of 2D media such as drawing or painting, you'll learn to analyze art, set artistic goals, and clearly communicate your ideas. Whether you're new to art or building upon past experience, this course helps you grow your skills and creative confidence. You'll need some art supplies, but you'll have plenty of choices in what you use.

DIGITAL ART IMAGING

8TH GRADE ONLY

0.5 CREDIT

Digital creativity shapes the world—now it's your turn to add your voice and create it! In this course, you'll explore the fundamentals of digital imaging while learning to use the elements and principles of art to produce meaningful digital artwork. You'll take and edit expressive digital photographs, experiment with lighting and perspective, practice photo manipulation, and explore digital drawing and animation. You'll also learn the basics of typography and create a symbolic typographic artwork of your own. Throughout the course, you'll analyze art for meaning, write reflective artist statements, and use critique to grow your skills. You'll even discover careers in the digital arts. This course provides elective credit that partly fulfills the high school performing/fine arts requirement.



GRADE 9-12 COURSES

Top Gun High

USPA STUDENT
WILSON WHITLEY

ENGLISH

ENGLISH LANGUAGE ARTS 9

NCAA

1 CREDIT / HONORS AVAILABLE

Take an epic journey to refine your reading, writing, listening, and speaking skills. You will dive into literary and informational texts to discover the tools authors use to achieve their purpose and voyage through classic and contemporary works to reach new limits of comprehension. As a student in this course, be prepared to grow both your creative and analytical skills.

ENGLISH LANGUAGE ARTS 10

NCAA

1 CREDIT / HONORS AVAILABLE

In English 10, students learn how the human experience—real life—is the foundation of the best literature. Through reading short stories, fables, plays, and even analyzing film, students encounter and analyze the concepts of happiness, human rights, fear, and ethical dilemmas. Students examine literature through close readings and analysis of literary techniques. To improve writing, lessons focus on strategies for using textual evidence in writing, methods of argumentation such as Toulmin, and the application of writing and revision strategies. Additionally, students study new vocabulary, refine the grammar and mechanics of their writing, and create engaging projects. Authors include Hawthorne, Maupassant, Steinbeck, Zora Neale Hurston, Poe, and Shakespeare.

ENGLISH LANGUAGE ARTS 11

NCAA

1 CREDIT / HONORS AVAILABLE

This course introduces students to the powerful relationship between history and literature, as they consider not only the impact of persuasive techniques on key moments of history, but also how interpretations of literature are shaped by their historical context. Using persuasive and literary techniques, students will also craft their own narrative, persuasive, and argumentative essays.

ENGLISH LANGUAGE ARTS 12

NCAA

1 CREDIT / HONORS AVAILABLE

In English 12, students explore history's impact on modern texts. By focusing on elements like universal theme, author's purpose and perspective, and historic influence, students are able to see literary works as a whole and understand the deeper experiences that surround these texts. Core texts include *Don Quixote* by Miguel de Cervantes and an assortment of speeches, poems and historical texts. With a strong focus on writing, speaking, and presenting, students engage with their audience and explore elements of English that are highly applicable to both college and the workforce.

ENGLISH LANGUAGE ARTS 12 (COLLEGE PREPARATORY) NCAA 1 CREDIT

In College Preparatory English 12, we will revisit the basics of composition and literary analysis. We will read the stories of real-life legends, examine the nature of personal freedom, and experience the power of writing to persuade. Students craft short essays, creative narratives, and other persuasive texts

JOURNALISM NCAA 1 CREDIT

Journalism provides students with the fundamental basics of journalism. Students begin by exploring the history of American journalism, examining different media such as print, radio, television, and internet journalism. Students learn how to write a news story, a feature story, and an editorial, with a focus on research, analyzing the reliability of sources, conducting interviews, writing leads, revising, and self-editing. Students will also take a close look at different careers in journalism, ethics in journalism, and visual layouts using technology, including Web 2.0 tools.

AP ENGLISH LANGUAGE AND COMPOSITION NCAA 1 CREDIT

This rigorous, college-level course engages students in becoming skilled readers of prose written in a variety of periods, disciplines, and rhetorical contexts. Students transform into skilled writers who analyze rhetoric, craft arguments, and synthesize ideas. Writing and reading lessons and activities foster an awareness of a writer's purpose, audience expectations, and message, and of the way conventions and choices in language contribute to effectiveness in writing. Readings include Arthur Miller's *The Crucible*, excerpts from *Great Expectations* and *Grapes of Wrath*, Ray Bradbury's *Zen in the Art of Writing*, and student choice novels from a list which includes the authors Azar Nafisi, Jeanette Walls, Frederick Douglass, Annie Dillard, Eric Larson, Zora Neale Hurston, Isabell Wilkerson, Naoki Higashida, and more.

Prerequisite: Minimum of a B in English Language Arts 9 and 10 (or equivalent).

AP ENGLISH LITERATURE AND COMPOSITION NCAA 1 CREDIT

This course provides high school students with college-level instruction in active, close reading, and analysis of imaginative literature. Through the close reading of works of literary merit, students learn to consider how a work's style, figurative language, theme, and other literary elements contribute to its meaning and cultural significance. This approach to analyzing prose and poetry allows students to establish connections, make observations about textual details, and sharpen their understanding of these nuances through their own writing. This course will effectively prepare students for the AP Exam and beyond by enabling them to read and analyze complex texts. Texts include *Death of a Salesman* by Arthur Miller, *Interpreter of Maladies* by Jhumpa Lahiri, *The Grapes of Wrath* by John Steinbeck, *Hamlet* by William Shakespeare, and *The Awakening* by Kate Chopin. Students will also have a list from which to choose another novel with authors such as Margaret Atwood, Nnedi Okorafor, Luis Alberto Urrea, James Joyce, Jesmyn Ward, Khaled Hosseini, Gabriel Garcia Marquez, and others.

Prerequisite: Minimum of a B in English Language Arts 9 and 10 (or equivalent).

MATHEMATICS

ALGEBRA I NCAA

1 CREDIT / HONORS AVAILABLE

Students will expand on the concepts that they learned in Pre-Algebra and expand into linear and exponential functions, systems of equations and inequalities, statistics, polynomial operations, factoring and graphing polynomials, and quadratic functions. This is all done within a framework of real-world applications.

GEOMETRY NCAA

1 CREDIT / HONORS AVAILABLE

Throughout this course, students examine spatial relationships, reasoning, connections, and problem solving. Students will use problem- solving and real-world applications to gain the knowledge of geometric concepts and their practical uses. Students will work through a variety of topics, including transformations, coordinate geometry, trigonometry, volume, and surface area.

ALGEBRA II NCAA

1 CREDIT / HONORS AVAILABLE

In Algebra II, students will explore polynomials, quadratic equations, linear and exponential functions, sequences and series, probability and statistics, and trigonometry with a focus on application to every-day life. A graphing calculator is recommended.

Prerequisite: Geometry.

PRECALCULUS NCAA

1 CREDIT / HONORS AVAILABLE

In Precalculus, students will perform an in-depth study of functions (polynomial, rational, radical, piecewise, exponential, and logarithmic), conic sections (circles, ellipses, parabolas, and hyperbolas), sequences and series, vectors, and trigonometry. A graphing calculator is recommended.

Prerequisite: Algebra II.

AP PRECALCULUS NCAA

1 CREDIT

AP Precalculus is the equivalent of a first- semester college precalculus course. AP Precalculus provides an in-depth understanding of the concepts of college algebra and trigonometry. This course explores a variety of function types and their applications – —polynomial, rational, exponential, logarithmic, trigonometric, and polar. Students who take the AP Precalculus course will have access to AP Classroom and should sign up to take the AP Precalculus exam at their local high school. A graphing calculator is required.

Prerequisite: A in Algebra II.

HIGH SCHOOL COURSES

CALCULUS HONORS

NCAA

1 CREDIT

Calculus Honors includes a study of limits, continuity, differentiation, integration, differential equations, and the applications of derivatives and integrals. A graphing calculator is recommended.

Prerequisite: Precalculus.

AP CALCULUS AB

NCAA

1 CREDIT

AP Calculus AB includes a study of limits, continuity, differentiation, integration, differential equations, and the applications of derivatives and integrals. AP Calculus AB is equivalent to one semester of college calculus (Calculus I). Students who take the AP Calculus AB course will have access to AP Classroom and should sign up to take the AP Calculus AB exam at their local high school. A graphing calculator is required.

Prerequisite: A in Precalculus.

AP CALCULUS BC

NCAA

1 CREDIT

AP Calculus BC includes a study of limits, continuity, differentiation, integration, differential equations, the applications of derivatives and integrals, parametric and polar equations, and infinite sequences and series. AP Calculus BC is equivalent to a full year of college calculus (Calculus I and Calculus II). Students who take the AP Calculus BC course will have access to AP Classroom and should sign up to take the AP Calculus BC exam at their local high school. A graphing calculator is required.

Prerequisite: A in Precalculus.

PROBABILITY AND STATISTICS HONORS

NCAA

1 CREDIT

In Probability and Statistics Honors, students will be introduced to exploring data, sampling, and experimentation by planning and conducting studies, anticipating patterns using probability and simulation, and employing statistical inference to analyze data and draw conclusions. A graphing calculator is recommended.

Prerequisite: A or B in Algebra II.

AP STATISTICS

NCAA

1 CREDIT

In AP Statistics, students will explore data, sampling, and experimentation by planning and conducting studies, anticipating patterns using probability and simulation, and employing statistical inference in order to analyze data and draw conclusions. AP Statistics is equivalent to a one-semester college statistics course. Students who take the AP Statistics course will have access to AP Classroom and should sign up to take the AP Statistics exam at their local high school. A graphing calculator is required.

Prerequisite: A in Algebra II.

SCIENCE

BIOLOGY

NCAA

REQUIRED / 1 CREDIT / HONORS AVAILABLE

The Biology course guides students through the world they live in by posing questions and seeking answers through scientific inquiry. Discovery takes place through observation and data collection. This course encourages curiosity and provides opportunities for students to work on lab activities. Engaging in the study of biological science broadens the picture of the world around us.

AP BIOLOGY

NCAA

1 CREDIT

This course is designed to provide a college-level experience and prepare students for the AP exam in early May. Students will develop a foundation for understanding biological concepts through scientific inquiry, investigations, interactive experiences, higher-order thinking, real-world applications, writing analytical essays, statistical analysis, and interpreting and collecting data. AP Biology 'big ideas' include system interactions, evolution, energetics, information storage, and transmission. This challenging two-semester course engages you in a wide variety of activities. There is substantial emphasis on interpreting and collecting data in virtual labs, writing analytical essays, and mastering biology concepts.

Prerequisite: Minimum of B+ in Biology, Chemistry, and Algebra I.

CHEMISTRY

NCAA

REQUIRED / 1 CREDIT / HONORS AVAILABLE

The high school chemistry course is a study of the foundations of chemistry, building on the concepts and scientific thinking laid in middle school science. Students use scientific inquiry and higher-order problem solving as they explore the composition, properties, and changes of matter and their applications through interactive simulations, engineering solutions, and virtual and hands-on experiences. Chemistry includes a study of atomic structure, the periodic table, bonding stoichiometry, states of matter and kinetic theory, solutions, acids, bases, and equilibrium, as well as simple chemical and nuclear reactions. The course includes laboratory experiments designed to reinforce course content. Through phenomenon-based learning, students will be able to demonstrate a vast understanding of the importance of chemistry in the world, enabling them to apply these principles to their everyday lives and our global society.

PHYSICS

NCAA

1 CREDIT

In Physics, students learn how to describe and predict the motion of objects using kinematics, Newton's Laws, conservation of energy, and conservation of momentum. In addition, students explore electricity, magnetism, waves, and optics. Students participate in interactive online laboratory activities using video footage of physics events with online measurement tools. A graphing calculator is recommended.

Prerequisite: Algebra I.

AP PHYSICS 1 NCAA

1 CREDIT

AP Physics I is an algebra-based, introductory physics course that will guide students through a college-level learning experience. Students will explore concepts such as analyzing motion, force interactions, energy, rotational motion, fluids, and periodic motion. Students cultivate their understanding of physics through classroom study, in-class activity, and inquiry-based laboratory work as they explore concepts like systems, fields, force interactions, change, conservation, and fluids. Students who take the AP Physics 1 course will have access to AP Classroom and should sign up to take the AP Physics 1 exam at their local high school. A graphing calculator and a ruler are required.

Prerequisite: Geometry and Algebra II.

ANATOMY AND PHYSIOLOGY NCAA

1 CREDIT / HONORS AVAILABLE

In Anatomy and Physiology, students investigate the structure and function of the human body and how it works. They will acquire the knowledge necessary to understand what the body is doing and how they can help the body cope with many different situations. Topics covered include the basic anatomical terminology, organization of the body, biochemical composition, and major body systems, along with the impact of diseases on certain systems.

MARINE SCIENCE NCAA

1 CREDIT / HONORS AVAILABLE

Delve deeply into Earth's bodies of water and study geologic structures and how they impact the oceans. Investigate characteristics of various populations of aquatic life, patterns of distribution, and ongoing changes occurring in our ecosystem. In the marine science course, students explore the watery depths of our own planet in order to understand just how vital the ocean is to our existence. Throughout the course, students meet marine animals and learn about their interactions with each other and their environment. Students tour the evolving seafloor, where they encounter trenches, volcanoes, and ridges. Finally, students study the impacts of chemical processes on our blue planet and how they affect the water, the atmosphere, and our climate.

ENVIRONMENTAL SCIENCE NCAA

1 CREDIT

Environmental Science discusses the environmental challenges that impact our future, such as land use, pollution, climate change, and loss of biodiversity. This course is centered around achieving global sustainability to meet the needs of a growing human population, while also maintaining natural resources and protecting Earth's various systems. The short- and long-term consequences of our actions onto human health and the environment are also a course focus. In addition, this course creates a call to action for students by teaching them how to protect the world's biodiversity and resources by adjusting the way they live, work, play, and govern in the future.

Prerequisite: Minimum of a B in Algebra I and two years of High School Science with Labs.

AP ENVIRONMENTAL SCIENCE

1 CREDIT

With the current changes in global climate, rising sea levels, and warming oceans, it is important for students to discover the state of Earth's systems and the consequences of human activities. AP Environmental Science provides students with a global view of their world and their role in it. It examines the scientific principles and concepts required to understand the interrelationships between ocean, land, and atmosphere that guide the natural world and allow Earth to be a planet suitable for life. Laboratory activities within the course support learning of these relationships through reflective, hands-on, or virtual experiences. In addition, students identify and analyze environmental problems that are natural and human-made. Students evaluate the relative risks associated with environmental problems and examine alternative solutions including clean energy, sustainable practices, and conservation, for resolving or preventing future environmental problems.

Prerequisite: Minimum of a B in Algebra I and two years of High School Science with Labs.



USPA STUDENT
CONNOR BRYCE

SOCIAL SCIENCE

WORLD HISTORY NCAA

1 CREDIT / HONORS AVAILABLE

Immerse yourself in the rise and fall of ancient empires, the beauty and contributions of other cultures, and the sequential progression of humanity across the globe. Students in Segment 1 will explore the interaction between the Eastern and Western Roman Empires, the Islamic and Ottoman Empires, the Middle Ages across Europe and Japan, the early civilizations of the Americas and Africa, ending with the Renaissance and Reformation in Europe. In Segment 2, students explore scientific and philosophical progress during the Enlightenment, the following political revolutions, and the Industrial Revolution into the twentieth century. By applying themes like nationalism, expansion, and colonialism, students will learn to think like historians and transform into informed citizens of the world.

UNITED STATES HISTORY NCAA

1 CREDIT / HONORS AVAILABLE

The United States began as an experiment in freedom and democracy. Since its establishment, the country and its people have endured social, political, and economic revolutions. In this course, students will investigate the people, events, and ideas that have shaped the United States from the end of the Civil War through today. Students are asked to analyze and evaluate decisions made by political, business, and military leaders. Emphasis is placed on connections between events of the past and present. This course also gives students the opportunity to conduct research and apply their learning to current, real-world problems. (Recommended for 10th or 11th grade).

LAW STUDIES NCAA

0.5 CREDIT / ONE SEMESTER

This introductory course covers the basics of United States Law; Civil and Criminal Law; Consumer and Family Law; Immigration Law; Internet and Intellectual Property Law; Juvenile Law; Public Health Law; and Labor Law.

UNITED STATES GOVERNMENT

NCAA

0.5 CREDIT / ONE SEMESTER / HONORS AVAILABLE

Responsible citizenship, including civil and political participation, is essential to maintain a representative government that truly represents the people of the United States. In this course, students learn about the structure of government and how it shares power at the local, state, and federal levels. This course also explores the founding principles that inspired the Constitution and Bill of Rights, preserving the freedoms that students experience daily. Students will examine the processes of each branch of government, the election process, and how citizens can impact public policy. The media, interest groups, and influential citizens provide examples of how the government can be affected by informed and active participants. Students will examine the U.S. Court system, and become a part of the process by participating in the judicial decision-making process. They will also discover ways the United States interacts with countries around the world, through domestic policy, foreign policy, and human rights policy.

ECONOMICS

NCAA

0.5 CREDIT / ONE SEMESTER / HONORS AVAILABLE

Economic decisions affect us every day of our lives. Understanding economics means thinking about how scarcity requires us to make choices and evaluate one option against others. In this course, students will recognize examples of economics in their daily lives. Students will examine how the economic choices of larger groups, like businesses and governments, affect students and others. As students progress through the course, they will recognize that the costs and benefits of choices connect individuals and groups around the world. The purpose of this course is to help students become a more conscientious consumer who understands the flow of an economy between individuals, businesses, governments, and the rest of the world.

PSYCHOLOGY

NCAA

0.5 CREDIT / ONE SEMESTER

Understanding the thoughts, emotions, and behaviors of self and others is critical to developing and maintaining interpersonal relationships. In Psychology, students learn theories of historically significant psychologists who laid the foundation for scientific research and gain a clearer understanding of the human mind. This course explores how psychological perspectives influence personality and play a role in human development across the lifespan. Students examine how behaviors are developed, memories are stored and language is acquired. Students also learn about the symptoms and classifications of psychological disorders, along with the various forms of treatments available. After completing this course, students will be equipped with problem-solving strategies and even learn methods to cope with stress. Practical, everyday application of the content is a focus of this course.

AP PSYCHOLOGY NCAA

1 CREDIT

Explore the core questions of what it means to be human in AP Psychology, a course that provides a scientific and systematic look at behavior and mental processes. You'll delve into the foundational studies that have shaped the field, applying key theories and concepts across major topics like the biological basis of behavior, cognition, development, and social psychology. You won't just learn about the mind; you'll learn how to think like a scientist, using psychological research methods and data analysis to evaluate claims, weigh evidence, and communicate your own insights effectively. Get ready to understand yourself and the world around you in a whole new way.

AP UNITED STATES HISTORY NCAA

1 CREDIT

AP United States History focuses on developing students' abilities to think conceptually about U.S. history from approximately 1491 to the present and apply historical thinking skills as they learn about the past. Seven themes of equal importance, American and national identity; politics and power; work, exchange, and technology; culture and society; migration and settlement; geography and the environment; America in the World, provides areas of historical inquiry for investigation throughout the course. These require students to reason historically about continuity and change over time and make comparisons among various historical developments in different times and places.

Prerequisite: A or B in prior Social Science courses.

AP WORLD HISTORY NCAA

1 CREDIT

Journey through world history from 1200 CE to the present day, exploring the pivotal events, people, and processes that have shaped our modern world. We'll examine this vast history through six recurring themes: the relationship between humans and the environment, cultural developments, systems of governance, economic systems, social interactions, and the impact of technology and innovation. Along the way, you will learn to think like a historian by analyzing primary and secondary sources, constructing historical arguments, and connecting historical events across different times and places.

Prerequisite: A or B in prior Social Science courses.

AP UNITED STATES GOVERNMENT & POLITICS NCAA 0.5 CREDIT / ONE SEMESTER

Within AP U.S. Government and Politics, students develop and use disciplinary practices and reasoning processes to explore political concepts, policies, interactions, roles, and behaviors that characterize the constitutional system and political culture of the United States. Students examine core principles, theories, and processes through direct study of U.S. foundational documents and Supreme Court opinions. They also participate in a civic project in which they research, study, and compile data on a political science topic and create a presentation that exhibits their findings and experiences. The AP U.S. Government and Politics course is structured around five big ideas outlined within the College Board Advanced Placement Course Framework. Each big idea is aligned to enduring understanding statements and learning objectives that focus on key concepts and essential knowledge about the foundations of American democracy, civil liberties and civil rights, interactions among branches of government, American political participation, ideologies, and beliefs.

Prerequisite: A or B in prior Social Science courses.

WORLD LANGUAGE

AMERICAN SIGN LANGUAGE I NCAA

1 CREDIT

This course will jump-start your American Sign Language journey by introducing the basics of this visual language and providing an opportunity to explore Deaf culture.. Get ready to broaden your concept of communication through connections and comparisons to your own culture and community.

AMERICAN SIGN LANGUAGE II NCAA

1 CREDIT

This course will reinforce the fundamental skills acquired in your American Sign Language I course. You will continue your journey by increasing your interpretive and communication skills of this visual language while continuing to explore the Deaf Culture. Get ready to broaden your concept of communication through connections and comparisons to your own culture and community.

Prerequisite: American Sign Language I.

SPANISH I NCAA

1 CREDIT

Students begin their introduction to Spanish with fundamental building blocks in four key areas of foreign language study: listening comprehension, speaking, reading, and writing. Each unit/module will consist of a new vocabulary theme and grammar concept, numerous interactive games reinforcing vocabulary and grammar, reading and listening comprehension activities, speaking and writing activities, and opportunities to investigate major Spanish-speaking areas in Europe and the Americas. Students will have the opportunity to practice these skills with both the teacher and their peers.

SPANISH II NCAA

1 CREDIT

Students further build their understanding of Spanish by diving into the rich diversity of Hispanic culture across the globe by exploring the tastes, sights, and sounds of this dynamic language that reflects triumph, struggle, celebration, and so much more. Each unit consists of a variety of activities that teach the students how to understand more advanced written and spoken passages, to communicate with others, and to express their thoughts and opinions through authentic tasks. Take your Spanish language abilities to the next level.

Prerequisite: Spanish I.

HIGH SCHOOL COURSES

SPANISH III (HONORS)

NCAA

1 CREDIT

Students further build their understanding of Spanish by diving into the rich diversity of Hispanic culture across the globe by exploring the tastes, sights, and sounds of this dynamic language that reflects triumph, struggle, celebration, and so much more. Each unit consists of a variety of activities that teach the students how to understand more advanced written and spoken passages, to communicate with others, and to express their thoughts and opinions through authentic tasks. Take your Spanish language abilities to the next level.

Prerequisite: Spanish II.

SPANISH IV (HONORS)

NCAA

1 CREDIT

Command the Spanish language by embarking on an immersive journey through rich traditions and superstitions. By hearing the stories of real people, you will expand your language skills, gain new vocabulary, and better understand your role as a global citizen. At this level, students should expect to be actively engaged in their own language learning, incorporate various grammar concepts consistently and correctly while speaking and writing, and analyze and compare cultural practices, products, and perspectives of various Spanish-speaking countries.

Prerequisite: Spanish III (Honors).

FRENCH I

NCAA

1 CREDIT

In this course, students begin their introduction to French by building fundamental skills in the four key areas of world language study: listening comprehension, speaking, reading, and writing. The majority of study is focused on verb conjugation, grammar, basic vocabulary, and basic pronunciation. Cultural information about Francophone countries and communities is presented throughout the course. Learn how to introduce yourself and others, share your interests, and talk about the weather, all in the language of Molière. Explore the rich culture of France, including historical sites, foods, and sports, through interactive activities, written practice, and speaking and listening exercises. Students will have the opportunity to share the skills they have learned with their teacher.

FRENCH II

NCAA

1 CREDIT

Salut! Get set for some more adventure! In French II, students are immersed in the French language and culture. This course is full of engaging and interactive videos, dialogues, presentations, self-checks, and much more! The purpose of this course is to further develop the French communicative skills of listening, speaking, reading, and writing. In French II, students will broaden their French vocabulary and knowledge of grammar. Students will also experience the beauty and expressiveness of a language that is shared by different people and cultures throughout the world.

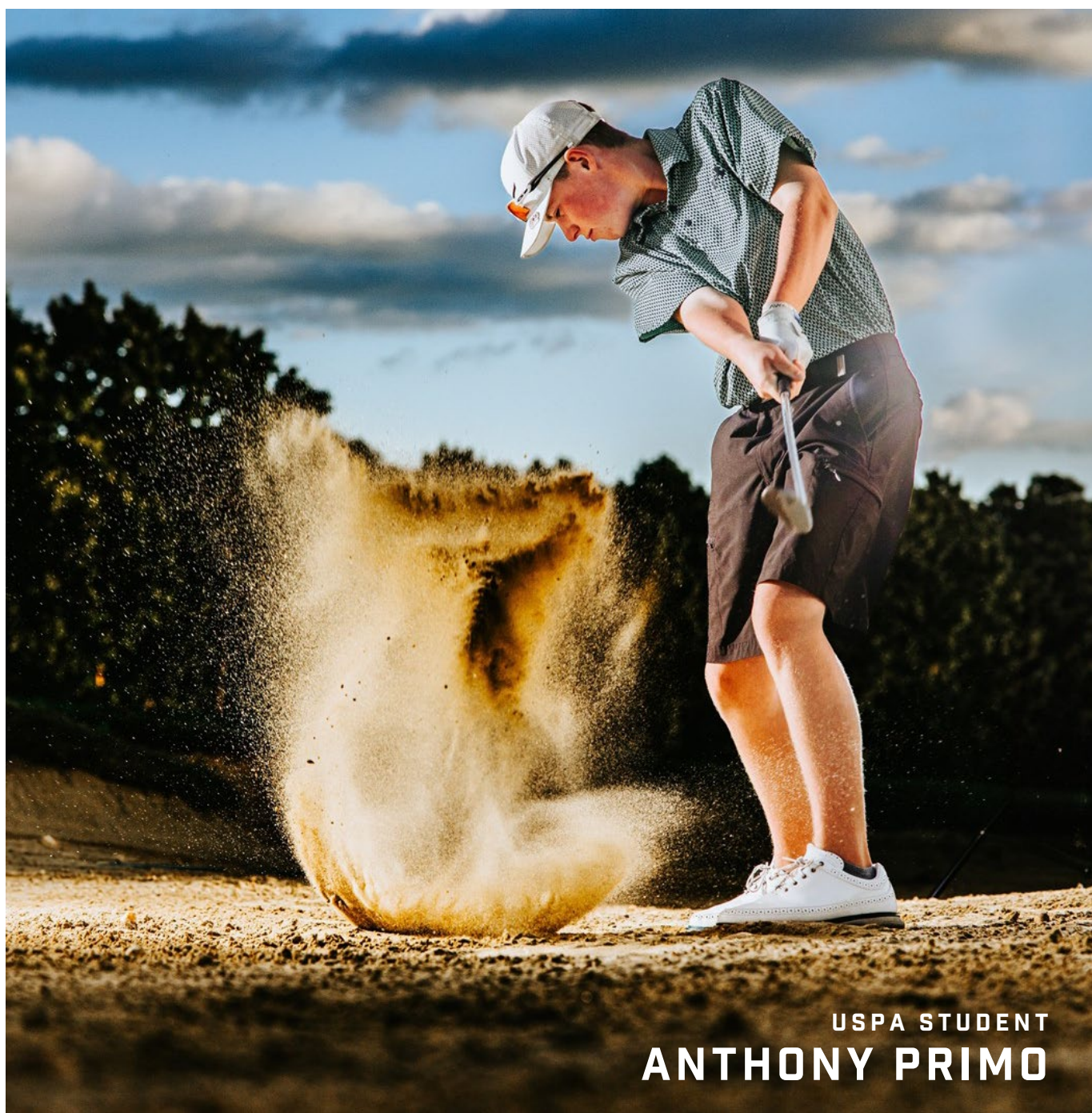
Prerequisite: French I.

FRENCH III (HONORS) NCAA

1 CREDIT

Continue your journey in the exploration of the French language and the richness of its diverse cultures. In the French III course, you will sharpen the increased listening, speaking, reading, and writing skills you acquired in French I and II. Communication remains the main focus through speaking, listening, writing, and reading. You will dive a little deeper into the francophone cultures and apply what you learn through written practice and listening, reading, and speaking exercises.

Prerequisite: French II.



USPA STUDENT
ANTHONY PRIMO

ELECTIVES

HEALTH

0.5 CREDIT / 1 CREDIT AVAILABLE

With a focus on health and fitness, this course guides students to be active and healthy. Effective strategies and techniques are a foundation of the course so, students can continually make improvements in all areas of wellness. Students set personal goals in four areas of wellness: physical, emotional, social, and academic. Fitness assessments enable students to establish baseline levels of fitness and work toward improvement in specific areas. At the end of each module, students submit a wellness plan documenting their daily physical activity, progress toward goals, changes in fitness assessment results, and reflections on personal progress. By following individualized training principles, students can achieve personal success and gain confidence, while developing healthy lifestyle habits. The course uses videos, graphics, and interactive learning opportunities to encourage students to eat well, get up, and be active.

ART HISTORY AND CRITICISM [HONORS]

1 CREDIT

Explore the political, cultural, and religious changes throughout history that are depicted within art! This course is an opportunity for students to reflect on how art is used as a vehicle to communicate, depict political and religious propaganda, and serve as evidence of cultural shifts and changes. Students are challenged to analyze art and its context through reflective writing assessments and projects. Lessons emphasize how art reflects and communicates cultural change and evolution. Modules foster critical skills of analysis, synthesis, and evaluation by asking students to analyze historical context, note artistic choices and features, and extract themes across art in various times and places.

PERSONAL FINANCIAL LITERACY

0.5 CREDIT / ONE SEMESTER

We all know money is important in life. But how important? In fact, the financial decisions you make today may have a lasting effect on your future. Rather than feeling anxious about money, feel empowered by learning how to make smart decisions. Personal Finance will begin the conversation around how to spend and save your money wisely, investing in safe opportunities and the days ahead. Learning key financial concepts around taxes, credit, and money management will provide both understanding and confidence as you begin to navigate your own route to future security. Discover how education, career choices, and financial planning can lead you in the right direction to making your life simpler, steadier, and more enjoyable.

CONSUMER MATHEMATICS

1 CREDIT

Consumer Mathematics improves math skills by focusing on real- world topics. This course is creatively designed to take students on a real-life journey beginning in their teenage years, then moving to life after high school and eventually retirement. Whether solving equations related to income or writing linear functions to better understand inflation, students use a variety of math skills to make informed consumer decisions. This course can be taken in a variety of circumstances including as a 4th- year mathematics course with or without taking Algebra II, to reinforce important concepts after taking Algebra I, for the benefit of understanding how mathematics relates to everyday life, or even as a part of a CTE Program of Study.

Prerequisite: Algebra 1

PERSONAL FITNESS

0.5 CREDIT / ONE SEMESTER

In this course, students are required to participate in weekly cardiovascular, flexibility, strength, and endurance activities. Aimed at lifelong fitness, this course guides you in strategies and techniques to make continual improvements in all areas of wellness. With the guidance of an instructor, you'll set personal goals in four areas of wellness: physical, emotional, social, and academic. This course uses videos, graphics, and interactive learning opportunities to encourage you to get out and be active. By following personalized training principles, you can gain confidence from personal success while developing healthy habits that will last a lifetime.

SOCIAL MEDIA

0.5 CREDIT / ONE SEMESTER

This course will teach students that engagement in Social Media revolves around their actions, decisions, and interests. They will examine how Social Media has evolved and find authenticity and truth within an online world where people can "be" anyone. They will also learn how their digital footprint makes a bigger impression than their physical one. Students will also discover that their voice is important. They are not only a reader—they are a writer. They don't just follow the news—they report it as a citizen journalist. And they don't just gather information—they crowdsource it.

Please note: Students will open social media accounts in this course.

NAME – IMAGE – LIKENESS [NIL]

0.5 CREDIT / ONE SEMESTER

This is a course for student-athletes who are ready to learn, adapt, and capitalize on Name, Image, and Likeness opportunities. The course covers each of the important elements of NIL, including: Understanding NIL Deals, NIL Brand Partnerships, NIL Professional Development, Student-Athlete Influencer Marketing, and NIL Finances. If you're a student-athlete with short-term income goals or long-term career aspirations, this course will help you understand and take action safely and confidently.

INDEPENDENT STUDY

0.5 CREDIT / 1 CREDIT AVAILABLE

This is an advanced- level elective that specifically tailors to student interests. Students will create a Statement of Purpose for their proposed inquiry which will be reviewed by the Head of School. While all USPA courses are inherently flexible with respect to when/how students complete their assignments, this course's flexibility extends to its design. Once a student's Statement of Purpose is accepted, the student will work closely with a member of the Faculty to co-create modules and assessments based on the course's essential questions.

Acceptance into this course is highly selective.

DIGITAL ART IMAGING

0.5 CREDIT

Digital creativity shapes the world—now it's your turn to add your voice and create it! In this course, you'll explore the fundamentals of digital imaging while learning to use the elements and principles of art to produce meaningful digital artwork. You'll take and edit expressive digital photographs, experiment with lighting and perspective, practice photo manipulation, and explore digital drawing and animation. You'll also learn the basics of typography and create a symbolic typographic artwork of your own. Throughout the course, you'll analyze art for meaning, write reflective artist statements, and use critique to grow your skills. You'll even discover careers in the digital arts. This course provides elective credit that partly fulfills the high school performing/fine arts requirement.



OUR ADMISSIONS PROCESS

We have a convenient 3-step enrollment process, and our friendly Admissions team is there to support you every step of the way.

1

1. ONLINE APPLICATION

Complete our convenient online application here:

[APPLY NOW](#)

2

2. RECORDS AND TUITION

Log in to our enrollment dashboard to see your application progress, upload your academic records and any relevant IEPs, 504s, or assessments, then select your tuition payment plan.

3

3. SCHEDULE AND ONBOARDING

Once you're enrolled, we'll meet to choose courses, build your schedule, and begin onboarding.

* In addition to the required academic transcripts, we welcome optional supplemental application materials such as IEPs/504s, subject or English as a Second Language assessments, or the [Enrollment Management Association's SSAT admission exam](#)



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