

DVD SEMINAR COURSE DESCRIPTIONS FALL 2019

DAYS	Course	Description
M/W	Work Experience	Da Vinci Design offers a program in which students learn to work in local businesses in unpaid placements. The purpose of this curricular program is for students to have an opportunity for exposure to one or more work environments, to learn business etiquette, and to gain experience and skills in a professional working environment before graduating high school. The participating business organizations receive the benefit of assisting in the students' professional development.
M/W	Integrated Math 1 Support	This seminar is designed to provide consistent, additional support for Integrated Math 1 students to expand and reinforce their learning. We will work together and individually to maximize our understanding of the topics being taught in the class.
M/W	Integrated Math 2 Support	This is a space for students to get extra help for integrated math 2.
M/W	Integrated Math 3 Support	Do you need extra help with upper-level math? Do you want a space to work on your homework and get extra practice? Would you like FREE one-on-one tutoring for more difficult concepts? If so, sign up for Math Support IM3+! You will get to do all those things and more.
M/W	Crossfit Nerd	This 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 commitment to this fitness program can have a positive impact on teens finding their inner strength and confidence necessary for academic and emotional achievement. Our philosophy is live a healthy lifestyle by making fitness fun.
M/W	College Application Seminar	Seniors only- to get extra assistance and time to work on college applications, writing personal statements, FAFSA, etc.
M/W	Heavy Metal Knot-Tying	Bang your heads and tie a few knots. It is what it says. This seminar was popular when it was offered a couple years ago.
M/W	Basketball	This course will introduce students to the fundamentals of the second most played sport in the world: basketball. Students will learn basic rules and strategies, and will be able to physically implement fundamentals reviewed.
M/W	Futsal	This course will provide students the opportunity to learn the fundamentals of this increasingly global sport. Essentially, it is soccer on a hard surface with a few small changes to the playing dimensions and overall rules.
M/W	Minding Mindfulness: Yoga	Find an outlet for your stress and daily routine in this calm space. Learn beginning to advanced yoga moves, increasing your flexibility, strength, and stamina. Yoga is a mood booster as well as a wonderful avenue to connect mind, body, and soul, all while getting an amazing workout!
M/W	Couch to 5K	Developing running stamina. Students go from 'no running' to running a 5K by the end of the program.
M/W	Nutrition and Health	Introduction to health issues and importance of balanced nutrition.
M/W	El Camino College Course -History of the Chicano in the U.S. Meets from 3:00-4:25* (Cross Schools Seminar - limited spots available)	(Juniors/Seniors Only, Sophomores Only with Recommendation)This course meets transfer requirements for all Cal State and U.C. campuses, as well as most private colleges and universities. And it's free! History of the Chicano in the U.S., 3 units; 3 hours lecture, Transfer CSU, UC - This course surveys U.S. History from the Chicano perspective and covers historical periods from the initial contact between European and indigineous North American societies through colonial, early national, and contemporary American historical periods. Emphasis is placed on this group's contributions to the development of the United States. Factors that have shaped the formation of Mexican American society within the context of United States history will also be analyzed.. *Meets from 3:00-4:25* (Cross Schools Seminar - limited spots available)

M/W	AP Studio Art Prep	The AP Studio Art seminar is for students interested in a rigorous and focused study in art. This seminar of AP Studio Art focuses more on animation, graphic design, and photography portfolios, but all 2D art is welcome. (See the Tuesday/Thursday AP Art seminar for the section that is more focused on traditional drawing, painting, and mixed media) Due to the large body of work required for the AP Studio Art portfolio, this seminar will be very helpful for 9th, 10th, and 11th graders. 12th graders are welcome as well, however, you should already have a body of existing work in order to meet the AP deadlines for the spring. Students will develop a quality portfolio that demonstrates a mastery of concept, composition and execution in 2D design. This seminar is based on a student creating a body of work that demonstrates quality, concentration and breadth. This portfolio will be submitted to the College Board for college credit. Because this is a seminar students will be expected to spend a considerable amount of time outside of class in order to complete their portfolio. During seminar students will participate in critiques and revisions of their work, as well as, understanding the requirements of the AP Studio Art portfolio they are to submit.
M/W	Cake Decorating	*This class is not about eating cake* Students will learn the art of cake decorating using buttercream, royal icing, chocolate and fondant. Students will learn different techniques for making borders, flowers, writing and figure modeling. Students will also learn how to make various types of frosting and filling. Students are required to bring a real cake for a midterm, and final.
M/W	Film & Documentary	In this seminar, students watch films and documentaries that range from a variety of themes. The objective is to spur a meaningful conversation on various cultural, social, political, and economic topics.
M/W	Kitschy Kraft	Were you born in the wrong century? Do you want to make your own gifts and decor? Kitschy Kraft is for you! Learn knitting, string art, blown eggs, stencilling, wreath-making and more--it's the art of art--but without the big price tag.
M/W	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.
M/W	MakerSpace	Students have the opportunity to make or take apart virtually whatever can fit in the Fab-Lab. They have access to a wide variety of tools including a laser cutter & 3D printer.
M/W	SAT/ACT Prep	Prepares students who will be taking SAT/ACTs.
M/W	Study Hall	A quiet space to study and work on projects, classwork, homework, etc. Any students disrupting the environment or not using the space as intended will be removed.

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T/TH	Weight lifting, and MA	Students will learn proper form and movements of the main three lifting movements: squat, bench, and deadlifts. Along with lifting accessories that contribute to these movements. They will also have the opportunity to learn martial arts, as this seminar will be divided into sections where students rotate in groups. Students need to get their bodies moving and blood flowing after sitting down all day!
T/TH	A Quiet Place - Senior Math Support	No monsters, just an awesome math teacher and a quiet place to get your work done. What could be better? Targeted for senior math courses.
T/TH	Photography	In this photography seminar students will learn how to operate a digital camera in manual mode (gives operator total control) no more auto mode. You will learn how to navigate camera controls, menus, functions and identify lens types and their uses. Understanding of the Exposure Triangle, Photo Composition, Inverse square law of light. Identify the different photography genres. Learn how to use on camera and off camera flash, studio lights, natural light, combining the two together. Learn how to use various photography equipment, professional etiquette, posing and directing a photoshoot.
T/TH	Dance Team	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.
T/TH	Work Experience	Da Vinci Design offers a program in which students learn to work in local businesses in unpaid placements. The purpose of this curricular program is for students to have an opportunity for exposure to one or more work environments, to learn business etiquette, and to gain experience and skills in a professional working environment before graduating high school. The participating business organizations receive the benefit of assisting in the students' professional development.
T/TH	Swimming	Swim seminar students will learn how to swim all 4 strokes and will get stroke development. This seminar is open to students who do not know how to swim, and also students who want to condition for the swim team. We will go over the basics of a dive, flip turn and other competitive swim techniques. Students should at least be able to float in the deep end without assistance and are expected to have consistent attendance. Students will need to bring their own cap, goggles and suit.
T/TH	Cultural Expedition: Food, Geography & History.	This seminar course is a visual exploration, through the lens of world renowned travelers, of different cultures, cuisines and people around the world. We will watch films, documentaries and TV series that focus on exploring and appreciating different countries, cities or lesser-known parts of the world. In this course you should be open and willing to empathize, appreciate and have discussions about the places and journeys these travelers take us on.
T/TH	Health and Wellness	This seminar is about encouraging students in our Design community to confidently manage stress. Students will learn coping skills that they can use when feeling anxious, lessons on neuroscience, information to help debunk mental health stigma, and stress management tools.
T/TH	Board Games	Play a variety of board and card games, which will be analyzed in order for the class to create their own.
T/TH	Basketball	This course will introduce students to the fundamentals of the second most played sport in the world: basketball. Students will learn physical conditioning techniques, basic rules and strategies, and will be able to physically implement fundamentals reviewed.
T/TH	El Camino College Course -Public Speaking Meets from 3:00-4:25*	In this course, students will compose, present, and evaluate original speeches. Emphasis is placed on audience analysis, topic selection, research, evidence, organization, delivery, and critical analysis of persuasive communication. Students are required to attend out-of-class speaking events.

	(Cross Schools Seminar - limited spots available)	
T/TH	Black Student Union	EVERYONE IS WELCOME. BSU is a safe space for anyone curious about Black culture, Black history, and wants to learn to become a better advocate for the community. Expect to think critically about cultural films, analyze 2pac lyrics, learn about natural hair care, hear from guest speakers, and make friends. It's Black History Month all year here.
T/TH	Film Analysis	In this seminar, students will watch films from a variety of genres and will pick them apart to analyze directing styles, as well as, themes incorporated. No background in analyzing movies is needed, this is a seminar created by upperclassmen for upperclassmen to have fun dissecting films, but if space allows, all are welcome!
T/TH	Yearbook	Imagine looking back years from now and reminiscing about your Da Vinci experience. Be in charge of shaping everyone's Da Vinci memories by being on the Yearbook staff. You should be a strong writer, full of creativity and overflowing with Da Vinci Spirit! You must apply for this seminar; please see Mr. White in Room 4205 for details or check out one of the flyers posted around the school.
T/TH	Art Journaling	Do you like to write or make art? Do you keep a diary or journal or would you like to? Do you like to draw or doodle? If you answered yes to any of the above, then Art Journaling Seminar is for you! Art journaling is a form of self-expression that combines both visual art making and writing in one place. You will make your own one-of-a-kind art journal that includes images, text, collage, drawing, painting, printing techniques, poetry and writing. You will learn many different art techniques, page layout ideas, and writing prompts to make an art journal that uniquely expresses who you are and helps you discover more about yourself. You don't need to know how to draw, make art or keep a journal to take this seminar!
T/TH	Girl Power	Open to all students.
T/TH	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.
T/TH	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.
T/TH	EL Support Seminar	The EL seminar support is meant to provide students an opportunity to receive additional help in their humanities classes. This seminar will be an inquiry based research study that provides the following: Individualized instruction and support to English and Social Science homework Differentiated reading strategy, basic writing structure, and speaking practice.
T/TH	Speed Training	Movement preparation to develop speed for the upcoming spring track season. Sessions will include general movement, hip activation, dynamic stretch, movement integration, neural activation.