

FOREIGN LANGUAGE

The mission of language education, guided by the values and teachings of the Catholic Church, is to support MH-MA students in developing skills of a second language and to broaden their understanding of the role of language in culture, practice, and worldview. Languages share commonalities in structure, meaning, and origin, and recognizing these patterns contributes to the overall scholastic endeavor of our students. Studying another language benefits students in developing skills that can be applied to connect with others in an increasingly interconnected world.

Course Offerings	
Spanish I Spanish II Spanish III Spanish IV	Latin I Latin II

Spanish I

This course introduces the Spanish Language and cultures of various Spanish-speaking countries. Basic sentence structure, correct punctuation and vocabulary necessary for simple language comprehension and conversation are presented. Various aspects of culture will be introduced as well. This course is taught both in the target language and the native speaker's language. Present verb tenses are mostly taught in this level (regular and irregular).

Track: Regular (non-honors)

Credit Category: Foreign Language

Spanish II

This course is a continuation of Spanish level I, which introduces the language and cultures of various Spanish-speaking countries. Basic sentence structure, correct punctuation and vocabulary necessary for simple language comprehension and conversation are presented. Various aspects of culture will be introduced as well. This course is taught in the target language. Present, Preterit, Imperfect, Future, Conditional, and Imperative verb tenses are taught and practiced in this year.

Prerequisite: Spanish I

Track: Regular (non-honors)

Credit Category: Foreign Language

Spanish III/IV

This is an intermediate language course. It is conducted in the target language and it is expected that students strive for proficiency in reading, writing, listening, and speaking Spanish. This is a combined class of intermediate and advanced students rotating through a two year cycle of material. All remaining verb tenses are presented (Future, Conditional, Perfect, Pluperfect, Subjunctive). Students learn about the Way of St James, the Spanish Civil War, the Cristeros War, World Geography, and more. Grammar, vocabulary, and culture are taught in the context of the textbook.

Prerequisite: Spanish II (or Spanish III)

Track: Regular (non-honors)

Credit Category: Foreign Language

Latin I

Latin I provides students with a clear introduction to Latin grammar and reading that aims to delight them and cultivate in them the wonder of language. Students study noun declensions, verb conjugations, tenses, and other parts of speech such as adjectives, prepositions, and adverbs. Students also learn some of the history and culture of ancient Rome, as well as Latin vocabulary words, and impart an understanding of many English words derived from Latin.

Track: Regular (non-honors)

Credit Category: Foreign Language

Latin II

The Second Year Latin course begins with a review of Latin I and then continues with the study of Latin grammar, syntax, and vocabulary. By the time students finish this course, they will have the essential basics of Latin grammar and a working vocabulary of hundreds of words. Latin II is a full-year course that continues the study of Latin grammar and composition. Students will read more advanced Latin texts and translate sentences from English to Latin.

Track: Regular (non-honors)

Credit Category: Foreign Language

PHYSICAL EDUCATION

Physical Education and Health courses at MH-MA promote strength development and the formation of healthy practices in appreciation for one's health and bodily gifts. Courses provide knowledge and promote physical discipline to translate learning into a healthy and active life.

Physical Education & Health Taken any year - .5 credit Physical Education + .5 credit Health required
Health Physical Education Weightlifting

Health

Health is a course designed to advance the student's knowledge of health, wellness, and lifestyle topics. The course focuses on three primary health topics: physical health, mental/emotional health and social health. Students will develop knowledge in the areas of healthy living, physical activity & nutrition, mental & emotional health, healthy relationships, and personal care.	
Primary Books Pearson Health Book: 1st Edition	Resources/Readings Online Articles, Research Studies, Ted-Talks/Ted-ED.
Track: Regular (non-honors)	Credit Category: Physical Education

Physical Education

This class is intended to equip the students with the knowledge and ability to keep one's body physically fit. Students develop an increased capacity for body control and endurance. Throughout the course, students are instructed in the necessary rules and physical skills needed to participate in individual, dual, and team sports in a wide variety of activities, such as: soccer, volleyball, football, basketball, weight training, running, conditioning, jump rope, flexibility, etc.

Track: Regular (non-honors)

Credit Category: Physical Education

Weightlifting

This class is conducted in the weight room facility. Students will become familiar with proper and safe weightlifting techniques, physical conditioning activities, and how each pertain to muscle groups. Emphasis on proper spotting and safety techniques is provided in each session.

Track: Regular (non-honors)

Credit Category: Physical Education