



Course Descriptions

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ENGLISH LANGUAGE ARTS

ENG 103 Elements of English I

Prerequisite: Recommendation; Scantron testing strongly encouraged; ISWI ONLY: Permission from school administration and current IEP

Looking for a way to improve your reading and writing skills? Here it is! With an emphasis on reading, this course is designed to help students build a foundation and develop strategies for reading and writing. Using phonetics, identifying context clues, and understanding some of the rules of grammar, students can get a better handle on their reading and writing. With interesting readings and engaging activities, students will walk away from this course feeling capable and empowered to move on to the next level of English mastery.

ENG 104 Elements of English II

Prerequisite: Recommendation; Scantron testing strongly encouraged; ISWI ONLY: Permission from school administration and current IEP

Literary themes, revising and editing, and text organizers—oh my! With all the rules, vocabulary, and skills needed, English is rather intimidating for anyone. This course is designed to empower students with the skills and strategies necessary to succeed in English. Students build upon the foundations of reading and sentence writing by learning how to construct paragraphs. Interesting readings and engaging multimedia bring this course to life, preparing students for their next exciting level of English mastery.

ENG 105 Elements of English III

Prerequisite: Recommendation; Scantron testing strongly encouraged; ISWI ONLY: Permission from school administration and current IEP

Students wanting to improve their skills in English need not look any further. This course provides an in-depth look at strategies for a better mastery of the English language. With an emphasis on writing, students learn how to express themselves using essays. Students explore different genres of literature and their real-world applications. This interactive and engaging course prepares students for higher levels of English.

ENG 110 English I: Literature & Composition

Prerequisite: None

In this course students hone reading comprehension skills by reading various types of literature—the short story, the novel, poetry, drama, mythology, newspaper and magazine articles, and speeches. The writing process—pre-writing, drafting, revising, and editing—is emphasized with students writing original compositions and analyzing the writing of others.

ENG 112 Creative Writing

Prerequisite: None; ISWI ONLY: English I & II or equivalent

This is a friendly, student-centered course for all skill levels. Students explore journal writing, poetry, fiction and nonfiction such as letter writing and technical writing to foster creative writing in a variety of forms.

ENG 114 Journalism

Prerequisite: None; ISWI ONLY: English I & II or equivalent

In this course students are introduced to the basics of journalism, including the laws and ethics, and freedom of the press. They will learn how to generate story ideas, conduct an interview and then put it all together as they write features, editorials, news, and sports stories.

ENG 115 Folklore, Myths, and Legends

Prerequisite: None; ISWI ONLY: English I & II or equivalent

Looking for a great way to get elective credit? You've found it! Students enrolled in this course will experience many of the world's cultures by reading mythology, legends, and folklore. This course will explore literature from the Far East, the Middle East, Europe, Africa, and the Americas. Folklore, Myths, and Legends will use engaging multimedia to captivate students' attention and to introduce them to literature outside of the normal scope.



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ENG 120 Honors English I: Literature & Composition

Prerequisite: 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course is designed to prepare students for college-level academic work through: challenging students to think critically, analyzing a wide variety of text and media, collaborating productively, and communicating effectively. In addition to the core requirements for English 110, students will be required to read more challenging texts and to write for diverse purposes and audiences.

ENG 210 English II: Critical Reading & Effective Writing

Prerequisite: English I

This course provides the connection between active reading and writing with a purpose. The skills of rhetoric are covered through literature analysis, writing practice, and model analysis. Short stories, poems, plays, and novels will introduce concepts of character, setting, plot, point of view, and theme. Style, use of persona, context, and genre are also some of the concepts introduced.

ENG 220 Honors English II: Critical Reading & Effective Writing

Prerequisites: English I; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In addition to evaluating the plot and characters of works by well-known writers, students will learn to identify themes, create dialogue, and appeal to emotions. They will study various forms of communication including: oral, visual, electronic and textual. They will also develop their own ability to communicate dreams and aspirations with conviction.

ENG 310 English III: American Literature

Prerequisite: English II

In this course students read a diverse selection of essays, short stories, historical writings, novels, and poetry. Special emphasis is placed on using the writing process while producing expository, research, and creative compositions. Critical and analytical skills are built through close readings of literary, historical, expository, and functional documents and using context strategies to build vocabulary.

ENG 320 Honors English III: American Literature

Prerequisite: English II; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students will be prepared for college-level academic work through: thinking critically, analyzing a wide variety of text and media, engaging in the wise use of technology, creating exemplary academic work and collaborating productively. This intensive study of American literature, history and culture will challenge college-bound students for future academic work.

ENG 410 English IV: British Literature

Prerequisite: English III

In this course students follow the development of Britain's literature chronologically, discussing the texts as individual works, as representatives of the time period in which they were written, and as a part of a larger historical context. Readings encompass works from medieval to modern times. The major course texts include Beowulf, a Shakespearean tragedy, and a Victorian novel.

ENG 414 Communications/Public Speaking

Prerequisite: English II

Communications/Public Speaking is an advanced course in writing and structuring effective presentations. In addition to the mechanics of an effective presentation, students will learn how to present in a variety of settings and how to revise a presentation based on desired outcomes and intended audience. The use of a webcam is required for this course.



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ENG 420 Honors English IV: British Literature

Prerequisites: English III; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students will be prepared for college-level academic work through: thinking critically, analyzing a wide variety of text and media, engaging in the wise use of technology, creating exemplary academic work and collaborating productively. This intensive study of British literature, history and culture will challenge college-bound students for future academic work.

ENG 431 AP English Language & Composition

Prerequisites: English I and II; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course will provide college level instruction in studying and writing various kinds of analytic or persuasive essays on literary and nonliterary topics in language, rhetoric and expository writing. This course prepares students for the AP exam by enabling them to read, comprehend, and write about complex texts, while developing further communication skills on a college level.

ENG 432 AP English Literature & Composition

Prerequisites: English I-III; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course includes reading, analyzing, writing, rewriting and discussing creations by renowned authors. With intensive concentration on composition skills and on authors' narrative techniques, this course equips students for success with the AP exam, in college, and in their careers.



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MATHEMATICS

MAT 104 Fundamental Math

Prerequisite: Recommendation; Scantron testing strongly encouraged; ISWI ONLY: permission from school administration and current IEP

Fundamental Math provides students with a solid mathematical foundation to prepare them for using math in daily life. Interactive activities within the course help students to master basic mathematics principles and develop problem-solving skills. Exploration into the properties of numbers, ratios, proportions, percents, basic geometry, integers, graphing, and probability provides students with a new perspective on everyday problems. Fundamental Math empowers students to approach math problems with confidence.

MAT 105 Pre-Algebra

Prerequisite: Recommendation; Scantron testing strongly encouraged

Pre-Algebra provides students with skills to advance their mathematical competency. Using a problem-solving approach, students explore such topics as variables, integers, solving equations, fractions, inequalities, and linear functions. Students apply mathematics to practical problems using tools such as graphing, data analysis, and probability. Students learn to find perimeters, areas, and volumes of various shapes. Course activities involve the use of calculators and pictorial models. Pre-Algebra prepares students to succeed in future mathematics and science courses.

MAT 110 Algebra I

Prerequisite: None

This course develops the concepts of variables, expressions, and equations. Topics include algebraic properties, functions and their graphs, linear equations, linear inequalities, exponential functions, rational functions, polynomials, probability, graphing and analyzing data.

MAT 111 Business & Consumer Math

Prerequisite: None

In this course, students are introduced to skills such as calculating net pay, budgeting expenses, and balancing a checkbook. Basic business matters, including borrowing money, investing, and calculating business profits and losses are also introduced.

MAT 140 Integrated Math (Not offered at ISMN)

Prerequisite: Algebra I

Students will build mathematical skills that will allow them to solve problems and reason logically. Students will be able to communicate their understanding by organizing, clarifying, and refining mathematical information for a given purpose; students will use everyday mathematical language and notation in appropriate and efficient forms to clearly express or represent complex ideas and information.

MAT 210 Geometry

Prerequisite: Algebra I

In this course, students learn how to apply geometric concepts to solve mathematical and real-world problems. Students explore concepts in logical reasoning, proofs, properties of lines and angles, relationships in triangles, congruence and similarity, translation and transformation, properties of circles, volume, surface area, and properties of quadrilaterals.

MAT 310 Algebra II

Prerequisite: Algebra I

This course builds on concepts from Algebra I. Students learn about systems of equations, matrices, polynomials, complex numbers, functions, relations, graphing, complex fractions, and negative and fractional exponents.



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MAT 410 Pre-Calculus

Prerequisite: Algebra II with a grade of "C" or better

Pre-Calculus is an advanced math course, covering advanced algebraic and geometric concepts in preparation for Trigonometry and Calculus. The course is presented as a combination of video lectures, printed notes, self-check quizzes, exams, and online resources.

MAT 411 Trigonometry

Prerequisites: Algebra II with a grade of "C" or better

Trigonometry is an advanced math course, covering advanced algebraic and geometric concepts in preparation for Calculus. The course is presented as a combination of video lectures, printed notes, self-check quizzes, exams, and online resources.

MAT 412 Calculus

Prerequisites: Pre-Calculus and Trigonometry with a grade of "C" or better

Calculus is an advanced math course, covering advanced algebraic, geometric, and trigonometric concepts. The course is presented as a combination of video lectures, printed notes, self-check quizzes, exams, and online resources.

MAT 431 AP Calculus AB

Prerequisites: Pre-Calculus and Trigonometry; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course provides an interactive text as well as graphing software and math symbol software and consists of a full high school year of work that is comparable to calculus courses in colleges and universities. This course will prepare students for the AP exam and further studies in science, engineering and mathematics.

MAT 432 AP Statistics

Prerequisite: Algebra II; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students will learn to interpret output generated by statistical software programs. They will gain hands-on experience collecting, analyzing, graphing and interpreting real-world data. The equivalent of an introductory college-level course, this course prepares students for the AP exam and for further study in science, sociology, medicine, engineering, political science, geography, or business.



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SOCIAL STUDIES

SOC 111 Pacific Northwest History (ISWA only)

Prerequisite: None

Students explore various themes that have been paramount in the history and development of the State of Washington. Students study current, historical, and possible future issues in the greater Pacific Northwest realm. Using their textbook, timeline, maps, historical documents, literature, current events, and project based assignments, students complete a broad survey of Washington State History.

SOC 210 World History

Prerequisite: None

This course surveys the development of civilizations around the world starting with the first people and progressing through our modern time. It starts with prehistory and the beginnings of agriculture and continues through the contemporary world. Students also explore how human-geographic relationships, economies, political and social structures, science and technology, and the arts have developed and have influenced life.

SOC 211 Anthropology I

Prerequisite: None

In this course students become familiar with their own culture, and they are introduced to cultures from around the world and from different periods in history. (Offered in fall semester only.)

SOC 212 Geography

Prerequisite: None

In this course students study the relationship between geographical, environmental, political, social issues and events, and human behavior. Students start by studying several specific historical events and placing them into a geographical context. Students then study contemporary issues that help shape the world's regions in which we live.

SOC 213 Personal Psychology I: The Road to Discovery

Prerequisite: None

Self-knowledge is the key to self-improvement. Sample topics include the study of infancy, childhood, adolescence, perception, and states of consciousness. This course offers exciting online psychology experiments about our own behavior. (Offered in fall semester only.)

SOC 214 Personal Psychology II: Living in a Complex World

Prerequisite: None

Enrich the quality of your life by learning to understand the actions of others. Topics include the study of memory, intelligence, emotion, health, stress, and personality. This course offers exciting online psychology experiments about the world around us. (Offered in spring semester only.)

SOC 215 Social Problems I: A World in Crisis

Prerequisite: None

The Social Problems I course will examine a number of social problems that affect the world and individuals today. Students will learn more about the challenges facing societies and the relationships between societies, governments, and individuals in these areas. Each unit will focus on a particular area of social concern, often with a global view, and examine possible solutions at both a structural and individual level. Students will learn how social problems affect their lives as well as the ways that they can make a difference in the social problems that exist in their lives, communities, and world. (Offered in fall semester only.)



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SOC 216 Social Problems II: Crisis, Conflicts, and Challenges

Prerequisite: None

The Social Problems II course continues to examine the social problems that affect individuals and societies in the world today. Students learn about the overall structure of the social problem as well as how it impacts their lives. Each unit focuses on a particular social problem, including racial discrimination, drug abuse, the loss of community, and urban sprawl, and discusses possible solutions at both individual and structural levels. Students examine the connections in each issue between societies, individuals, governments, and the global arena. (Offered in spring semester only.)

SOC 217 Law and Order: Introduction to Legal Studies

Prerequisite: None

Every purchase, lease, contract, marriage, divorce, arrest, crime or traffic violation places the citizen face-to-face with the law. Law & Order is designed to provide students with an understanding of their legal rights and responsibilities. (Offered in fall semester only.)

SOC 218 Criminology: Inside the Criminal Mind

Prerequisite: None

In today's society, crime and deviant behavior are often one of the top concerns of society members. From the nightly news to personal experiences with victimization, crime seems to be all around us. In this course, we will explore the field of criminology, the study of crime. In doing so, we will look at possible explanations for crime from psychological, biological, and sociological standpoints, explore the various types of crime and their consequences for society, and investigate how crime and criminals are handled by the criminal justice system. Why do some individuals commit crimes but others don't? What aspects in our culture and society promote crime and deviance? Why do individuals receive different punishments for the same crime? What factors shape the criminal case process, from arrest to punishments? (Offered in spring semester only.)

SOC 219 Anthropology II: Human Mysteries

Prerequisite: None

The aim of anthropology is to use a broad approach to gain an understanding of our past, present, and future, and address the problems humans face in biological, social, and cultural life. This course will explore the evolution, similarity, and diversity of humankind through time. (Offered in spring semester only.)

SOC 310 U.S. History

Prerequisite: None

This course examines significant events in American history beginning with the native cultures prior to European exploration and ending with contemporary political, social, and economic issues. Students learn how geography, war, and industrialization influenced thought and the development of the American identity.

SOC 311 Economics

Prerequisite: None

In this course students will learn how government, business, and the individual consumer influence our economic system. The purpose of this course is to help students become more informed consumers, producers, investors, and taxpayers.

SOC 313 Psychology

Prerequisite: Biology

This course surveys the study of behavior and mental processes with emphasis on the scientific nature of psychological investigation. Topics discussed include research methods, the biology of behavior, sensation, perception, consciousness, motivation, emotion, personality, learning, memory, language, life-span development of behavior, abnormal behavior and therapies, social behavior, and individual differences.



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SOC 314 Sociology I: The Study of Human Relationships

Prerequisite: None

The world is becoming more complex. How do your beliefs, values, and behavior affect the people around you and the world we live in? In this increasingly connected world, students will examine problems in our society and learn how human relationships can influence the life of the student. (Offered in fall semester only.)

SOC 315 Sociology II: Your Social Life

Prerequisite: None

Sociology is the study of people, social life, and society. The development of a sociological imagination will enable students to examine how society shapes human actions and beliefs, and how such actions and beliefs in turn shape society. (Offered in spring semester only.)

SOC 410 U.S. Government & Politics

Prerequisite: None

This course will help students achieve a basic understanding of United States' government at the national, state, and local levels. Students explore the Constitution, the federal bureaucracy, and the three branches of government.

SOC 411 Civics

Prerequisite: None

Civics can be expressed as a study in citizenship and government. This course will provide the learner with a basic understanding of civic life, politics, and government, including a short history of its foundation and development, what rights the American government guarantees its citizens, and a survey of the duties and responsibilities American citizens must exercise in order to maintain their government. It will introduce the workings of our own and other political systems as well as the relationship of American politics and government to world affairs.

SOC 431 AP Psychology

Prerequisite: Biology; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course provides an overview of current psychological research methods and theories. Students will explore the therapies used by professional counselors and clinical psychologists and examine the reasons for normal human reactions. The equivalent of a 100-level college survey course, AP Psychology prepares students for the AP exam and for further studies in psychology and life sciences.

SOC 432 AP Microeconomics

Prerequisite: 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students have been appointed as the new president of the Sunny Seas Shell Company. As part of their role in assuming the leadership duties of the company students will learn all they can about microeconomics. This will prepare students for the AP exam.

SOC 433 AP Macroeconomics

Prerequisite: 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students assist the leader of the virtual Macro Islands to come up with feasible solutions to assist the island's economy. This course will prepare students for their AP exam.

SOC 434 AP U.S. History

Prerequisite: World History; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students interpret documents, write analytical essays, and master factual content. Issues of American identity, diversity, religion, and culture are examined. Economic transformations, development of political institutions, and reform movements are evaluated. War, slavery, and demographic changes are assessed. Globalization and environmental issues are analyzed. This is a college-level experience and prepares students for the AP exam.



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SOC 435 AP U.S. Government & Politics

Prerequisite: U.S. History; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students “go behind the scenes” with the President, Congress, and the Supreme Court. They research the roles of the media, political parties, interest groups, states, candidates, bureaucracy, and the public in the governmental process. They will witness the largescale production of policy-building in the areas of economic/social policy, foreign policy, and public administration. This course will prepare students for their AP exam.

SOC 436 AP World History

Prerequisite: 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

AP World History covers the history of the world from 600 C.E. to the present with an introduction unit on the period before (covering around 8000 B.C.E. to 600 C.E.). The course emphasizes “patterns of change” and the connections between the various world cultures throughout the time period being studied. Students will gain an understanding of the global experiences of humanity and be able to apply that knowledge to their growth and development as “world citizens”. The class has two major goals: (1) to prepare students to be successful on the AP World History exam and (2) to provide students with an understanding on why the world developed the way it did.



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SCIENCE

SCI 110 Physical Science

Prerequisite: None

This course provides students with an introduction to the world of matter and energy. Students explore what scientists do, how scientists think, and how scientists solve problems. Students examine topics on the phases of matter, the properties of matter, atoms, chemical reactions, the periodic table, energy, motion, and forces.

SCI 111 Earth Science

Prerequisite: None

This course covers topics such as energy in the earth system, the sun and its impact on global climate, plate movement, and the geochemical cycles. Other topics include the origin and evolution of the earth and the universe. Lab work and journals are integral to the course. Woven throughout the material are views of possible career choices in earth science.

SCI 120 Honors Physical Science

Prerequisite: 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students will be prepared for college-level academic work through: thinking critically, analyzing a wide variety of text and media, engaging in the wise use of technology, creating exemplary academic work, and collaborating productively. Students will examine topics on the phases of matter, the properties of matter, atoms, chemical reactions, the periodic table, energy, motion, and forces. This intensive study of Physical Science will challenge college-bound students for future academic work.

SCI 210 Biology

Prerequisite: None

This course examines fundamental components of biology including cellular biology, genetics, ecology, evolution, botany, vertebrates, invertebrates, and human physiology. Students apply the process of scientific inquiry to explore

topics and perform virtual laboratory exercises. The role of scientists and the ethical implications of advancing technology are examined.

SCI 220 Honors Biology

Prerequisite: 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course is about the living things on this planet, and the way they connect together. The BioVenture Travel Agency will send students on virtual tours like Safari Quest, Classification Cruise, Genetic Park Excursion, and a trip to the Egyptian pyramids. Students will also perform a series of lab experiments in their own home.

SCI 310 Chemistry

Prerequisite: Algebra I

Ever wonder why soda fizzes, cars rust, or salt melts snow and ice? Through a series of investigations, students explore the bonding of atoms, discover molecular compounds, analyze chemical reactions, and explore the laws of thermodynamics. Students perform experiments, balance chemical equations, and break down the visible and the invisible. Real-world applications of kinetic energy, electrochemistry, organic chemistry, and nuclear reactions are presented in the course. Through interactive activities, students learn to think like scientists.

SCI 311 Marine Science

Prerequisites: Physical Science, Biology

Marine science is a blend of biology and physical science as it incorporates topics such as ecology, chemistry, geology, technology, zoology, meteorology, botany, oceanography, and marine biology. Throughout this course, students will explore the classification, anatomy, and physiology of organisms in the marine environment, as well as the ecological function of these organisms as members of complex biological communities. Labs are required in each module and many lessons have hands-on requirements such as graphing, data-collection, and calculating.



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SCI 314 Environmental Science

Prerequisite: Recommended for juniors or seniors

Learn about environmental topics that are relevant to everyday life. In this course, students explore many environmental science concepts. Through various interactive multimedia pieces, this course provides students with an overview of the nature of ecosystems, energy flow, and the relationship between biology, ecology, geology, and chemistry. In addition, students study the real-world effects of pollution and global warming. Students demonstrate learning through fun and diverse assignments.

SCI 315 Forensic Science

Prerequisite: Recommended for juniors or seniors

In this course, students will learn observation and inquiry techniques by gathering information and eliminating "suspects" through various scientific techniques. This course will begin with an overview of Forensic Science and then move on to studying a significant unsolved case from history. Students will examine the victims, witnesses, evidence, and any other materials gathered in the case. They will then move on to form a hypothesis of the perpetrator. Various types of evidence analysis are interwoven through each case. Some examples are blood-spatter analysis, fiber analysis, questioned-document analysis, microchemistry, toxicology, and the use of the polygraph.

SCI 410 Physics

Prerequisites: Algebra I and II

This course provides opportunities to study the contributions of Galileo, Newton, and Einstein. Students will learn the concepts, theories, and laws governing the interaction of matter and energy, and their applications through exploratory investigations and activities.

SCI 431 AP Biology

Prerequisites: Biology, Chemistry & Algebra I; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

AP Biology provides the student with the concepts and information necessary for the AP exam. Labs and required practice are included in this course. Learning in

an interactive environment, the student will exercise their mastery of biology with a variety of assignment types. Topics include the Scientific Method, biochemistry, cells, Mendelian genetics, molecular genetics, metabolism and bioenergetics, evolution, microbes, animal and plant evolution, animal systems, plants, and ecology.

SCI 432 AP Chemistry

Prerequisites: Chemistry and Algebra II; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course is equivalent to a full-year introductory college course in general Chemistry. Students will learn fundamental analytical skills to logically assess chemical problems proficiently. Students will develop the skills necessary to arrive at conclusions based on informed judgment and present evidence in clear and persuasive essays. This course will prepare students for their AP exam.

SCI 433 AP Physics B

Prerequisites: Algebra II, Pre-Calculus and Trigonometry; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This course is a non-calculus survey course covering five general areas: Newtonian mechanics, thermal physics, electricity and magnetism, waves and optics, and atomic and nuclear physics. Students will get an understanding of the core principles involved and learn to apply these principles in the solution of problems. This course will prepare students for their AP exam.

SCI 434 AP Environmental Science

Prerequisite: Biology; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course the scientific method is used to analyze and understand the interrelationships between humans and the natural environment. The following topics are covered: Earth's systems, human population dynamics, natural resources, environmental quality, global changes, and environment and society. This course will prepare students for their AP exam.



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HEALTH AND PHYSICAL EDUCATION

HPE 110 Skills for Health I

Prerequisite: None

Students will analyze the social, emotional, and physical components of wellness. They'll learn to recognize health risks, be wise health consumers, and take responsibility for their health. Students study the nervous, skeletal, circulatory, and digestive systems and make connections to physical fitness, food and nutrition, and weight management.

HPE 111 Skills for Health II

Prerequisite: Skills for Health I

This course begins by examining the immune and endocrine systems and covers the topics of disease and personal choices. Students identify the physical, mental, emotional, and social changes a person goes through from adolescence through adulthood. The course concludes with topics on marriage, parenthood, families, human sexuality and reproduction, relationships, self-esteem, and first aid and safety.

HPE 112 Physical Education I

Prerequisite: None

In this course students evaluate their fitness levels, set goals for improvement, and evaluate their progress. The course examines such topics as safety, injury prevention, nutrition and diet, and cardiovascular endurance. Students develop a positive attitude for lifetime fitness, whether through recreation, active sports, or skill-related physical activity.

HPE 113 Physical Education II

Prerequisite: Physical Education I

This course covers the exercise techniques and guidelines that keep students safe when they engage in physical activities. The course combines online instruction with student participation in weekly cardiovascular, muscle-toning, and stretching exercises. The course focuses on cardio respiratory endurance,

aerobic versus anaerobic exercise, developing a cardiovascular routine, resistance training, and developing muscular fitness and flexibility.

HPE 115 Intro to Individual Sports (California only)

Prerequisite: Physical Education I

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking, strength training, yoga, Pilates, dance, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, FIT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct a pre- and post fitness assessment, as well as participate in weekly physical activity.

HPE 116 Intro to Group Sports (California only)

Prerequisite: Physical Education II

This course provides students with an overview of group sports. Students learn about a variety of sports, yet do an in-depth study of soccer, basketball, baseball/softball, and volleyball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about sportsmanship and teamwork. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre- and post fitness assessment, as well as participate in weekly physical activity.

HPE 117 Introduction to Health Sciences

Prerequisite: None

This course is an introduction to the health sciences. The course will survey various aspects of health sciences including planning, managing, and providing therapeutic services, diagnostic services, health informatics, support services, and biotechnology research and development.



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HPE 120 Health and Personal Wellness

Prerequisite: None

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students apply principles of health and wellness to their own lives. In addition, they study behavior change and set health goals to work on throughout the semester. Additional topics of study include healthy relationships, reproductive health, disease transmission, substance abuse, safety and injury prevention, environmental health, and consumer health.

HPE 121 Nutrition

Prerequisite: None

This course takes students through a comprehensive study of nutritional principles and guidelines. Students learn about worldwide views of nutrition, essential nutrient requirements, physiological processes, food labeling, weight management, healthy food choices, fitness, diet-related diseases and disorders, food handling, healthy cooking, nutrition for different populations, and more. Students gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

HPE 122 Exercise Science

Prerequisite: None

This course guides students through an in-depth examination of the effects of exercise on the body. Students learn how to exercise efficiently and properly and how to motivate themselves and others. Basic anatomy, biomechanics, and physiology will serve as a foundation for students to build effective exercise programs. The study of nutrition and human behavior is also an integral part of the course to enhance the student comprehension of this multifaceted subject.

HPE 210 Walking Fitness

Prerequisite: Physical Education I

This course helps students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way

to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness, students will learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training.

HPE 211 Running

Prerequisite: Physical Education I

This one-semester course is appropriate for beginning, intermediate, and advanced runners, and offers a variety of training schedules for each. In addition to reviewing the fundamental principles of fitness, students will learn about goals and motivation, levels of training, running mechanics, safety and injury prevention, appropriate attire, running in the elements, good nutrition and hydration, and effective cross-training. While this course focuses mainly on running for fun and fitness, it also briefly explores the realm of competitive racing.

HPE 611 Student Athlete I*

HPE 612 Student Athlete II*

HPE 613 Student Athlete III*

HPE 614 Student Athlete IV*

Prerequisite: Recommendation

This course option allows you to get academic credit for your extracurricular athletic activities. Students participating in this course option will be responsible for logging hours and activity descriptions and checking in with the course advisor on a regularly scheduled basis. Students should register for the course that corresponds to their year in school. This course may be taken for one or two semesters. Talk to your Academic Counselor for details about enrollment. (Not available in Minnesota)



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OCCUPATIONAL/TECHNICAL EDUCATION

BUS 112 Intro to Careers

Prerequisite: None

In this course students learn about themselves and how that knowledge contributes to career success. Using the Career Information System as part of iExplore, students will examine career interests and aptitudes. Students will also learn how to prepare for a job interview, to write a resume, and to plan their education and training for a successful career path. Students will set short and long term goals for their education aligned with their career interests, and learn how to be successful on the job.

BUS 210 Business Communication

Prerequisite: None

In this course students will explore the process of communication as it relates to the business world and discover all of the ways people communicate in today's business environment. The 3-D animations in this course take the concept of a virtual office further by conceptualizing the business movement of the future.

BUS 211 Business & Personal Protocol

Prerequisite: None

In this course students learn valuable skills in cultural awareness, positive self-concept, leadership, and communication, which are essential to maintaining successful business and personal relationships.

BUS 310 Accounting

Prerequisite: Algebra I with a grade of "C" or higher; Recommended for juniors or seniors only; sophomores with approval of Academic Counselor

Through this course, students will gain a foundation in the skills needed for college accounting courses, office work, and managing their own small businesses. In this course, students are given an overview of the three forms of accounting: financial, cost, and management accounting. The course covers the basic concepts, conventions, and rules of the double-entry system. It introduces

techniques to analyze ratios from the balance sheet. The concept of ethics, integrity, and confidentiality are woven through all the lessons.

BUS 311 Marketing

Prerequisite: Recommended for juniors or seniors only; sophomores with approval of Academic Counselor

Marketing allows students to discover customer wants and needs, and to gain a solid understanding of creating, advertising, and selling products. This course covers all aspects of marketing, from basic economics to employment in the marketing field. Students will learn how marketing affects many aspects of life and how they will benefit from understanding it.

BUS 312 Digital Marketing

Prerequisite: For juniors and seniors only; successful completion of BUS311 - Marketing required; ISWA only

In this course, students will learn techniques and strategies for digital marketing, and will participate in the collaborative design and implementation of digital marketing media. Topics include: Viral and Internet Marketing, Print Advertising, News Articles and Public Relations and Radio and TV advertising. Students will be expected to maintain a regular work schedule, attend Illuminate sessions and complete projects according to the course timeline. Students will also submit weekly logs and journal entries regarding their participation in the course.



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BUS 613 Worksite Internship I

Prerequisite: Recommendation; Completed contract; for juniors only

In this course students will learn worksite skills, including dependability, responsibility, attitude as well as professional appearance, conduct, and communication. They will develop a deeper understanding of the skills and knowledge required for a selected occupation. The student will be supervised and evaluated by a worksite mentor as well as a certified teacher. Students will submit regular attendance logs, reflective writing, self-evaluations, and performance evaluations by the workplace mentor. The requirements for the internship will be detailed in a contract signed by the student, the parent or guardian, the workplace mentor, and supervising teacher. This course may be taken for one or two semesters. (Not available in Washington)

BUS 614 Worksite Internship II

Prerequisite: Recommendation; Completed contract; for seniors only

In this course students will learn worksite skills, including dependability, responsibility, attitude as well as professional appearance, conduct, and communication. They will develop a deeper understanding of the skills and knowledge required for a selected occupation. The student will be supervised and evaluated by a worksite mentor as well as a certified teacher. Students will submit regular attendance logs, reflective writing, self-evaluations, and performance evaluations by the workplace mentor. The requirements for the internship will be detailed in a contract signed by the student, the parent or guardian, the workplace mentor, and supervising teacher. This course may be taken for one or two semesters. (Not available in Washington)

BUS 623 Full Motion Studios Internship

Prerequisite: Recommendation; Marketing or Flash Animation or Digital Video Editing & Production

In this virtual internship, students will participate in the collaborative design and implementation of digital marketing media. Topics include: Viral and Internet Marketing, Print Advertising, News Articles and Public Relations, and Radio and TV advertising. Students will be expected to maintain a regular work schedule, attend Elluminate sessions, and complete projects according to the course

timeline. Students will also submit weekly logs and journal entries regarding their participation in the course. (Not available in Washington)

BUS 633 Health Sciences Virtual Internship

Prerequisite: Recommendation; Introduction to Health Sciences; ISWA ONLY: Must successfully complete Introduction to Health Sciences (HPE117) in Fall 2010

In this innovative course, students go to work at a virtual health clinic, where they will perform the duties of a Health Clinic Technician, responsible for greeting patients, maintaining medical records and using medical equipment for preliminary diagnosis. Students will also participate in a virtual interview simulation and a medical terminology game, based on vocabulary from the HPE 117 Intro to Health Sciences Course. This is a great opportunity for students interested in careers in the Health Sciences. Students will be expected to maintain a regular work schedule, and submit performance reports according to the course timeline. Students will also submit weekly logs and journal entries regarding their participation in the course.

BUS 643 Small Business Management Virtual Internship

Prerequisite: Recommendation; Accounting or Economics; ISWA ONLY: Must successfully complete Economics (SOC311) in Fall 2010

In this innovative course, students will learn to manage a virtual small business through the administration of a small business simulation. Students will make decisions regarding supply and demand, hiring, pricing, marketing, and all aspects of running a small business. Students will also participate in a virtual interview simulation and a business terminology game. This is a great opportunity for students interested in careers in Business or Finance. Students will be expected to maintain a regular work schedule, and submit performance reports according to the course timeline. Students will also submit weekly logs and journal entries regarding their participation in the course.



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TCH 111 Computer Fundamentals I

Prerequisite: None

The Internet and Computing Core Certification (IC³®) provides students with the foundation of knowledge they need to succeed in environments that require the use of computers and the Internet. In an increasingly digital world, where virtually every field and function is impacted by computers, IC³ Certification can help you refine your aptitude in the most important and valuable areas. With IC³ Certification, you are instantly recognized as someone with the critical entry-level skills needed to effectively use the latest computer and Internet technology.

By enrolling in this course, you will learn about the following topics: Computer Hardware, Computer Software, Operating Systems, Word Processing Functions, Spreadsheet Functions, Presentation Functions, Using the Internet, Networking, and Email

TCH 116 Digital Image Design

Prerequisite: None

This course will teach students to create compelling, professional looking graphic designs and photos. They'll learn the basics of composition, color, and layout before moving on to technical topics like working with layers and masks, adding special effects, and effectively using typefaces to create visual impact. (This course does not require the use of a camera.)

TCH 117 Web Design

Prerequisite: None

This course provides a comprehensive introduction to the essentials of web design, from planning page layouts to publishing a complete site to the Web. Through real-world design scenarios and hands-on projects, students will create compelling, usable websites using the latest suite of free tools from Microsoft.

TCH 213 Flash Animation**

Prerequisite: None

Learn to create interactive movies and games with Flash CS3. Students will learn the basics of drawing and animating short movies before moving on to

more complex challenges like adding interactivity and script-driven events. By the end of the course students will have an interactive portfolio to showcase their finished projects. Students will be required to access to additional software. Please contact Insight for how to acquire the hardware/software.

TCH 214 Digital Video Editing & Production**

Prerequisite: None

In this course students will be introduced to all aspects of digital video production, from story-boarding scenes to creating shot lists to editing a finished, professional product. Throughout this project-based course, students will learn the essentials of recording, capturing and editing video. This course provides an excellent introduction to the field. Students will need access to a camcorder. Please contact Insight for how to acquire the hardware/software.

TCH 215 Computer-Aided Design (ISKS Only)

Prerequisite: Must be at least 16 and a junior or senior.

Computer-aided design systems are used by designers and manufacturers in virtually every industry. In this course, you'll master the basics of CAD software: creating points, lines, and other geometric forms, isometric drawings, and 3D models. Learn how to translate initial concepts into functional designs and 3D walkthroughs. Explore career options for CAD designers in this hands-on introductory level course.

TCH 311 C++ Programming I

Prerequisite: None

In this introductory-level course students learn the basics of C++ programming through hands-on projects. Using Visual C++ 2005 Express, they'll master the building blocks of programming: functions, variables, loops, arrays and classes. This course is an excellent introduction to the C++ programming language and the field of software development.



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TCH 313 Game Design I**

Prerequisite: None

In this course students design and build original games from scratch. They'll learn how to use popular game design software to create engaging, interactive games in a variety of genres, and gain a solid foundation in the basic concepts and phases of game development. Students will need access to additional software. Please contact Insight for how to acquire the hardware/software.

TCH 314 Game Design II**

Prerequisite: Game Design I

In the continuation of Game Design I, students continue to expand their knowledge of the game design industry while mastering event-driven game development through a series of interactive projects. Students will need access to additional software. Please contact Insight for how to acquire the hardware/software.

TCH 315 Online Game Creation**

Prerequisite: None

If you like playing Flash games online and want to find out how to design them, this course is for you. You'll learn how to develop a variety of games for the Web using Adobe® Flash®, the world's most popular authoring tool for online games. You'll learn some basic programming concepts as you use ActionScript®, the native scripting language of Flash, to develop cool games, then publish them online to share with your friends. By the end of this course, you will have a fully-functioning multi-level online game. Students will require access to additional software. Please contact Insight for how to acquire the hardware/software.

TCH 431 AP Computer Science

Prerequisites: Algebra I and II; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

This introductory course involves developing the skills to write programs that correctly solve specific problems. It includes analysis of algorithms, development and use of fundamental data structures, and the study of standard algorithms and typical applications. Basic hardware and software components of computer

systems and the responsible use of these systems are integral parts of the course. This course will prepare students for their AP exam.

VOC 100 Introduction to Global Positioning Systems (ISKS only)

Prerequisite: Must be at least 16 and a junior or senior

This course introduces spatial referencing concepts and global position systems. The course introduces software systems that are used to collect and layer GPS data into usable information formats.

VOC 101 Introduction to Geographic Information Systems Architecture (ISKS only)

Prerequisite: Must be at least 16 and a junior or senior

This introductory course will give the student introduction to hardware and software components, applications and introduction to data structures and basic functions. The student will explore issues in operational and management issues. Hands on experience will be gained using a commercial GIS software package.

VOC 110 Introductory Craft Skills (ISKS only)

Prerequisite: Must be at least 16 and a junior or senior

This course provides students the training to acquire a broad range of skills necessary for work in the construction industry including safety training, use of various hand and power tools, and a working knowledge of basic construction techniques (blueprints, basic rigging) and employability skills. Successful completion of the class and a performance test at the end will provide certification that can be presented to potential employers in the construction trades. The class work will be delivered online, with the certification assessment conducted in a face-to-face setting in the Spring Hill-Olathe area at the end of the semester. Students will be responsible for travel to and from the testing site for up to three days at the end of the course.



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VOC 210 Electrical Level I (ISKS only)**

Prerequisite: Completion of or concurrent enrollment in Introductory Craft Skills; Must be at least 16 and a junior or senior

This course provides students with the training to acquire a broad range of introductory electrical skills including safety training, and instruction for a working knowledge of electrical circuits and systems. Successful completion of the class and performance tests will provide certification that can be presented to potential employers in the construction trades. The class work will be delivered online, with the certification assessment conducted in a face-to-face setting. Students will be responsible for travel to and from the testing.



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WORLD LANGUAGES

FRN 110 French I

Prerequisite: None

This course meets the standards of the American Council on the Teaching of Foreign Languages (ACTFL) and focuses on successful communication through speaking, writing, reading, and listening, as well as a thorough grounding in aspects of culture.

FRN 210 French II

Prerequisite: French I

This course meets the standards of the American Council on the Teaching of Foreign Languages (ACTFL), and builds on French I concepts. Course strategies include warm-up activities, vocabulary study, reading, threaded discussions, multi-media presentations, self-checks, practice activities and games, oral and written assignments, projects, quizzes, and exams.

FRN 310 French III

Prerequisite: French II

This continuation of the study of the French language will help students gain proficiency and fluency. Throughout the units of material (Feelings, Transportation, Work, Countries, Future, Health, Home, Measurements, Professions and Personal History), students learn to express themselves using an ever increasing vocabulary, present, past, future and conditional-tense verbs, articles, adjectives and increasingly complex grammatical structures.

GER 110 German I

Prerequisite: None

This course meets the standards of the American Council on the Teaching of Foreign Languages (ACTFL), and focuses on successful communication through speaking, writing, reading, and listening, as well as a thorough grounding in aspects of culture.

GER 210 German II

Prerequisite: German I

This course meets the standards of the American Council on the Teaching of Foreign Languages (ACTFL) and builds on German I concepts. Course strategies include warm-up activities, vocabulary study, reading, threaded discussions, multi-media presentations, self-checks, practice activities and games, oral and written assignments, projects, quizzes, and exams.

LAT 110 Latin I

Prerequisite: None

The purpose of this course is to give students a foundation in Latin grammar and vocabulary. They will also get acquainted with the Roman gods and lives of everyday Romans.

LAT 210 Latin II

Prerequisite: Latin I

In this course students will strengthen their Latin vocabulary and complete the presentation of grammatical concepts in Latin I. Students will read and translate Latin prose and poetry.



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SPN 110 Spanish I

Prerequisite: None

¿No hablas español? Now is the time to learn! This course teaches the necessary skills to speak Spanish. Reading, writing, listening, speaking, pronunciation, grammar, and vocabulary—it's all here. Through interactive, theme-based lessons that include video, audio discussions, and multimedia activities, students become participants in conversations. Progress is demonstrated via assignments that accommodate various learning styles, address cultural issues, and pertain to real-world skills. The goal is simple: completing this course saying *¡Sí, hablo español!*

SPN 210 Spanish II

Prerequisite: Spanish I

¿Hablar poquito español? This course takes reading, writing, listening, speaking, pronunciation, grammar, and vocabulary skills in Spanish to the next level! With interactive lessons that teach practical skills using contexts students enjoy, learning is an active process. Assignments allow students to demonstrate progress in a variety of ways, addressing themes relevant to them and encouraging creative expression. Assessment is more *divertido* and less *aburrido*. The goal is simple: give students the Spanish advantage!

SPN 310 Spanish III

Prerequisite: Spanish II

¡Quiero hablar más! This continuation of the beginning level Spanish courses will help students continue learning the Spanish language. Throughout the five units of material (Feelings, Transportation, Work, Countries, Future, Health, Home, Measurements, Professions and Personal History), students learn to express themselves using an ever increasing vocabulary, present-, past-, future-, and conditional-tense verbs, articles, adjectives and increasingly complex grammatical structures.

SPN 430 AP Spanish Language

Prerequisites: 3 years of Spanish or equivalent native fluency; 3.0 GPA or higher and one successful semester at Insight or Academic Counselor approval

In this course students will perfect their Spanish speaking, listening, reading, and writing skills. They study vocabulary, grammar, and cultural aspects of the language, and apply what they've learned in extensive written and spoken exercises. The equivalent of a college-level language course, AP Spanish Language prepares students for the AP exam and for further study of Spanish language, culture, or literature.



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FINE, VISUAL, AND PERFORMING ARTS

ART 110 Art History

Prerequisite: None

Art History is a course in which the primary goal is for students to explore the roles of visual arts in the history of humankind and the development of culture. Students will explore art from prehistoric times, ancient Egypt, and Greece. Students will analyze the Classical and Hellenistic styles. This course includes but is not limited to the examination of pottery, architecture, and sculpture. Students who enroll in this course should expect significant reading and writing and internet research. Some prior studies in Ancient civilization and/or mythology are helpful.

ART 210 Orientation to Art

Prerequisite: None

This one-semester course will introduce learners to the various forms of the visual arts, such as painting, sculpture, film, and more. Students will learn how to look at a work of art, identify and compare key characteristics in artworks, and understand the role art has played throughout history. Through hands-on activities, virtual museum tours, discussion, and research, learners will develop an overall appreciation for the art they encounter in their daily lives.

ART 211 Music Appreciation

Prerequisite: None

This one semester course introduces the major themes, influences, and personalities that shaped most of Western cultural heritage through music. The periods studied include Ancient, Classical, Renaissance, Baroque, Modern, 20th Century, and Contemporary.

ART 611 Performance Studio I*

ART 612 Performance Studio II*

ART 613 Performance Studio III*

ART 614 Performance Studio IV*

Prerequisite: Recommendation

This course option allows you to get academic credit for your organized extracurricular activities in the arts. Students participating in this course option will be responsible for logging hours and activity descriptions and checking in with the course advisor on a regularly-scheduled basis. Students should register for the course that corresponds with their year in school. This course may be taken for one or two semesters. Talk to your Academic Counselor for details about enrollment.



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LIFE AND STUDY SKILLS

LRN 611	Independent Study I
LRN 612	Independent Study II
LRN 613	Independent Study III
LRN 614	Independent Study IV

Prerequisite: Recommendation

Students may seek approval to obtain academic credit for work experience, community service, or alternative education courses on an "independent study" basis. Students participating in this course option will be responsible for logging hours and activity descriptions and checking in with the course advisor on a regularly-scheduled basis. Students should register for the course that corresponds with their year in school. This course may be taken for one or two semesters. Talk to your Academic Counselor for details about enrollment.

LRN 620 Senior iLearning (ISCA, iSucceed, ISOR, and ISWA only)

Prerequisite: None

This course is designed to help seniors complete all graduation requirements.

* *Extracurricular activities*

** *Course fees may apply. Please see course catalog for more details. (Does not apply to students in CA, WI, MN, or OR)*