### USD #233 Individual Plan of Study

#### Sports Medicine & Exercise Science Academy

**Requirements**

<table>
<thead>
<tr>
<th>Category</th>
<th>9th Grade</th>
<th>10th Grade</th>
<th>11th Grade</th>
<th>12th Grade</th>
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</thead>
<tbody>
<tr>
<td><strong>English (x4 credits)</strong></td>
<td>English I OR Honors English I</td>
<td>English II OR Honors English II</td>
<td>English III OR AP English Language</td>
<td>English IV OR College Prep English OR AP English Literature</td>
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<tr>
<td><strong>Math (x3 credits)</strong></td>
<td>Must take 1.0 math 9th gr year as recommended by facilitator &amp; math teacher</td>
<td>Must take 1.0 math 10th gr year as recommended by facilitator &amp; math teacher</td>
<td>Must take 1.0 math 11th gr year as recommended by facilitator &amp; math teacher</td>
<td>Must take 1.0 math 12th gr year as recommended by facilitator &amp; math teacher</td>
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<tr>
<td><strong>Science (x3 credits)</strong></td>
<td>Biology OR Honors Biology</td>
<td>Chemistry OR Honors Chemistry</td>
<td>Anatomy &amp; Physiology</td>
<td>Select one of the following: College OR AP Biology OR College OR AP Chemistry OR Phys OR AP Physics</td>
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<tr>
<td><strong>Social Science (x3 credits)</strong></td>
<td>World History OR Honors World History</td>
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<td><strong>Health &amp; Wellness (1 credit)</strong></td>
<td>Students fulfill Health &amp; Wellness graduation requirement through 21st Century Academy Courses</td>
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<td>Required: Strength &amp; Conditioning .5 OR Lifetime Fitness .5</td>
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</tbody>
</table>

**Fine Arts (1 credit)**

- Visual or Performing
  - Student choice - any year(s) 1+

**World Lang/Applic Comm (1 credit)**

- Student choice - any year(s) 1+
  - College-bound students should enroll in 2 years of the same World Language.

**Life Skills: Consumer & Personal Finance (0.5 credit)**

- May take Consumer & Personal Finance any year of High School .5

**Practical & Consumer (1 credit)**

- Required: Nutrition & Wellness .5 AND Pre-Health Care .5

**Technology (0.5 credit)**

- (or pass Tech Exam)
  - Student choice - any year(s) .5

**Individual Focus (6 credits)**

- **21st Century Academy Coursework**
  - Sports Medicine I: Physical Education & Health 1
  - Careers in Sports Medicine .5
  - Sports Medicine II 1
  - Sports Medicine Senior Capstone 1

**Total Credits: (24 total needed for graduation)**

- 9th grade total: 7
- 10th grade total: 7
- 11th grade total: 7
- 12th grade total: 3+

**NOTE:** Credits beyond requirements in any category will fall under individual focus.

Students may earn an endorsement on their transcript for completing all Academy requirements, including successful completion of coursework, outside-the-classroom learning opportunities, field experiences, and capstone projects. Refer to the Academy’s Endorsement Requirements provided by facilitator or found on the web at www.21stcentury.olatheschools.com