



GCA HIGH SCHOOL ART,  
HEALTH, AND PE  
COURSES





# DIGITAL PHOTOGRAPHY

In Digital Photography you will learn how to use your camera to create captivating images. You will also learn how to use editing software to edit your photos. We will do fun and exiting photo assignments like the "welcome" image above! Can't wait to see you in photography!!

# DRAWING I: FROM BEGINNER TO ADVANCED

The Shorter Oxford Dictionary defines drawing as: 'the formation of a line by drawing some tracing instrument from point to point of a surface; representation by lines; delineation as distinguished from painting...the arrangement of lines which determine form.'

---

Realistic

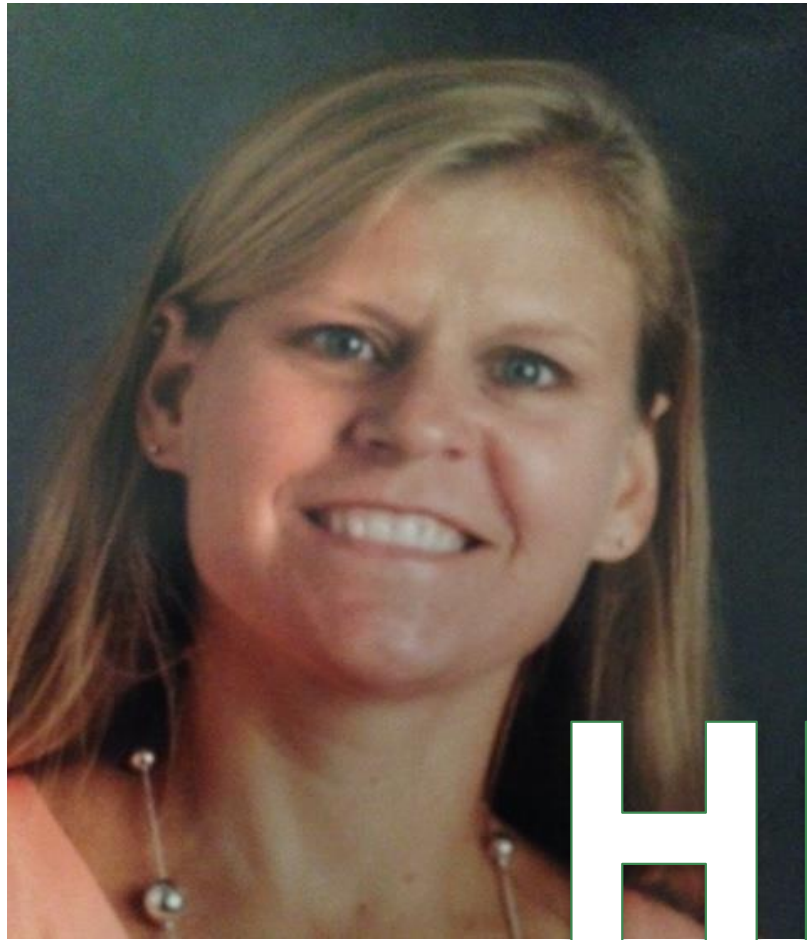


Abstract



Non-objective





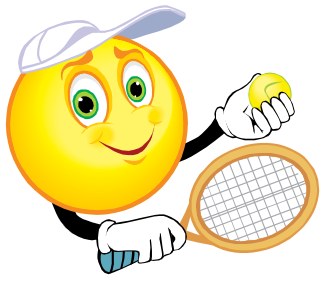
# HEALTH

June Cook- I have 5 sisters and 2 brothers. Love spending time with family and friends.

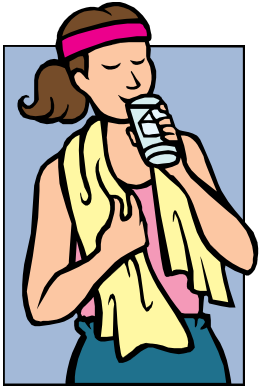
Luisa Burnette- is from Australia & had a tennis scholarship to GCSU.

Lacy McClendon-has won a State Championship in softball.

We are super excited to get this semester started! It is going to be **FaNtaBuLoUs!!!!** We are going to learn about Nutrition, Good & Bad things for the body, Physical Fitness and so much more. Please reach out if you have any questions or concerns.



# ***Physical Fitness***



**Physical Fitness:** This course combines online instructional guidance with student participation in weekly cardiovascular, aerobic, muscle-toning, and other activities. The State Mandated Fitnessgram will be taken by the students twice during the semester class.

***\*Requirement for graduation in the State of Georgia***

***\*Semester class***

***\*30 minute required exercise five days a week***

***\*Fitnessgram will be taken by students at the beginning of the semester and the end of the semester***

***\*Students will complete weekly activity quizzes***

***Unit Quizzes, Pre Test and Post Test, IA #1 & IA #2***

***\*Physical Fitness has a classroom (In GCA middle school you only log hours)***





# ***Lifetime Sports***



**Lifetime Sports:** This course combines online instructional guidance with student participation in weekly cardiovascular, aerobic, muscle-toning, and other activities.

***\*Semester class***

***\*30 minute required exercise five days a week***

***This class will count as an elective class***

***\*Students will complete weekly activity quizzes***

***Pre Test, Post Test & Unit Test***



# PHYSICAL CONDITIONING

- **Length of course: One Semester**
- **Prerequisite: Personal Fitness (OTH020A Physical Education)**
- **This course is an introduction to the various mental and physical components of fitness and body conditioning.**
- **In this class we will explore multiple ways to achieve-**
  - **Physical conditioning and cardiovascular health, with emphasis on running, gym fitness, outdoor conditioning activities, and aerobics**
  - **We will also address proper nutrition and other factors needed for total health and conditioning**

**YOUR BODY KEEPS AN  
ACCURATE JOURNAL  
REGARDLESS OF WHAT  
YOU WRITE DOWN.**

# BODY SCULPTING

This class was made for you! You learn how to tone up and get in the best shape of your life! You will feel good, look good, and achieve the goals you never thought you would achieve. We “WORK” on the total you! Class includes workout plans, nutritional advice, and gives you the confidence to learn how to design a plan that “WORKS” for YOU!







**GCA HIGH SCHOOL ART, HEALTH,  
AND PE TEACHERS** |



I love spending time with my precious family!



spending time at the beach

# Lesley Brodbeck

Fine Arts Teacher  
about 10 years of teaching  
experience and first year  
online!



just a  
few of  
my  
favorite  
things



Daisy and Rosie are buddies



Enjoying my little farm and gardening

Playing with  
the camera

Hiking

Climbing

Yoga

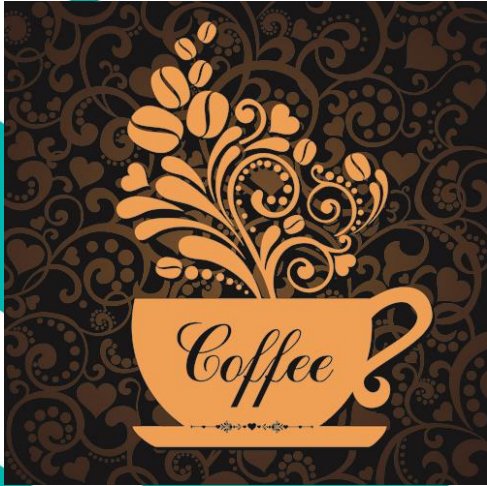
Loving our  
animals



Our lab, Koda

# Laura Smith

Enjoy Coffee with friends



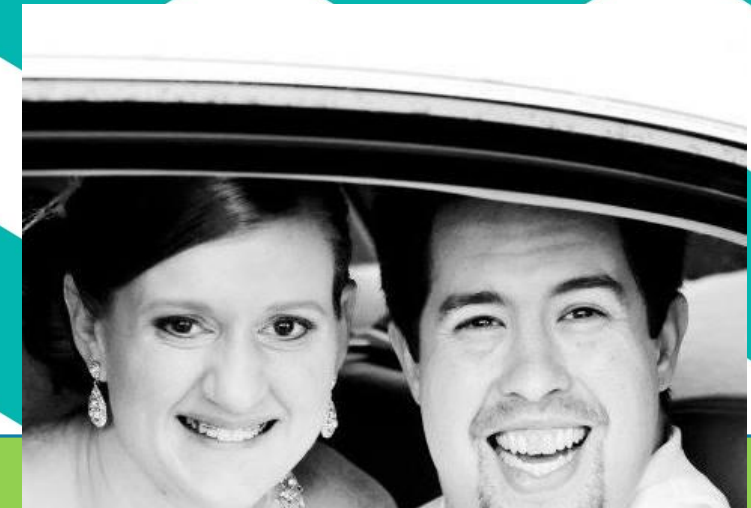
Favorite Show



Mom to Adalyn



Married 3 years to my husband Patrick



Art teacher & Artist

*THE STUDENT IS THE CANVAS, CREATIVITY IS THE MEDIUM, AND CURRICULUM IS THE TOOL!*



## T. J. KROOSS

I was born in Georgia and moved to Hawai'i in 1996. Since then I have traveled and lived in many places. I just recently returned to the United States from Tuscany Italy. There I taught art to second grade students and an intro to photography course. I received an associate degree in theater from Young Harris College. I received my Bachelors of Fine Arts and my Masters of Art Education from the University of Georgia.



### A/R/Togropher

A/R/T is a metaphor for artist-researcher-teacher. I am a practicing artist with a focus in painting, film photography, clay sculpture, and book arts to name a few. I am very reflective in all my practices and constantly researching and writing about my interests.



As a teacher I am interested in learning theories and curriculum development through learning design & technology. I believe the Art studio is a place to develop divergent thinking and sustained motivation. I write about art as an experience, an inquiry of learning, exploration, and aesthetic philosophy.



LIFE IS ART  
PAINT YOUR DREAMS



Mrs. Henderson



Yep I am a DAWG fan!!



I love my Bella! All 2lbs of her.

I also love DOTS!!!



I am June Cook! I don't consider my position here at GCA my job because I what I do. ❤️



**I love my kids!**



**Lacy McClendon**



**I have been coaching softball for 15 years**



**I love working in my garden!**



Graduated from Georgia College and State University.  
Masters Degree Health and Physical Education

# Luisa Burnette

HS Health Teacher



## A Few of My Favorite Things:

- Spending time with my family
- BEACH
- Treasure Hunting
- The Lake

I am from Australia





**Jermal McCoy M.S.E.  
Physical Education  
Teacher**

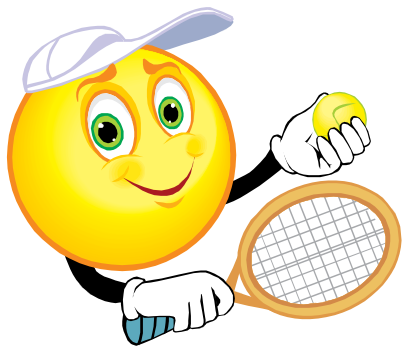
**BS – Texas State University  
M.S.ED – Jacksonville State  
University  
her at GCA  
15<sup>th</sup> Year as a Public School  
Educator**

**\*\*\*\*check photo for a fun fact about coach McCoy!\*\*\***



#2  
4





# Jean Perpich



- \*Starting 6<sup>th</sup> year at GCA
- Graduate Georgia Southern with B.S. and M.ED.  
In Physical Education & Health
- \*Live in Johns Creek
- \*Have a Wonderful Husband & Daughter
- \*loves family, travel, GCA, sports & Roll Tide!

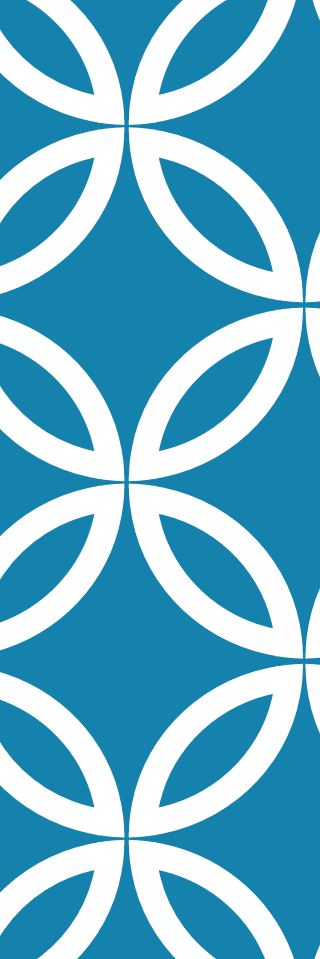


# HI I'M HEATHER KOMINSKI!



- I graduated from Purdue University in August '00 with a degree in Health Promotion/Supervision.
- I also obtained my Health & Safety Teaching License from Purdue right after graduation. A few years later, I attended Indiana Wesleyan to add Physical Education to my teaching certificate.
- I have over 11 years of teaching experience mainly at the secondary level.
- I am married to my husband, Kam, for 15 years. We have a daughter, Katelyn, who is 14 years old and a son, Kaleb, who is 13 years old.
- I moved from Lafayette, In to McDonough, Ga in May of 2008.
- I love to attend exercise classes at Gold's Gym, go walking, biking, and hanging out with my family!





Photography  
UniversityOfSouthFlorida

Louisiana

Tennis  
Travel

JohnsCreek

Swim-Crafts

MercerUniversity

BrenauUniversity

CNN

Mrs.Siegel

