



Insight[®]

SCHOOL OF IDAHO

POWERED BY K12

Course Catalog

2026 - 2027

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Mission Statement

Building a community of engaged learners.

Vision Statement

Empowering every student to learn at high levels.

Learning Community Commitments

In all aspects of our schooling at Idaho Virtual Academy, we are:

- Respectful—We treat ourselves, each other, and school property with politeness and care
- Responsible—We do what is right, expected, and required
- Accountable—We engage with integrity in the learning process and complete our own work
- Persistent—We keep trying, even when the work is challenging
- Self-Disciplined—We control and motivate ourselves to engage in our learning
- Kind—We are friendly, generous, and considerate of ourselves and others



IDVA HIGH SCHOOL COURSE SNAPSHOT CORE REQUIREMENTS

ENGLISH/LANGUAGE ARTS

QUARTER 1

ENG106A: English 9A
ENG206A: English 10A
ENG306A: American
Literature A
+OTH036: Gothic
Literature

QUARTER 2

ENG106B: English 9B
ENG206B: English 10B
ENG306B: American
Literature B
+OTH095: Mythology &
Folklore

QUARTER 3

ENG106A: English 9A
ENG206A: English 10A
ENG306A: American
Literature A
ENG406A: British &
World Literature A

QUARTER 4

ENG106B: English 9B
ENG206B: English 10B
ENG306B: American
Literature B
ENG406B: British &
World Literature B

MATHEMATICS

QUARTER 1

CS: Math Lab
MTH146A: Integrated Math
IA
MTH246A: Integrated Math
IIA
MTH307: Practical Math
A/B

QUARTER 2

CS: Math Lab
MTH146b: Integrated
Math IB
MTH246B: Integrated
Math IIB
MTH306: Algebra II A/B
MTH307: Practical Math
A/B

QUARTER 3

CS: Math Lab
MTH146A: Integrated Math
IA
MTH246A: Integrated Math
IIA
MTH307: Practical Math
A/B

QUARTER 4

CS: Math Lab
MTH146b: Integrated
Math IB
MTH246B: Integrated
Math IIB
MTH307: Practical Math
A/B

SCIENCE

QUARTER 1

SCI102A: Physical Science
A
SCI203A: Biology A

QUARTER 2

SCI102B: Physical Science
B
SCI102B: Biology B

QUARTER 3

SCI113A: Earth Science A
SCI203A: Biology A
CS: ISAT Science Prep

QUARTER 4

+SCI010: Environmental
Science
SCI113B: Earth Science B
SCI203B: Biology B

SOCIAL STUDIES

QUARTER 1

HST303A: US History A
HST403A: US Government
& Politics A

QUARTER 2

HST303B: US History B
HST403B: US Government
& Politics B

QUARTER 3

HST303A: US History A
HST403A: US Government
& Politics A

QUARTER 4

HST303B: US History B
HST403B: US Government
& Politics B

HUMANITIES/OTHER REQUIRED

QUARTER 1

ENG020: Public Speaking
HST060: Sociology
+OTH036: Gothic
Literature

QUARTER 2

ENG020: Public Speaking
HST020: Psychology

QUARTER 3

HST060: Sociology

QUARTER 4

ENG020: Public Speaking
HST020: Psychology

KEY

+Course is a Career Technical Course

School Connect:

School Connect is a district-wide live class aimed at improving students' study skills and habits. It covers time management, organization, goal setting, note-taking, emotional regulation, and test preparation. Emotional regulation is taught safely and non-invasively, without collecting personal experiences. Students must attend at least 90% of classes and can earn up to 1 credit per year.



IDVA HIGH SCHOOL COURSE SNAPSHOT

ELECTIVE OPTIONS & BLOCK REQUIRED

BLOCK REQUIRED

BLOCK 1

CS: Senior Project

BLOCK 2HST413: US & Global Econ &
Financial Literacy
OTH016: Health**BLOCK 3**CS: Digital Literacy
CS: Senior Project**BLOCK 4**

OTH016: Health

BLOCK 5

CS: Senior Project

BLOCK 6

OTH016: Health

BLOCK 7CS: Digital Literacy
CS: Senior Project**BLOCK 8**

OTH016: Health

BLOCK ELECTIVES

BLOCK 1**+BUS090:** Sports &
Entertainment Marketing**+MKT200:**Understanding Products
& Sales I**OTH020A:** Physical

Education

+SCI020: Astronomy I**+WBL531:** Work
Experience**BLOCK 2****+BUS036:** Personal
Finance**+CAR060:** Introduction
to Military Careers**OTH020B:** Physical
Education**+OTH181:** Fashion
Design**+SCI021:** Astronomy II**+WBL531:** Work
Experience**BLOCK 3****+BUS090:** Sports &
Entertainment

Marketing I

+MKT200:Understanding Products
& Sales I**OTH020A:** Physical
Education**+OTH033:** Veterinary
Science**+OTH171:** Culinary Arts I
+WBL531: Work
Experience**BLOCK 4****+BUS045:**

Entrepreneurship I

+BUS036: Personal
Finance**+BUS120:** Hospitality &
Tourism I**+OTH080:** Nutrition &
Wellness**+OTH161:** Early
Childhood Education I**+SCI030:** Forensic
Science**+WBL531:** Work
Experience**BLOCK 5****+BUS036:** Personal
Finance**+BUS090:** Sports &
Entertainment Marketing**OTH020B:** Physical
Education**+SCI020:** Astronomy I**+WBL531:** Work
Experience**BLOCK 6****+BUS045:**

Entrepreneurship I

+BUS120: Hospitality &
Tourism 1**+MKT200:** Understanding
Products & Sales I**OTH020A:** Physical
Education**+OTH171:** Culinary Arts I**+SCI021:** Astronomy II**+WBL531:** Work
Experience**BLOCK 7****+BUS036:** Personal
Finance**+BUS090:** Sports &
Entertainment Marketing**+CAR060:** Introduction
to Military Careers**OTH021:** Personal Fitness**OTH031:** Archaeology**+OTH033:** Veterinary
Science**+OTH182:** Interior Design**+WBL531:** Work
Experience**BLOCK 8****+BUS120:** Hospitality &
Tourism**HST012:** Anthropology**+MKT200:** Understanding
Products & Sales I**OTH020B:** Physical
Education**+OTH033:** Veterinary
Science**+OTH161:** Early
Childhood Education I**+WBL531:** Work
Experience

High School Graduation Requirements (Class of 2027)

Content Area	Credit Requirements
Core of Instruction	30 credits
Electives	16 credits
Additional Requirements	Civics Test
Total Credits	46 credits (minimum)
31 CREDITS	30 CREDITS
Language Arts English - 8 credits	8 credits Language Arts shall consist of language study, composition, literature, speaking and listening and be aligned to the Idaho English Language Arts Content Standards for the appropriate grade level.
Public Speaking	1 credit Communication consisting of oral communication and technological applications that includes a course in speech, a course in debate, or a sequence of instructional activities that meet the Idaho Speech Content Standards.
Mathematics Algebra I - 2 credits Geometry - 2 credits Student Choice - 2 credits	6 credits Secondary mathematics includes Integrated Mathematics, Applied Mathematics, Business Mathematics, Algebra, Geometry, Trigonometry, Fundamentals of Calculus, Probability and Statistics, Discrete Mathematics, and courses in mathematical problem solving and quantitative reasoning, including mathematics taken through career technical education programs. Engineering and computer science courses aligned to the state standards for grades nine (9) through (12), may be counted as a mathematics credit. Students who choose to take computer science or engineering courses may not concurrently count such courses as both a mathematics and science credit for the same course.
Science	6 credits Four credits are required from at least two of the following content areas: physics, chemistry, earth and space, or life science. Two credits may include instruction in applied sciences, physics, chemistry, earth and space sciences, life sciences, engineering or computer science. Students who choose to take computer science or engineering courses may not concurrently count such courses as both a mathematics and science credit for the same course
Social Studies US History - 2 credits Government - 2 credits Economics & Financial Literacy - 1 credit	5 credits
Humanities	2 credits Courses include instruction in visual arts, music, theatre, dance, or world languages aligned to Idaho content standards for those subjects. Other courses such as literature, history, philosophy, architecture, or comparative world religions may satisfy the humanities stands if the course is aligned to the Interdisciplinary Humanities Content Standards.
Health/Wellness	1 credit
Senior Project	1 credit
ELECTIVES	16 Credits

High School Graduation Requirements (Class of 2028+)

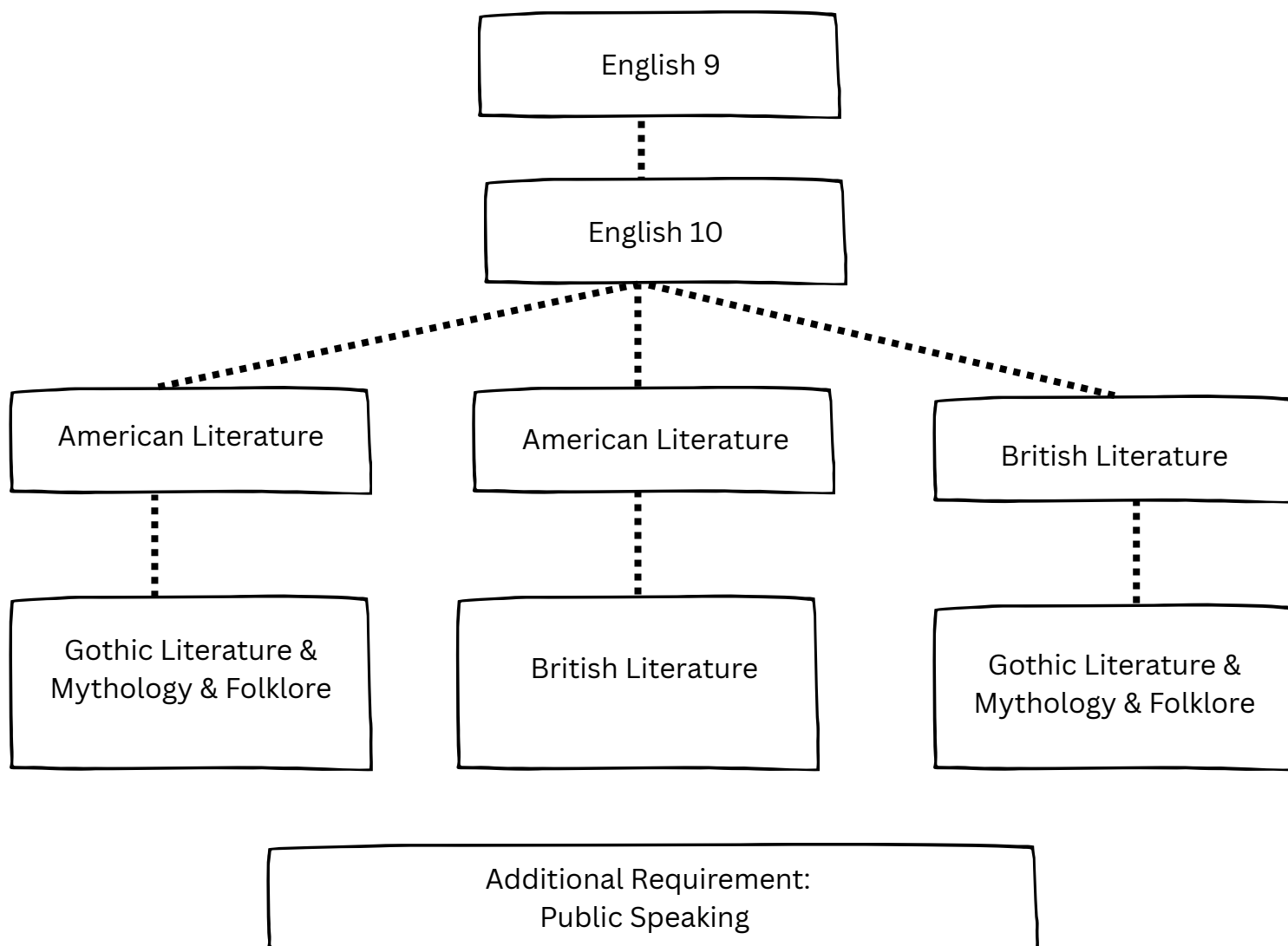
Content Area	Credit Requirements
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Electives	15 credits
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Social Studies US History - 2 credits Government - 2 credits Economics & Financial Literacy - 1 credit	5 credits
Fine Arts or World Languages	2 credits Courses include instruction in visual arts, music, theatre, dance, or world languages aligned to Idaho content standards for those subjects. Other courses such as literature, history, philosophy, architecture, or comparative world religions may satisfy the humanities stands if the course is aligned to the Interdisciplinary Humanities Content Standards.
Health/Wellness	1 credit
Digital Literacy	1 credit
Future Readiness Project	1 credit The Future Readiness Project is a culminating project that demonstrates a student's application of the Idaho College and Career Readiness Competencies and exploration of potential post high school options. The project must include an experiential component, such as a work-based, service-based, research-based, or portfolio-based component in which a student demonstrates the acquisition of the Idaho College and Career Readiness Competencies. Experiences including, but not limited to apprenticeships, internships, volunteer work and extracurricular activities related to real-world skills acquisition will count toward this requirement. LEAs must determine how students will demonstrate the acquisition of college and career competencies and may require additional components.
ELECTIVES	15 CREDITS



COURSE SEQUENCES

ENGLISH/ LANGUAGE ARTS SEQUENCE

Graduation Requirement= 8 credits of English and 1 credit of Public Speaking



ENGLISH COURSE DESCRIPTIONS

ENG106: English 9

English 9 is an integrated course aligned to state standards that builds skills in reading, writing, speaking, listening, and language. Students analyze literature and informational texts, practice narrative, informative, and argumentative writing, and participate in discussions and presentations across a variety of genres.

Course length: Two quarters

Prerequisites: None

ENG206: English 10

This course builds skills in reading, writing, speaking, and listening through the study of diverse literary and nonfiction texts appropriate to Grade 10. Students analyze works of cultural and historical significance and learn the formal writing process by completing a literary analysis essay.

Course length: Two quarters

Prerequisites: English 9 or freshman English equivalent

ENG306: American Literature

In this course, students read and analyze works of American literature from colonial to contemporary times, including poetry, short stories, novels, drama, and nonfiction. The literary works provide opportunities for critical writing. Students develop vocabulary skills and refresh their knowledge of grammar, usage, and mechanics in preparation for standardized tests.

Course length: Two quarters

Prerequisites: English 10 or sophomore English equivalent

ENG406: British and World Literature

This course engages students in selections from British and world literature from the ancient world through modern times. Students practice analytical writing and have opportunities for creative expression. Students also practice critical reading and writing test-taking skills. Diagnostic tests assess students' current knowledge and generate individualized study plans so students can focus on topics that need review.

Course length: Two quarters

Prerequisites: American Literature or equivalent

OTH036: Gothic Literature

This course examines the themes, elements, and techniques of Gothic literature and how they create suspense and atmosphere. Students explore recurring motifs in the genre and develop an appreciation for the complexity and lasting influence of Gothic fiction. The course may count as an English or elective credit.

Course length: One quarter

Prerequisites: None

OTH095: Mythology & Folklore

This course explores mythology and folklore as ways humans have made sense of the world. Students examine myths from diverse cultures, encountering heroes, gods, monsters, and tricksters while exploring the shared themes and cultural significance of these stories and their continued influence today. The course may count as an English or elective credit.

Course length: One quarter

Prerequisites: None

ENG020: Public Speaking (Speech)

This course introduces public speaking as a key academic, professional, and life skill. Students learn to analyze speeches, prepare and present various types of speeches, adapt messages for specific audiences, and use research, visual aids, and ethical practices to communicate effectively while managing speaking anxiety.

Course length: One block

Materials: This course requires computer headphones/speakers, microphone, and access to a student-provided webcam to record speeches

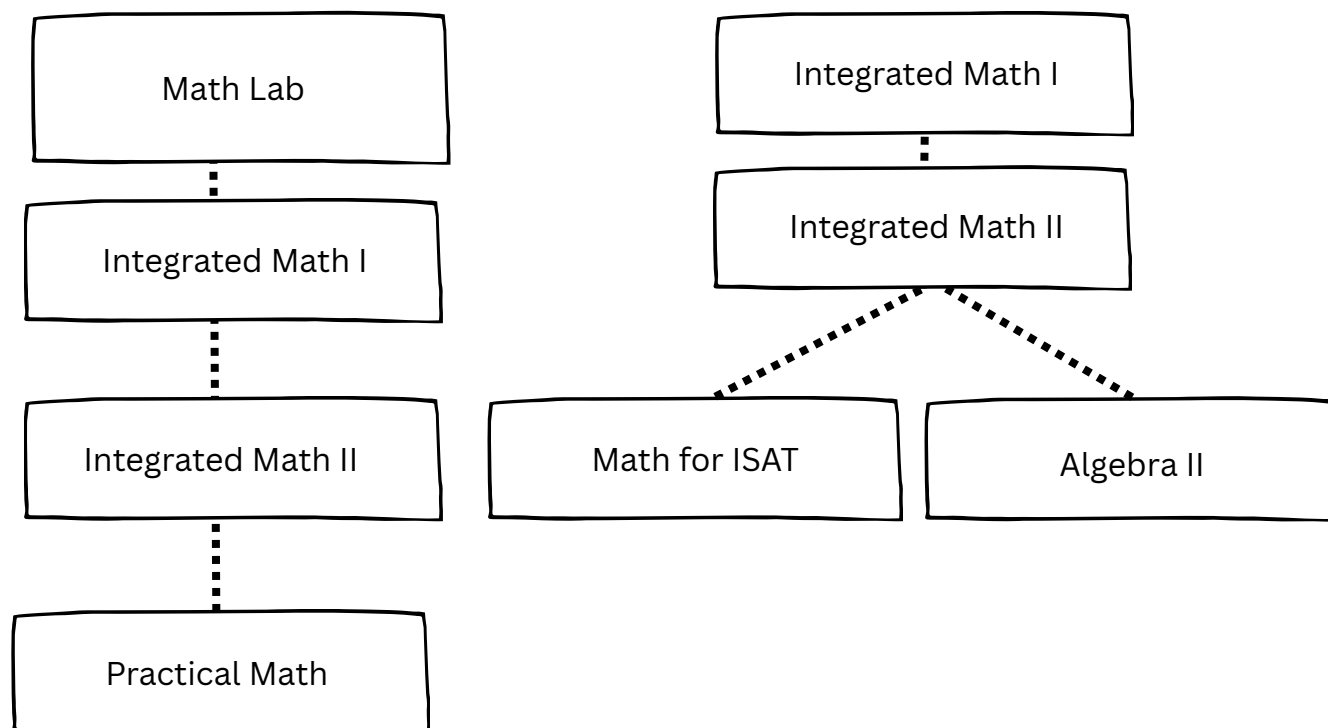
Prerequisites: English 9; students must be at least juniors according to credits



COURSE SEQUENCES

MATH SEQUENCE

Graduation Requirement= 6 credits; College bound=6+ credits



MATH COURSE DESCRIPTIONS

CS: Math Lab

Math Lab is a quarter long, review/practice course covering essential pre-algebra and geometry skills that will help students be successful in integrated math, which is required for high school graduation. This course uses IXL exclusively and involves a math diagnostic, which helps student and teacher to see their math skill level.

Course length: One quarter

Pre-Requisites: None

CS: Math for ISAT

This course reviews key high school math standards to prepare students for the Grade 11 ISAT. Topics include linear and quadratic equations and functions, basic polynomial expressions, geometry, trigonometry, data analysis, and sequences. Students use ISAT prep resources and IXL for practice.

Course length: One quarter

Prerequisites: Integrated Math I & II

MTH146: Integrated Mathematics I

This first-year integrated math credit recovery course focuses on linear and simple exponential models. Students study functions, statistics, and geometry, including data analysis, transformations, and analytic reasoning, while using regular diagnostics to monitor progress.

Course length: Two quarters

Prerequisites: Pre-algebra or equivalent

MTH246: Integrated Mathematics II

This credit recovery math course builds on Integrated Mathematics I by extending the number system to include irrational and complex numbers and emphasizing quadratic expressions, equations, and functions. Students also study probability, similarity, trigonometry, volume, and analytic geometry, with content organized into smaller units and regular diagnostic assessments to support mastery and retention.

Course length: Two quarters

Prerequisites: Algebra I or equivalent

MTH306: Algebra II

The Algebra II course builds on the mathematical proficiency and reasoning skills developed in Algebra I and Geometry to lead students into advanced algebraic work. The course emphasizes the concept of functions throughout. Sandwiching between short forays into probability and statistics is a thorough treatment of linear, quadratic, higher-degree polynomial, exponential, logarithmic, and trigonometric functions, with emphasis on analysis, problem solving, and graphing. Toward the end of the course, an introduction to sequences and series is presented in preparation for future work in mathematics.

Course length: Two blocks

Prerequisites: Algebra I or equivalent

MTH307: Practical Math

In Practical Math, students learn about the many practical applications of math in everyday life. Topics of study in this course include statistics, probability, statistical graphs, regression, finance, budgeting, and mathematical modeling. Proficiency is measured through frequent online and offline assessments, as well as class participation. Project units also allow students to apply and extend their math skills for problem solving.

Course length: Two blocks

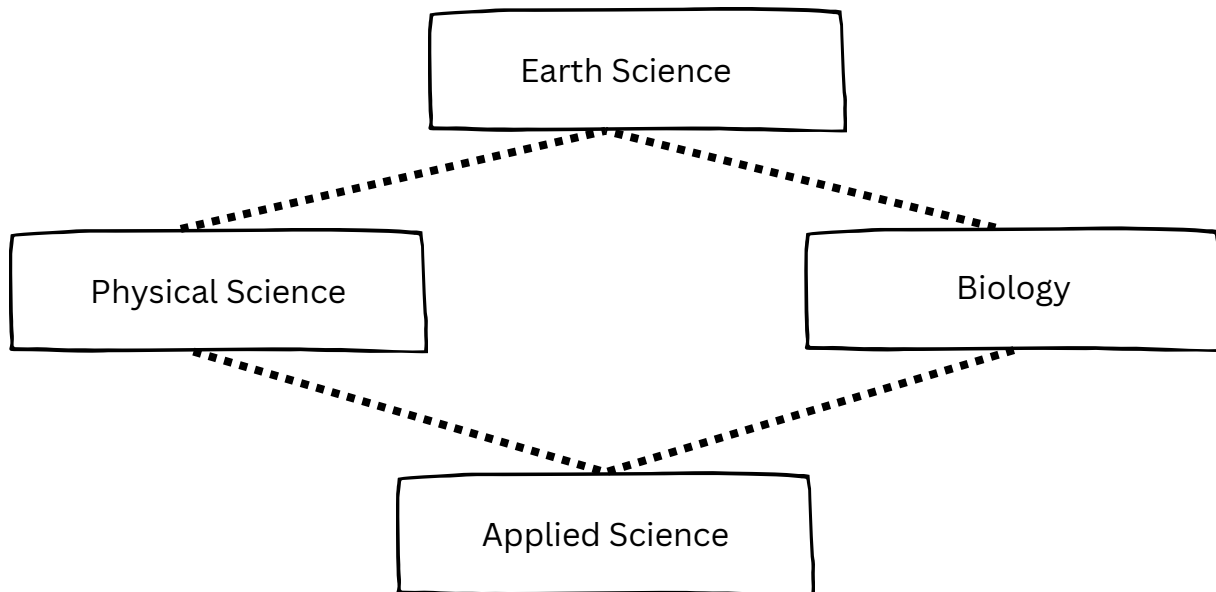
Prerequisites: Algebra I and Geometry, or equivalent



COURSE SEQUENCES

SCIENCE SEQUENCE

Graduation Requirement= 6 credits; College bound =6+ credits



Applied Sciences Include:
+ Environmental Science
+ Forensic Science
+ Astronomy
+ Veterinary Science

SCIENCE COURSE DESCRIPTIONS

SCI102: Physical Science

This course explores the relationship between matter and energy through topics such as force and motion, atomic structure, properties of matter, and chemical reactions. Students build measurement, problem-solving, and lab safety skills through inquiry-based laboratory investigations.

Course length: Two quarters; **Prerequisites:** Middle school Earth Science or equivalent

SCI113: Earth Science

This course offers a comprehensive introduction to earth science, covering geology, oceanography, astronomy, weather, and climate. Through online lessons, collaborative activities, and virtual and at-home labs, students gain hands-on experience using scientific method and prepare for further study in earth and space sciences.

Course length: Two quarters; **Prerequisites:** Middle school Earth Science or equivalent

SCI203: Biology

This course explores the chemistry of living organisms, including cells, genetics, evolution, structure and function, and ecology. Students learn through interactive online lessons, collaborative activities, and hands-on at-home laboratory experiments.

Course length: Two quarters; **Prerequisites:** High school Earth Science, or equivalent

SCI010: Environmental Science

This course introduces environmental science topics such as ecology, earth systems, energy flow, and atmospheric, land, and water science. Students analyze real-world case studies and complete hands-on research activities to understand how scientific processes inform environmental decision-making and natural resource management.

Course length: One quarter; **Prerequisites:** Earned a C or better in Biology or a teacher/counselor recommendation

SCI020: Astronomy I

This introductory astronomy course explores the history of astronomy, fundamental laws of motion and gravity, and modern techniques used to study the universe. Students examine stars, galaxies, and the origins of the universe to better understand space and our place within it.

Course length: One block; **Prerequisites:** None

SCI021: Astronomy II

Dive deeper into the universe and develop a lifelong passion for space exploration and investigation. Become familiar with the inner and outer planets of the solar system as well as the sun, comets, asteroids, and meteors. Additional topics include space travel and settlements as well as the formation of planets.

Course length: One block; **Prerequisites:** None

SCI030: Forensic Science

This course introduces forensic science topics such as crime scene investigation, evidence analysis, and the role of forensic science in the legal system. Through online lessons, labs, and crime scenario analysis, students learn scientific methods, hypothesis testing, data collection, and responsible conclusions.

Course length: One quarter; **Prerequisites:** Earned a C or better in Biology, Physical Science or a teacher/counselor recommendation

OTH033: Veterinary Science

This course explores animal health and well-being through the study of common diseases, treatments, and preventive care for domestic and managed animals. Students examine how toxins, parasites, and infectious diseases affect animals and humans, applying principles of veterinary medicine and science.

Course length: One block; **Prerequisites:** None

CS: ISAT Science Prep

This course reviews key high school science standards to prepare students for the Grade 11 ISAT. Students practice content from Earth and Space Science, Life Science, and Physical Science using ISAT-aligned test preparation resources. The course will use ISAT test prep resources aligned to Idaho's HS Science ISAT Science Blueprint (Click [HERE](#)).

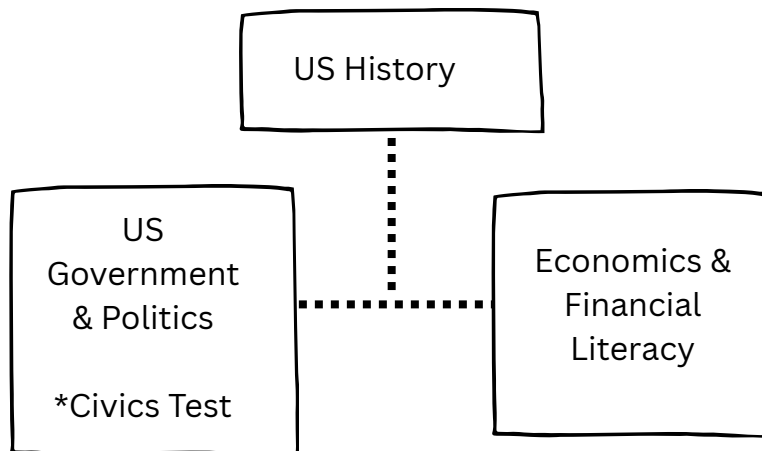
Course length: One quarter; **Prerequisites:** None



COURSE SEQUENCES

SOCIAL STUDIES SEQUENCE

Graduation Requirement= 5 credits; College bound =6+ credits



Note:
It is recommended that US History be
taken in 10th grade.

SOCIAL STUDIES COURSE DESCRIPTIONS

HST303: U.S. History

This course is a full-year survey that provides students with a comprehensive view of American history from the first migrations of nomadic people to North America to recent events. Readings are drawn from K12's The American Odyssey: A History of the United States. Online lessons help students organize their study, explore topics in depth, review in preparation for assessments, and practice skills of historical thinking and analysis. Activities include analyzing primary sources and maps, creating timelines, completing projects and written assignments, and conducting independent research.

Course length: Two quarters

Prerequisites: None

HST403: U.S. Government and Politics

This course studies the history, organization, and functions of the United States government. Beginning with the Declaration of Independence and continuing through to the present day, students explore the relationship between individual Americans and our governing bodies. Students take a close look at the political culture of our country and gain insight into the challenges faced by citizens, elected government officials, political activists, and others. Students also learn about the roles of political parties, interest groups, the media, and the Supreme Court, and discuss their own views on current political issues.

Course length: Two quarters

Prerequisites: HST303 U.S. History is recommended, but not required. Senior standing or counselor approval.

HST413: U.S. and Global Economics & Financial Literacy

In this course on economic principles, students explore choices they face as producers, consumers, investors, and taxpayers. They apply what they learn to real-world simulation problems. Topics of study include markets from both a historic and contemporary perspective; supply and demand; theories of early economic philosophers such as Adam Smith and David Ricardo; theories of value; money (what it is, how it evolved, the role of banks, investment houses, and the Federal Reserve); Keynesian economics; how capitalism functions, focusing on productivity, wages, investment, and growth; issues of capitalism, such as unemployment, inflation, and the national debt; and a survey of markets in such areas as China, Europe, and the Middle East. This course satisfies the financial literacy requirement for high school students.

Course length: One block

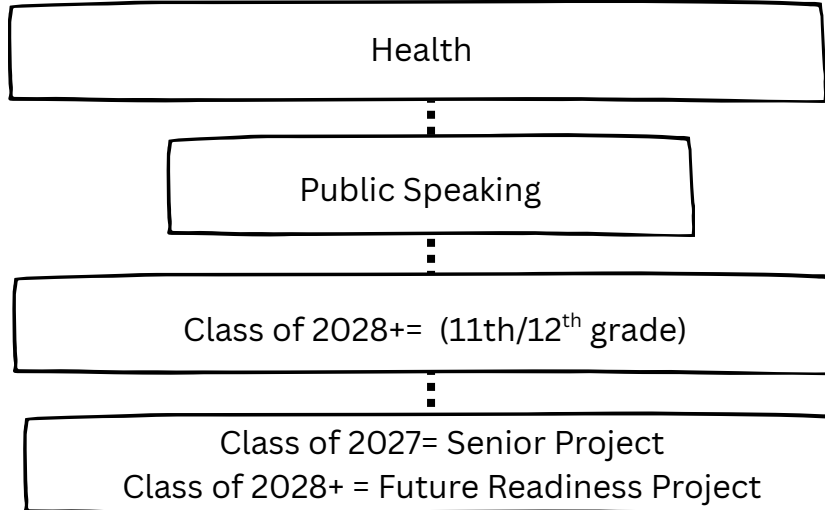
Prerequisites: Senior standing or counselor approval



COURSE SEQUENCES

OTHER REQUIRED COURSE SEQUENCE

Graduation Requirement= 2 credits



REQUIRED ELECTIVE COURSE DESCRIPTIONS

OTH010: Skills for Health

This course builds essential knowledge and skills in nutrition, physical activity, substance use prevention, safety, growth and development, and personal and community health. Through engaging, discussion-based topics, students examine influences on health decisions and develop skills to protect and promote their own health and the health of others.

Course length: One block

Prerequisites: None

CS: Digital Literacy

The Digital Literacy course helps students build practical technology skills while understanding how digital tools shape everyday life. Students will learn basic coding, explore how devices and systems work, and examine topics like online safety, privacy, and artificial intelligence. The course also focuses on responsible digital citizenship, including maintaining a positive online presence, using information responsibly, and understanding technology's impact on society. Through projects and discussions, students will develop the skills to use technology safely, ethically, and effectively.

Course length: One quarter

Prerequisites: 11th and 12th graders only

CS: Senior Project

A senior project is a comprehensive assignment designed to be a culmination of each student's academic experiences from his/her high school career. The senior project will include a paper and an oral presentation along with visual aids. The senior project is an Idaho graduation requirement. Students must complete and pass this course to graduate. Students may not take this course prior to their senior year of high school.

Course length: One quarter

Prerequisites: Senior standing

ELECTIVES COURSE DESCRIPTIONS

BUS036: Personal Finance

This introductory finance course teaches basic economics and practical money-management skills. Students learn to create budgets, plan for long-term financial goals, manage income and expenses responsibly, and understand their role in the economic system.

Course length: One block

Prerequisites: None

BUS045: Entrepreneurship I

In this introductory business course, students learn the basics of planning and launching their own successful business. Whether they want to start their own money-making business or create a non-profit to help others, this course helps students develop the core skills they need to be successful. They learn how to come up with new business ideas, attract investors, market their business, and manage expenses.

Course length: One block

Prerequisites: None

BUS090: Sports & Entertainment Marketing I

This course explores sports and entertainment marketing, from the development of the industries to the skills needed to promote and deliver successful events. Students learn how marketing strategies support these fields and explore career pathways within sports and entertainment.

Course Length: One block

Prerequisites: None

BUS120: Hospitality & Tourism 1

Where is your dream destination? Now imagine working there! In this course, students will be introduced to a thriving industry that caters to the needs of travelers through managing hotels, restaurants, cruise ships, resorts, theme parks, and any other kind of hospitality imaginable. Operating busy tourist locations, creating marketing around leisure and travel, spotting trends, and planning events are just a few of the key aspects that students will explore within this exciting field.

Course length: One block

Prerequisites: None

CAR060: Introduction to Military Careers

This course introduces the structure and career opportunities of the U.S. military. Students explore the five branches and learn about the wide range of careers available, helping them understand how military service can support personal and professional goals.

Course length: One block

Prerequisite: None

HST012: Anthropology (Elective)

This course presents behavioral science that focuses on the study of humanity and culture. Students learn the foundations of the five main branches of anthropology including physical, social, linguistic, archeological, and cultural. They are provided the opportunity to apply their observational skills to the real-life study of cultures in the United States and around the world.

Course length: One block

Prerequisites: None

ELECTIVES COURSE DESCRIPTIONS CONT...

HST020: Psychology (Elective)

This introductory psychology course examines why people think and behave as they do. Students study key theories, research, and terminology while exploring topics such as research methods, biological bases of behavior, learning and memory, development, individual differences, and psychological disorders. The course emphasizes applying psychology to everyday life and meets Idaho high school humanities requirements.

Course length: One quarter

Prerequisites: None

HST060: Sociology (Elective)

This course offers a study of human relationships in society. Additional emphasis is placed upon culture, social structure, and the individual in society, societal institutions and social inequality. This course meets Idaho requirements for high school humanities credit.

Course length: One quarter

Prerequisites: None

MKT200D: Understanding Products and Sales

In this course, students will dig deeper into the world of marketing and what it means for business success. They will study branding, advertising, promotion strategies, and more through real-world applications and practices. Students will also learn about effective sales techniques and discover employment opportunities in marketing.

Course length: One block

Prerequisites: None

OTH020: Physical Education

This course combines online instruction with weekly physical activities such as cardio, aerobics, and muscle-toning. Students track their activity through weekly logs while learning about lifetime fitness, injury prevention, nutrition, and stress management. The course may be taken for one or two blocks and repeated to meet state requirements.

Course length: One block, may be repeated multiple times

Prerequisites: None

OTH021: Summit Personal Fitness I

In this course, students learn and practice principles of fitness, wellness, and health to develop habits of healthy living. Guided by their textbook, *Fitness for Life*, students will explore topics that include the physiology of diet and exercise, biomechanics, and team dynamics. They will apply their knowledge in daily fitness activities as well as assignments that include personalized exercise and diet plans that develop students' self-assessment skills. The varied activities also reinforce how physical fitness catalyzes emotional and mental well-being, self-esteem, and communication skills.

Course length: One block

Prerequisites: None

OTH031: Archaeology

This course introduces archaeology and how it helps explain past societies and their influence on the modern world. Students explore archaeological methods, research, artifact discovery and preservation, and the relationship between material culture and human behavior. The course meets Idaho high school humanities requirements.

Course length: One block

Prerequisites: None

OTH080: Nutrition & Wellness

This course will introduce the student to an overview of good nutritional principles that are needed for human physical and mental wellness. Discussion of digestion, basic nutrients, weight management, sports and fitness, and lifespan nutrition is included. Application to today's food and eating trends, plus learning to assess reliable nutrition information is emphasized.

Course length: One block

Prerequisites: None

ELECTIVES COURSE DESCRIPTIONS CONT...

OTH095: Mythology & Folklore

Mighty heroes. Angry gods and goddesses. Cunning animals. Since the first people gathered around fires, mythology and folklore have been used as a way to make sense of humankind and our world. Beginning with an overview of mythology and different kinds of folklore, students will journey with ancient heroes as they slay dragons and outwit gods, follow fearless warrior women into battle, and watch as clever monsters outwit those stronger than themselves. They will explore the universality and social significance of myths and folklore and see how these are still used to shape society today. This course also counts as an English credit.

Course length: One quarter

Prerequisites: None

OTH161: Early Childhood Education I

Are you curious to see what it takes to educate and nurture early learners? Use your curiosity to explore the fundamentals of childcare, like nutrition and safety, but also the complex relationships caregivers have with parents and their children. Examine the various life stages of child development and the best educational practices to enrich their minds while thinking about a possible future as a childcare provider.

Course length: One block

Prerequisites: None

OTH171: Culinary Arts I

Thinking of a career in the food service industry or looking to develop your culinary skills? This introductory course will provide you with basic cooking and knife skills while preparing you for entry into the culinary world. Discover the history of food culture, food service, and global cuisines while learning about food science principles and preservation. Finally, prepare for your future by building the professional, communication, leadership, and teamwork skills that are critical to a career in the culinary arts.

Course length: One block

Prerequisites: None

OTH181: Fashion Design

Are you a fashion trend follower? Are you drawn to how designers have pulled together fabrics and colors to create memorable pieces? Do you dream of designing your own line of clothing or accessories? Learn what it takes to get started in the fashion industry, from the careers available to new technology and trends reshaping the industry every day. Start creating!

Course length: One block

Prerequisites: None

OTH181: Interior Design

This course introduces interior design as a career, teaching students how to create functional, safe, and attractive living and work spaces. Students learn about color, texture, building basics, sustainability, and design trends while developing skills for working with clients and exploring career pathways in interior design.

Course length: One block

Prerequisites: None

WBL531A: Work Experience I

This Work Experience course allows students to earn credit for paid employment or volunteer work they are currently completing. Students submit monthly documentation of hours worked, using paystubs for paid positions or signed time logs for volunteer placements.

Students earn 1 credit for every 60 hours of work or volunteering, up to a maximum of 6 credits during high school. The course is graded Pass/Fail and requires a post-work reflection paper at the end of the term. IDVA students may earn up to 8 total credits across Project Learning, Work Experience, and Travel Experience, with no more than 6 in Work Experience.

Course length: Most students will be awarded credit on a semester basis, but credit may be awarded at other times, such as the end of a block or quarter, depending on individual student situations and needs. Work Experience may be continued into additional semesters up to the time at which a student accrues 360 hours (6 credits).

Prerequisites: Currently employed or volunteering and counselor approval



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