

# COURSES



EAGLE ROCK SCHOOL  
AND PROFESSIONAL DEVELOPMENT CENTER

## ER 79 CLASSES

AM 1 <sup>st</sup> 5 weeks	PM 1 <sup>st</sup> 5 weeks	AM 2 <sup>nd</sup> 5 weeks	PM 2 <sup>nd</sup> 5 weeks
<b>RESEARCH (A)</b> EKB PS - Kinnikinik Brett, L&L Fellow 2.0 English	<b>FACING HISTORY (A)</b> EGC PS - Yarrow Cedric and Josán 1.0 History, 1.0 English	<b>RESEARCH (B)</b> EKB PS - Kinnikinik Brett, L&L Fellow 2.0 English	<b>FACING HISTORY (B)</b> EGC PS - Yarrow Cedric and Josán 1.0 History, 1.0 English
<b>NEUROSCIENCE (A)</b> CHLC PS - Science Lab Science Sara and Fellow 1.0 Health, 1.0 Bio	<b>FACILITATING EDUCATIONAL CHANGE (A)</b> LFJ PS - Kinnikinik Sarah Bertucci 0.5 Eng; 0.5 Stats; 1.0 Civics	<b>NEUROSCIENCE (B)</b> CHLC PS - Science Lab Science Sara and Fellow 1.0 Health, 1.0 Bio	<b>FACILITATING EDUCATIONAL CHANGE (B)</b> LFJ PS - Kinnikinik Sarah Bertucci 0.5 Eng; 0.5 Stats; 1.0 Civics
<b>JEWELRY AROUND THE WORLD (A)</b> EC PS - Ceramics studio Cindy and Fellow 1.5 Visual Art, 0.5 World History	<b>CHANGING THE GAME</b> EGC - Sage Jocelyn 1.0 Gov't/Civics	<b>JEWELRY AROUND THE WORLD (B)</b> EC PS - Ceramics studio Cindy and Fellow 1.5 Visual Art, 0.5 World History	<b>MARCH</b> EKB - Sage Brett 0.5 English, 0.5 US History
<b>INTO THE WILD (A)</b> EC or LFJ PS - wilderness Eliza 1.0 PE, 1.0 English	<b>INTO THE WILD (B)</b> EC or LFJ PS - wilderness Eliza 1.0 PE, 1.0 English	<b>LEADERSHIP IN INTRAMURALS</b> LFJ - HPC Stage Chris Iafrafi 1.0 Physical Education	<b>DESIGN</b> EC - Chroma, Wood Shop Cindy 1.0 Visual Art
<b>LEARN TO SWIM</b> CHLC - HPC Chris Iafrafi 0.5 PE, 0.5 Health	<b>COACHING</b> CHLC - Cinquefoil Chris Iafrafi 1.0 Physical Education	<b>INDEPENDENT STUDY CLASS</b> Distribution Credit - Cinquefoil Math, Human Sexuality, or Foreign Language	



Learn to Swim	ER 79	Morning 1st 5 Weeks	HPC Stage & Pool
<b>Instructor(s):</b> Chris lafrati			
<p>Do you want to learn how to swim but don't know where to start? Or do you feel comfortable in the water, but don't know how to use the pool to get a workout? Whether you are a beginner, intermediate, or expert, if you want to increase your swimming abilities and fitness this class is for you! We will be in the pool every day learning to swim and getting fit, as well as learning about swimming, fitness and nutrition. Join me in the HPC and learn to swim!</p>			
<b>Power Standard Course:</b> No			
<b>Distribution Requirement:</b> Creating Healthy Life Choices		<b>Credit(s):</b> 1	
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Physical Education .5 Health .5			

Changing the Game	ER 79	Afternoon 1st 5 Weeks	Sage
<b>Instructor(s):</b> Jocelyn Rodriguez			
<p>Would you be shocked to see a woman coaching men in professional sports? Have you ever thought about how gender roles, race, and power influence sports in America? In this course, you will explore the idea of what it means to be a coach in professional sports in the U.S. You will become more familiar with female coaches like Becky Hammon, who are breaking barriers by becoming coaches in the NBA, NFL, and MLB. You will explore what shapes the rules and reality of America by studying the changes and history of its most popular sports. Finally, you will examine the social and political influence of historical moments like the OJ Simpson trial and how race and power impact sports today.</p>			
<b>Power Standard Course:</b> No			
<b>Distribution Requirement:</b> Engaged Global Citizen		<b>Credit(s):</b> 1	
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Government/Civics 1			

Coaching	ER 79	Afternoon 1st 5 Weeks	Cinquefoil
<b>Instructor(s):</b> Chris lafrati			
<p>What characteristics make up a good coach? In this class you will get an opportunity to learn what differentiates a good coach from a not-so-good coach and practice your skills hands on coaching soccer with grade school students. You will have the opportunity to refine your soccer skills, while becoming a skilled coach for the Estes Park Youth Soccer League! We will take an in-depth look at the game of soccer, receive feedback on our coaching and our coaching lesson plans, learn how to plan engaging soccer practices, and most of all learn how to transfer our coaching skills to a variety of sports and fitness. Interested students should be prepared to coach soccer two afternoons a week (in a variety of different weather conditions) and to coach games on Saturday mornings. Lastly, you'll need both dinner and breakfast KP covers.</p>			
<b>Power Standard Course:</b> No			
<b>Distribution Requirement:</b> Creating Healthy Life Choices		<b>Credit(s):</b>	
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Physical Education 1			





<b>Into The Wild</b>	<b>ER 79</b>	<b>All Day 1st 5 Weeks</b>	<b>Great Outdoors</b>
<b>Instructor(s):</b> Eliza Wicks-Arshack			
<p>Do you have a passion for the outdoors or a desire to fall in love with nature? Do you want to deepen your connection with the wilderness and grow your leadership and self-reflection skills? Do you want to pursue a career in outdoor education or have a personal reset at ERS? If so, this class is for you. 'Into The Wild' is a WILDERNESS COURSE for veteran students; you'll build skills to be an outdoor educator, you'll have time for personal reflection, and you'll have TONS of fun! We'll engage in an array of outdoor activities and reflection. Be ready to be outside, push your comfort zone, and be in community. The course will have two tracts: one with a leadership focus (LFJ PS) and one with a personal growth focus (CMHLC PS), when signing up, please identify which tract you're interested in--if you are interested in this course and have other credit needs, please check in with Eliza as we may be able to accommodate your needs.</p>			
<b>Power Standard Course:</b> Yes			
<b>Distribution Requirement:</b> Effective Communication		<b>Credit(s):</b> 1 Leadership For Justice	<b>Credit(s):</b> 1
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Physical Education 1 English 1			

<b>Research</b>	<b>ER 79</b>	<b>Morning 10 Weeks</b>	<b>Kinnikinnik</b>
<b>Instructor(s):</b> Brett Youngerman			
<p>In this class, you will investigate and research a topic you are curious about, steadily progressing from a novice to an expert in that particular field. You will choose your topic through a process that balances your interests with the general feasibility of the topic (including resources available, rigor, and depth). You will learn how to find and evaluate both print and digital sources, examining the main arguments, purposes and biases within them. You will pull key ideas and details from the sources in notes that support your emerging research questions and claims. You will learn how to synthesize and represent your growing body of knowledge in an organized way, eventually sharing your new understanding around your topic by developing a thesis statement and writing a traditional research paper. Be prepared to read carefully, write, rewrite, and give and receive feedback on a daily basis. Also expect to invest a substantial amount of time outside of class reading, researching, and writing.</p>			
<b>Power Standard Course:</b> Yes Expanding Knowledge Base			
<b>Distribution Requirement:</b> Expanding Knowledge Base		<b>Credit(s):</b> 2	<b>Credit(s):</b>
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> English 2			

<b>Neuroscience</b>	<b>ER 79</b>	<b>Morning 10 Weeks</b>	<b>Science Lab</b>
<b>Instructor(s):</b> Sara Bengé			
<p>You know you have a brain, but do you really know much about what's happening in there? In this course, we will seek to find out by exploring the anatomy, physiology, and "habits" of the human nervous system. We will study the ways in which the different parts of your brain and nervous system work together to allow you to function in your daily life. This class will also focus on how our nervous systems develop specific habits and conditioned tendencies in response to our environment and experiences. We will work to identify and understand our individual conditioned tendencies and habits and then practice using specific strategies that will allow us to have more control over our nervous systems. We will collect and analyze data in order to make predictions about our own health. That means the power standard, people!</p>			
<b>Power Standard Course:</b> Yes Creating Healthy Life Choices			
<b>Distribution Requirement:</b> Creating Healthy Life Choices		<b>Credit(s):</b> 2	<b>Credit(s):</b>
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Health 1 Science: Biology 1			





Jewelry Around the World	ER 79	Morning 10 Weeks	Ceramics Studio
<b>Instructor(s):</b> Cindy Elkins			
<p>If want to learn about history and culture while making jewelry then this is the class for you. We will practice jewelry techniques associated with different locations and time periods from around the world. In the first several weeks, you will be introductions to a variety of techniques including metal smithing, glass torch bead work, and paper bead making. Each technique will include the history or culture associated with it. Power standard work will include developing a line of jewelry and presenting it to an audience of professional jewelers. An emphasis on applying the principles of design will support you in planning your jewelry line and developing your aesthetic style. The final products will be ready for the winter art sale!</p>			
<b>Power Standard Course:</b> Yes Effective Communication			
<b>Distribution Requirement:</b> Effective Communication		<b>Credit(s): 2</b>	
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Visual Art 1.5 History: World .5			

Facing History	ER 79	Afternoon 10 Weeks	Yarrow
<b>Instructor(s):</b> Josán Perales Cedric Josey			
<p>This class will foster empathy and reflection, improve your academic performance, and continue the work in building a safe and inclusive school. By integrating the study of history, literature, and human behavior with ethical decision making and innovative teaching strategies, this class will promote your historical understanding, critical thinking, and social-emotional learning. While exploring the complexities of history, and make connections to current events, you will reflect on the choices you are confronted with today and consider how you can make a difference. Through rigorous historical analysis combined with the study of human behavior, this class aims to heighten your understanding of racism, religious intolerance, and prejudice, to increase your ability to relate history to your own lives, and to promote greater understanding of your roles and responsibilities in a democracy. Practice communicating across lines of difference and creating a powerful culminating product aimed at synthesizing history and current events with identity</p>			
<b>Power Standard Course:</b> Yes Engaged Global Citizen			
<b>Distribution Requirement:</b> Engaged Global Citizen		<b>Credit(s): 1</b> Effective Communication	
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> History: US 1 English 1			

Facilitating Educational Change	ER 79	Afternoon 10 Weeks	Kinnikinnik
<b>Instructor(s):</b> Sarah Bertucci			
<p>Do you want to better understand our education system and how to make it better? Are you interested in developing your skills in public speaking, facilitating, and statistics? Then this course is for you! In this course, we will learn about the history and current state of our American education system using readings and statistics. You will learn how to facilitate conversations with educators, as well as how to improve your public speaking and give tours of Eagle Rock. Our final project will be working to build the Student Ambassadors Program and take it to the next level of student leadership.</p>			
<b>Power Standard Course:</b> Yes Leadership For Justice			
<b>Distribution Requirement:</b> Leadership For Justice		<b>Credit(s): 2</b>	
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> English .5 Math: Statistics .5 Government/Civics 1			





Leadership For Intramurals	ER 79	Morning 2nd 5 Weeks	HPC Stage & Dojo
<b>Instructor(s):</b> Chris lafrati			
<p>Do you get frustrated when you see disengaged staff and students at intramurals? Are you filled with ideas for how to improve the competitiveness and enjoyment for all who take to the field every Wednesday? These are the issues that we will grapple with in Leadership for Intramurals. In addition to looking for ways to improve the intramural program, we will learn the rules that go in to every intramural sport we play and what makes a good referee. Most of all, we will learn how to use our voice for positive change and not destructive ways. Come and have your voice heard as we embark on this exciting movement for change in the HPC.</p>			
<b>Power Standard Course:</b> No			
<b>Distribution Requirement:</b> Leadership For Justice		<b>Credit(s):</b> 1	<b>Credit(s):</b>
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Physical Education 1			

Independent Study Class	ER 79	Morning 2nd 5 Weeks	Cinquefoil
<b>Instructor(s):</b> Beth Ellis			
<p>This is not your traditional independent study, but a class that supports building independent learning skills as well as supporting others to do the same. This means that you'll be both responsible for your learning and giving and receiving feedback to others in support of their learning. We'll start the course by designing your own learning experience in the areas of world language, math, or human sexuality (If you are a graduate, it is possible to propose a different topic of study). It will be important that you can work independently with integrity, develop yourself as a learner, collaborate with others, and meet as a class everyday. If you are considering this class, you'll need to identify an area of study for this course, email Beth with an overview of what you want to study and why you want to study it, and finally follow up with an in person conversation before the end of ER 78.</p>			
<b>Power Standard Course:</b>			
<b>Distribution Requirement:</b>		<b>Credit(s):</b> 1	<b>Credit(s):</b>
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b>			

March	ER 79	Afternoon 2nd 5 Weeks	Sage
<b>Instructor(s):</b> Brett Youngerman			
<p>March is a graphic novel that tells the story of John Lewis, one of the "Big Six" of the Civil Rights Movement and current US Congressman. We will follow Lewis from his childhood all the way up to the historic march across the Edmund Pettis Bridge in Alabama. The class will examine the different strategies used by various organizations to bring about change throughout the 1950s and 60s and how their iconic leaders implemented them. We will also examine how the medium of graphic novels is used to effectively tell Lewis' story and think about how we best learn about new topics. Join this class if you are interested in taking a deep dive into the Civil Rights Era and its leadership strategies and philosophies.</p>			
<b>Power Standard Course:</b> No			
<b>Distribution Requirement:</b> Expanding Knowledge Base		<b>Credit(s):</b> 1	<b>Credit(s):</b>
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> English .5 History: US .5			





<b>Design</b>	<b>ER 79</b>	<b>Afternoon 2nd 5 Weeks</b>	<b>Chroma &amp; Woodshop</b>
<b>Instructor(s):</b> Cindy Elkins			
<p>Ever wonder what makes a great design and how to use different two or three dimensional materials to create your artistic vision? This class is geared toward developing skills in designing and creating your aesthetic ideas on paper and then with clay, wood, and mixed media. Learn how to critique with an intelligent art eye and make revisions, as you practice techniques. Significant cultural influences of the various mediums will support you in developing your artist within.</p>			
<b>Power Standard Course:</b> No			
<b>Distribution Requirement:</b> Effective Communication		<b>Credit(s):</b> 1	<b>Credit(s):</b>
<b>Required Experience(s):</b>			
<b>Traditional Disciplines &amp; Points:</b> Visual Art 1			

