



COURSE NAME **CAREER AND TECHNICAL EDUCATION (0.5 CREDIT)**

Horticulture Pathway

COURSE DESCRIPTION Pacific Quest's Horticulture Pathway course provides students in-depth instruction in the field of organic and sustainable horticulture. Topics include plant classification, identification, plant physiology, soil science, plant reproduction, as well as design, installation and maintenance in nursery, landscape and floriculture industries. The course is aligned with Pacific Quest's therapeutic curriculum, the Common Core Curriculum and the standards of the Association for Career and Technical Education.

COURSE STANDARDS **Standard 1**

Our Pacific Quest students understand plant classification and use principles.

Standard 2

Our Pacific Quest students understand plant physiology and growth principles.

Standard 3

Our Pacific Quest students understand sexual and asexual plant reproduction.

Standard 4

Our Pacific Quest students understand and demonstrate basic integrated conventional and organic pest management principles.

Standard 5

Our Pacific Quest students understand and demonstrate water management practices.

Standard 6

Our Pacific Quest students understand and demonstrate organic soil nutrition practices.

Standard 7

Students understand and demonstrate the selection, installation and maintenance of plants within a specific environment.

Standard 8

Our Pacific Quest students understand and demonstrate nursery production principles.

Standard 9

Our Pacific Quest students understand and demonstrate the use of containers and horticultural tools, equipment and facilities.

Standard 10

Our Pacific Quest students understand and demonstrate basic landscape planning, design, construction and maintenance.



COURSE NAME HEALTH EDUCATION (0.50 CREDIT)

COURSE DESCRIPTION Pacific Quest Health Education course encourages our students to develop an understanding of the nature of health - its development and maintenance. The primary goal of this course is to teach our students how to make health-enhancing decisions. It investigates the aspects of mental, emotional and physical health with emphasis on the knowledge for development for healthy living, optimal wellness and sustainable growth. The course aligns with Pacific Quest's therapeutic curriculum and the National Health Education Standards. Specific areas of instruction include:

- The importance of The Five Pillars of Health
 - Nutrition
 - Movement and Exercise
 - Breathing
 - Sleep
 - The Mind and Body Connection
- The relationship between eating and optimal wellness and sustainable health,
- The prevalence causes and long-term consequences of unhealthy eating
- The guidelines for a nutritionally balanced diet,
- The importance of variety and moderation in food selection and consumption,
- The dietary guidelines, food groups, nutrients and serving sizes for healthy eating,
- The practices that keep food safe through proper food purchasing, preparation and storage,
- The physical, academic, mental and social consequences of tobacco, alcohol and illicit drug use.
- Explain the physical, academic, mental and social benefits of optimal wellness and sustainable health.

COURSE STANDARDS **Standard 1**
Our Pacific Quest students understand the concepts related to health promotion and disease prevention to enhance health.

Standard 2
Our Pacific Quest students analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Standard 3
Our Pacific Quest students understand and demonstrate the ability to access valid information and products and services to enhance health.

Standard 4
Our Pacific Quest students understand and demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5

Our Pacific Quest students understand and demonstrate the ability to use decision-making skills to enhance health.

Standard 6

Our Pacific Quest students understand and demonstrate the ability to use goal-setting skills to enhance health.

Standard 7

Our Pacific Quest students understand and demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8

Our Pacific Quest students understand and demonstrate the ability to advocate for personal, family and community health.



COURSE NAME ENGLISH AND LANGUAGE ARTS (0.5 CREDIT)

COURSE DESCRIPTION Pacific Quest’s English and Language Arts course emphasizes the fundamental language skills of reading, writing, speaking, listening, language acquisition and critical thinking. Throughout the course, students apply comprehension skills and vocabulary strategies to a wide variety of literary genres and informational texts. Students demonstrate comprehension by participating in discussions, writing responses, and using evidence from text to support their ideas. In addition, students gain experience responding to writing prompts and practicing the skills of writing a synthesis essay that incorporates perspectives from multiple sources and develop their independent learning skills as they respond to opportunities for evaluation and growth.

COURSE OBJECTIVES **Reading**

Through reading a diverse array of classic and contemporary literature as well as challenging informational texts in a range of subjects, students build knowledge, gain insights, explore possibilities, and broaden their perspectives.

Writing

Through expansive daily writing and short, focused research projects, students practice the ability to express themselves through written language and written logical arguments.

Speaking and Listening

Through discussion in one-on-one, small-group and whole-group settings, students gain, evaluate, and present increasingly complex information, ideas and evidence through speaking and listening.

Language Acquisition

Students grow their vocabularies through a mix of conversations, direct instruction and reading. Students determine word meanings, appreciate the nuances of words and steadily expand their repertoire of words and phrases.

Critical Thinking

Through constant questioning and the review of meaningful information in text and during one-on-one, small-group and whole-group settings, students refine their vital critical thinking skills.

COURSE PREMISE AND PHILOSOPHY

The course combines the standards of Language Arts of the Common Core Curriculum and the premise of sustainable growth of the Pacific Quest Student Curriculum. During the course, students have the opportunity to refine the fundamental language skills of reading, writing, speaking, listening, language acquisition and critical thinking and respond to opportunities for evaluation and growth.

COURSE CONTENT

Reading

- Allegory
- Fiction
- Poetry
- Myth
- Non-fiction
- Technical reading

Writing

- Analytical writings
- Literature-based writings
- Memoirs
- Short research projects
- Technical writing

Speaking and Listening

- Journal reflections
- One-on-one, small-group and whole-group interactions

Language Acquisition

- Grammar Conventions
- Vocabulary Acquisition

Critical Thinking

- Journal reflections
- One-on-one, small-group and whole-group interactions
- Workbook Exercises



COURSE NAME **PHYSICAL EDUCATION (1.0 CREDIT)**
Lifetime Fitness

COURSE DESCRIPTION The goal of Pacific Quest’s Physical Education course is to develop students who have the knowledge, skills and confidence to use a variety of physical activities to attain healthful living and to cultivate sustainable growth.

Throughout the Physical Education course, our students enhance their knowledge of a variety of physical activities, such as hiking, Pilates, kayaking, meditation, swimming, yoga, as well as independent and group physical activities, through an engaging syllabus; which is aligned with both Pacific Quest’s therapeutic curriculum and the standards of the National Association for Sport and Physical Education.

Upon completion of our Lifetime Fitness Course, students

- Understand the knowledge and skills necessary to participate in daily physical activity,
- Recognize the therapeutic value of daily physical activity and
- Use daily physical activity to achieve healthful living and to cultivate sustainable growth in their selves, in their families and in their communities.

COURSE STANDARDS **Standard 1**
Our Pacific Quest students understand and demonstrate knowledge of the motor skills and movement patterns necessary in a variety of physical activities.

Standard 2
Our Pacific Quest students understand and demonstrate knowledge of concepts, principles, strategies and tactics related to overall mental, physical and emotional well-being.

Standard 3
Our Pacific Quest students understand and demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and overall mental, physical and emotional well-being.

Standard 4
Our Pacific Quest students consistently demonstrate behaviors that enhances physical fitness and overall well-being.

Standard 5
Our Pacific Quest students recognize the value of physical activity and overall mental, physical and emotional well-being to achieve healthful living and to cultivate sustainable growth in their selves, in their families and in their communities.



COURSE NAME ENVIRONMENTAL SCIENCE (0.50 credit)
Environmental Literacy

COURSE DESCRIPTION During our Interdependent Relationships in Ecosystems course, our Pacific Quest students understand that every plant, microorganism, and animal on Earth exists within complex network of interdependent relationships - or ecosystems. Ecosystems, in turn, interact with one another to form our biosphere - the zone of life on our planet.

Throughout the course, our students explore the idea that our ecosystems are constantly changed by the pressures of biological, geological, and physical forces. In addition, they examine the idea that the rapid growth of human populations and their attendant technologies has created unprecedented forces of ecological change. The course is aligned with Pacific Quest's therapeutic curriculum, the Common Core Curriculum and the National Association of Environmental Education's guidelines for learning.

COURSE STANDARDS Standard 1

Our Pacific Quest students investigate and analyze local and global environmental issues and develop and implement a local action project that protects, sustains or enhances our environment.

Standard 2

Our Pacific Quest students apply systems thinking and modeling to the study of the environment.

Standard 3

Our Pacific Quest students analyze and explain the movement of matter and energy through interactions of earth's systems and the influence of this movement on weather patterns, climatic zones and the distribution of life.

Standard 4

Our Pacific Quest students use the principles of science to analyze and interpret both positive and negative impacts of human activities on earth's natural systems and resources.

Standard 5

Our Pacific Quest students use concepts from science, social studies and health to analyze and interpret both positive and negative impacts of natural events and human activities on human health.

Standard 6

Our Pacific Quest students analyze how the interactions of heredity, experience, learning and culture influence social decisions and social change.

Standard 7

Our Pacific Quest students demonstrate understanding of natural communities and human communities, and examine how their personal and collective actions affect the sustainability of these interrelated systems.



COURSE NAME **SOCIAL SCIENCES (0.50 credit)**
Hawaiian Culture

COURSE DESCRIPTION Pacific Quest’s course on Hawaiian culture provides our students with an understanding of the Hawaiian people. Throughout the course our students focus on traditional Hawaiian culture and society, including migration, voyaging, origin, geology, ecology, fishing and farming, religion and society. At the end of the course our students understand the statement that great and numerous is the knowledge of the Hawaiians - Ua lehulehu a manomano ka ‘ikena a ka Hawai’i. The course is based upon Pacific Quest’s therapeutic curriculum, the Common Core Curriculum and standards approved by the Western Association of Colleges and Schools.

COURSE STANDARDS **Standard 1**
Our Pacific Quest students understand Hawaiian culture including the language, literature, the arts, traditions, beliefs and values and behavior patterns.

Standard 2
Our Pacific Quest Students explore the history of the Hawaiian people and the connections between historical change and the continuity of Hawaiian culture.

Standard 3
Our Pacific Quest students examine Hawaiian cultural patterns, such as land use, settlement patterns and cultural transmissions of customs and ideas and ecosystem changes.

Standard 4
Our Pacific Quest students explore Hawaiian connections to time and place and the way Hawaiian culture address Human needs and concerns.



COURSE NAME: **ELECTIVE (0.50 credits)**
Psychology

COURSE DESCRIPTION Pacific Quest’s course on psychology provides our students with methods for understanding biopsychological, developmental, and cognitive functioning in humans, as well as individual and group variations in behavior. By the end of the course, students know through their own experience this psychological truth, articulated by Abraham Maslow: “What is necessary to change a person is to change his awareness of himself.” This course is aligned with Pacific Quest’s therapeutic curriculum, the Common Core Curriculum and the National Standards for High School Psychology Curricula.

COURSE STANDARDS **Standard 1**

Our Pacific Quest students explain how common motives and emotions develop.

Standard 2

Our Pacific Quest students explain how emotions and behaviors are related.

Standard 3

Our Pacific Quest students list and explain possible physiological reactions to stress.

Standard 4

Our Pacific Quest students list and explain possible psychological reactions to stress.

Standard 5

Our Pacific Quest students identify and explain cognitive and behavioral strategies to deal with stress and promote health.

Standard 6

Our Pacific Quest students examine the nature of change over the life span and apply life span principles to personal experience.

Standard 7

Our Pacific Quest students explain various developmental models.

Standard 8

Our Pacific Quest students define personality as the individual’s unique way of thinking, feeling, and acting.

Standard 9

Our Pacific Quest students recognize learning as a vehicle to promote adaptation through experience.

Standard 10

Our Pacific Quest students define thinking as a mental process involved in the manipulation and understanding of information.

Standard 11

Our Pacific Quest students identify problem solving as a directed and productive example of thinking, explain the use of creative thinking in problem solving, and analyze the obstacles that inhibit problem solving and decision-making.

Standard 12

Our Pacific Quest students describe the sleep cycle and assess types of sleep disorders.

Standard 13

Our Pacific Quest students link intelligence to the use of cognitive skills and strategies and describe theories of intelligence.

Standard 14

Our Pacific Quest students identify basic social and cultural categories and discuss how social and cultural categories affect behavior.

Standard 15

Our Pacific Quest students distinguish the common characteristics of abnormal behavior, cite examples of abnormal behavior, and relate judgments of abnormality to contexts in which those judgments occur.

Standard 16

Our Pacific Quest students discuss the stigma associated with abnormal behavior and speculate about means for promoting greater understanding of abnormal behavior.

Standard 17

Our Pacific Quest students describe effects of the presence of others on individual behavior and how social structure can affect intergroup relations.