



## **High School – General Electives**

### **College Planner**

Created for high school students, this five-unit course is a great fit for those planning post-secondary education. Students are encouraged to consider real-world implications of the choices they make about their future and are given practical tools for choosing a college, preparing for entrance exams, the application process, and the financial responsibilities associated with getting a degree. From choosing a career path to scholarships and financial aid, this college planner covers all the bases. The course units include text-based lessons, on and off-computer exercises, special projects, learning games, quizzes, and tests that appeal to today's digital generation and help teachers to evaluate progress and mastery of the materials. This elective enriches the educational experience for homeschool students and helps them prepare for a bright future of learning.

Throughout the course, students will explore the following topics:

- My Educational Future
- Choosing a College
- Entrance Exams and Applications
- Paying for College
- Non-College Options

### **Family and Consumer Science**

This semester-long high school elective takes your students on an interactive exploration of the challenges they may face as they transition into adulthood, including constructive conflict resolution, nutrition and health, building healthy families, financial responsibility, and long-term employment. Students will also discover the joy of cooking, interior design, party planning, and relationships. The course units include text-based lessons, on and off-computer exercises, special projects, learning games, quizzes, and tests that appeal to today's digital generation and help teachers to evaluate progress and mastery of the materials. This elective enriches the educational experience for homeschool students and sparks a passion for learning.

Throughout the course, students will explore the following topics:

Christian Character and Appearance

What's Cookin'?

Let's Eat

The Clothes You Wear

The Clothes You Sew

Interior Decorating

Your Home and You

Financial Freedom

Child Development and Care

Relationships

### **Foundations for Living**

The course units include text-based lessons, on and off-computer exercises, special projects, learning games, quizzes, and tests that appeal to today's digital generation and help teachers to evaluate progress and mastery of the materials. This elective enriches the educational experience for homeschool students and sparks a passion for learning.

Throughout the course, students will explore the following topics:

- What Is a Biblical Worldview?
- Presuppositions
- The Doctrines of the Bible
- God's Creation
- Head of the Family
- The Bible and Marriage
- Dating to Matrimony
- Christian Education
- Art, Music, and Politics
- Putting It All Together

### **High School Health**

This engaging health course was created just for Christian high school students with an emphasis on the topics that not only interest them, but cover essential information they need to make decisions that could affect their physical, mental, and social health for years to come. Beginning with an exploration of the systems of the human body and life cycle, the course examines nutrition and fitness, love and emotions, safety and first aid, drug use, and sexually transmitted disease. The course units include text-based lessons, on and off-computer exercises, special projects, learning games, quizzes, and tests that appeal to today's digital

generation and help teachers to evaluate progress and mastery of the materials. High School Health enriches the educational experience for homeschool students and sparks a passion for learning.

Throughout the course, students will explore the following topics:

Body Essentials

Physical Health

Social and Mental Health

Preventative Health Care and First Aid

Responsible Living

### **Music Appreciation**

Tune in with students! NFC Academy Music Appreciation for grades 9-12 takes students from hearing music to active listening. Journeying through the development of classical music throughout history, students examine how music provides enjoyment and reflects the world around them. With this dynamic, media-rich elective, students learn effective techniques for listening and responding to music. Study topics also include identifying common instruments, defining musical terms, comparing music from different historical periods, and recognizing the effects of music throughout the 20th century.

Music Appreciation is part of a comprehensive online learning environment created for today's tech-savvy students. With anytime access from an Internet-connected computer, students learn with 21st century tools like animation, video clips, and a handy text-to-speech option. Christian school teachers also enjoy the benefits of automatic data management, automatic grading, and click-of-the-mouse lesson planning. Going beyond core subjects, this music elective is designed to enrich students' appreciation and understanding of the fine arts.

### **Music Theory**

From rhythm and meter to making harmony and working with chords, this enriching elective allows students to explore music-making with online tools. Students will engage their imaginations as they conceive, write, and compose music and study note-reading. The course units include text-based lessons, on and off-computer exercises, special projects, learning games, quizzes, and tests that appeal to today's digital generation and help teachers to evaluate progress and mastery of the materials. Music Theory enriches the educational experience for homeschool students and sparks a passion for learning.

Throughout the course, students will explore the following topics:

Rhythm and Meter  
Notation and Pitch  
Scales and Key Signatures  
Harmony  
Making Music

## **Personal Financial Literacy**

Your students can learn practical money management skills and financial responsibility with this personal financial literacy course. Designed specifically for Christian high school students, Personal Financial Literacy is a semester-long course that addresses the advantages of making sound financial decisions in both the long and short-term. Lessons cover everyday life skills like budgeting in addition to money management, saving, and investing, consumer rights and responsibilities. Interactive games and multimedia-rich activities help engage students and aid in retention of key concepts.

Young people today have constant exposure to persuasive media that can influence their financial patterns and habits. As part of this practical course, students will learn to evaluate these messages with a Christian worldview and find reliable information that will help them make sound decisions. NFC Academy Personal Financial Literacy includes interactive and timesaving messaging, grading, and assessment tools to facilitate teaching and learning. On completion of this course, students will be able to develop a money management system tied to personal financial goals, to understand consumer rights and responsibilities from a monetary perspective, and to evaluate financial information. Help your homeschool students become better prepared as global consumers by completing this engaging and interactive elective.

## **Physical Education**

With an emphasis on sports performance, NFC Academy Physical Education elective is ideally suited to Christian school students who participate in team and individual sports. Study topics include exploring proper technique, rules, and adequate preparation for a variety of sports. Watch your students become more knowledgeable and proficient while incorporating healthy habits and physical activity into daily living. Students enrolled in the course will be required to log their activities and evaluate their own fitness levels.

Emphasizing athletics, this online elective for high school students promotes lifelong activity through competitive sports and healthy exercising patterns. Unlike standard Alpha Omega Publications courses, NFC Academy Physical Education has a greater emphasis on inquiry, research, and writing, and requires more off-computer grading and assessment by teachers.

The course contains 28 instructional lessons, 18 projects, a cumulative test, and references external web resources. Give your homeschool students to an opportunity to learn while they play with this exciting and rigorous online course.

## **Physical Fitness**

Encourage your students to get up and move with this one-semester elective that emphasizes the importance of physical, mental, and emotional health. Lessons cover exercise, flexibility, cardiovascular health, weight control, goal-setting, and motivation, while requiring students to engage in physical activity and log their time and progress. The course units include text-based lessons, on and off-computer exercises, special projects, learning games, quizzes, and tests that appeal to today's digital generation and help teachers to evaluate progress and mastery of the materials. Physical fitness enriches the educational experience for homeschool students and sparks a passion for learning.

Throughout the course, students will explore the following topics:

- Fitness Overview
- Activity Logging and Flexibility Training
- Cardiovascular Fitness
- Resistance Training
- Motivation and Mindset

## **Speech: Essentials of Communication**

Communication is key in the information age. This one-semester course created for Christian students teaches the theory and the tools to communicate effectively and provides exercises to practice the speaking and collaboration skills essential for success in the 21st century. Students will learn about perception and self-concept, verbal and nonverbal communication, listening, interpersonal relationships and etiquette, group dynamics, and leadership based on biblical principles. The course units include text-based lessons, on and off-computer exercises, special projects, learning games, quizzes, and tests that appeal to today's digital generation and help teachers to evaluate progress and mastery of the materials. Speech: Essentials of Communication enriches the educational experience for homeschool students and sparks a passion for learning.

Throughout the course, students will explore the following topics:

Communication Foundations  
Language Characteristics

Interpersonal Relationships  
Understanding Groups  
Presenting and Interpreting Public Messages