



BRIDGTON ACADEMY CLASS OF 2026

ELECTIVE COURSE OFFERINGS

Science

Advanced Human Nutrition (CAP): CAP Nutrition is a college-level nutrition course that focuses on the interrelationship between nutritional practices and human physical performance in sports and fitness. The course explores both physiological and psychological factors affecting food intake and utilization, with an emphasis on nutrition education aimed at improving the diets of individuals and groups. Particular focus is placed on the science of nutrition, including the study of nutrients and their ingestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion. Food group plans, the Dietary Guidelines, the Food Exchange System, Recommended Dietary Allowances, and other standards are reviewed to provide a foundation for informed food selection. Upon successful completion of CAP Advanced Human Nutrition, students may earn four (4) credit hours of transferable college credit from Saint Joseph's College.

Anatomy and Physiology: Anatomy and Physiology is the study of the human body. In this course, we will explore many fascinating biological processes from both structural and functional perspectives. The course is designed to examine topics including body orientation, the chemistry of life, cellular structure and function, histology, and the integumentary, skeletal, muscular, endocrine, blood, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems. Students will learn thousands of new terms and concepts essential for studying this scientific discipline. Participation in this course will provide a strong foundation for those interested in understanding more advanced aspects of human function in future studies.

Introduction to Environmental Issues: In this one-semester elective, Introduction to Environmental Issues examines the origins of and solutions to pressing current environmental issues. A comprehensive, multidisciplinary approach to environmental problem solving is stressed, and students will explore the scientific, legal, economic, and social aspects of the issues in order to better understand the complexity of these problems.

Meteorology: Meteorology is an introductory course that explores the composition, structure, and physical properties of the Earth's atmosphere. The course focuses on the basics of heat balance, atmospheric stability, precipitation processes, and understanding the importance of clouds. Cyclonic activity, weather analysis, and very basic weather forecasting techniques are also studied. Particular attention is paid to the causes, structure, and impact of tornadoes, hurricanes, thunderstorms, and other severe weather systems.

Social Science

American Civil War: The American Civil War course begins with the study of the causes of the Civil War and moves through an exploration of the War, its battles, and the social climate of America during the War. As we recognize and celebrate many momentous events that occurred during this pivotal era, this class looks to put these events into a usable current context. The course format combines lectures and discussion. Reading is expected both in the text and through access to outside sources.

Cultural Anthropology: Cultural Anthropology addresses what it means to be human by documenting human systems, institutions, and ideologies. Cultural anthropologists explore topics including social organization, economies, political and legal systems, traditions, religions, language, health, and social change. In our modern world of nationalism and climate-driven migration, understanding cultural relativism helps provide tools for conflict resolution and successful cohabitation of our planet.

Environmental History of the United States (1500 to present): This course focuses on the relationship between people and nature in North America exploring cultural differences in how humans have related to nature, as well as the conflicts that have often resulted from these differences. Topics include the environmental consequences of North America's incorporation into global markets, industrialization and urbanization, the rise of conservation and environmental movements, environmental racism, and the relationship between the rise of the United States and its outsized global environmental footprint. Throughout the course, students will have numerous opportunities to interpret environmental history through engagement with assigned materials and autonomous, project-based learning. This approach emphasizes the value of historical thinking in addressing contemporary environmental issues.

Introduction to Bioethics: The Hastings Center defines Bioethics as the “interdisciplinary study of ethical issues arising in the life sciences, health care, technology, and health and science policy.” Using real world examples of ethical dilemmas throughout history and in modern day that have informed guidelines and policy, this introductory, semester-long elective course will challenge students to think critically about, and more deeply understand, the implications of bioethics on their everyday lives, as well as how the study of Bioethics has shaped the landscape of healthcare, triage, and beyond. This course will be lecture, discussion, and research driven, and will encourage student participation.

Introduction to Psychology (CAP): This course serves as an initial overview of the field of psychology and introduces students to prevalent historical and current topics in the field. Through a combination of audiovisuals, lectures, and discussions, students will gain a better understanding of the foundations of psychology, psychological theories, and their applications in today's world. Topics may include motivation, memory, cognition, personality, and social behavior. Successful completion of this course may qualify a student for four (4) hours of transferable college credit through Saint Joseph's College.

Introduction to Sociology: This class examines the relationship between a person's private life and the social world around them, specifically that personal, everyday experiences affect and are affected by the larger society in which we live. The true value of sociology lies in this unique ability to show the two-way connection between our personal thoughts, behaviors, and experiences to the groups, organizations, and cultures to which we belong. We will examine significant past, present, and potential future events that can influence the way we live our everyday lives.

Sports Psychology*: Sports Psychology explores the various psychological factors that influence sport performance. Students examine both the scientific theory and the practical application of this knowledge to human performance. Major topics include issues in confidence, anxiety, motivation, leadership, and personality. Students learn what is relevant to their own experiences in all achievement-related contexts, not just the athletic environment.

Computer Science

Graphic Design (CAP)*: Graphic Design is a course that will introduce students to the design process as it pertains to digital imagery. Focus is placed on the creation process and the idea of storytelling through digital design. Software applications such as Adobe Photoshop and Illustrator are used to simulate real world labs and design experiences. Techniques including layering, selecting, enhancement, compositing, path and pen skills are taught, as well as the fundamentals of graphic design. Successful completion of this course may qualify a student for three (3) hours of transferable college credit through Saint Joseph's College.

Please note: Courses marked with an asterisk (*) are not NCAA-approved.