



Course Catalog

2025-2026 School Year

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Letter from our Head of School

Dear Students, Parents, and Community Members,

Welcome to The Bull Academy! **We are a non-profit, independent school** that prepares **student-athletes for college sports, academics, and life**. At the academy, our team of dedicated teachers, coaches, and staff work with every student to help them reach their goals, both on and off the court.

If you are an **aspiring collegiate athlete**, we understand the importance of prioritizing what matters to you. And let's face it, the traditional, one-size-fits-all school schedule doesn't always work for everyone.

Here at the academy, **we believe that school should adapt to you - not the other way around**. You shouldn't have to choose between doing what you love and getting a good, quality education.

Our team is committed to **reimagining what education "should" look like**. We believe every student should have the opportunity to pursue their dreams and learn in a way that's best for them.

And that means that you aren't just another number. **With our small class sizes and hands-on learning approach**, you'll receive **individualized support** in each of your classes. Not only that, but we understand the demands of student-athletes. With our **flexible** and **integrated** school schedule, we create a learning environment that **sets you up for success**.

With us, we give you the **opportunity to be in the driver's seat**, ultimately better preparing you to be more equipped for whatever life throws your way.

At our school we teach you how to **solve problems**, not just do problems. How to **think critically**, not just answer questions.

We teach you the **skills, knowledge, and character** needed to tackle any obstacle you might face in the future - whether it's on the court or in the classroom.

Kindly,

Anne-Marie Farmer
Executive Director



About The Bull Academy

Welcome to The Bull Academy, where peak athletic performance meets academic achievement. At The Bull Academy we are dedicated to shaping the next generation of well-rounded student-athletes by combining elite tennis training with an alternative-focused learning environment and student-centered academic curriculum. Our academy offers a unique and individualized program designed for young athletes who aspire to achieve their educational and collegiate athletic goals.

Our expert coaches and educators work together to create a balanced environment where each student-athlete can thrive both on the court and in the classroom. Whether pursuing collegiate tennis or professional opportunities, we equip our students with the skills, knowledge, and discipline needed to excel in their educational, athletic, and professional careers.

At The Bull Academy, we believe in nurturing the growth of the whole student – developing not only athletic and academic ability but also leadership, character, and relationship skills. Our commitment to excellence, integrity, and holistic development ensures that each student leaves our academy prepared for success.

ABOUT US: We are a family-owned non-profit, independent school located at the Hendersonville Racquet Club in Hendersonville, North Carolina serving student-athletes in grades 6-12. Our team of passionate educators, coaches, players, and parents offer an integrated approach to academics, athletics, and personal development.

We specialize in providing a student-centered learning environment alongside a subject-specific curriculum, designed for student-athletes who are seeking a more hands-on, alternative education. Inspired by our own love for the game, at The Bull Academy we encourage our students to follow their passions and explore their interests. We help our students discover who they are beyond just an athlete. We empower our students to be agents over their own learning, developing the skills they will need to be successful in college and beyond.

VISION STATEMENT We prepare student athletes **mentally** and **physically** for placement in top **collegiate** programs in their chosen sport.

MISSION STATEMENT: To provide students who have the dream of a successful athletic college career and beyond with an alternative-focused learning environment that successfully combines academic excellence, sport specific training, life skills, and mentoring.

VALUES:

The Bull Academy **D.R.A.W.S.** the best out of our student-athletes.

1. **Discipline:** We believe in the power of **hard work**, grit, and consistent effort.
2. **Respect:** We build **character**, **confidence**, and **composure** to develop strong leaders that respect themselves and others.
3. **Accountability:** We foster a culture of **honesty**, fairness, and **integrity**.
4. **Well-Being:** We prioritize a **balanced** and healthy lifestyle that promotes a lifelong love of the game.
5. **Self-Belief:** We know a **dream** is never too big if you believe it.

“There is only one thing that makes a dream impossible to achieve: the fear of failure. When you want something, all the universe conspires in helping you achieve it.”

- Paulo Coelho’s best-selling book, *The Alchemist*.

TERMS AND SCHEDULE:

- We offer 4 academic quarters per year, each approximately 10 weeks long.
- We run on a traditional schedule with 8 periods a day, M-F from 8:30 am - 3:30 pm.
- Please reference the calendar for school breaks.

CURRICULUM STANDARDS: The Bull Academy aligns the curriculum with the standards of the **North Carolina Board of Education, Common Core Standards, and the Next Generation Science Standards** to meet the needs of our students.

ADVANCED PLACEMENT CURRICULUM: The Bull Academy’s curriculum provides appropriate challenge. **Honors level courses and AP classes are available in all core subject areas to students who meet placement criteria.** Advanced placements are made intentionally after discussion with the student’s coach and academic advisor; the goal being that each student will thrive and be appropriately challenged while maintaining balance in all areas of the program.

STUDENT PERFORMANCE DATA: The Bull Academy uses the NWEA MAP Growth testing to collect student data on skill mastery. This data is used to improve student instruction and track academic growth. Students are tested twice throughout the year.

LEARNING SERVICES: Students with IEPs and 504s are provided an **Individualized Academic Plan (IAP) that outlines accommodations and learning supports.** Students who need additional support are offered a supportive study skills period that offers 1:1 tutoring and executive functioning coaching. Additionally, The Bull Academy provides scaffolding, differentiated instruction, and follows student accommodations including extra time, filled-in notes, modifications, etc.

ACADEMIC ADVISING: Each student is assigned an academic advisor who manages their schedule, transcript, and graduation requirements. Each student receives an Individualized Learning Plan (ILP) which outlines academic goals, credit progression, graduation requirements, and NCAA eligibility. The Individualized Learning Plan is reviewed quarterly with the student, the family, academic advisor, and coach.

TEACHING STRATEGIES: The Bull Academy provides a unique classroom environment and offers a wide variety of course offerings and personalized instruction for students. Our teachers use a combination of in-person teaching strategies such as discussion, individual and group activities, traditional lectures, hands-on experiences, labs, role-play scenarios, and project-based learning. Teachers also supplement in-person teaching strategies with direct instruction from educational videos, Canva, Prezi, Google Docs, Audible, virtual labs, and streaming service.

GOVERNING: The Bull Academy is an independent, non-profit school which is governed by a Board of Trustees. All curriculum, schedules, operational practices, and policies and procedures are developed collaboratively through a professional development model, which includes in-service training days and scheduled reviews with the Board of Trustees.

HONOR ROLL: The Bull Academy awards students who earn all A's with High Honor Roll and student's who earn A's and B's with Honor Roll for each academic quarter. All Honor Roll students receive a certificate of achievement and the award is included on their official transcript.

CREDITS AND GRADE SCALE: The Bull Academy utilizes a traditional 4-point grading scale. Students must demonstrate mastery of the skills and content to be promoted to the next grade level. Once students prove mastery through 8th grade and 12th grade, they will be awarded an official diploma and transcript.

GRADE SCALE:

The Bull Academy grading scale is as follows:

Letter	Numerical	GPA	Letter	Numerical	GPA	Letter	Numerical	GPA
A+	98-100	4.333	B-	80-82	2.667	D	63-66	1.000
A	93-97	4.000	C+	77-79	2.333	D-	60-62	0.667
A-	90-92	3.667	C	73-76	2.000	F	> 60	0.000
B+	87-89	3.333	C-	70-72	1.667	P	Pass	N/A
B	83-86	3.000	D+	67-69	1.333	INC	N/A	N/A

GRADUATION REQUIREMENTS AND COURSE PROGRESSION:

MIDDLE SCHOOL GRADES 6-8

SUBJECT	6th Grade	7th Grade	8th Grade
ENGLISH 3 CREDITS	English Language Arts 6 or Equivalent	English Language Arts 7 or Equivalent	English Language Arts 8 or Equivalent
SOCIAL STUDIES 3 CREDITS	Geography 6 or Equivalent	US History or Equivalent	Ancient World History or Equivalent
SCIENCE 3 CREDITS	Life Science or Equivalent	Physical Science or Equivalent	Earth and Environmental Science or Equivalent
MATHEMATICS 3 CREDITS	Math 6 or Equivalent	Math 7 or Equivalent	Math 8 or Equivalent
PHYSICAL EDUCATION 3 CREDITS	Physical Education and Health 6	Physical Education and Health 7	Physical Education and Health 8
GENERAL ELECTIVES 5 CREDITS	Not Grade Specific		
	Fine Arts or Career/Technical Education _____ _____	Life Skills, Healthy Living, or Study Skills _____ _____	Additional Elective Areas _____ _____
Total Credits Required to Graduate: 20 Credits			

HIGH SCHOOL GRADES 9-12

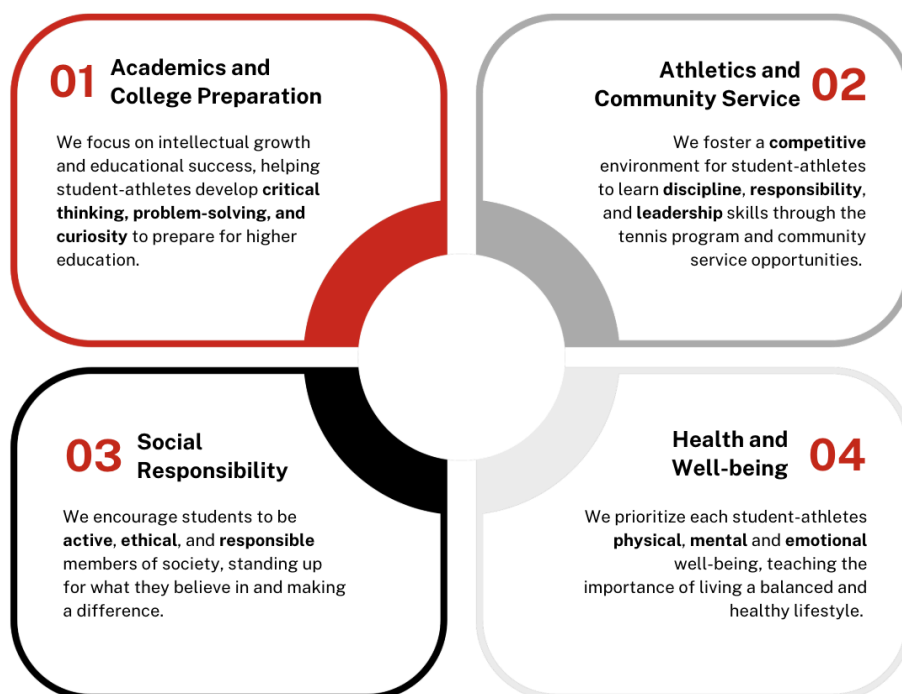
SUBJECT	9th Grade	10th Grade	11th Grade	12th Grade
ENGLISH 4 CREDITS	English 9 or Equivalent	English 10 or Equivalent	English 11 or Equivalent	English 12 or Equivalent
MATHEMATICS 4 CREDITS	Algebra I or Equivalent	Geometry or Equivalent	Algebra II or Equivalent	Pre-Calculus, Calculus, or Statistics
SCIENCE 4 CREDITS	Earth & Environmental or Equivalent	Biology or Equivalent	Chemistry or Equivalent	Physics or Anatomy & Physiology
SOCIAL STUDIES 4 CREDITS	World History or Equivalent	US History or Equivalent	Civics and Government or Equivalent	Economics or Sociology
PHYSICAL EDUCATION/ HEALTH 1 CREDITS	Physical Education, General Health, or Equivalent			
FOREIGN LANGUAGE *2 CREDITS	Level I Foreign Language		Level II Foreign Language	
GENERAL ELECTIVES 5 CREDITS (3 CREDITS IF FOREIGN LANGUAGE COMPLETED)	Not Grade Specific			
	Fine Arts or Career/Technical Education	Life Skills, Healthy Living, or Study Skills	Additional Elective Areas	
	_____	_____	_____	
Total Credits Required to Graduate: 22 Credits				

*Foreign language courses are not required for graduation, but strongly recommended for students who are preparing for enrollment in a college or university.

DAILY BELL SCHEDULE:

Period	Start	End	# Min.	Class
1st Period	8:30	9:15	45	Core 1
2nd Period	9:20	10:05	45	Core 2
3rd Period	10:10	10:55	45	Core 3
4th Period	11:00	11:45	45	Core 4
5th Period	11:50	12:35	45	Elective
LUNCH	12:35	1:10	45	Lunch
6th Period	1:15	1:45	30	Sports Psychology
7th Period	1:45	2:15	30	Exercise Science
8th Period	2:15	3:15	60	Physical Education
FLEX	3:15	3:30	15	Advisory

OUR PILLARS:



The Tennis Academy

The Tennis Academy at The Bull Academy is located at the Hendersonville Racquet Club and offers elite training designed to provide athletes a competitive edge that nurtures both athletic **talent** and academic **success**. By combining top-tier coaching, state-of-the-art facilities, and competitive match play with leadership development, an integrated schedule, and mental conditioning, The Bull Academy is committed to preparing our student-athletes to compete in **college and beyond**.

Through our **Sports Psychology** and **Exercise Science** course electives, students learn the off-court skills needed to perform at their best. Our expert coaching professionals are all **trained, licensed, and certified** to work with student-athletes of any level. At the academy athletes receive a variety of instruction intended to help them take their **game to the next level**.

APPROACHES AND METHODOLOGY:

1. COMPREHENSIVE COACHING:

- **TECHNICAL TRAINING:** Emphasis on improving fundamentals such as groundstrokes, serves, volleys, and footwork, alongside advanced shot selection and decision-making.
- **TACTICAL TRAINING:** Emphasis on improving court positioning and strategy. Includes off the court video analysis and instruction.
- **PHYSICAL CONDITIONING :** Strength, agility, flexibility, and endurance training integrated into the daily routine to ensure athletes are in peak physical shape.

2. COMPETITIVE PLAY & TOURNAMENTS:

- **REGULAR MATCH PLAY :** Athletes participate in local, regional, and national tournaments, providing exposure to competitive environments.
- **IN-HOUSE COMPETITIONS:** Regular in-house matches and internal tournaments to improve match readiness.
- **COLLEGE EXPOSURE:** Coaches and educational staff develop a schedule that includes major tournaments that will offer college visibility. Advisors help students and parents navigate the college recruitment process.

3. INTEGRATED & FLEXIBLE SCHEDULE:

- **ACADEMIC COLLABORATION:** Coaches coordinate with educational staff to design a training schedule that allows athletes to dedicate time to both their academics and athletics.
- **TIME MANAGEMENT TRAINING:** Providing students with the tools to manage their responsibilities, ensuring they develop effective habits.
- **SPORTS PSYCHOLOGY & MENTAL TRAINING:** Students learn off-court sports psychology fundamentals to apply to their on-court mental resiliency. Students have access to a 1:1 mental coach to improve their overall performance.

4. WHOLE-ATHLETE DEVELOPMENT:

- **HEALTH AND WELLNESS PROGRAMS:** We offer instruction that focuses on balanced nutrition, mental health awareness, injury prevention, and recovery methods to ensure athletes maintain their well-being and longevity in the sport.
- **CHARACTER DEVELOPMENT:** Athletes participate in leadership, sportsmanship, and community-building initiatives to build strong personal values.

FACILITIES:

The Bull Academy is located at the **Hendersonville Racquet Club**, which provides top-tier courts, workout equipment, and fitness programs. Voted the 2017 and 2024 North Carolina Facility of the Year by the USTA.

Features and Amenities:

- 6 Outdoor Clay Courts
- 3 Indoor Hard Courts
- 6 Outdoor Pickleball Courts
- 4 Racquetball Courts
- Fitness Center
- Group Fitness Studio
- Full Service Pro Shop
- Certified Tennis & Pickleball Pros
- Outdoor Front and Back Deck
- Swimming Pool (Open Seasonally)
- Recreation/Game Room
- Indoor Viewing Balcony
- Locker Rooms/Showers
- Outdoor Jogging Trail
- Health and Wellness Programs

COURSE OFFERINGS

MATHEMATICS

Math 6: Students will explore topics such as ratios and proportions, fractions, decimals, integers, and rational numbers. They will develop fluency in expressions, equations, and basic algebraic thinking while strengthening their understanding of geometry, area, surface area, and volume.

Math 7: Students will explore proportional relationships, operations with rational numbers, expressions, equations, and inequalities. Students will explore geometric concepts such as angle relationships, scale drawings, surface area, and volume. Additionally, they will analyze data, probability, and statistical measures.

Math 8: Students will explore rational and irrational numbers, integer exponents, and scientific notation. They will simplify algebraic expressions, solve multi-step equations and inequalities, and analyze proportional relationships. A major focus of the course is understanding functions, graphing linear equations, and writing equations in various forms, including slope-intercept, point-slope, and standard form.

Algebra I: Students will explore operations with real numbers, solving and graphing linear equations and inequalities, systems of equations, and functions. Students will explore exponential functions, polynomials, factoring, and quadratic equations. The course also introduces data analysis and basic statistical concepts.

Geometry: Students will explore points, lines, planes, angles, parallel and perpendicular lines, triangle congruence and similarity, right triangle trigonometry, quadrilaterals, circles, and three-dimensional figures. Students will apply transformations, coordinate geometry, and geometric proofs to solve problems.

Algebra II: Students will expand on the concepts learned in Algebra I, strengthening students' algebraic reasoning and problem-solving skills. Topics include linear, quadratic, polynomial, rational, exponential, and logarithmic functions, as well as systems of equations and inequalities. Students will explore complex numbers, sequences and series, probability and statistics, and introductory trigonometry.

Statistics: Students will explore the fundamental concepts of data analysis, probability, and statistical reasoning. Topics include data collection, organization, and interpretation, measures of central tendency and variability, probability distributions, sampling methods, and inferential statistics.

Pre-Calculus: This course prepares students for the study of calculus by deepening their understanding of advanced algebraic and trigonometric concepts. Topics include polynomial,

rational, exponential, and logarithmic functions, as well as trigonometric identities, equations, and applications. Students will explore vectors, parametric equations, polar coordinates, complex numbers, sequences and series, and an introduction to limits

Calculus: Students will explore the fundamental concepts of calculus, including limits, continuity, derivatives, and integrals. Students will explore differentiation and its applications in analyzing rates of change, optimization, and motion. Integration topics include finding areas under curves, volumes of solids, and solving real-world accumulation problems.

SCIENCES

Life Science 6: Students will explore the fundamentals of biology and the living world around them. Topics include cell structure and function, genetics, evolution, ecosystems, and the diversity of life. Students will investigate how organisms grow, reproduce, and interact with their environments.

Physical Science 7: This course provides an engaging introduction to the principles of physical science, including the basics of chemistry and physics. Students explore the structure of matter, chemical reactions, motion and forces, energy transformations, and the nature of waves through interactive investigations and real-world applications.

Earth & Environmental: This foundational course introduces students to the dynamic systems of Earth and the environmental processes that shape our planet. Topics include geology, astronomy, natural resources, environmental sustainability, weather and climate, the water cycle, and forces that shape the planet such as earthquakes and volcanoes. Students will also study the solar system, stars, galaxies, and space exploration. Students explore the interactions between Earth's systems and how human activity influences these systems.

Biology: This course explores the study of living organisms and life processes. Students investigate the structure and function of cells, genetics and heredity, biological evolution, ecology, and the diversity of life. Emphasis is placed on developing scientific inquiry skills through hands-on labs, real-world problem solving, and critical thinking.

Chemistry: Students will explore the composition, properties, and interactions of matter. Students will investigate atomic structure, the periodic table, chemical reactions, stoichiometry, states of matter, thermodynamics, and acids and bases.

Physics: Students will explore the fundamental principles that govern the physical world. Students will investigate motion and forces. They will explore different forms of energy, work, and power, as well as the principles of thermodynamics. The course also covers waves, sound, and light and will examine electricity and magnetism, learning about circuits, electric fields, and electromagnetism.

Anatomy & Physiology: This course offers an in-depth study of the structure and function of the human body. Students will explore the major organ systems including the muscular, skeletal,

nervous, cardiovascular, respiratory, digestive, urinary, endocrine, and reproductive systems through the lens of real-world applications and health science careers.

HISTORY AND SOCIAL STUDIES

Geography 6: Students will explore continents, countries, and major landforms while learning about climate, natural resources, and ecosystems. They will also examine how geography influences cultures, economies, and global connections. Map skills, spatial thinking, and the use of geographic tools such as globes and coordinates will be emphasized.

US History 7: Students will explore the history of the United States from its early beginnings through the Reconstruction era. Students will study Indigenous cultures, European exploration, colonization, the American Revolution, the founding of the nation, westward expansion, and the Civil War. Key themes include democracy, citizenship, economic and social change, and the impact of historical events on the present.

Ancient World History 8: Students will explore key civilizations, events, and ideas that have shaped human history from ancient times to the modern era. Students will study the development of early societies, major empires, cultural and technological advancements, global conflicts, and the impact of trade and exploration. Emphasis will be placed on themes such as governance, economics, social structures, and the connections between different regions of the world.

Modern World History: Students will explore major global events and developments from the Renaissance to the present, focusing on political, social, and economic changes that have shaped the modern world. Students will begin with the Renaissance, Reformation, and Age of Exploration, followed by the Scientific Revolution, Enlightenment, and political revolutions, including the American, French, and Latin American revolutions. The course then examines the Industrial Revolution, imperialism, and the causes and effects of World War I. Students will analyze the interwar period, the rise of totalitarianism, World War II, and the Cold War.

US History: Students will explore key events, movements, and figures that have shaped the United States from pre-colonial times to the present. Students will study Indigenous cultures, European exploration, colonial America, the American Revolution, and the formation of the U.S. government. They will examine westward expansion, the Civil War, and Reconstruction, followed by industrialization, immigration, and the Progressive Era. The course then covers the United States' role in World War I, the Great Depression, and World War II, followed by the Cold War and the Civil Rights Movement.

Civics and Government: Students will explore the U.S. government, political systems, and the rights and responsibilities of citizenship. Students will explore the foundations of American democracy, including the Constitution, Bill of Rights, and the principles of federalism, separation of powers, and checks and balances. They will examine the three branches of government, the role of political parties, the election process, and the influence of media and interest groups on public policy. The course also covers landmark Supreme Court cases and the evolution of civil rights in the United States. Students will analyze the functions of state and local governments

and compare different political and economic systems worldwide. In addition, this course is designed to provide the student with a basic understanding of the important relationships of economics to our social and political problems. The course introduces supply and demand, money and prices, and economic systems.

Economics: Students will explore the fundamental economic principles and their real-world applications. Topics include supply and demand, market structures, business and labor economics, and the role of government in the economy. Students will explore personal finance, banking, investing, and economic indicators such as inflation and unemployment. The course also examines global trade, economic systems, and the impact of fiscal and monetary policies.

Sociology: Students will explore human society, social behavior, and the structures that shape our world. Students will study key sociological concepts, including culture, socialization, social institutions, and group behavior. Topics include social stratification, race and ethnicity, gender roles, family dynamics, education, crime and deviance, and social change. The course also examines the impact of media, technology, and globalization on society.

ENGLISH LANGUAGE ARTS

English Language Arts 6: Students will build reading, writing, speaking, and critical thinking skills through the study of literature and nonfiction texts. Writing instruction focuses on introduction to narrative, informative, and argumentative writing, with an emphasis on organization, clarity, and grammar. Possible books and texts may include *Percy Jackson & The Olympians: The Lightning Thief* by Rick Riordan, *Hatchet* by Gary Paulsen, and *The Bad Beginning, A Series of Unfortunate Events* by Daniel Handler.

English Language Arts 7: This course enhances students' reading, writing, and communication skills through the study of literature. Students will analyze fiction, nonfiction, poetry, and drama, focusing on themes, character development, figurative language, and text structure. Writing instruction includes narrative, argumentative, and expository essays, emphasizing organization, evidence-based reasoning, and grammar. Possible books and texts may include *Where the Red Fern Grows* by Wilson Rawls, *Holes* by Louis Sachar, and *Hoot* by Carl Hiaasen.

English Language Arts 8: Students will analyze literature and nonfiction focusing on themes, character development, figurative language, and textual evidence. Writing instruction includes narrative, argumentative, and expository essays, with an emphasis on organization, clarity, and supporting claims with evidence. Students will also refine research skills, expand their vocabulary, and enhance their speaking and listening abilities through discussions, presentations, and collaborative projects. Possible books and texts may include *The Outsiders* by S.E. Hinton and *The Giver* by Lois Lowry.

English 9: Students read a wide survey of literature and focus on analytical and narrative writing. Students study historical context for notable works of literature. This course works to prepare students for more rigorous reading and writing assignments to ensure success at higher grade levels. Possible books and texts may include short stories by authors Margaret Atwood,

Amy Tan, Agatha Christie, Kurt Vonnegut, and Ray Bradbury and longer works of literature such as *Animal Farm* by George Orwell, *Lord of the Flies* by William Golding, *The House on Mango Street* by Sandra Cisneros, and *A Raisin in the Sun* by Lorraine Hansberry. Students learn about and begin to familiarize themselves with MLA format and research-based writing.

English 10: This course develops students' analytical reading, writing, and communication skills through the study of literature. Students will begin their study into American literature and build a foundational knowledge in analyzing themes, literary devices, and historical context. Writing instruction focuses on argumentative, analytical, and narrative essays, emphasizing organization, clarity, and strong textual evidence. Possible books and texts include *Of Mice and Men* by John Steinbeck, *The Great Gatsby* by F. Scott Fitzgerald, *To Kill a Mockingbird* by Harper Lee, and *Night* by Elie Wiesel and *The Diary of Anne Frank*. Students begin their understanding of MLA format and research-based writing.

English 11: This course is an exploration in American literature and what makes literature considered classic and timeless. This course explores the diversity of the American experience as it is reflected in its literature. Course readings give students the opportunity to think about and come to terms with several important ideas that recur throughout American literature: the American Dream, the American experience, the role of the natural world and our relationship to it, the formation of identity, the legacy and impact of history, and the importance of the individual and their connection to society. Possible books and texts may include *Into the Wild* by Jon Krakauer, *Slaughterhouse-Five* by Kurt Vonnegut, *The Crucible* by Arthur Miller, *The Catcher in the Rye* by J.D. Salinger, and *The Stranger* by Albert Camus. Additionally, students will begin their mastery of MLA format and research-based writing.

English 12: This course is a seminar-based, survey course that examines cross-cultural world literature texts from Jhumpa Lahiri's *the Namesake*, Chimamanda Ngozi Adichie's *The Thing Around Your Neck*, and Sue Monk Kidd's *The Secret Life of Bees* in order to explore diverse voices and how they respond to societal constraints. Students also are challenged to explore how humans have interacted with a changing world through Octavia Butler's *Parable of the Sower* and The Moth's *All These Wonders* and *Louder than a Bomb*. Additionally, this course explores creative writing of personal narratives and performance poetry. Students will show mastery of MLA format and research/analysis-based writing and begin an introduction to APA format.

ELECTIVES

Studio Art I and II: In this class students will learn the basics of drawing, collage, and other 2-d media. Working within the framework of the elements of art and principles of design, students will hone their skills and explore their individual creativity.

World Languages: The Bull Academy utilizes Duolingo's online classroom for all our foreign languages. Due to the restraints of online language learning, it is preferred that students complete Level I and Level II.

Trade Skills: This is a survey course in which students engage in real world activities such as personal finance, electrical work, plumbing, woodworking, community service, car maintenance,

etc. The course is intended to teach students transferable skills they will utilize in early adulthood.

Sports Psychology: This course introduces students to the fundamental concepts of sports psychology, exploring the psychological factors that influence athletic performance, mental well-being, and overall success in sports. Students will develop an understanding of how mental strategies, emotions, motivation, and stress management impact both individual and team performance. The course will also cover key areas such as goal setting, visualization techniques, leadership, and overcoming performance anxiety.

Physical Education/Health: This Physical Education course focuses on developing students' skills, knowledge, and appreciation of tennis as both a recreational and competitive sport. Students will engage in a variety of activities that promote physical fitness, coordination, teamwork, and sportsmanship while learning the fundamentals of tennis, including proper technique, strategy, and rules of play. Throughout the course, students will have opportunities to practice and improve their skills in individual and doubles play, while also participating in matches and tournaments.

Exercise Science: The Exercise Science course introduces students to the foundational principles of human movement, fitness, and physical health. Students will explore how the body responds to exercise, the importance of physical activity for overall health, and how exercise can be used to improve strength, endurance, flexibility, and cardiovascular health. The course covers topics such as anatomy, biomechanics, nutrition, injury prevention, and exercise programming, while also providing opportunities for practical application through fitness assessments and hands-on activities. Students will develop an understanding of the scientific concepts behind exercise.

Life Skills: The Life Skills course is designed to equip students with practical knowledge and essential skills that are crucial for personal success, well-being, and navigating everyday challenges. This course covers a broad range of topics that prepare students for independent living, career readiness, and responsible decision-making. Students will learn how to communicate effectively, set and achieve goals, make informed decisions, and build positive relationships. The course also emphasizes self-care, problem-solving, and adaptability, helping students to become confident, resourceful, and capable individuals.

Study Skills: This course is designed to help students with executive functioning skills including organization, planning, time management, chunking assignments, focus and concentration, and emotional regulation.

Introduction to Coaching: This course provides students with foundational knowledge and skills necessary to coach tennis effectively at the beginner and intermediate levels. Through a blend of classroom instruction and on-court practice, students will learn skill development techniques and effective coaching methods. Students will gain hands-on experience by assisting in peer coaching, running drills, and potentially working with younger students or community programs. Students can work to become a USTA certified teaching instructor.

Journalism: This course introduces students to the fundamentals of news writing, media ethics, and modern journalistic practices. Students will learn how to research, write, edit, and publish various forms of media content, including news articles, editorials, features, interviews, and photojournalism.

Business/Entrepreneurship: This course is a hands-on, project-based course that introduces students to the fundamentals of starting and running a business. Students will explore core business concepts such as marketing, finance, management, and business planning, while also developing an entrepreneurial mindset centered on creativity, problem-solving, and innovation.

Culinary Arts: This course introduces students to the art and science of cooking while building essential life and career skills. Through hands-on practice and engaging instruction, students will learn kitchen safety, basic cooking techniques, meal planning, and food presentation.