

High School

PROGRAM OUTLINE



The High School program includes 17 core and 5 elective subjects. A total of 21.5 credits is required for graduation. **The school reserves the right to revise the program of study and the instructional materials, and to withdraw or substitute for the supplementary and reference materials offered.** The program materials will be available in the approximate order listed below.

Instruction Set 1 Orientation (.5 credit)

Lesson 1	Starting Your Program	<i>Study Unit</i>
Lesson 2	Life Skills	<i>Study Unit</i>

Instruction Set 2 Human Relations (1 credit)

Lesson 1	Human Relations, Part 1	<i>Study Unit</i>
Lesson 2	Human Relations, Part 2	<i>Study Unit</i>
Lesson 3	Human Relations, Part 3	<i>Study Unit</i>

Instruction Set 3 Reading Skills (1 credit)

Lesson 1	The Printed Word	<i>Study Unit</i>
Lesson 2	Main Ideas	<i>Study Unit</i>
Lesson 3	Interpreting What You Read	<i>Study Unit</i>

Instruction Set 4 Civics (1 credit)

Lesson 1	The Origins of American Government	<i>Study Unit</i>
Lesson 2	The United States Constitution	<i>Study Unit</i>
Lesson 3	Government in the United States	<i>Study Unit</i>
Lesson 4	The Political Process	<i>Study Unit</i>

Instruction Set 5 Basic English (1 credit)

Lesson 1	Punctuation and Capitalization	<i>Study Unit</i>
Lesson 2	Nouns, Pronouns, Adjectives, and Verbs	<i>Study Unit</i>
Lesson 3	Adverbs and Other Parts of Speech	<i>Study Unit</i>
Lesson 4	Sentences and Spelling	<i>Study Unit</i>

Instruction Set 6
General Math I (1 credit)

Lesson 1	Whole Numbers	<i>Study Unit</i>
Lesson 2	Fractions	<i>Study Unit</i>
Lesson 3	Decimals	<i>Study Unit</i>
Lesson 4	Measurement	<i>Study Unit</i>
Lesson 5	Ratio, Proportion, and Percent	<i>Study Unit</i>
Lesson 6	General Review	<i>Study Unit</i>

Instruction Set 7
Fitness and Nutrition (1 credit)

Lesson 1	Introduction to Managing Personal Health	<i>Study Unit</i>
Lesson 2	Nutrition Basics	<i>Study Unit</i>
Lesson 3	Developing Healthy Eating Habits	<i>Study Unit</i>
Lesson 4	Cardiorespiratory Fitness	<i>Study Unit</i>
Lesson 5	Preventing Injury	<i>Study Unit</i>
Lesson 6	Stress Management Techniques HIV/AIDS Awareness	<i>Study Unit</i> <i>Supplement</i>

Instruction Set 8
American History (1 credit)

Lessons 1–7	American History <i>United States History</i>	<i>Study Guide</i> <i>Book</i>
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Instruction Set 9
Practical English (1 credit)

Lesson 1	The Parts of Speech	<i>Study Unit</i>
Lesson 2	Word Usage	<i>Study Unit</i>
Lesson 3	Sentence Skills	<i>Study Unit</i>
Lesson 4	The Writing Process, Part 1	<i>Study Unit</i>
Lesson 5	The Writing Process, Part 2 Winning with Words	<i>Study Unit</i> <i>Supplement</i>

Instruction Set 10
Consumer Math (1 credit)

Lesson 1	Consumer Math, Part 1	<i>Study Unit</i>
Lesson 2	Consumer Math, Part 2	<i>Study Unit</i>
Lesson 3	Consumer Math, Part 3	<i>Study Unit</i>

Instruction Set 11
Earth Science (1 credit)

Lessons 1–6

Earth Science

Earth Science: Geology, the Environment, and the Universe

Study Guide

Book

Instruction Set 12
Written Communication (1 credit)

Lesson 1

Writing Skills, Part 1

Study Unit

Lesson 2

Writing Skills, Part 2

Study Unit

Lesson 3

Writing Skills, Part 3

Study Unit

Lesson 4

Writing Skills: A Personal Narrative

Graded Writing Assignment

Lesson 5

Writing Skills, Part 4

Study Unit

Lesson 6

Writing Skills, Part 5

Study Unit

Instruction Set 13
Biology (1 credit)

Lessons 1–5

Biology

Miller & Levine Biology

Study Guide

Book

Instruction Set 14
General Math II (1 credit)

Lesson 1

Numbers and Operations

Study Unit

Lesson 2

Equations and Inequalities

Study Unit

Lesson 3

Geometry: Terms, Perimeter, Circumference

Study Unit

Lesson 4

Geometry: Area and Volume

Study Unit

Instruction Set 15
World Geography (1 credit)

Lessons 1–5

World Geography

Essentials of World Regional Geography

Study Guide

Book

Instruction Set 16
Physical Science (1 credit)

Lesson 1	Mechanics	<i>Study Unit</i>
Lesson 2	Heat	<i>Study Unit</i>
Lesson 3	Sound	<i>Study Unit</i>
Lesson 4	Chemistry	<i>Study Unit</i>
Lesson 5	Light	<i>Study Unit</i>
Lesson 6	Electricity and Electronics	<i>Study Unit</i>

Instruction Set 17
Literature (1 credit)

Lessons 1–7	Literature	<i>Study Guide</i>
	<i>Great American Short Stories</i>	<i>Books</i>
	<i>The Call of the Wild</i>	
	<i>Great Short Poems</i>	
	<i>Songs for the Open Road: Poems of Travel & Adventure</i>	
	<i>Civil Disobedience and Other Essays</i>	
	<i>Great Speeches by Native Americans</i>	
	<i>Narrative of Sojourner Truth</i>	
	<i>A Midsummer Night's Dream</i>	

Instruction Set 18
BUS090: Office Procedures (1 credit)

Instruction Set 19
ALH028: Law, Ethics, and Confidentiality in Allied Health (1 credit)

Instruction Set 20
ALH016: Body Systems and Medical Terminology 1 (1 credit)

Instruction Set 21
ALH017: Body Systems and Medical Terminology 2 (1 credit)

Instruction Set 22
ALH021: Pathology and Pharmacology (1 credit)

Note: These 5 courses are transferable to Penn Foster career programs in Allied Health as applicable.

Note: The titles of your learning materials may be different from those listed on your program outline. There is no need to call your instructor about these differences. While the titles of certain learning materials may differ, the educational content is the same. All learning materials are designed to give you the finest education in your field. If you need instructional assistance, however, be sure to call for help. We reserve the right to revise the program of study and the instructional materials, and to substitute for the items of equipment offered.