

NPA



Northland Preparatory Academy

Middle School Course Catalog 2019-2020

Northland Preparatory Academy is a public charter school. The charter for our school is specifically designed to serve students in a highly academic setting. Several of our courses are Honors benefiting students who strive for the challenge of a quality college preparatory education.

Academics

As a charter school, the NPA faculty, staff, and governing board must adhere closely to the stated goals of the charter, which calls for a highly academic college prep school. The school welcomes all applicants regardless of race, gender, ethnicity, or economic status. No admission test is administered for prospective students; however, students are expected to take at least five core courses a year, including English, a second language, math, science, and history or social studies. Fine arts are an essential part of a well-rounded college prep program and many NPA students take art and/or music courses beyond the one-credit high school requirement.

Middle School

The middle school curriculum calls for maintaining exciting and dynamic classes that challenge students to perform at high levels of academic standards. The curriculum, which exceeds the Arizona Academic Standards, is designed to allow students to develop at their own rate both academically and socially. Classes emphasize active, project-based learning, helping students understand connections between disciplines. The curriculum is designed to be challenging for all students.

Ouestions?

If you have any questions about the curriculum offered at NPA, or if you would like more information on our AP or Honors classes, please contact a school counselor at 928-214-8776 or visit our web site at www.northlandprep.org

Sample Schedules for Middle School:

The 6th grade curriculum consists of the following courses:

- Language Arts 6 Reading
- Language Arts 6 Writing
- Math 6 or Pre-Algebra 6
- Science 6
- · Social Studies 6
- Specials Rotation (consisting of art, music, and physical education) or Band
- Study Skills 6

Typically, a 7th grade student will take the following seven-course schedule:

- English: Basic English Composition 7
- Latin I
- Math: by placement Pre-Algebra or Algebra I
- Science: Science 7
- Social Studies: Humanities 7 (formerly World Geography)
- Sixth course: General Elective (P.E., art, music, dance)
- Seventh course: Integrated Learning Strategies 7

The schedule for a typical 8th grade student would be the following seven-courses:

- English: English Composition 8 or English Composition 8 Honors
- Math: Algebra or Geometry
- Science: Physical Science 8
- Social Studies: US History 8 Pre-AP
- Fifth course: General Elective (P.E., art, music, theater, dance, guitar, Spanish Basics)
- Sixth course: General Elective
- Seventh course: Integrated Learning Strategies 8

Middle School Courses

listed by department

English

EN006

English Language Arts 6/Reading

This course is designed to develop the necessary skills to be confident, successful readers. Students will learn strategies to strengthen their ability to comprehend and analyze a variety of texts, and learn how to apply this in their writing. In addition, students will focus on increasing fluency and phonemic awareness, but most importantly, a love of reading.

English Language Arts 6/Writing

This course is designed to build the foundation students will need to be successful writers at NPA. Modeled after Writer's Workshop, students will participate in writing every day, engaging in a variety of writing as they learn to respond to both fictional and informational texts. Students will explore persuasive, argumentative, literary analysis, informative, and narrative writing. Emphasis is placed on the revision process as students work to improve their academic writing skills.

EN001

Basic English Composition 7

The emphasis in Basic English Composition is academic writing, the types of writing frequently required in middle, high school and college classes. The goal of this class is for students to become comfortable with communicating through writing and to understand themselves as writers. Toward this end, students will explore different strategies for approaching any given writing task and ultimately develop a writing process that is their own combination of writing strategies. Students will learn to read a variety of texts closely and use examples and quotes from them as support for the topics of their writing. Texts will vary in genre and include novels (both contemporary and classic), plays, and poetry, as well as, nonfiction works in books, magazines, and newspapers. There will also be vocabulary and presentation components to this course.

EN011

English Composition 8

This course concentrates on developing students' skills as a reader, writer and critical thinker. It is based on the reading and writing workshop model, with the class functioning as a community of readers and writers. We will spend time discussing class readings, investigating them as a communal experience, and participating in a reader-to-reader dialogue. The class will also participate in weekly writing workshops in which we will write in a variety of forms, and for a variety of audiences and purposes, using class texts as a model. For example, if we are studying short stories in class, students may be working on writing their own short story in writing workshop. During the duration of this course students will read both teacher and student selected books. Additional units may focus on alternative genres like poetry or short stories. Grammar and vocabulary will be related directly to the reading and writing that we do in class throughout the year.

EN021

English Composition 8 Honors

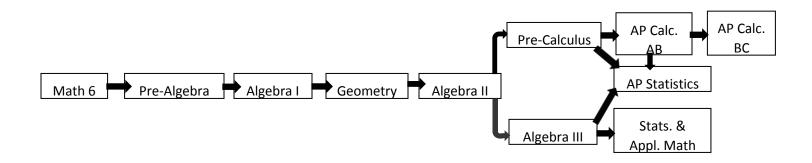
This course is more accelerated than the regular course, providing a study of literature that is greater in depth and scope. This course concentrates on developing students' skills as a reader, writer and critical thinker. It is based on the reading and writing workshop model, with the class functioning as a community of readers and writers. We will spend time discussing class readings, investigating them as a communal experience, and participating in a reader-to-reader dialogue. The class will also participate in weekly writing workshops in which we will write in a variety of forms, and for a variety of audiences and purposes, using class texts as a model. For example, if we are studying short stories in class, students may be working on writing their own short story in writing workshop. During the duration of this course students will read both teacher and student selected books. Additional units may focus on alternative genres like poetry or short stories. Grammar and vocabulary will be related directly to the reading and writing that we do in class throughout the year. Course material will be selected on the basis of a tolerance driven theme. As a class we will spend the year studying literature with this overarching message in order to better educate ourselves about the world outside our community, and in the hopes to inspire young people to get involved in making a difference in the world. *Prerequisite: By teacher recommendation*

Mathematics

High School Graduation Requirements: 4 credits of math during Grades 9-12, including one course for which Algebra II is a prerequisite. Algebra I and Geometry credits earned in middle school may be included on high school transcripts, but students will still be required to earn four credits during high school.

Sequence of Mathematics Courses

The mathematics program at Northland Preparatory Academy (NPA) follows an orderly progression through a series of courses that each build upon all of the previous courses from the sequence. Incoming sixth graders are assessed and placed in either Math 6 or Pre-Algebra, depending on their math capabilities at that time. New students who enter NPA after sixth grade are assessed and placed at the appropriate level in the math course sequence. Students then progress through the sequence, as diagrammed below. After completing Algebra II, students are placed into either Algebra III or PreCalculus, depending on their math performance to that point.



Upper-Level Courses

While the diagram above illustrates many of the possible movements through the course sequence past Algebra II, it should be noted that the movements depicted are not exhaustive. There is the potential for some flexibility in moving between these courses, and each student's progression is handled on an individual basis. Advanced Placement (AP) Calculus AB will continue to be a required prerequisite for AP Calculus BC. For AP Statistics, students have the potential to transition into this course from a number of different courses the previous year (Statistics and Applied Math is *not* a prerequisite for AP Statistics). More detailed descriptions of all mathematics courses follow.

Advancement in Math Courses at NPA

The nature of the study of mathematics is such that an appropriate level of mastery of each stage is *necessary* before a student can move on to the next course. Students must demonstrate this level of mastery on a consistent basis throughout each school year. All students in Math 6 will move to Pre-Algebra the following year, and will be provided additional support when necessary. For the next four courses in the sequence, advancement standards vary somewhat by grade level. Because students who are at the youngest grade level for these courses (6th graders in Pre-Algebra, 7th graders in Algebra I, 8th graders in Geometry, 9th graders in Algebra II) are considered to be in an advanced course, the standards for advancement are higher for these students. These standards are outlined in the table below. *To read the table, find the current math course and overall grade average for a given student (note: this grade average needs to be maintained for the entire school year for advancement consideration), then read the entry that applies to the grade level of that student. The bolded categories are described below.* It should also be noted that these advancement procedures may be modified for those students with individualized educational plans (IEPs).

	A (90%) or better	B (80%) or better	C (70%) or better	D (69%) or lower
Pre-Algebra	All Grade Levels: Next Course	6 th Grade: Possibly Eligible Other Grade Levels: Next Course	6 th Grade: Same Course Other Grade Levels: Possibly Eligible	All Grade Levels: Same Course
Algebra I	All Grade Levels: Next Course	7 th Grade: Possibly Eligible Other Grade Levels: Next Course	7 th Grade: Same Course Other Grade Levels: Possibly Eligible	All Grade Levels: Same Course
Geometry	All Grade Levels: Next Course	8 th Grade: Possibly Eligible Other Grade Levels: Next Course	8 th Grade: Same Course Other Grade Levels: Possibly Eligible	All Grade Levels: Same Course
Algebra II	All Grade Levels: Next Course	9th Grade: Possibly Eligible Other Grade Levels: Next Course	9th Grade: Same Course Other Grade Levels: Possibly Eligible	All Grade Levels: Same Course

Next Course: The student will automatically be placed in the next course in the sequence.

Possibly Eligible: The student may or may not be placed in the next course in the sequence. The teachers in the math department will analyze such cases individually, and make a decision about possible course changes based on all relevant factors (for example, in some cases, it is recommended that a student complete some sort of summer work in order to advance in the course sequence).

Same Course: The student will spend an additional school year at that same level in order to improve his or her level of mastery.

Advancement through the math course sequence beyond Algebra II is handled on a more individualized basis. However, the general procedure is that a student is required to have an 'A' average (90% or better) in Algebra II to be eligible for Pre-Calculus.

It is the position of the NPA math department that no student can ever fail any of these courses, but instead that different students simply take differing amounts of time to develop appropriate levels of mastery of mathematical content. The overall goal of this advancement procedure is to ensure that all students at NPA experience success and competence throughout their study of mathematics.

Math Courses

MA006

Math 6

Students will prepare for pre-algebra and beyond by developing problem solving skills, increasing vocabulary database including use of language and symbols, and improving conceptual understanding. Students are introduced to graphing concepts, basic probability and statistics, and two- and three-dimensional geometric concepts. The focus, however, is on each student solidifying his or her understanding of basic concepts and problem solving.

MA010

Advanced Math Concepts

Students will further their understanding of the concepts covered in Math 6. Students will develop a deeper understanding of how to analyze and solve problems. They will also be introduced to problems that are written in a more complex form. This course is designed for students who need additional time and practice to master basic concepts before moving into Pre-Algebra.

MA011

Pre-Algebra

This course provides final preparation for formally studying algebra. Students are exposed to a broad range of topics including number concepts, computations, estimation, algebraic functions, solving equations and inequalities, data analysis, probability, geometric concepts, analyzing proportional relationships, and graphing concepts useful in everyday life. Throughout the course, each student solidifies his or her understanding of basic concepts and problem solving. Emphasis will be placed on developing an understanding of the relationship between these areas and how they interact and apply to real-world situations.

MA321

Algebra I

This is a standard high school level algebra course that covers the following topics: operational symbols and their properties; integers and rational numbers and their properties; equation solving; inequalities and their solutions; factoring; linear equations and graphing; quadratic equations – solving and graphing. Algebra I is the foundation for all higher level math courses.

MA401

Geometry

The geometry course provides a general overview of geometric principles with a review of algebraic concepts and factoring. Topics for geometry include, but are not limited to: constructions, transformations, triangle relationships, parallel line relationships, circle relationships, areas, and volumes.

Social Studies

SS006

Social Studies 6

In sixth grade Social Studies, students examine the progression of man from Paleolithic time period to Renaissance Europe. Other civilizations through ancient history students will be studying are Mesopotamia, Egypt, India, China, Greece, Rome, and Europe. While studying these ancient civilizations the students gain greater insight into government, religion, social division, geography and economics of each time period.

SS002

Humanities 7

Humanities is a 7_{th} grade year-long course that focuses on the development of knowledgeable global citizens through inquiry, discovery, discussion, and reflection. This course will focus on basic skills that are essential to young critical minds including thoughtful inquiry and analysis, geographic and cultural understanding, reasoning and critical literacy, and cooperative learning through individual and group explorations. We will utilize a diverse selection of resources including historical texts and narratives, current events and political discourses, as well as various fiction and non-fiction works to supplement our studies. Throughout this course, students will be encouraged and supported as they become active learners, global thinkers, and contemplative problem solvers.

SS011

US History 8

8th Grade US History is split into three sections. The first section covers Colonial English settlements in America through the American Revolutionary War and the formation of the Constitution. The second section explores the history and government structure of Arizona. The third and final section begins with the causes of the Great Depression and culminates with the study of current conditions in the US. By the end of the year students will have a full understanding of the causes and effects of American historical events. Students examine all perspectives of varying groups of people and events. They learn to view history as not a set story, but events that are interpreted differently by different groups. They also learn the workings of the United States government. By the end of the year they know the powers of the

different branches, the rights of all people, and that democracy is a process we continually reinterpret and work to improve. All students in Pre-AP US History 8 will gain practice in the skills necessary for success in the high school AP history courses.

Science

SC006

Science 6

In sixth grade Science, students are engaged in hands-on inquiry based labs that focus on a wide range of science topics. Some of the areas of focus for the year are energy, scientific method, cells, organ systems, plants, water cycle, atmosphere, and science as a human endeavor. There is an emphasis on maintaining a science lab notebook, while supporting a safe lab environment during investigations.

SC001

General Science 7

This course is designed to introduce concepts in life, Earth and space sciences setting a foundation for higher grades as well as foster an appreciation and respect for the world around us. The classes are steeped in hands-on inquiry-based activities. First semester consists of studies in populations of organisms in an ecosystem and the structure of the Earth. Second semester students explore Earth's processes and systems and understand the relationship of the Earth and other objects in the solar system. Throughout the year students will continue to improve their understanding and skills related to scientific inquiry, scientific methods and the analysis of data.

SC011

Physical Science 8

The 8th grade Physical Science course focuses on the basic understanding of the nature and structure of matter and the characteristic of energy in order to introduce the basics of chemistry, physics and genetics. Students study how science is conducted and communicated. Students gain the bulk of their knowledge through student centered, inquiry-based labs and projects, ranging from short mini-labs to more in-depth, multi-day investigations. Major areas of study include the organization and use of the periodic table; physical and chemical changes; Atomic Theory and nuclear reactions; temperature and heat; electricity and magnetism; and work, force, and motion. The course aligns with both the Arizona State Standards and the National Science Education Standards.

Foreign Language

FL001

Latin I (Required: 7th grade)

Latin I introduces students to the myth, literature and culture of the ancient Greeks and Romans. The text, *Ecce Romani*, emphasizes the learning of Latin vocabulary and grammar, skills that increase the students' understanding of the English language and prepares them for the study of modern languages. The adventures and stories of the fictional Cornelii family give the students a feel for Roman culture and daily life in A.D. 80.

FL031

Spanish Basics (Optional Elective: 8th Grade Only)

Spanish Basics provides the fundamentals of pronunciation, basic vocabulary, and grammar of the Spanish language. The class is designed to give students the foundations that satisfy basic social situations. Students are also introduced to different cultures and traditions of the Spanish speaking world. Spanish I begins in high school and has a dual enrollment option. The idea of this course is to better prepare students for the rigor required in a high school course. *Prerequisite: None*

Study Hall/Integrated Learning Strategies

EL006

Study Skills 6

 6_{th} Grade Study Skills is a daily time for sixth graders which offers supportive instruction to teach skills necessary for success across all of their coursework including time management, goal-setting, research skills, note-taking skills, and decision making skills. The structure allows some students to meet periodically with their subject area teachers for additional instruction and/or remediation, as well as time for reading, writing, and math interventions geared toward AzMERIT preparation.

EL001

Integrated Learning Strategies 7

Integrated Learning Strategies 7 is a non-credit course exclusively for seventh graders which offers supportive instruction to teach skills necessary for success across all of their coursework including time management, goal-setting, team building and peer-related work skills, research skills, note-taking skills, and decision-making skills. This course is especially designed for seventh graders.

EL000

Integrated Learning Strategies 8

Integrated Learning Strategies is a non-credit course which course offers supportive instruction to teach skills necessary for success across all of their coursework including time management, goal-setting, research skills, note-taking skills, and decision-making skills.

SE101 (SE001 in Middle School)

Transitional Study Skills

This course is taken by many of the students who have an Individual Education Plan (IEP). Students are given the opportunity to develop their study skills and complete assignments under the supervision of and with assistance from a special educator. Credit is awarded on a pass/fail basis to high school students. *Prerequisite: Placement is made by the Director of Special Education*

Electives

Art

FA007

6th Grade Art

This full year course will introduce students to a wide variety of art materials and processes. Both design inspired projects and fine art-inspired projects are investigated. Students are encouraged to explore their creativity through a series of individual and group projects. Projects include: Printmaking, Pop Art Ceramic Portraits, Optical Illusion Drawings and Radial Name Drawings.

FA011

Middle School Art I (7th-8th Grade)

This full year course will introduce students to a media based program, laying the basic foundation for both art appreciation and art production skills. Studio production will include: sketching/drawing (using various graphite, charcoal, colored pencils, oil and chalk pastels), painting (watercolor and acrylics) pen and ink, printmaking, graphic design, and 3-D design (sculpture and ceramics). Each unit of study will include lessons which incorporate the elements and principles of art and design, technique demonstrations, art history, and art criticism. Personal interest and exploration are encouraged! Students are required to keep a portfolio and a folder of class handouts.

Students must maintain a "B" average, both fall and spring semester, in order to continue to the advanced level courses.

FA012

Middle School Art II (7th-8th Grade)

This full year advanced course will further develop foundation skills learned in Art I by continuing a sequential study of drawing and painting. Artwork and studio projects will include: realistic, abstract, and non-objective styles while incorporating multimedia, three dimensional approaches, and compositional development and/or balance placement/layout into their work. Students will continue to cover techniques for various media and continue to explore art concepts and history through studio projects. Art history and appreciation will be linked to each unit. Students are required to keep a sketchbook, portfolio, and folder of class handouts. Project assignments will be given in class. There is a greater emphasis placed on personal interest projects at this level. If students are unable to finish the assignments in class, the work needs to be completed at home. *Prerequisite: Art I and teacher permission*.

FA007

Middle School Digital Photography

Students learn photographic principles and techniques that are common to both digital and traditional photography, as well as techniques that apply only to digital photography. Students will become proficient in the use of basic digital camera and photo editing software such as Adobe Photoshop. The course explores technical features that are common on digital cameras, and artistic considerations, such as photo composition. *Cont'd to next page....*

Middle School Digital Photography Course Description cont'd:

Students investigate exposure control and studio lighting as they investigate the elements and principles of design in a variety of photography approaches such as sports photography and portraiture. Photo editing techniques including special effect filtering, collaged digital, collated scanned images and a variety of other beginning to intermediate photo editing techniques are explored. Students will use an image editor to altering images for both image improvement and artistic considerations. NOTE: Enrollment is limited. Eighth grade students have priority. Students must consult with instructor and provide their own digital camera before requesting registration.

Music

Strings

FA004

6th Grade Beginning Strings

This full year course will introduce students to techniques for playing a (bowed) string instrument. Beginning Strings is for students who would like to learn how to play violin, viola, cello, or string bass in a classroom setting. The purpose of Beginning Strings is to provide its members with the training and development necessary for future membership in Concert or Symphonic Strings. Members of this group will lay the groundwork for music mastery on one of these four instruments. Middle and High school students may take Beginning Strings as a refresher course before moving up to a more advanced group. Private lessons are optional for students in this ensemble. Class performances are mandatory. Regular practice is required. Auditions are not necessary for this group, but the strings director reserves the right to limit the size or participation on some instruments. Students are generally responsible for providing their own instrument. *Guitarists may enroll in Beginning Guitar starting in 8th grade.*

FA022

Intermediate Strings (Grades 7-10)

This is a course for students who already play an orchestral string instrument (bowed strings) and want to develop orchestral skills. The format includes time and instruction in sectionals and time for ensemble as a whole to rehearse. Members of this group will be offered the opportunity to compete in regional/state competitions. This group will perform regularly throughout the year. Students are responsible for providing their instrument. May be repeated for credit.

Placement by audition. Students who do not play a bowed stringed instrument but want to learn, or students who play harp, may be admitted into the class by permission of the instructor.

FA023

Strings Orchestra (Grades 8-12)

This class is intended for advanced students who play an orchestral string instrument and want to polish their orchestra skills. Students will explore a variety of musical styles. Class time includes rehearsal as a large group, instruction in advancing techniques, and sectional work. Regular practice is required. This group will perform regularly throughout the year. Students will be offered the opportunity to compete in regional/state competitions and may travel for competitions and/or festivals. Bring instruments the first day of class unless otherwise notified. *Placement by audition. Students progress into Orchestra from Intermediate Strings or Symphonic Band.*

Band

FA005

6th Grade Beginning Band

is a full year course that will introduce students to techniques for playing a band instrument. This class is for students who want to learn how to play flute, clarinet, alto sax, tenor sax, trumpet, trombone, bassoon, oboe, or tuba. The purpose of Beginning Band is to provide its members with the training and development necessary for future membership in Symphonic Band or Orchestra. Members of this group will lay the groundwork for music mastery on one of the listed instruments. Middle and High school students may take Beginning band as a refresher course before moving up to a more advanced group.

FA029

Symphonic Band (Grades 7-10)

Symphonic Band is open to any grade level student with less than 1.5 years of playing experience. Symphonic Band will teach students how to play a musical instrument or learn a new instrument. Students will be challenged to complete state and national proficiencies in order to pass to Honor Band. Students will be involved in music composition, theory, explorations, and rhythm training through World Music Drumming (Djembe) techniques. Students will compete in regional/state competitions and solo and ensemble festivals. Class performances are mandatory. Regular practice is required.

FA094

Beginning Jazz Band (Grades 7-8)

Beginning Jazz is open to grade level student with 1.5 to 2.5+ years of playing experience. The bar is higher for Jazz Band which is a concert format. Students in beginning jazz will be playing graded music level 2.5 or higher. Students will be involved in music composition, theory, jazz explorations, and pep band for varsity basketball events. Students will be challenged to complete state and national proficiencies. *Prerequisite(s): 1.5 to 2.5 years playing a concert band instrument. By director recommendation or audition only.*

Choir

FA041

6th Grade Beginning Choir

Students will learn basic music theory, sight singing using Solfege (Do, Re, Mi...). Students will also learn unison and two-part songs and rounds. There will be a concert at the end of each semester.

FA041

GLEE (Grades 7-8)

Middle school performance group. Students will learn and perform songs – 2 and 3 part, learn additional music theory and sight singing using Solfege (Do Re, Mi...). There will be a concert at the end of each semester as well as community performances, middle school honor choir opportunities, and a possible festival in the spring. *Prerequisite: None*

<u>Drama</u>

FA402

Theater (Grades 8-12)

Students will learn acting techniques, improve, and stage tech - including set building, costuming, lighting and sound. Students will learn and practice scenes, as well as monologues. During the spring semester students will learn songs from musicals and practice musical audition pieces. There will be at least one performance each semester: students will perform a play in the Fall and in the spring students will perform a musical.

Guitar

FA035

Beginning Guitar (8th-12th Grade)

Beginning guitar is for students who have never played guitar before or who have had limited experience. We will learn a variety of guitar techniques and styles, all of which include chord accompaniment and note reading. We focus primarily on classical technique and encourage both pick and finger-style playing. Nylon string guitars are recommended, but steel string acoustic guitars are also acceptable. Electric guitars are not used in this class. Class performances are mandatory. Regular practice is required. *Prerequisite(s): None; Open to Students in Grades 8-12*

Dance

FA031

Beginning Jazz Dance (7th Grade only)

Jazz Dance will focus on jazz technique and building a strong dancer. Class will consist of learning jazz warm-ups, progressions, turns, kicks and leap steps. You will learn dances throughout the year and be part of performances each semester.

FA032

Advanced Jazz Dance (8th Grade only)

A continuation of dance for students who are at an advanced skill level beyond the first year course. *Prerequisite(s): Jazz Dance I and/or permission of the instructor.*

Physical Education

Middle School: In either 7th or 8th grade, students will take PE001 or Beginning Jazz Dance to meet the middle school Physical Education requirement. Students entering Grade 8 who already took PE001 or Beginning Jazz Dance may take PE003 or Advanced Jazz Dance if they choose, but not required)

PE006

6th Grade Physical Education

This class presents a wide array of topics related to physical fitness and living a healthy lifestyle while at the same time integrating instruction and practice in basics of various team sports. Students will learn how to assess their own fitness levels, and based on this assessment, they will be able to design their own personal fitness program focusing on a healthy lifestyle both physically and mentally. Students are expected to perform at their own level of physical fitness as well as make significant gains in their level of fitness throughout the course.

PE001

Physical Education (7th-8th Grade)

This course includes two complementary components. The classroom health component addresses Arizona State Standards for health education, including fitness, nutrition, disease prevention, personal health behaviors, and many others in an effort to promote a healthy lifestyle both physically and mentally. The physical application component will include exercise as well as instruction and practice in basics of various team sports. Students will be expected to participate actively in both components of the course and follow guidelines regarding appropriate clothing for physical activity, safety issues, and proper use of gym equipment and space.

Prerequisite: None

PE003

Sports/Physical Education (8th-9th Grade)

Intended for students in Grades 8 and 9, this class offers a higher level of competition and skill development than PE001. Previous athletic experience or participation in team sports is preferred.