



2025-2026 High School Core Course Guide

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2025-2026 Graduation Requirements

Content Area	Credits
English	4
Mathematics (must include Integrated Math I, II, and III, or the content covered in Algebra 1, Geometry, and Algebra 2)	4
Social Studies (must include 1.0 credit of US History or World History, and 0.5 credit Civics/US Government)	3
Science (two of which must be lab based)	3
Arts	2
World Language (must be the same language)	1
PE/Health	1
Electives (Can be from any content area)	6
TOTAL	24

Additional Graduation Requirements		
Service	40 Hours	
Demonstration of Competency in English and Math	Menu of Options	
Senior Capstone Project	As part of English IV class for Seniors	



ENGLISH/ LANGUAGE ARTS

English I

Course Length: Year Credit: 1.0 ENG Grade Level(s): 9 English I focuses on reading, writing, and speaking skills through an integrated approach with Historiography. This integrated course leverages Geography and World History content as the vehicle for students to increase proficiency in literacy skills by engaging with rich literary texts and stories from regions around the world. In this course, students also get to explore guiding questions that center questions about what it means to be a human in our world, as well as honing their expository and persuasive writing skills.

English I: Honors

Course Length: Year Credit: 1.0 ENG Grade Level(s): 9 English I focuses on reading, writing, and speaking skills through an integrated approach with Historiography. This integrated course leverages Geography and World History content as the vehicle for students to increase proficiency in literacy skills by engaging with rich literary texts and stories from regions around the world. In this course, students also get to explore guiding questions that center questions about what it means to be a human in our world, as well as honing their expository and persuasive writing skills.

This Honors-level course offers a more in-depth, rigorous course of study, where students have the opportunity to engage with

more challenging texts and advanced instruction that provides an additional level of challenge.

English II

Course Length: Year Credit: 1.0 ENG Grade Level(s): 10 Sophomore English will be partnering with US History! We'll look at the United States on a Global Scale, from post-Civil War Reconstruction to modern-day. In English, students will analyze various global and national perspectives of the many events that will be covered over the course of the year via a wide range of literature. Students will also be writing their own creative literature, with a focus on poetry and narrative writing. This will be a year-long expedition, chunked out into smaller quarter-long sessions. By the end of the year, students will have a writing portfolio that displays their own individual interpretation and take-aways capturing the past century and a half of the ever-evolving country that we call home.

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This Honors-level course offers a more in-depth, rigorous course of study, where students have the opportunity to engage with more challenging texts and advanced instruction that provides an additional level of challenge.

English III

Course Length: Year Credit: 1.0 ENG Grade Level(s): 11 Junior English is taught in collaboration with Civics during Semester 1 and with Modern American History during Semester 2. In our partnership with Civics, we will be studying diverse perspectives in political literature and nonfiction, as well as close reading strategies to support comprehension of increasingly complex texts. Students will also be writing and speaking argumentatively, developing and defending their own political standpoints on various issues. In our partnership with Modern American History, students will learn about the American Dream and the ever-changing American status quo, as well as various countercultures, through the lens of diverse popular culture texts.

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This Honors-level course offers a more in-depth, rigorous course of study, where students have the opportunity to engage with more challenging texts and advanced instruction that provides an additional level of challenge.

English IV: Capstone

Course Length: Year Credit: 1.0 ENG Grade Level(s): 12

Explore the intersection of a personal passion and a need in the world...

Senior Capstone takes "English 4" to the next level by allowing students to select the lens through which they will learn important and practical reading, research, and writing skills. The Capstone experience provides Seniors with an opportunity to apply their learning to a complex and challenging project aligned with their interests or passions. Often, this coincides with meeting a need in the world.

What can you make or discover that will make a difference? What matters to you? Where do you see yourself in 5 years? How do your studies apply to both your interests and your future? How can we use our talents and interests to benefit the community?

During this course, students will plan and develop their capstone project, while developing critical and analytical skills.

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Media Literacy: Navigating the Information Age

Course Length: Semester or Year (Can be taken for one semester or both)
Credit: . 5 English
(alternate credit - Social
Studies -SST)

Grade Level(s): 11, 12

Prerequisite: None

In today's digital world, it's more important than ever to understand how media shapes our beliefs and choices. *Media Literacy* teaches students to think critically about news, social media, advertising, and more. Students will learn how to spot bias, misinformation, and manipulation, and gain skills to be a smart, responsible consumer of media.

Through hands-on activities and real-world case studies, students will explore topics like media bias, influencer culture, advertising tricks, and the impact of algorithms. Students also practice fact-checking, visual literacy, and persuasive communication. By the end of the course, students will be empowered to make informed decisions in a media-saturated world, and even create their own media messages.

Journalism and Multimedia: Dig, Create, Publish

Grade Level: 11–12 **Credit Type:** .5 English (Alternate Credit: Social

Studies)

Prerequisite: None
Length: Semester or Year
(Can be taken for one
semester or both)

In this course you will dive into the world of journalism and multimedia and take on the role of a real journalist. Students will dig into meaningful stories, conduct interviews, capture photos and video, design visuals, and learn about everything from podcasts to publishing to social media strategy. Students build the skills to report with depth, consider all angles, and create stories that inform and engage.

By the end of the semester, students produce a high-quality piece that's ready to pitch to a professional news outlet as well as share with the school community. If you're driven to create, curious about the world, and ready to tell stories that matter, this is the class for you.



SOCIAL STUDIES

Historiography: World History & Geography

Course Length: Year Credit: .5 HST (World Hst)

.5 SST (Geography)
Grade Level(s): 9

In this course, students will focus on the concepts of both Geography and World History. Students will have an introduction to the six regions of the world from a geographic perspective. We will dive into world history once we have a geographic understanding of the world. Students will engage in multiple units of study and expeditions that cover ancient history up to the 1800s with current events being pulled in throughout. This course will be integrated with English 1, with literature and stories from the six different regions of the world and the covered time periods.

U.S. History: American Studies

Course Length: Year Credit: 1.0 HST Grade Level(s): 10 This course will focus on the history of the United States from the period of Reconstruction to the end of the Cold War. This course will be integrated with English II to look at the literature and stories of the various time periods from history. Students will address modern day topics and issues with a historical lens to understand common themes woven throughout United States history.

Government/Civics

Course Length: Semester REQUIRED for Juniors

Credit: .5 GVT Grade Level(s): 11 Junior Civics will be taught in connection with Junior English/Language Arts, as students will look at various political literature, and take part in writing and orally defending their own standpoints with evidence.

Students will begin their journey by gaining a basic understanding of governments; both those that exist around the world and in the United States. Students will also study the political philosophies behind political movements, policies, and parties. Students will gain skills in research, debates, and writing, as well as take part in mock elections.

Modern U.S. History

Course Length: Semester

Credit: .5 HST Grade Level(s): 11 This course is taught in connection with Junior English III, and includes a detailed analysis of significant people, events, and cultural movements in US history from the 1960s onwards. Students will also analyze various zeitgeists and apply a critical lens to better understand how and why these came and went. This Expedition will bring together the worlds of U.S. History and Civics, so that students can see how real citizens and their governments interact with each other, and have done so over time, in the United States.

Economics

Course Length: Semester

Credit: .5 SST Grade Level(s): 12 This course will focus on the economic principles and concepts that enable students to gain a greater economic understanding of current events and issues in the U.S. and around the world. Economic reasoning skills will be emphasized. Students will also consider how economic debates transpire in a political realm.

World History II

Course Length: Semester

Credit: .5 HST Grade Level(s): 12 What has it meant to be human over the millennia? What people, events, ideas, and phenomena have made the world as it is today? What things happened in the seemingly distant past that still leave their mark today? These are among the many probing questions students will be engaged in as we embark on a discovery of historical mysteries, impactful people and events, and by semester's end an exploration of counterfactual hypotheses concerning the great "what ifs" of history.

Media Literacy: Navigating the Information Age

Course Length: Semester or Year (Can be taken for one semester or both)

Credit: . 5 English
(alternate credit - Social
Studies -SST)

Grade Level(s): 11, 12

Prerequisite: None

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Journalism and Multimedia: Dig, Create, Publish

Course Length: Semester or Year (Can be taken for one semester or both)
Grade Level: 11–12
Credit Type: English
(Alternate Credit: Social

Studies)

Prerequisite: None

In this course you will dive into the world of journalism and multimedia and take on the role of a real journalist. Students will dig into meaningful stories, conduct interviews, capture photos and video, design visuals, and learn about everything from podcasts to publishing to social media strategy. Students build the skills to report with depth, consider all angles, and create stories that inform and engage.

By the end of the semester, students produce a high-quality piece that's ready to pitch to a professional news outlet as well as share with the school community. If you're driven to create, curious about the world, and ready to tell stories that matter, this is the class for you.

Sociology (offered pending sufficient interest)

Course Length: Semester

Credit: .5 SST

Grade Level(s): 11, 12

This course provides students with an overview and general understanding of sociology. Students will examine patterns of social behavior and interactions in society. Since these patterns are often found when groups interact, they will be a focus of study. Other possible topics include: social interactions, methods used by sociologists to study social patterns, the nature and impact of culture, the socialization of individuals in society, collective behavior in society, and the nature of social change.

Psychology (offered pending sufficient interest)

Course Length: Semester

Credit: .5 SST

Grade Level(s): 11-12

This Psychology course introduces students to the systematic and scientific study of the behavior and mental processes of human beings and other animals. Students are exposed to the psychological facts, principles, and phenomena associated with each of the major subfields within psychology. They also learn about the ethics and methods psychologists use in their science and practice.

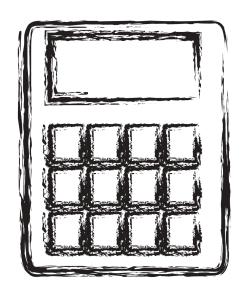
Abnormal Psychology: (Offered during X-Blocks)

Course Length: Quarter

Credit: .25 SST

Grade Level(s): 9-12

Abnormal Psychology is a comprehensive study of psychological disorders, their causes, manifestations, and treatments. This course delves into the classification, assessment, and understanding of abnormal behavior within the context of psychological theory and research. We will specifically study Anxiety Disorders, Depressive and Mood Disorders, as well as Dissociative Disorders.



MATHEMATICS

Integrated Math I

Course Length: Year Credit: 1.0 MAT Grade Level(s): 9 Integrated Math I content focuses on the areas of **Algebra and Geometry**.

Students apply a growth mindset to building on the math foundations formed in middle school. Using the Illustrative Mathematics Program, alongside other resources, students explore statistics and modeling linear situations with an emphasis on showing mathematical thinking in graphs, tables, equations, and words. Students also apply algebraic thinking to geometry by studying similar figures, proportional reasoning and introductory trigonometry.

Integrated Math II

Course Length: Year Credit: 1.0 MAT Grade Level(s): 10 This course is a continuation of the Illustrative Mathematics Program and offers a continuation of **Algebra and Geometry**, **as well as some trigonometry**.

Prerequisites:

Integrated Math I, Algebra, Math 8 Advanced, or Teacher Recommendation Students develop an understanding of exponential and quadratic functions that become the foundation for writing, solving, and comparing functions while modeling the real world. Additionally, students build on the geometry concepts from year

1 to master constructions, discover and apply theorems, and create a 3D object related to the English/Social Students project.

Integrated Math II Advanced

Course Length: Year Credit: 1.0 MAT Grade Level(s): 9, 10 This advanced course allows students to take a deeper dive into mathematical concepts in Algebra and Geometry, as well as some trigonometry.

Prerequisites:

Integrated Math I, Algebra, Math 8 Advanced, or Teacher Recommendation Students develop an understanding of exponential and quadratic functions that become the foundation for writing, solving, and comparing functions while modeling the real world. Additionally, students build on the geometry concepts from year 1 to master constructions, discover and apply theorems, and create a 3D object related to the English/Social Students project.

Integrated Math III

Course Length: Year Credit: 1.0 MAT

Grade Level(s): 10, 11,12

Prerequisites:

Integrated Math II or Algebra and Geometry, or Teacher Recommendation This course is a continuation of the Illustrative Mathematics Program. Students continue to build understanding of functions and transformations, exploring polynomials and rational functions as well as complex numbers. Students also apply algebraic thinking to geometry, writing and solving equations related to coordinate geometry, transformations, and circles. Statistically, students build on previous concepts to explore statistical inferences.

Integrated Math III Advanced

Course Length: Year Credit: 1.0 MAT

Grade Level(s): 9, 10, 11

Prerequisites:

Integrated Math II or Algebra and Geometry, or Teacher Recommendation This course is a continuation of the Illustrative Mathematics Program. Students continue to build understanding of functions and transformations, exploring polynomials and rational functions as well as complex numbers. Students also apply algebraic thinking to geometry, writing and solving equations related to coordinate geometry, transformations, and circles. Statistically, students build on previous concepts to apply conditional probability, permutations, combinations, and binomial distributions.

Integrated Math IV

Course Length: Year Credit: 1.0 MAT

Grade Level(s): 10, 11,12

Prerequisites:

Integrated Math III or Algebra, Geometry, & Algebra II or Teacher Recommendation This course is a continuation of the Illustrative Mathematics
Program and incorporates units from the Interactive Math
Program. Students explore trigonometry and polar coordinates,
matrices and linear algebra, and various representations of
functions. The following units of study are included in this
course.

- Meadows or Malls: This unit concerns making a
 decision about land use and builds on skills learned in
 Cookies about graphing systems of linear inequalities
 and solving systems of linear equations.
- Trigonometric Functions: In this unit, students learn about the unit circle, periodic functions, and transformations
- Is There Really a Difference: Students use statistical techniques to determine the likelihood that an apparent difference may in actuality be nothing more than a normal fluctuation in sampling.

Calculus AB (through CE with in-person support)

Course Length: Year Credit: 1.0 MAT

Grade Level(s): 11, 12

Prerequisites: Pre-Calculus or

Pre-Calculus or Integrated Math IV This course builds on providing a comprehensive survey of differential and integral calculus concepts. Study limits, continuity, differentiation, integrated algebraic, trigonometric and transcendental functions, and the applications of derivatives and integrals. Students will use an embedded graphing calculator applet (GCalc) for their work on this course; the software for the applet can be downloaded at no charge.

Concurrent Enrollment Math Courses: (offered via Arapahoe Community College)

Course Length: varies

Credit: varies

Grade Level(s): 11-12 (9-10 only by special

request)

Prerequisites:

varied

A variety of math courses are available in partnership with Arapahoe Community college. Students earn high school and college credit simultaneously through these courses.

Concurrent Enrollment courses are open to Juniors and Seniors who are ready for the rigor of a college level course. Be sure to review Renaissance's Concurrent Enrollment Policy before registering.

Additional Details: Ready to take a CE class this fall? Start here:

Students taking Concurrent Enrollment courses need to complete the appropriate paperwork and enroll at ACC.

Request a Concurrent Enrollment Course for Fall

Check out the ACC Course Catalog for course descriptions.

Consumer Math (in person)

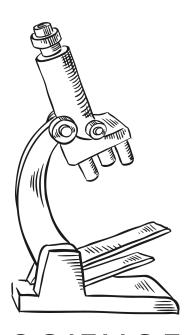
Course Length: Year

Credit: 1.0 MAT Grade Level(s): 11, 12

Prerequisites:

Algebra I

This course explains how four basic mathematical operations – addition, subtraction, multiplication, and division – can be used to solve real-life problems. In Consumer Math, students study and review arithmetic skills they can apply in their personal lives and in their future careers. The first semester of the course begins with a focus on occupational topics; it includes details on jobs, wages, deductions, taxes, insurance, recreation and spending, and transportation. In the second semester, students learn about personal finances, checking and savings accounts, loans and buying on credit, automobile expenses, and housing expenses.



SCIENCE

Biology

Course Length: Year Credit: 1.0 SCI Grade Level(s): 9 Biology is the study of living organisms, the processes they undergo, and the relationships they share with each other in order to survive. The course will cover the following topics: scientific methodology, ecology, cellular biology, bioenergetics, genetics, natural selection, and environmental and ethical issues relating to life and the impact humans have on Earth. The course will be inquiry-based and require extensive work in writing and data analysis.

Honors Biology

Course Length: Year Credit: 1.0 SCI Grade Level(s): 9 Biology is the study of living organisms, the processes they undergo, and the relationships they share with each other in order to survive. The course will cover the following topics: scientific methodology, ecology, cellular biology, bioenergetics, genetics, natural selection, and environmental and ethical issues relating to life and the impact humans have on Earth. The course will be inquiry-based and require extensive work in writing and data analysis.

This Honors-level course offers a more in-depth, rigorous course of study, where students have the opportunity to engage with more challenging learning experiences and advanced instruction that provides an additional level of challenge.

Chemistry

Course Length: Year Credit: 1.0 SCI

Grade Level(s): 10, 11

Chemistry covers the broad concepts upon which modern chemistry rests, including the mathematics of science, atomic structure, naming and writing formulas, chemical reactions, stoichiometry, gasses, periodicity, bonding, kinetics and equilibrium, solutions and concentrations, acids and bases, with possible enrichment in: redox, thermochemistry, nuclear chemistry, and organic chemistry/biochemistry. Laboratory work is an essential part of the course requiring extensive data analysis.

Honors Chemistry

Course Length: Year

Credit: 1.0 SCI

Grade Level(s): 10, 11

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Physics

Course Length: Year

Credit: 1.0 SCI

Grade Level(s): 11, 12

In this lab-based course, students study the structure and behavior of the physical world and how these ideas relate to human society. Students will study physical principles of kinematics and Newton's laws as they relate forces and motion as well as the role of energy in these systems. The emphasis of this course will be on understanding the mathematical relationships that characterize the behavior of the physical world. Students will relate these ideas with their day to day lives in terms of transportation and energy usage.

Honors Physics

Course Length: Year

Credit: 1.0 SCI

Grade Level(s): 11, 12

In this lab-based course, students study the structure and behavior of the physical world and how these ideas relate to human society. Students will study physical principles of kinematics and Newton's laws as they relate forces and motion as well as the role of energy in these systems. The emphasis of this course will be on understanding the mathematical relationships that characterize the behavior of the physical world. Students will relate these ideas with their day to day lives in terms of transportation and energy usage.

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Earth / Environmental Science

Course Length: Semester

(semester 1 or 2) Credit: 1.0 SCI (.5 per

semester)

Grade Level(s): 11, 12

Environmental Science is designed to engage students with scientific principles, concepts, and methods required to understand relationships in the natural world. It will emphasize learning that analyzes environmental concepts and processes to achieve understanding in order to propose and justify solutions to environmental problems. The course is interdisciplinary, including content from geology, biology, environmental studies, environmental science, chemistry, and geography.

Students will have the opportunity to spend time engaged in hands-on, inquiry-based laboratory and/or fieldwork investigations. They will identify and analyze natural and human-made environmental problems, evaluate risks associated with these problems, and examine and design solutions for resolving or preventing them. Instruction will include concept explanation, creating visual representations, analyzing text, conducting scientific experiments, analyzing data, and applying quantitative methods to address and propose various solutions.

Anatomy

Course Length: Semester

(offered semester 1) **Credit:** .5 SCI

Grade Level(s): 11, 12

This course provides a comprehensive study of the anatomy and physiology of the human body. Topics include body organization, specific system structures and functions, homeostasis, and special senses. Upon completion, students should be able to demonstrate an in-depth understanding of principles of anatomy and physiology and the interrelationships between body systems. Laboratory work includes dissection of preserved specimens and virtual investigations, microscopic study of tissues and cells, physiologic process experiments, and computer simulations. This course may be taken for a letter grade or as a pass/fail course.

Note: 12th grade students will be given priority for this course if interest exceeds space available.

Galápagos: Evolution, Ecology, and Environmental Change

Course Length: Semester

(offered semester 2) Credit: .5 SCI

Grade Level(s): 11, 12

Journey to the heart of one of the world's most fascinating ecosystems—the **Galápagos Islands**—and explore the science behind evolution, biodiversity, and environmental conservation. In this one-semester course, you'll study how the islands' unique species, like Darwin's finches, helped shape our understanding of natural selection. Through hands-on labs, simulations, and project-based learning, you'll dive into the science of **ecosystems**, **climate change**, and **sustainability**. Whether you're traveling to the Galápagos or are just interested in learning more, you'll gain real-world insights into conservation and the environment.



WORLD LANGUAGE

Spanish I		
Course Length: Year Credit: 1.0 WL Grade Level(s): 9, 10	Spanish I provides students with a general introduction to the Spanish language including pronunciation, functional vocabulary related to everyday life, cultural information, and basic grammatical structures. Students learn the speaking and listening skills required to participate in simple conversations and develop understandings of Spanish culture, vocabulary, and grammatical concepts through speaking, listening, reading and writing.	

Spanish II	
Course Length: Year	This course reinforces and builds upon the skills learned in

Credit: 1.0 WL Grade Level(s): 9-11

Prerequisite:

Spanish I, Two years Middle School Spanish, or Teacher

Recommendation

Spanish I: listening, speaking, reading and writing. There is an emphasis on mastering pronunciation and grammatical structures, acquisition of functional vocabulary, as well as increasing communicative proficiency.

Students will be introduced to the past tenses, future, conditional and subjunctive mood. Students will have the

opportunity to apply them in their writing and speaking.

Spanish III

Course Length: Year

Credit: 1.0 WL

Grade Level(s): 10-12

Prerequisite:

Spanish II or Teacher Recommendation

This course builds upon knowledge and skills in Spanish 1 & 2. Spanish III introduces new vocabulary, structures and expressions. Students expand their vocabulary range to include more sophisticated terms, use advanced language expressions, verb tenses and grammatical concepts such as the pluperfect and the subjunctive mood. Students read selected Spanish literature.

Spanish IV

Course Length: Year

Credit: 1.0 WL

Grade Level(s): 11-12

Prerequisite:

Spanish III or Teacher Recommendation

This course builds upon knowledge and skills in Spanish 3. Spanish 4 students continue to develop vocabulary, structures and expressions. Students expand their vocabulary range to include more sophisticated terms, use advanced language expressions, verb tenses and grammatical concepts. Students read increasingly complex Spanish literature and continue to increase competency in speaking and listening in Spanish.

Additional World Languages (eDCSD Online Courses*)

25-26 eDCSD Part-Time Application Link

- French (I, II, III, IV, AP)
- German (II, III, IV, AP)
- American Sign Language (I, II, III)

Course Length: Year

Credit: 1.0 WL

Grade Level(s): 9-12

Online Courses are offered in French, German, and American Sign Language. View descriptions in the eDCSD course catalog (below). Additional registration paperwork with eDCSD is required for these courses.

Please note these courses require self-direction and motivation. They are conducted asynchronously, and students are responsible for completing lessons and assignments using the time they have allotted on their schedule at school, or as homework if needed.

*There is a fee of \$45 per school year assessed when signing up for eDCSD courses

How to Enroll in an eDCSD class for Fall 25-26 eDCSD High School Course Guide

Questions about eDCSD courses at Renaissance? Contact Brianna Brauhn, bbrauhn@dcsdk12.org



ARTS

*Extensive additional Arts electives are offered through X-Blocks, not listed here

Visual Arts Exploration

Course Length: Semester

or Year

Credit: 1.0 ART (Can be taken for one semester or both)

Grade Level(s): 11,12

This upper-level visual arts class gives students an opportunity to explore a variety of materials, techniques, and media. All levels welcome! Drawing will be the emphasis first semester, while painting will be the focus for second semester.

Visual Arts - Art Through the Ages: Modern Times (Can be taken for a letter grade or pass/fail)

Course Length: Semester

or Year

Credit: 0.5 ART (Can be taken for one semester or both) Grade Level(s): 11,12 This upper-level visual arts class gives students an opportunity to explore a variety of materials, techniques, and media. All levels welcome! This semester will focus on art movements from 1800 - present day. This course may be taken for a letter grade or as a pass/fail course.

Ethnomusicology

Course Length: Semester

(offered semester 2)
Credit: 1.0 ART
(Can be taken for one semester or both)

Grade Level(s): 11,12

A course focused on world music: history and performance.

In this class, students will study culture and music from different groups of people from all around the world. The class will focus on building cultural understanding, developing listening skills, and learning to perform music through thematic units. We will see that music does not always mean the same thing to different people and that there is a flexible line between music and noise. The class will study folk, classical, and popular traditions with several performance learning opportunities.

Music Theory

Course Length: Semester

(offered semester 1)

Credit: .5 ART

Grade Level(s): 11, 12

This class is meant for anyone wishing to develop a deeper understanding of the mechanics of music. Through the exploration of songwriting and simple composition, the students will study the fundamentals of music such as rhythm, melody, harmony, form, structure, and instrumentation.

Design Lab

Course Length: Semester (offered semester 1 or 2)

Credit: .5 ART

Grade Level(s): 9-12

This 3D Printing and Laser Cutting course allows students to explore their creativity and think critically about design, while gaining technical skills with these tools. Students learn how a 2D design translates into a real-world 3D object, utilizing various graphic design computer programs to create 2D scalable vector files. Student-created files are designed with an end "product" in mind that is printed/created using the Glowforge 3D Laser Printer or a 3D Printer.



PHYSICAL EDUCATION AND HEALTH

*Extensive additional PE and Health electives are offered through X-Blocks, not listed here

HEALTH AND WELLNESS

HEALTH

Course Length: Semester

Credit: .5 PHY

Grades Level(s): 10-12

The Dimensions of Wellness: Creating a Life of Balance and Health

In Semester 1 in this engaging Health Education course, students will deepen their understanding of personal wellness and explore ways to lead healthier lives. Throughout the semester, the curriculum will cover essential dimensions of wellness, including physical health (nutrition, exercise, sleep, and prevention), emotional and mental health (stress management techniques), social wellness (healthy relationships and communication), intellectual wellness (lifelong learning and creativity), spiritual wellness (values and purpose), and environmental wellness (the impact of the environment on health). Students will participate in interactive activities and discussions, culminating in the creation of a personal wellness plan designed to promote lasting, positive changes in their lives. This course is committed to empowering students to make informed choices that will benefit their present and future well-being.

WELLNESS FOR LIFE: MOVEMENT & MINDFULNESS

Course Length: Semester

Credit: .5 PHY

Grades Level(s): 10-12

In Semester 2, this course explores the key factors that influence our health decisions, focusing on genetics, substance use, mental health, nutrition, and lifestyle choices. Students will learn how genetic predispositions, environmental factors, and personal behaviors impact overall well-being. Topics will cover the risks of

drug and alcohol use, genetic diseases, mental health strategies, and the importance of making safe, healthy choices.

In addition, students will discover the crucial role of exercise in maintaining health, exploring different types of exercise for various purposes, from building strength and flexibility to improving cardiovascular health. Nutrition will also be emphasized, highlighting the role of balanced eating in supporting long-term health. The course will stress the importance of making informed decisions to prevent health issues and actively promote wellness, both now and in the future.

By the end of the course, students will be equipped with the knowledge to make healthier decisions, manage their mental and physical well-being, and understand the role of genetics in shaping long-term health. They'll be empowered to make healthy, informed choices that support a lifetime of wellness and improve their overall quality of life.

CONCURRENT ENROLLMENT

CONCURRENT ENROLLMENT: Arapahoe Community College (ACC)

Course Length: Semester or

Year

Credit: Varies
Credit Type: Varies

Grades Level(s): 11-12

Students earn high school and college credit simultaneously

through these courses.

Concurrent Enrollment courses are open to Juniors and Seniors

who are ready for the rigor of a college level course.

Be sure to review Renaissance's Concurrent Enrollment Policy

before registering.

Ready to take a CE class this fall? Start here: Request a Concurrent Enrollment Course for Fall

See ACC Course Catalog for offerings

ADDITIONAL ELECTIVES

X-BLOCK ELECTIVES

Course Length: Quarter (Some courses may be taken for multiple quarters)

X-Block electives offer varied experiences in a plethora of content areas. Because X-Block electives are teacher and student driven, x-block registration takes place during the quarter prior.

Credit: .25

Credit Type: Varies - PE, ART, ELE, SCI, SST, ENG,

MAT

Grades Level(s): 9-12

X-Blocks are offered in Physical Education, Performing and Visual Arts, Science, Social Studies, English, Math, and other general electives. Students should plan to register for courses such that they meet all graduation requirements. The school counselor supports students in this process.

ADDITIONAL ELECTIVES

Course Length: Semester or Year (Some courses may be taken for multiple semesters)

X-Block electives offer varied experiences in a plethora of content areas. Because X-Block electives are teacher and student driven, x-block registration takes place during the quarter prior.

Credit: .5 or 1.0 Credit Type: Varies - PE, ART, ELE, SCI, SST, ENG,

MAT

Grades Level(s): 9-12

X-Blocks are offered in Physical Education, Performing and Visual Arts, Science, Social Studies, English, Math, and other general electives. Students should plan to register for courses such that they meet all graduation requirements. The school counselor supports students in this process.

eDCSD electives - 25-26 eDCSD Part-Time Application Link

Course Length: Semester or Year (Some courses may be taken for multiple semesters)

Credit: .5 or 1.0 Credit Type: Varies Grades Level(s): 9-12 Renaissance high school students may enroll in a maximum of two of eDCSD courses at any given time. Students who would like to take advantage of these online offerings can do so if they want to take a language other than Spanish, or if they want to select an eDCSD elective for an X-Block.

*There is a fee of \$45 per school year assessed when signing up for eDCSD courses

How to Enroll in an eDCSD class

25-26 eDCSD High School Course Guide

Questions about eDCSD courses at Renaissance? Send an email to info@rensec.org for support.

Last Updated: March, 2025