



2024-25

COURSE CATALOG



USPA STUDENT, EVA BENINSON

WE ARE THE
ONLINE SCHOOL
FOR ELITE
ATHLETES



USPA STUDENT, DAVID THOMPSON

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ABOUT USPA

The accredited, private, online middle and high school created for high-performance athletes.

US Performance Academy (USPA) is an accredited, independent middle and high school for student athletes, offering a rigorous and flexible learning environment. USPA’s unique program serves highly motivated students, enabling them to study, learn and compete at the highest levels of academics and sport. USPA delivers comprehensive student support through mentoring, coaching, and teaching. Students benefit from a flexible school schedule for training and travel, and parents/guardians receive frequent communication from USPA staff regarding student progress and pacing.

COURSES AND SUBJECT REQUIREMENTS

USPA provides an online education for students in grades 6–12 and post graduate. The Course Catalog includes more than 80 semester-equivalent core and elective online courses. Courses options include: core curriculum, honors, AP and electives that meet Common Core and California A-G standards. All core courses are NCAA approved.

USPA courses are accessed through the USPA LMS (administered by Canvas) and offer research-based development processes that demonstrate effective learning outcomes. Direct instruction videos taught by our expert teachers, interactive learning tools, discussion based assessments, collaborative learning opportunities and checks for understanding are embedded strategically throughout each lesson and provide a learning system that empowers students with real-time, actionable content and data, enabling easy monitoring of progress and achievement.

In addition to core and elective courses, USPA offers dual enrollment for qualifying juniors and seniors through partnership with Arizona State University (ASU). This program allows students the opportunity to earn college credit and USPA credit simultaneously. USPA does not offer credit recovery courses. Courses taken at another school can not be repeated to improve a past grade.

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.

NCAA AND CALIFORNIA A-G SUBJECT REQUIREMENTS

USPA core courses are NCAA and California A-G approved. For more information on California A-G requirements [click here](#).

USPA INSTRUCTIONAL MODEL

USPA's primary goal is to help students achieve academic success. Using asynchronous, rigorous, standards-based courses and instruction and effective interactive tools that support learning through engaging multimedia and real-world applications, students build content knowledge and essential skills. The USPA instructional model is rooted in providing students with challenging curricula using various relevant technical tools and resources.

ACADEMIC SUPPORT TEAM

The USPA academic support team plays a key role in supporting student athletes and is committed to supporting student engagement. USPA accomplishes this through an innovative, challenging, standards-aligned curriculum, regular communication, online meetings, collaboration and discussion, monitoring of student progress and attendance, personalized learning plans, a sense of community and college planning.

THE LEARNING COACH

To ensure student success, USPA pairs each student with a Learning Coach at the beginning of the onboarding process. In addition to the Student Success Coordinator, the Learning Coach provides the student with an orientation to the USPA platform following the enrollment process. Additionally, Learning Coaches and students collaborate throughout the academic year through regular weekly meetings. The Learning Coach is the hub of the student's support team and serves as an advisor, advocate and mentor for the student-athlete and family. The relationship between the Learning Coach and student is a distinctive and unique aspect of the USPA educational model.

THE TEACHER

The teacher guides students through the content of their courses, ensuring understanding and mastery. Teachers collaborate frequently with Learning Coaches to strategize and implement each student's learning plan. USPA teachers support core instruction and application of new skills through the curriculum. This occurs through student-teacher one-on-one communications which includes video conferencing and text messaging. Teachers provide proactive instruction, remediation, and direction. They teach and reteach concepts, provide feedback, and communicate regularly with students and families. USPA teachers are highly qualified individuals from a variety of backgrounds, including public school systems, independent middle and high schools, international schools, and higher education.

COLLEGE COUNSELOR

USPA's Director of College Counseling guides and supports student-athletes through the college application process. College Counseling helps students determine options and identify strengths, interests and strategies for application to relevant colleges that will be good fits academically, athletically, and socially.

PARENTS, GUARDIANS OR OTHER RESPONSIBLE ADULTS

USPA understands parents and/or guardians play an integral part in each student's life, including supporting their academic and athletic goals. The USPA team understands that parents often best understand what students need for optimal work environments, studying strategies, student progress and online support.

USPA CREW

Community, collaboration, and connection are key to the USPA educational model. Upon acceptance to USPA each student will be assigned to a student crew which is led by their Learning Coach. Crew members will meet collectively, monthly, with their Learning Coach, participate in group projects and community based activities. Crews are purposefully made up of students of different ages to allow for vertical learning and mentoring opportunities. Crews are a supportive, inclusive environment where students can interact, help each other, and have fun.

COURSE PLACEMENT

Course placement and sequencing is managed by the Chief Academic Officer. The Student Success Coordinator and individual Learning Coaches work with students to create and update a four-year graduation plan. Students may earn up to six academic credits per academic year/billing cycle. Courses taken at other schools concurrent with USPA enrollment will not be included on the USPA transcript. 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.
 - Maximum two (2) courses.
 - No English courses.
- 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 Chief Academic Officer 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	Health (0.5 credit)
TOTAL	20	

While this represents the minimum expectation for graduation, many USPA students choose to follow a more rigorous course of study. USPA 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 Chief Academic Officer.

COURSE PROGRESSION

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 Hons	Elective	Elective	Spanish IV	Elective

ADVANCED PLACEMENT (AP) PROGRAM

To be considered for an AP course students must submit the application at least 30 days prior to the desired course start date. Applications will not be accepted after September 30th of each year. Students may take up to two AP classes simultaneously at the discretion of AP Coordinator and Chief Academic Officer.

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 a Learning Coach to determine qualification and view a course catalog.





WORLDWIDE STUDENTS

USPA STUDENT, WYATT DUFF

ENGLISH

ENGLISH LANGUAGE ARTS 6

REQUIRED / 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 and learn about real-life heroes and create heroes from their own imagination. Authors include Madeline L’Engel, RJ Palacio, and Kristin Levine.

ENGLISH LANGUAGE ARTS 7

REQUIRED / 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

REQUIRED / 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

REQUIRED / 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

REQUIRED / 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

REQUIRED / 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.

SCIENCE

COMPREHENSIVE SCIENCE I

REQUIRED / 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

REQUIRED / 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

REQUIRED / 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, sun, and moon in our solar system. This course prepares students for high school science courses with the introduction of new topics and 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

REQUIRED / 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 to 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

REQUIRED / 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 in a journey back in time digging through the past and examining its impact on our world today.

MS UNITED STATES HISTORY

REQUIRED / 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.



TOO HIGH

USPA STUDENT, WILSON WHITLEY

ENGLISH

ENGLISH LANGUAGE ARTS 9

REQUIRED / 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

REQUIRED / 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

REQUIRED / 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

REQUIRED / 1 CREDIT / HONORS AVAILABLE

In English 12, we will consider the nature of heroism and villainy, freedom and responsibility, and creativity and persuasion. Each thematic unit will guide you through a series of literary pieces that allow you to analyze the political, social, economic, and cultural messages of its time as well as its relevance to the world you live in today. Whether it is the dramatic ending of a play, or the colorful images in a verse of poetry, the words of each author will leave you with a new understanding of the world around you.

ENGLISH LANGUAGE ARTS 12 (COLLEGE PREPARATORY) REQUIRED / 1 CREDIT

In College Preparatory English 12, we will consider the basics of composition, the stories of real-life legends, the nature of personal freedom, and the power of writing to persuade, as students craft short essays, creative narratives, and other persuasive texts.

JOURNALISM

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

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 B in English Language Arts 9 and 10 (or the equivalent).

AP ENGLISH LITERATURE AND COMPOSITION

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 B in English Language Arts 9 and 10 (or the equivalent).



HIGH SCHOOL

MATHEMATICS

ALGEBRA I

REQUIRED / 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

REQUIRED / 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

REQUIRED / 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 everyday life. A graphing calculator is recommended. **Prerequisite:** Geometry.

PRECALCULUS

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.

CALCULUS HONORS

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.

PROBABILITY AND STATISTICS HONORS

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

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.

AP COMPUTER SCIENCE PRINCIPLES

1 CREDIT

In AP Computer Science Principles, students will learn how to design, develop, and evaluate computer programs using algorithms and the JavaScript programming language. Students will practice analyzing data and simulations to extract knowledge from information. While exploring computing innovations and the internet, they will uncover the benefits and risks of their digital world and how to help their community through technology. AP Computer Science Principles is equivalent to a first-semester, college-level breadth course in computer science. Students who take the AP Computer Science Principles course will have access to AP Classroom and should sign up to take the AP Computer Science Principles exam at their local high school. **Prerequisite:** A in Algebra I.

AP PRECALCULUS

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.

AP CALCULUS AB

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 or B in Precalculus.

AP CALCULUS BC

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.



SCIENCE

BIOLOGY

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.

CHEMISTRY

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, and the periodic table, bonding stoichiometry, states of matter and kinetic theory, solutions, acids, bases, and equilibrium, and 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

1 CREDIT / HONORS AVAILABLE

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.

ANATOMY AND PHYSIOLOGY

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 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

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 (COLLEGE PREPARATORY)

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 to 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.

AP PHYSICS I

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 is required. **Prerequisite:** Geometry and Algebra II.

AP BIOLOGY

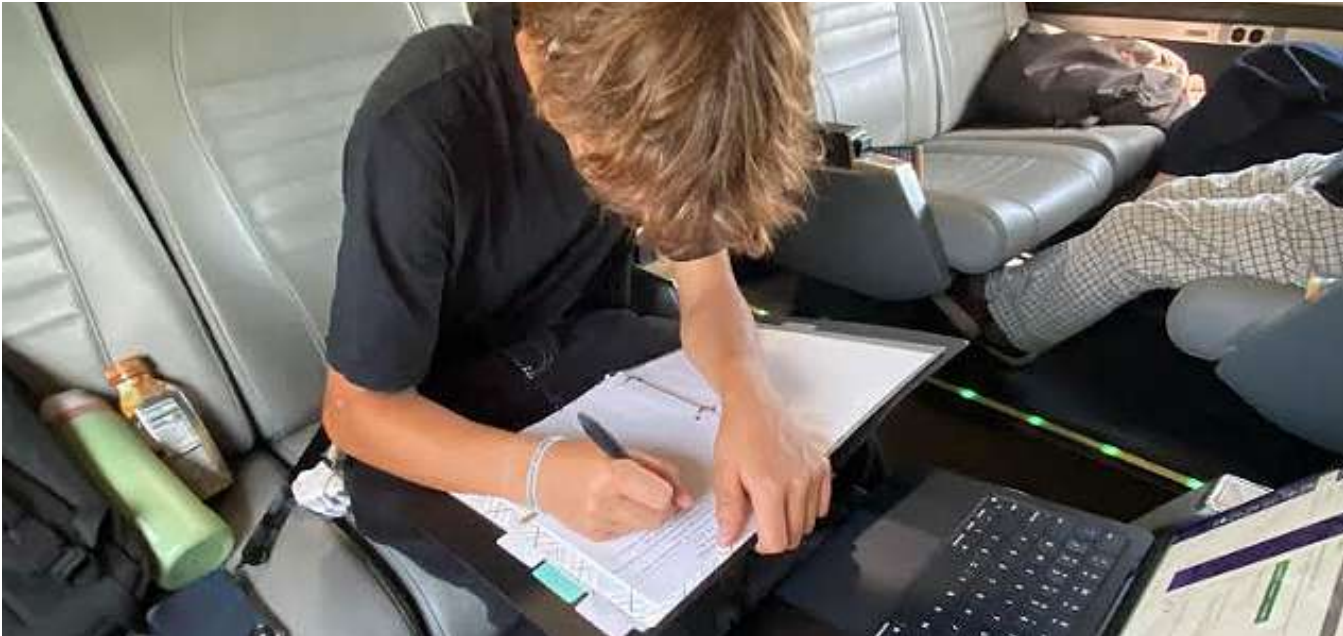
1 CREDIT

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, 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.

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 B in Algebra I and two years of High School Science with Labs.



SOCIAL SCIENCE

WORLD HISTORY

REQUIRED / 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

REQUIRED / 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

0.5 CREDIT / ONE SEMESTER / HONORS AVAILABLE

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.

HOLOCAUST STUDIES

0.5 CREDIT / ONE SEMESTER / HONORS AVAILABLE

Examine the Holocaust, defined as the deliberate and systematic persecution and murder of approximately 6 million Jewish people by the Nazi German state and its collaborators between 1933 and 1945. Through the course, you will study the experiences of the Holocaust victims and survivors as you consider why it is important for current and future generations to learn from the Holocaust.

UNITED STATES GOVERNMENT 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 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

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 your daily life. Students will examine how the economic choices of larger groups, like businesses and governments, affect students and others. As students progress through the course, students 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

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.



USPA STUDENT, LULU CARNEY

AP UNITED STATES HISTORY

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 UNITED STATES GOVERNMENT AND POLITICS 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 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 I1 CREDIT

This course will jump start your American Sign Language journey by learning the basics of this visual language and exploring the Deaf Culture. Get ready to broaden your concept of communication through connections and comparisons to your own culture and community.

AMERICAN SIGN LANGUAGE II1 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 I1 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 II1 CREDIT / HONORS AVAILABLE

Students continue 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, cultural investigations covering major Spanish-speaking areas in Europe and the Americas, and assessments. Students will have the opportunity to show these skills with both the teacher and their peers. Students interested in pursuing Spanish III will be required to take Spanish II (Honors).
Prerequisite: Either MS Spanish I and II OR Spanish I.

SPANISH III (HONORS)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 which 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 (Honors).

SPANISH IV (HONORS)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 I1 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 are 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 their learned skills with their teacher.

FRENCH II1 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)

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 I and II.



USPA STUDENT, ADAM BEAUDRY

ELECTIVES

HEALTH

REQUIRED / 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 they develop 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, 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.

FOUNDATIONS OF PROGRAMMING

1 CREDIT

Foundations of Programming will teach students the fundamentals of programming using the computer language Python. The course provides students with the concepts, techniques, and processes associated with computer programming and software development. Students will also explore the many programming career opportunities available in this high-demand field.

PROCEDURAL PROGRAMMING

1 CREDIT

Procedural Programming teaches advanced programming concepts using the computer language Python. You will learn techniques and processes associated with computer programming and software development. This course continues the study of computer programming concepts with a focus on the creation of software applications employing procedural programming techniques. **Prerequisite:** Foundations of Programming.

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 interest. Students will create a Statement of Purpose for their proposed inquiry which will be reviewed by the Chief Academic Officer. 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.



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