



QUEST
ENRICHMENT
CENTER

EMPHASIS IN ATHLETICS

Appropriate for:

Students who desire to pursue a career as a athlete,
exercise coach, athletic trainer, or a physical therapist.

UPDATED

EDITION



A vertical image on the left side of the page shows a hand holding a small, light-colored object. The background is dark with many small, white, particle-like specks falling or floating around, creating a sense of motion and depth.

EMPHASIS & HONORS OVERVIEW

Graduating with an Emphasis Cord shows a dedication to a specific subject matter; receiving an Honors Medallion shows application and experience of the gained knowledge. Both can open doors to opportunities with employers and universities! Customizable options are available upon request.

APPLICATION PROCESS:

1. Plan high school classes with criteria of desired cord.
2. Document completed coursework on Quest's online application form, ([click here](#)), then save progress to be updated year after year. Planning and documentation can begin anytime during high school, but students are encouraged to begin in their freshman year.
3. Once a student has documented and included all necessary information, the form is to be submitted by the announced deadline to be reviewed.

GENERAL CRITERIA:

- Students must maintain a 3.5 GPA in classes qualifying for the particular emphasis cord.
- Students must maintain a 3.5 GPA overall in *all* high school classes for the honors medallion.
- The student must display honorable character and a clean disciplinary record.

Application does not guarantee that the student will receive the cord, but students are likely to be eligible for multiple cords and may apply for up to three. This number does not include any Social Cords they may receive for Honor Society, Student Council, or the Community Connection Chord.

ATHLETIC CORD REQUIREMENTS

1 COURSE REQUIREMENT

- Completion of one class in leadership and coaching.
- Completion of both classes listed in science below.
- Completion of four consecutive years of the same competitive sports in the same sport.

LEADERSHIP

- Public Speaking
- Customer Service Training

COACHING

- Psychology
- Goal Setting & Workplace Efficiency

SCIENCE

- Honors Medical Biology
- College Bound Physics

SPORTS PARTICIPATION

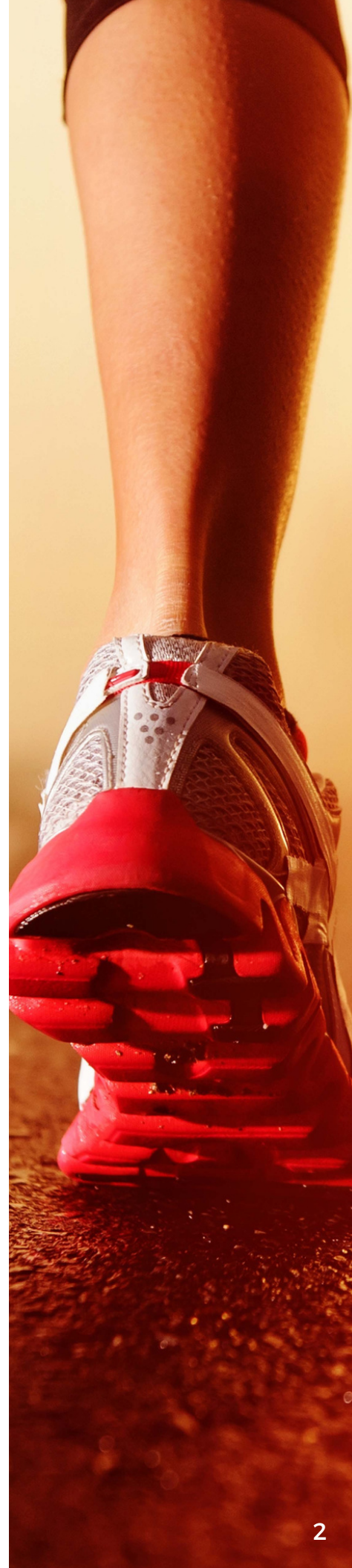
- Gymnastics
- Acrobatics
- Tennis Team
- Martial Arts
- Swim Team
- Soccer
- Football
- Softball
- Volleyball
- Archery
- Track

2 CREDIBILITY REQUIREMENT

- Provide a transcript & Schoology grade report (instructions to download this are on the form).
- If coursework has been done outside of Quest, provide proof for class completion/grades (report card, scores email, teacher's signature).

3 ONE ADDITIONAL REQUIREMENT (CHOOSE 1)

- Serve as an assistant coach or helper under a senior coach for one year in any sport.
- **OR** Shadow a coach at the beginning and the end of a season. Write an essay regarding the pros and cons of their coaching techniques and the affect on the team's behavior and skills.
- **OR** Interview two persons in an athletic-based profession. Compile a paper discussing the job's pros and cons. (What problems have they faced? Career longevity?).



HONORS MEDALLION REQUIREMENTS

Honors Medallions are earned through practical application and experience. **Customizable options are available for students who need accommodations.**

ELIGIBILITY

- Students must be pursuing the athletic emphasis cord and must maintain a 3.5 GPA average in high school.
- Unlike the emphasis cord, a medallion requires prior approval of the student's plan for this honor. Approval must be received prior to starting any apprenticeship, internship, practicum, or senior project.
- Students must complete the approved plan before graduation.

APPLICATION PROCESS

1. Choose a minimum of 2 medallion options below and enter them in the online form ([click here](#)) to be approved.
2. After receiving approval, document your progress on the emphasis cord application form.

MEDALLION OPTIONS (MINIMUM OF 2)

- Serving as a team captain or coach of a team for 1+ season.
- Completion of a semester long apprenticeship with a sports medicine clinic or sports related organization. Letter of recommendation from mentor required upon completion.
- Successful completion of at least 30 hours of one-on-one sports coaching for a younger child.
- Participation in Playoffs, State Competitions, or other higher-level competition for a minimum of one year during high school term.
- An apprenticeship that provides practical experience in a professional athletic or educational setting.
- Case study in sports related topic with creative solution for implementation.
- Organization and execution of fitness or athletic style community event as an outreach project for the surrounding community.

The options listed are not all inclusive. If you wish to apply yourself in other ways, include those when you submit your proposed plan.

Frequently Asked Questions

Q WHERE AND WHEN DO I BEGIN?

A Begin preparation *before* your freshman year or as early as possible. Your first step is to make an Aspire appointment, then to read all instructions on [the online form](#).

Q I HAVE BEGUN LATE IN THE GAME. HOW SHOULD I PROCEED?

A Set up an [Aspire appointment](#) to see what cords you qualify for or should work towards. Then, begin documenting all your current high school progress on [the online form](#) and receive feedback by submitting for review.

Q WHERE CAN I FIND COURSES TO SATISFY THE REQUIREMENTS?

A Quest athletic teams and courses are the best way to fulfill this academic journey! If more concentrated study is desired, students can receive one-on-one coaching or private lessons. Other programs may also apply, such as: [JTED](#), [Pima College](#), [Coursera](#), [edX](#), [Modern States](#), [KHAN Academy](#).

Q HOW DO I DOCUMENT WORK COMPLETED OUTSIDE QUEST?

A Since outside programs offer courses that could qualify towards emphasis cords or medallions, students can ask for approval for outside classes by describing and submitting their past or current progress for review on [the online form](#). Credibility of scores must be provided in some way; this may be a report card, proof of completion email, or signature from teacher or advisor.

Frequently Asked Questions

Q HOW DO THESE ACALADES APPLY TO MY FUTURE?

A Emphasis Cords and Medallions are helpful in applying for scholarships and getting into honors collages and groups. They also help you to excel in particular fields.

Q I NEED THESE HONORS BEFORE I APPLY TO COLLEGE AS A JUNIOR!

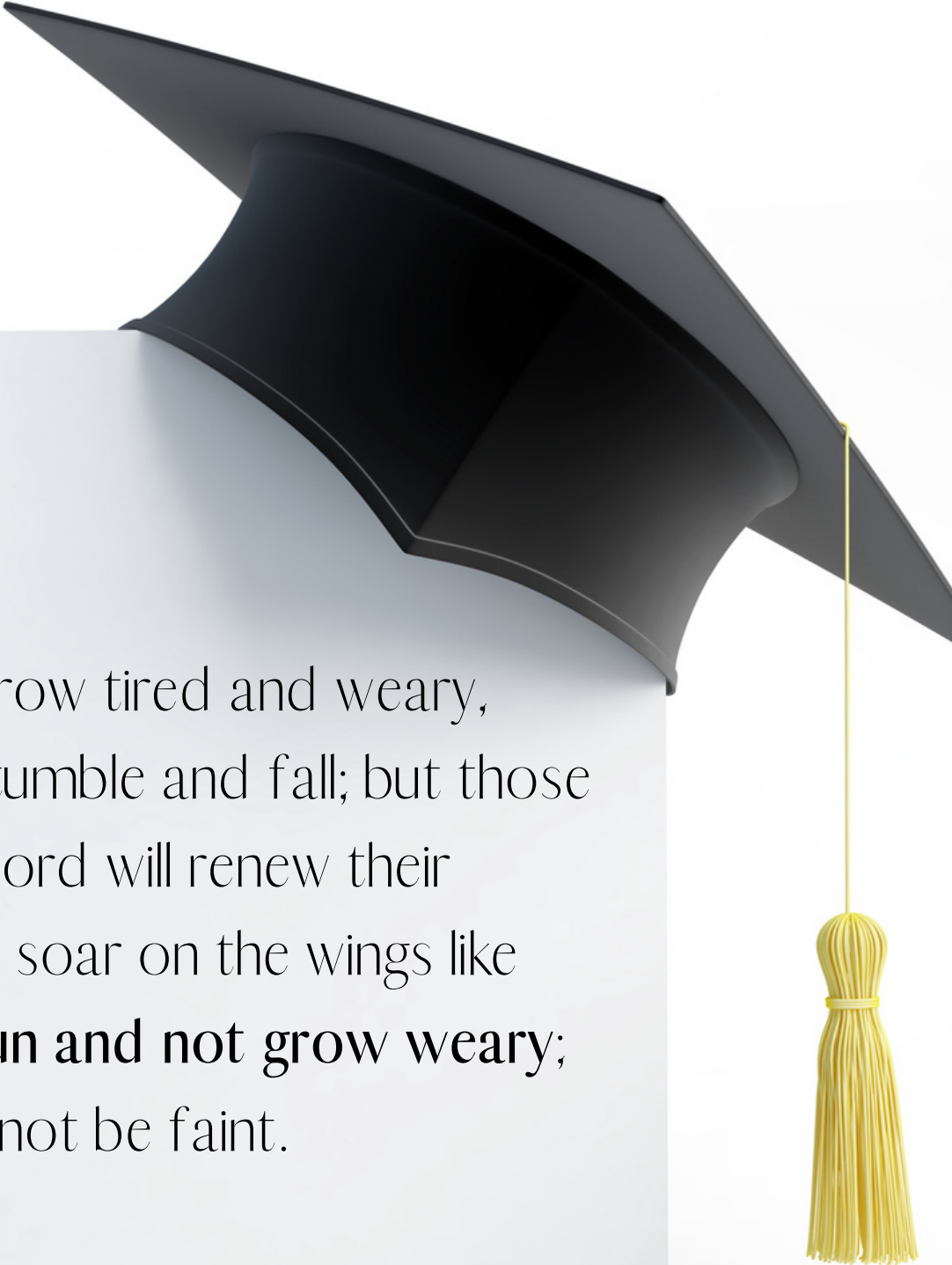
A If you are applying to collages in your junior year and want these honors on your transcript before graduation, please work with our Student & Parent Life Coordinator. Coursework can be completed and reviewed anytime during your high school year.

Q WHO CAN I TALK TO ABOUT CUSTOMIZABLE OPTIONS?

A Set up an advising meeting with our Student & Parent Life Coordinator. She will walk you through options we offer all our students and the best path to your individual success.

Q WHAT ARE HONORS CONTRACTS AND HOW DO I GET AND USE ONE?

A Individual Honors Contracts are available to all students to elevate any of Quest's high school courses to an honors class. Emphasis Cords require two honors (or dual credit) courses to be completed. Honors Contracts allow students to meet these requirements if a class is not already listed as AP/honors.



Even the youths grow tired and weary,
and young men stumble and fall; but those
who hope in the Lord will renew their
strength. They will soar on the wings like
eagles; **they will run and not grow weary;**
they will walk and not be faint.

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Isaiah 40:29-31