

Course Catalog 2026-2027



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Theology

Minimum Graduation Requirement – 4 Credits

Course Title	9	10	11	12
Sacred Scripture	X			
Ecclesiology		X		
Sacred Art/World Religions		X	X	X
Liturgical Music		X	X	X
Adv. Rel. History of the Church			X	X
Adv. Rel. Foundation of Catholic Morality			X	X
Western Civilization			X	X

All students are required to pass their Theology courses each year. Christian service is required of all students for graduation and is necessary to earn Theology credit at the rate of 25 hours per year or 100 hours total by graduation.

Sacred Scripture (Grade 9)

1 Credit

Students will have the opportunity to grow in their spirituality and knowledge by studying the Old and New Testament.

Ecclesiology (Grade 10)

1 Credit

Students will have the opportunity to grow in their spirituality, and learn about Christ's presence among His Church, the Four Marks of the Church, the Eucharist and the life of the saints.

Sacred Art/World Religions (Grade 10, 11, 12)

1 Credit

Sacred Art: is designed for students who desire to deepen their understanding of the Catholic faith through the study and creation of visual art. This course explores the history, symbolism, and purpose of sacred art within the Church, emphasizing how beauty reveals God's truth and serves as a means of prayer, worship, and evangelization.

World Religions: Throughout the ages, religions from around the world have shaped the political, social, and cultural aspects of societies. This course focuses on the major religions that have played a role in human history, including Buddhism, Christianity, Confucianism, Hinduism, Islam, Judaism, Shintoism, and Daoism. Students will trace the major developments in these religions and explore their relationships with social institutions and culture. The course will also discuss some of the similarities and differences among the major religions and examine the connections and influences they have. This course allows students the opportunity to see the Church through the lens of History, providing growth in their prayer life as they are presented through each era of the Church's two millennia.

Liturgical Music (Religious Component Grade 10, 11, 12)

1 Credit

This course allows students the opportunity to see the Church through the lens of History, providing growth in their prayer life as they are presented through each era of the Church's two millennia.

Advanced Religion: History of the Church (11, 12)**1 Credit**

This course allows students the opportunity to see the Church through the lens of History, providing growth in their prayer life as they are presented through each era of the Church's two millennia.

Advanced Religion: Foundations of Catholic Morality**1 Credit**

Foundations of Catholic Morality introduces students to the understanding of morality, encouraging them to undergo a deep and regular examination of conscience while making daily decisions to live a moral life. Catholic morality draws on three sources of knowledge to help a person discern between right and wrong:

- human reason (using our God-given intellects);
- human experience (learning from the collective wisdom of others who have gone before us); and
- Divine Revelation (learning from God whose truth can be found in the Bible and in the teaching of the Magisterium of the Church).

DC Western Civilization (Grade 11, 12)**1 Credit**

World Civilization Since 1500, 3 hours through Central Methodist University. A survey from the Reformation to the present. Topics include: the Roman Catholic Church's role in Europe, the liberal revolutions in England, America and France; the impact of science and Social Darwinism; the industrial revolution; democratization; World Wars I - II; the communist revolutions in Russia and China; the post-colonial Third World; and modern thought and expression. This course will be offered through Central Methodist University as a dual enrollment course. This course will encourage problem solving, critical thinking and decision-making skills with an emphasis on writing in the Social Sciences.

English Language Arts

Minimum Graduation Requirement – 4 credits

Course Title	9	10	11	12
English I	X			
English II		X		
Literature I	X			
Literature II		X		
American Literature			X	X
British Literature			X	X
Advance English			X	X
Theatre Appreciation		X	X	X
DC College Composition			X	X

English I (Grade 9)

1 Credit

This course develops foundational English skills through the study of grammar, writing, and short texts. Students will read a variety of texts, including short stories, poetry, and nonfiction, while sharpening their abilities in composition, vocabulary, and grammar. Emphasis is placed on critical thinking, effective communication, and mastery of standard English conventions to prepare students for upper-level coursework.

English II (Grade 10)

1 Credit

This course develops foundational English skills through the study of grammar, writing, and short texts. Students will read a variety of texts, including short stories, poetry, and nonfiction, while sharpening their abilities in composition, vocabulary, and grammar. Emphasis is placed on critical thinking, effective communication, and mastery of standard English conventions to prepare students for upper-level coursework.

Literature I (Grade 10)

1 Credit

This course is designed to expose students to a wide range of literature, including prose, poetry and drama written by a variety of authors. Special emphasis will be placed on developing critical thinking skills and the ability to interpret literature.

Literature II (Grade 10)

1 Credit

This course is designed to expose students to a wide range of literature, including prose, poetry and drama written by a variety of authors. Special emphasis will be placed on developing critical thinking skills and the ability to interpret literature.

Advanced English (Grade 11,12)

1 Credit

This course bridges the gap between high school English and college-level writing. Students will read, write, and critically think, as the course focuses on the elements of composition: argumentation, rhetorical analysis, academic research, and style development. Students will read some short stories and nonfiction, engage in frequent writing workshops, and produce essays in multiple genres, including narrative, analytical, and persuasive writing. Emphasis will be placed on essay structure, coherent organization, evidence-based arguments, and revision strategies. Students will also be introduced to the conventions of MLA formatting, source integration, and research writing. This course encourages independent thought, clear communication, and intellectual curiosity.

American Literature (Grade 11, 12)**1 Credit**

This course is designed to expose students to a wide range of literature, including prose, poetry and drama written by a variety of authors. Special emphasis will be placed on developing critical thinking skills and the ability to interpret literature.

British Literature (Grades 11, 12)**1 Credit**

This course is designed to expose students to a wide range of literature, including prose, poetry and drama written by a variety of authors. Special emphasis will be placed on developing critical thinking skills and the ability to interpret literature.

Theatre Appreciation (Grades 10, 11, 12)**1 Credit**

The students who enroll in Theatre Appreciation need no prior knowledge of acting skills. Students will explore the foundations of acting skills and techniques in stage movement, character development, script study, improvisation, oral interpretation, play readings, monologues, and duet and ensemble scenes to learn how to perform for audiences of all ages. Theatre aesthetics, criticism, history, and a unit on children's theatre could be included. Students perform in class and have options for other outside performances. Students will be expected to contribute in a meaningful way to the Sacred Heart Spring Musical.

DC College Composition (Grades 11, 12)**1 Credit**

The fall semester is English Composition I for 3 credit hours and the spring is English Composition II for 3 credit hours. Prerequisites: Junior or Senior standing with an ACT 18 in Reading and English, or equivalent placement score. (Dual Enrollment through SFCC)

Mathematics

Minimum Graduation requirement – 3 Credits

Strongly Recommended – 4 Credits

Course Title	9	10	11	12
Algebra I	X			
Geometry	X	X	X	
Algebra II		X	X	X
DC Pre-Calculus Algebra			X	X
DC Statistical Reasoning			X	X
DC Trigonometry			X	X
DC Calculus & Analytical Geometry I				X

Algebra I (Grade 9)

1 Credit

This is a course in which students learn to solve everyday problems with math. Students will model by writing and evaluating Linear Functions/Linear Equations, Exponential Functions and Quadratic Functions. Students will interpret, compare and analyze the different types of functions and how to solve using multiple methods. Finally, they will be introduced to Data Analysis when using two-way tables and measures of Central Tendency.

Geometry (Grades 9, 10, 11)

1 Credit

Topics covered include the language of geometry (points, lines, planes, and angles), reasoning and proofs, parallel and perpendicular lines, congruent triangles, applications of congruent triangles, quadrilaterals, similarity, right triangles and trigonometry, circles, polygons and area, surface area and volume, coordinate geometry, and transformations.

Algebra II (Grade 10, 11, 12)

1 Credit

Algebra II is intended to help students enrich their skills and develop more concepts beyond basic algebra as they prepare for higher education and the challenges of living in a system with complex scenarios. This course is designed to help students apply the mathematics they learned in the classroom to real-world situations, model mathematical situations, communicate mathematically, and use technology appropriately. Lessons that connect various areas of mathematics to algebra, geometry, statistics, and trigonometry will be studied. Students will examine real numbers, operations, and patterns as they extend their understanding of algebraic concepts. They will work with matrices, complex numbers, logarithms, polynomial functions and their inverses, systems of equations and inequalities, transformations, mathematical models, scatter plots, and statistics.

DC Pre-Calculus Algebra (Math 114) (Grade 11, 12)

0.5 Credit

This is a 3 credit hour course. This course prepares students for fields of study that require a high level of algebraic reasoning or calculus. Topics include the foundational principles of functions, the analysis of functions, and algebraic reasoning. Students will study the following functions: linear, quadratic, exponential, logarithmic, rational, piecewise, and absolute value. **Prerequisite:** Minimum enhanced ACT score of 22 or equivalent placement score.

DC Statistical Reasoning (Grades 11, 12)**0.5 Credit**

This course is through SFCC and is a 3 credit hour course. This is a first course in statistics for students, such as social science majors, whose college and career paths require knowledge of the fundamentals of the collection, analysis and interpretation of data. Topics include interpretation of univariate and bivariate data using graphical and numerical methods, probability, discrete and continuous probability distributions, linear regression, an understanding of good practice in study design, statistical inference, confidence intervals, and hypothesis testing. Data collection methods, statistical thinking and techniques, simulation, and the use of technology will support decisions and conclusions.

Prerequisite: Pre-Calculus Algebra with a grade of C or higher.

DC Pre- Calculus Trigonometry (Grades 11,12)**0.5 Credit**

This course prepares students for the fields of science, technology, engineering, or mathematics as well as other fields that require a high level of algebraic reasoning or would require calculus. Topics include radius vector, right triangle and unit circle definitions of trigonometric functions, trig identities, graphs, inverse trig functions, trig equations, De Moivre's Theorem, and conics.

Prerequisite: MATH 114 or equivalent placement score.

Prerequisite: Pre-Calculus Algebra with a C or better.

DC Calculus & Analytical Geometry I**0.5 Credit**

Topics include parametric equations of lines and curves in space; vectors and calculus of vector functions; multivariable, differential and integral calculus; introduction to vector analysis; and application of these topics. ***Prerequisite: DC Pre-Calculus Trigonometry with a grade of C or higher.***

Science

Minimum Graduation requirement – 3 Credits

Strongly Recommended – 4 Credits

Course Title	9	10	11	12
Physical Science	X			
Biology	X	X		
Biology II		X	X	X
Chemistry			X	X
Physics			X	X

Physical Science (Grade 9)

1 Credit

In this course of study, students will learn how atoms are the building blocks of matter and how matter can undergo physical and chemical changes. Students will investigate how energy, motion, force, and work are related. Students will also learn about thermal energy and investigate waves and electromagnetic radiation. Finally, students will learn about electricity, magnetism, and information technologies.

Biology (Grade 9, 10)

1 Credit

Biology is an introductory high school science course that covers the principles governing all life. It includes topics in cells and cell reproduction, genetics, natural selection, ecology, and environmental issues. It provides the basis for study in the more advanced life science courses.

Prerequisite: *Physical Science.*

Biology II (Grade 10, 11, 12)

1 Credit

This course is designed to offer an introduction to the basic principles of Biology. Students will gain knowledge on a variety of fundamental concepts of biology such as cell growth, cell regulation, genetics, DNA, RNA, protein synthesis, and Evolution. This course can be beneficial for students who will take biology in college as an introduction. **Prerequisite:** Biology I

Chemistry (Grade 11, 12)

1 Credit

This course is designed to give students a basic understanding of chemical principles. Upon completion of this course, the student should have the skills and content necessary to succeed in college level science courses. Major topics covered are atomic structure, bonding, reactions, states of matter, and solutions. Students should expect an emphasis on problem solving and laboratory work.

Prerequisite: *Physical Science and Algebra I*

Physics (Grades 11, 12)

1 Credit

This course is designed to examine basic physics concepts using a non-calculus based approach. The course is provided in a 2-semester format for high school students. Topics include metric and U.S. measurement systems, applied geometry and trigonometry, force and motion, Newton's laws, momentum, properties of matter, waves, optics, electricity and magnetism and nuclear physics.

Prerequisite: Algebra II

Social Studies

Graduation requirement – 3 Credits

Course Title	9	10	11	12
American History	X			
World History		X	X	X
Personal Finance		X		
Government		X		
World Geography		X	X	X
Sociology			X	X
DC Adv. US History			X	X
DC Psychology			X	X

American History (Grade 9)

1 Credit

American History is a survey course designed to introduce the basic concepts of U.S history since the Civil War era to current times. This course will encourage problem solving, critical thinking and decision-making skills in the Social Sciences.

World History (Grade 10, 11, 12)

1 Credit

World History is a survey course designed to introduce the basic concepts of Western Civilization. This course will encourage problem solving, critical thinking and decision-making skills with an emphasis on writing in the Social Sciences.

Personal Finance (Grade 10)

0.5 Credit

Personal Finance is a course designed to empower high school students with the knowledge and skills needed to make informed financial decisions now and in the future. Through engaging activities and interactive lessons, students will explore potential careers, understand how to earn and manage income, and develop strategies for saving and investing wisely. The course also covers essential financial topics such as credit, insurance, taxes, and responsible spending. By the end of the course, students will be equipped with practical tools to navigate the financial responsibilities of adult life with confidence and independence. Students will be encouraged to join FCCLA. It is the co-curricular organization that pairs with Family and Consumer Science Education.

Government (Grade 10)

0.5 Credit

This course is a one semester study of the United States and the state of Missouri governments and their political systems. Emphasis is placed on the foundations of our nation and the Missouri and U.S. constitutions, participating in American democracy, and the systems-political, legal, and economy that shaped our nation. Students will also study the Missouri and St. Louis government and complete exams for both the U.S. and Missouri Constitutions, which are required by law for graduation from high school.

Sociology (Grade 11, 12)

1 Credit

Sociology is a subject that allows one to comprehend social structure within society as well as their connections to patterns of human behavior and individual life changes within a society. Within this course we will examine how different social structures affect our attitudes, beliefs, actions, and opportunities. The goal of this class is not only to serve as an introduction into Sociology, but for students to apply their knowledge attained over their semester of study in hopes to peak further interest in the field of sociology.

World Geography (Grade 10, 11, 12)**1 Credit**

This course will embark on a journey across the planet, exploring the diverse physical and human landscapes that shape our world. We will investigate how geographical factors influence human societies, cultures, economies, and political systems, and how humans, in turn, impact their environment. Through a combination of thematic units and regional studies, students will develop a deeper understanding of global interconnections, contemporary issues, and the importance of geographic literacy in an increasingly interconnected world.

DC ADV. U.S. History since 1877 (Grade 11, 12)**1 Credit**

United States history is a survey course designed to provide students with the analytical skills and factual knowledge necessary to deal critically with the problems and issues in United States History. This course will be offered through Central Methodist University as a dual enrollment course. A study of the US and Missouri Constitutions is included to meet state law. All students must pass this test in order to get credit for the course. This course will encourage problem solving, critical thinking and decision-making skills with an emphasis on writing in the Social Sciences.

DC Psychology (Grade 11, 12)**1 Credit**

This course is designed to offer an introduction to the basic principles and concepts of Psychology. General Psychology is offered through Central Methodist University and will be a dual enrollment course. This course will encourage problem solving, critical thinking and decision-making skills with an emphasis on writing in the Social Sciences.

Foreign Language*Strongly Recommended – 2 Credits*

Course Title	9	10	11	12
Spanish I	X	X	X	
Spanish II		X	X	X

Spanish I (Grade 9, 10, 11)**1 Credit**

Spanish I is a beginner-level course for students with little or no prior experience in Spanish. Students will learn to listen, speak, read, and write in Spanish through a variety of activities that promote communication and cultural understanding. This course focuses on real-world language use and cultural appreciation of Spanish-speaking countries.

Spanish II (Grade 10, 11, 12)**1 Credit**

This course is designed for students to expand verb conjugation and daily conversation in the target language and to explore the cultural richness of Spanish-speaking countries.

Prerequisite: *Spanish I.*

Practical Arts

Graduation requirement – 1.0 Credit

Course Title	9	10	11	12
Yearbook I			X	X
Computer Applications			X	X
Family and Consumer Sciences			X	X

Yearbook (Grades 11, 12)

1 Credit

In this course, the students (also referred to as “staff”) will produce the Sacred Heart Elementary and High School yearbooks. In this course, students will gain skills in the following areas: page design, copy writing, editing, photography, advertising, time management, teamwork, marketing, and social media. Students are tasked with producing a timeless, creative, and innovative publication that will record our school’s community, memories, and events. Yearbook is a deadline-driven class, and students should manage their time wisely.

Computer Applications (Grades 11, 12)

1 Credit

This year-long course equips students in grades 11 and 12 with the technical, ethical, and collaborative skills necessary to thrive in an increasingly digital world. The curriculum focuses on advanced use of the Google Suite, ethical and practical applications of artificial intelligence (AI), digital communication, collaboration tools, data literacy, and project-based learning.

Family and Consumer Sciences (Grades 11, 12)

1 Credit

This course is an introduction to the career clusters that focus on the area of Family and Consumer Sciences. Topics will include post-secondary education, careers, time and money management, health and nutrition, clothing choices and care, relationships, communication, interior design and community. The purpose is to increase student knowledge and ability in skills necessary for everyday living. Students will also focus on college, careers, and becoming a successful member of society. Students will be encouraged to join FCCLA. It is the co-curricular organization that pairs with Family and Consumer Science Education.

Fine Arts *Graduation requirement – 1 Credit*

Course Title	9	10	11	12
HS Art			X	X
Band	X	X	X	X
Music Appreciation		X	X	X
Morning Choir	X	X	X	X

HS Art

1 Credit

The purpose of this course is to establish a foundation for possible future art courses, or to instill a lifetime appreciation of basic art techniques and skills. This course will allow students of any artistic skill set to meet the fine arts requirement for graduation. The students will learn a variety of two and three-dimensional art techniques; as well as a vocabulary of art terminology: Drawing - pencil, color pencil, marker, pastel, charcoal and pen & ink. Painting - tempura, watercolor and acrylic. Clay - relief, vessel and thrown pottery. Weaving - loom and straw. Sculpture - wire and paper mache. This course is required to take advanced art classes.

Band (Grade 9, 10, 11, 12)

1 Credit

This course is a comprehensive approach to learning how to play an instrument as well as providing the opportunity to learn how to play a second instrument if desired. The students will gain a general understanding of the many aspects of music in order to refine individual and group sound. We will explore the effects of music on our culture and society while learning about the different social and cultural influences in music. Through performance in band, students will learn instrument-specific techniques, listen to recordings of professional musicians, make musical decisions based on student knowledge, evaluate musical performances, and learn how to convey a composer's intent to an audience through the use of musical techniques.

Music Appreciation (Grade 10, 11, 12)

1 Credit

Throughout this course of study students will become familiar with various types of music while performing as an ensemble at both Sacred Heart and various community events. As a member of this ensemble students will represent Sacred Heart School by demonstrating remarkable behavior and quality vocal technique. Students will participate in the mass schedule of Sacred Heart, both Christmas and Spring Concerts and other events that may arise throughout the school year. Students are asked to coordinate dress appropriately for the occasion. Students will also have the opportunity to have a better understanding about various portions of musical appreciation. Some of the fundamentals of musical appreciation will include the music surrounding the swing era, classical era, romantic era, rock, contemporary and an introduction to musical theater. Students will also have an opportunity to progress in the Barbara Lamy-Cooney Piano Lab.

Morning Choir (Grade 9,10,11,12)

1 Credit

Throughout this course of study students will become familiar with various types of music while performing as an ensemble at both Sacred Heart and various community events. As a member of this ensemble students will represent Sacred Heart School by demonstrating remarkable behavior and quality vocal technique. Students will participate in the mass schedule of Sacred Heart, both Christmas and Spring Concerts and other events that may arise throughout the school year. Students are asked to coordinate dress appropriately for the occasion.

Health and Physical Education

*Graduation requirement – 1 Credits
Health (0.5 Credit) and Physical Education I (0.5 Credit)*

Course Title	9	10	11	12
PE I	X			
Health	X			
Weight Training		X	X	X
HS PE			X	X

Physical Education I (Grade 9)

0.5 Credit

9th Grade PE focuses on developing students' physical fitness, motor skills, and knowledge for a healthy lifestyle. It's a planned, sequential program designed to promote active living, sportsmanship, and self-efficacy.

Health (Grade 9)- REQUIRED

0.5 Credit

This course is designed to prepare any student to meet future physical, social and mental/emotional health challenges. This course includes current information on nutrition, eating disorders, mental/emotional health, handling emotions, reproductive health, STDs, First Aid and CPR as well as many other health-related topics. Students will be encouraged to join FCCLA. It is the co-curricular organization that pairs with Family and Consumer Science Education.

Weight Training (Grade 10, 11, 12)

1 Credit

Our activities will address becoming healthier, stronger, and faster ... We will work on the foundations of strength and power... Many of our activities will concern Physical Fitness and have several sub-components, such as Endurance, Speed, and mental toughness. Our class will be expected to dress out, and participate.

HS Physical Education (Grade 10,11,12)

1 Credit

HS PE focuses on developing students' physical fitness, motor skills, and knowledge for a healthy lifestyle. It's a planned, sequential program designed to promote active living, sportsmanship, and self-efficacy.