

2026-2027 Innovative Courses



January 19, 2026

Presented by Ms. Dana Grubb, Exec. Director of Curriculum and Professional Learning

List of Proposed Innovative Courses for 2026-2027

Innovative Course Title	Elective Credit	Grade Levels	Program of Study
<p><u>Kinesiology I</u></p> <p>Recommended Prerequisite: Principles of Health Science</p> <p>This course is designed to introduce students to the basic concepts of kinesiology. Students will gain an understanding of body mechanics, physiological functions of muscles and movements, the history of kinesiology, and the psychological impact of sports and athletic performance. Students will also explore careers within the kinesiology field and be able to explain the societal demand for kinesiology-related jobs. Students will develop a foundation in Kinesiology I that will prepare them for upper-level courses that will dive deeper into the anatomical and physiological functions of the body and provide opportunities for an industry-certified exam such as a Certified Personal Trainer.</p>	1	9-10	Public Services: <i>Exercise Science, Wellness and Restoration</i>
<p><u>Kinesiology II</u></p> <p>Prerequisite: Kinesiology 1</p> <p>The Kinesiology II course is designed to provide students an advanced level of knowledge, skills, and understanding of body composition and the effect on health, nutritional needs of physically active individuals, qualitative biomechanics, application of therapeutic modalities, appropriate rehabilitation services, and aerobic training intensity programs. The course is designed to allow students to advance their understanding of professional standards, employability skills, and ethical and legal standards. Throughout this course, students explore the healthcare/exercise business model and gain an understanding of therapeutic sports psychology. Students develop proper aerobic fitness programs and rehabilitation programs. Kinesiology II prepares students for an industry certification exam such as Certified Personal Trainer.</p>	1	10-11	Public Services: <i>Exercise Science, Wellness and Restoration</i>

List of Proposed Innovative Courses for 2026-2027

Innovative Course Title	Elective Credit	Grade Levels	Program of Study
<p><u>Acting for the Camera</u></p> <p>Recommended Prerequisite: Theatre Arts 2 or Theatre instructor approval</p> <p>The purpose of this course is to apply skills introduced in theatre classes to acting for the camera. Through the use of television, film, and commercial copy, students are introduced to basic on-camera technique and terminology. Students work one-on-one with the camera in exercises, television scenes, and film scenes, incorporating the skills developed in voice, movement, and acting classes into a variety of commercial situations. By the end of the course, students will be comfortable with on-camera acting techniques, as well as on-camera blocking, business, subtext, and reactions. Through technique exercises, script analysis, and scene study, students will expand their range of emotional, intellectual, physical, and vocal expressiveness and be able to successfully prepare for on-camera auditioning.</p>	1	11-12	Arts and Humanities: <i>Theatre Performance</i>
<p><u>Gifted-Talented Interdisciplinary Studies Seminar I-IV</u></p> <p>This course is based on the required Texas Performance Standards Project (TPSP) for gifted and talented (G/T) learners; it offers a non-traditional learning experience to students who have the ability to create innovative products and/or performances. Students will develop a product proposal, compile a portfolio, conduct in-depth research, be matched with a mentor from the professional community, and prepare for a public presentation of their portfolio, product, or performance at the end of the school year. An audience that includes expert(s) in the field will evaluate the product and/or performance. Students work with their mentor to create a related product with real-world application and tangible documentation. The final product will be shared with an audience outside the school setting</p>	1	9-12	Elective Only

List of Proposed Innovative Courses for 2026-2027

Innovative Course Title	Elective Credit	Grade Levels	Program of Study
<p><u>Peer Assistance and Leadership, PAL I</u></p> <p>Recommended Prerequisite: Principles of Health Science</p> <p>This course is an introductory peer mentoring elective. designed for high school students in grades 9-12. In this course, students are trained to serve as peer mentors, offering guidance and support to their classmates on campus as well as to students in feeder schools. The PAL® I course focuses on building meaningful relationships, addressing key challenges like academic struggles, bullying, violence, suicide, and substance misuse, while also cultivating fundamental leadership skills. Through training in prevention education, character building, and leadership development, PAL® I equips students with foundational skills in relationship-building, communication, decisionmaking, problem-solving, and conflict resolution. The PAL® I course teaches concepts such as structural leadership, a growth mindset, and mutual support. PAL® I students cultivate essential skills such as teamwork, adaptability, and public speaking, preparing them for success in college, careers, or military service.</p>	1	9-12	Elective Only
<p><u>Peer Assistance and Leadership, PAL II</u></p> <p>Recommended Prerequisite: Principles of Health Science</p> <p>This course is an introductory peer mentoring elective. designed for high school students in grades 9-12. In this course, students are trained to serve as peer mentors, offering guidance and support to their classmates on campus as well as to students in feeder schools. The PAL® I course focuses on building meaningful relationships, addressing key challenges like academic struggles, bullying, violence, suicide, and substance misuse, while also cultivating fundamental leadership skills. Through training in prevention education, character building, and leadership development, PAL® I equips students with foundational skills in relationship-building, communication, decisionmaking, problem-solving, and conflict resolution. The PAL® I course teaches concepts such as structural leadership, a growth mindset, and mutual support. PAL® I students cultivate essential skills such as teamwork, adaptability, and public speaking, preparing them for success in college, careers, or military service.</p>	1	10-12	Elective Only