

MONDAY / WEDNESDAY DVD SEMINAR COURSE DESCRIPTIONS – FALL 2016



COURSE	DESCRIPTION
Zen Teens Fitness	<p>OVERVIEW: Zen TEENS program teaches functional and athletic movements encompassing all ten general physical skills (cardiovascular endurance, strength, stamina, flexibility, power, speed, balance, coordination, agility, accuracy). We believe in wellness for the whole being – mind, body and spirit. A vast body of research indicates that exercise is beneficial to cognitive function, which means that consistent adherence to the Zen TEENS Fitness Program can have a positive impact on TEENS finding the inner strength and confidence necessary for academic and emotional achievement.</p> <p>METHODOLOGY: Zen TEENS Fitness program is proud to be say we follow The Brand X Method of teaching. The Brands X Method is a comprehensive, next-generation fitness framework designed to deliver physical literacy over the life course, preventing injuries, improving sports performance and keeping teens active and engaged for a lifetime.</p>
Cake Decorating	<p>** This class is not about eating cake.</p> <p>Students will learn about the art of cake decorating using icing and fondant. Students will learn various techniques of piping and frosting a cake using buttercream and chocolate. Students will design and execute multiple cakes based on themes. Students are expected to bring in at least one real cake as a final assessment of learning.</p>
Student Athlete Seminar	<p>For students who are on DV Wolves Sports teams. Students will have the ability to work on their assignments, receive extra help if needed, and participate in regular progress reports and grade checks.</p>
Board Games	<p>Forget the games on your phone or computer! Participate in "Old school" games (that also require creative thinking and problem solving) like Scattergories, chess, checkers, or Cranium.</p>
Dance Team	<p>This seminar offers a healthy, fun, energetic way to express yourself and let off some steam! It will boost your confidence, and you'll be part of a team of skilled performers. Be prepared to perform at CD and other community events! Bring water and clothes you can move in.</p>
Work Experience	<p>For 11th-12th graders only: Da Vinci Design students have the opportunity to participate in the Work Experience Program, whereby they spend a semester working after school at a local business two days a week (unpaid). This assignment teaches students the discipline and professionalism needed to seek and succeed in a first-time job, and gives students real world learning to include on their college applications and resumes. Businesses include large corporations, retail stores, hotels, small businesses, medical facilities, schools, and non-profit organizations.</p>
SAT Prep (English)	<p>SAT prep is a seminar designed to support students studying for the SAT. The seminar includes a variety of preparation activities including direct instruction, group work, and practice SAT testing. This seminar is only open to 11th graders. All students will be required to purchase an assigned SAT prep book. Any student with financial burden should contact administration with any questions.</p>
Cooking Basics	<p>Do you watch Cooking Channel or Food Network and thought, "I want to make that," only to realize you can't cook a salad. (hint: you don't cook salads) In Cooking Basics, you'll learn how to use utensils and appliances properly - and yes, make few basic dishes. There are more than 100 ways to cook an egg, how many can you do? (Require: Parent Consent and Release, \$20 donation for food items throughout the semester.)</p>

The Beautiful Game: History of Soccer	In this seminar, a survey of the history of soccer will be looked at, as well as its impacts on global society and culture. Through a series of videos, documentaries and films, the dynamic of the world's game will be studied and analyzed.
Samurai Cinema	Samurai Cinema will explore classic <i>chanbara</i> , or <i>sword-fighting</i> cinema from Japan. The word itself, <i>chanbara</i> , is an onomatopoeia for the sound of blades striking together. Set in the early 1600's to the mid-1800's, these films focus on the end of an entire way of life for the samurai; many of the films deal with the masterless ronin, or samurai dealing with the changes of their status resulting from Japan's modernization. <i>Chanbara</i> cinema is the inspiration for many modern classics like the original Star Wars and more recently, the Kill Bill films. We will watch these classic Japanese films and explore the themes, comparing and contrasting them to our own societal developments.
Flag Football	In this active seminar, we will be going over the fundamentals of football, participate in drills and exercises, run plays, compete in scrimmages, and play the first ever Da Vinci Bowl. All genders and levels of skills in the sport are invited: from no experience to having played on a team before. You can expect to be challenged, have fun, build team dynamics, and promote healthy competition. It is MANDATORY to participate, have a good attitude, and support classmates in this seminar at all times.
AP Spanish and Culture	The AP Spanish Language and Culture seminar emphasizes communication by applying the interpersonal, interpretive, and presentational modes of communication in real-life situations. This includes vocabulary usage, language control, communication strategies, and cultural awareness. The AP Spanish Language and Culture course strives not to overemphasize grammatical accuracy at the expense of communication. Students who take this seminar will be able to develop Spanish language proficiency and the ability to understand the products, practices and perspectives of the cultures where Spanish is spoken. To best facilitate the study of language and culture, the course is taught almost exclusively in Spanish.
Art Portfolio Development	In this seminar you will work on fine tuning your skills. You will have the opportunity to work on independent art projects of your choosing for your personal portfolio. You will also have the opportunity to develop a strong professional art portfolio, which you can submit to future jobs or for college interviews.
The History of Hip Hop	The History of Hip Hop will trace hip-hop from its 1970s origins in the Bronx, New York to its position worldwide, focusing on historical progression as well as examining important social issues embedded in the culture and music. The seminar offers a chronological assessment of hip-hop's progression, while examining various issues regarding race, class, violence, and gender. Students will be presented with an array of important films, audio, and readings that will enhance their understanding of the culture and its importance. Lessons will discuss the artistic merits of one of contemporary America's most popular forms of expression – hip-hop.
WoodShop - Makerspace	Students should come with desire to make, design, explore, build and maybe even take apart projects of their own choosing. Proper use and safety instruction of basic hand & power tools will be covered.
Film & Documentary	Explore social, cultural, historical, political, and economic issues of the world through thought provoking film and documentary. Each week we will explore and critique various topics of the world.
Rock Band	In "Rock Band," students ranging from absolute beginners to budding rock stars, will be provided group instruction on the various instruments comprising the modern rock band- guitar, bass, drums, vocals, and keyboards. Students will garner and understanding of basic music theory and technique, as well as participate in regular classroom and public performance showcases.

TUESDAY/THURSDAY DVD SEMINAR COURSE DESCRIPTIONS – FALL 2016



COURSE	DESCRIPTION
Tennis Basics	This seminar will provide students with the opportunity to learn the basics of the sport of tennis. Students will learn how to hit using the main strokes: forehand, backhand and volley. Students will also learn how to serve and keep score. Students will be required to wear athletic clothing and tennis shoes to play on the court.
SAT Prep (Math)	SAT prep is a seminar designed to support students studying for the SAT. The seminar includes a variety of preparation activities including direct instruction, group work, and practice SAT testing. This seminar is only open to 11th graders. All students will be required to purchase an assigned SAT prep book. Any student with financial burden should contact administration with any questions.
Work Experience	For 11th-12th graders only: Da Vinci Design students have the opportunity to participate in the Work Experience Program, whereby they spend a semester working after school at a local business two days a week (unpaid). This assignment teaches students the discipline and professionalism needed to seek and succeed in a first-time job, and gives students real world learning to include on their college applications and resumes. Businesses include large corporations, retail stores, hotels, small businesses, medical facilities, schools, and non-profit organizations.
Lyrical Legacy	This class is for those who are interested in combining both poetry and the style of hip-hop through various exercises and creative writing techniques. This class will also delve deep into the music production aspect of modern day Hip-Hop, stretching content over DJ-ing and mixing Hip-Hop songs plus various other genres on a live turntable; and the production side to beat making, sampling and much more on sophisticated programs i.e. Serato DJ, FL Studio 12, Audacity and more! Curriculum includes: Creative Writing/Poetry, Music Production Mastery, DJ Mastery, Song Structure/Creation, Music Promotion, and Performance Practice.
It's Not a Perfect World	Through literature and cinema, students will explore the connections and disconnections between today's society and fictional dystopian society. Each day, students will read and/or watch events occurring in a dystopian society then complete a quick survey expressing their observations and interests. Concluding the literary read or cinema viewing, students will participate in a group discussion of similarities and differences with our world today.
Senior Seminar	In the Senior Seminar, 12 th grade students will be able to use the seminar time for additional college applications work time, one on one meetings with counselors, and support for personal statements and college prompts. This is a seminar dedicated to students who need additional support that otherwise would be difficult to achieve outside of school campus. This seminar will be selective and only for serious 12 th grade students who need assistance.
Art-repreneur	Do you want to be a part of Da Vinci's first art convention? Then join this seminar to get the opportunity to sell your work and expose your artistic abilities to your fellow peers and community members! In this seminar, you will be able to work on your artwork, get feedback from your peers, learn about some artists in social media, create your own art business, and unleash the depths of your creative mind.
High School and Pop Culture Film	Students will be watching a variety of films centered around the high school experience. We will be exploring films from a variety of decades, and students will be expected to discuss and analyze the films we watch.

African American History Through Film	Students will critically discuss historical and current themes in American American history through the lens of film. Students will also be responsible for leading a class discussion on a short clip of their choosing.
Physical Theatre / Improv	Students will learn different types of physical theatre and forms of conveying purpose on the stage. Students will also practice improv games with the goal of improving presentations skills, quick thinking, and creative solutions. This will require movement and public speaking.
Yoga: Vinyasa for all Levels	Vinyasa yoga describes a physical, vigorous style of yoga that can be used to help build strength, increase flexibility, and calm the mind. While there are many kinds of yoga, vinyasa is perhaps the most popular style of yoga practiced in Los Angeles. All levels of yoga practice are welcome here - especially beginners. In this class you should expect to practice yoga every time we meet; come to each class with an open mind, dressed to move, and ready to get your heart rate up! Come learn from a professional yoga instructor who teaches regular studio classes. Whether you are looking for exercise, balance, flexibility, a chance to unwind or to work on your handstand, this class could be for you!
Mindfulness Meditation for Everyone	Reduce your personal stress. Get smarter. Learn more about mindfulness and meditation, and practice with others. We will explore free apps you can use after the class is over as well, as a variety of meditation techniques.
Archery	In the seminar you will learn how to participate in Archery. The fundamentals of archery and how to use and care for equipment, basic safety, techniques and fundamentals of shooting but best of all have fun.
Ceramics and Sculpture	Handbuilding is the oldest and most primitive form of working with clay. Long before the invention of the pottery wheel, these ancient techniques were employed to create the necessary tools for everyday living. With a rich history stretching back to the beginning of the civilized world, hand built ceramics are amongst the earliest artifacts found on earth. Explore all aspects of creating with clay off the wheel. You'll become very comfortable working with coils, pinch pots and slabs, then using these techniques in combination to model your work. Learn to use underglazes and color additives for decoration. Students will also use the laser cutter for some projects. *Suggested Lab Donation of \$20
Social Justice: Inquiry, Design and Action	In this seminar, students will focus on exposing and ending social inequalities by learning about the intersections of identity which may include gender, sexual orientation, socio-economic class, race, nationality, and/or disabilities. In fostering a better understanding of social inequality, students will dive into their own inquiry of how they could design and implement social change.
Basketball	This course is designed to introduce the basic fundamentals of basketball - passing, dribbling, shooting, and communication. Students also learn the rules, strategies, and proper etiquette as well as an appreciation for a lifetime activity. The scientific foundations of strength training will also be included in this course. The ability to perform the fundamentals will be demonstrated in game situations.
Music Production	"Music Production" is a seminar where students with no prior musical experience can acquire a basic musical understanding, and generate original music for commercials, soundtracks, and songs. More advanced students will have access to Apple Logic Pro X, a Digital Audio Workstation (DAW) widely used by professionals in the audio recording, television, and film industries.