



Complementary Course Guide 2023-2024

**School Opening
August, 2023**

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**Please complete your
course selections in
PowerSchool by**

March 24

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Advanced Placement Course Progressions at NCHS

Grade 9	Grade 10		Grade 11		Grade 12		AP Exam Completed
	Semester 1	Semester 2	Semester 1	Semester 2	Semester 1	Semester 2	
Science	Science 10		Biology 20H	Bio 30AP/ Bio 35 AP			AP Biology
			Chemistry 20H (semester 1 or 2)		Chem 30H	Chem 35AP (3 credits)	AP Chemistry
					Physics 20H	Physics 30AP/ Physics 35 AP	AP Physics 1
Math	Math 10-C		Math 20-1H		Math 30-1H	Math 31AP	AP Calculus
English Language Arts	ELA 10-1		ELA 20-1H		ELA 30-1AP		AP English Literature & Composition
Social Studies	SS 10-1		SS 20-1H		SS 30-1AP European History		AP European History
French Language	FSL 10 3Y		FSL 20 3Y		FSL 30 3YAP		AP French Language and Culture
	FSL 10 9Y (Prerequisites: French 7/8/9)		FSL 20 9Y		FSL 30 9YAP		
Art and Design	Art and Design 10H		Art and Design 20H		Art & Design 30AP	Submit portfolio (instead of exam)	One of: AP Studio Art... - 2D Art & Design - 3D Art & Design - Drawing
Computer Science	Computer Science Introductory		Computer Science Intermediate		Computer Science Advanced		AP Computer Science A

- Notes:**
- Classes that are highlighted are AP cohorts.
 - AP exams are always in early May.
 - There is an AP exam fee which must be paid for by the student.
 - All courses above are worth 5 credits each, unless otherwise indicated.

Advanced Placement Courses

These courses give students the opportunity to engage in one or more areas of study of their choice and in greater depth. Students will be in classes with keen peers where inquiry learning, elevated discussions, and an increased depth of understanding are common.

Course marks will only reflect the outcomes mastered of the Alberta Education Programs of Study. This means that students will not have a lower mark because they chose to engage in a more advanced course. Instead, students will gain experience with university level content and textbook with the guidance of a high school teacher.

Students will be tested on the AP content during an AP exam or they need to submit a portfolio (see table above). Depending on their level of achievement and their post-secondary place of study, students will be able to receive credit for a university or college level class.

Students are responsible for paying the Advanced Placement Exam or Portfolio Assessment fee as these courses are optional enrichment and not required for a High School Diploma.

Advanced Placement courses are offered by the College Board. This website is useful for some further information. Make sure to scroll down for information regarding how to pick AP courses and why you may wish to take AP courses and short descriptions of AP courses.

<https://apstudents.collegeboard.org/>

Advanced Placement Biology

Prerequisite: Science 10, >80% and teacher recommendation

The Biology Advanced Placement student will spend one whole year in Biology AP in a cohort of students. During that time, they will cover Biology 20, Biology 30, and Biology AP. Mostly, students take this class in Grade 11, even though they may take Biology AP in grade 12 as well. This keen group of students will experience an enriched biology-centred program.

Lab work will make up approximately 25% of this course. Field trips, a university textbook and speakers will round out the course. At the end of semester 2, students will write the regular Biology 30 Diploma Exam in June. Students who score a 4 or 5 out of 5 on their AP exam in May will be able to receive university credit for this course. The specific regulations vary from university to university and the appropriate registration guide needs to be consulted.



Advanced Placement Chemistry

Science 10, Chemistry 20H, Math 20-1 >80% and teacher recommendation

Students begin their Chemistry AP journey with an honours Chemistry 20 class in grade 11. This sequence of courses is a sheltered and accelerated experience where like-minded students enjoy challenging themselves in an enriched learning environment. Students will cover the Chemistry 20 and 30 curricula as well as some advanced placement topics. Advanced placement topics include Solubility Equilibrium, Free Energy and Entropy as well as enriched topics in Acid and Base Chemistry and Electrochemistry. A diploma exam from Alberta Education will be written during the January Exam session. The partial semester Chemistry 35 course begins in January and ends in May after the AP exam. This enables these students to focus on their remaining diploma exams.

These courses supplement the Alberta Chemistry 20/30 curriculum with topics from a first-year university level inorganic chemistry course. Students will build upon their knowledge of topics from Chemistry 20 and 30 for a deeper understanding of chemical processes and the structure of matter. Should they receive a score of 4 or 5, out of 5 they will be eligible to receive university credit at most universities in Canada and the USA. Students with heavy pre-existing extracurricular or academic loads are not recommended to take Chemistry AP.

Advanced Placement Physics

Prerequisite: Science 10, Math 20-1 >80% and teacher recommendation

Students will take Physics 20H and 30 AP in Grade 12. Strong understandings in Science and Mathematics are required to be successful in Advanced Placement Physics. Physics 30 AP is an intensive course that includes an in-depth study of the regular Physics 30 topics: Momentum, Forces & Fields, EMR & Light and Quantum/Atomic & Nuclear Physics.

Students will complete the AP Physics 1 Exam in early May and then the Physics 30 Diploma Exam in June.

Advanced Placement Math

Prerequisite: Math 10-C

This course sequence (Math 10-C, 20-1, 30-1) is designed to provide students with the mathematical understandings and critical-thinking skills identified for entry into post-secondary programs that require the study of calculus (for example: Engineering, Mathematics, Science and Business). In addition, in both Honours and AP courses, we will cover all of the outcomes of the regular course. We will also enrich many of the specific outcomes with a focus on the level of excellence. In addition, we will add other mathematical topics meant to enhance learning and provide students with an appropriate and enjoyable mathematical challenge. The course sequence will conclude with Math 31AP which will cover the calculus topics of Alberta Education and those of the Advanced Placement component.

Students will write their Math 30-1 Diploma Exam in January and the Advanced Placement Exam in early May of their grade 12 year.



Advanced Placement English 20-1H/30-1AP

Prerequisite: ELA 10-1, >80% and teacher recommendation

meaning but also because it is personally gratifying. They should recognize and enjoy structure, style, archetypes and themes, as well as such smaller-scale elements such as the use of figurative language, imagery, symbolism, syntax, and tone. Students will experience, interpret and evaluate poetry, short fiction, novel, drama and non-fiction essays. This includes literature from British, Canadian, American, and international writers, as well as works written from the 16th century to contemporary times.

By the time students complete ELA 30-1 AP (which includes both English 30-1 and English Literature and Composition 35), students will be prepared to write the AP exam in early May that includes both multiple choice and three critical, analytical, written responses, and the Alberta Education Diploma Exam in June.



Advanced Placement Social Studies 20-1H/30-1AP

Prerequisite: Social Studies 10-1 >80% and teacher recommendation

This series of Advanced Placement courses allows students the opportunity to explore the history of Europe in greater depth. Students will examine the cultural, diplomatic, economic, intellectual, political and social history of Europe from 1450 to the present. There will also be a focus on how this history relates to today's world. Topics include the Renaissance, the French Revolution, the Enlightenment, the World Wars, and many more. Skills including historical interpretation, research and document analysis will be incorporated. Students will improve their critical thinking skills and broaden their perspective on the world.

Students will demonstrate their knowledge with both multiple choice and written response questions on the AP exam in early May. Students will also complete the Alberta Education Diploma Exam in June.



Advanced Placement French Language

Prerequisite: FSL 20, >80% and teacher recommendation

AP French Language and Culture is equivalent to an intermediate level college course in French. Students cultivate their understanding of French language and culture by applying interpersonal, interpretive, and presentational modes of communication in real-life situations as they explore concepts related to family and community, personal and public identity, beauty and aesthetics, science and technology, contemporary life, and global challenges. This course is taught almost exclusively in French. Students who wish to take this course must have completed and excelled at French 20.



Students will write their Advanced Placement exam in early May. The exam consists of multiple choice and free response questions.



Advanced Placement Art and Design 10/20/30AP

Prerequisite: Art 9

These courses are designed to be enjoyable and challenging to students with an interest in art. Emphasis is placed on developing and expanding artistic skills, pushing the boundaries of your creativity and increasing your understanding of the elements of art and the principles of visual design. AP Art and Design requires a high level of skill, a keen interest in the development of artwork, and dedication to the program. A desire to learn and an enthusiastic attitude are expected. The goal of the program is to create a portfolio for submission to the College Board in your Grade 12 year. The College Board will then assess your portfolio. Depending on your results you can earn credits towards your post-secondary degree.

Advanced Placement Computer Science

Prerequisite: none

Students who take Computer Science introductory, intermediate, and advanced will cover, with the Alberta Curriculum, the needed outcomes to be able to successfully write the AP Computer Science A exam. This option will be offered to all students in Computer Science Advanced. These students will also have access to the College Board webpages regarding computer science to assist in their exam preparation. The AP exam will take place in early May.

Global Studies & Second Languages

Aboriginal Studies 10

Credits: 5 **Prerequisite: None**

The course is based on perspectives and world views of Aboriginal peoples. It includes the study of traditions and history of Aboriginal peoples in Canada, and particularly in Alberta. Student learning outcomes provide opportunities to examine such topics as governmental structures, literature, the arts and the sciences. The four themes in Aboriginal Studies 10 are:

- Origin and Settlement Patterns
- Aboriginal World Views
- Political and Economic Organization Aboriginal Symbolism and Expression.

Aboriginal Studies 20

Credits: 5 **Prerequisite: Aboriginal Studies 10**

The course focuses on indigenous people from a Canadian and Alberta perspective. It includes the study of policies, legislation, conflict and cultural change. The four themes in Aboriginal Studies 20 are:

- The Métis: Conflict and Cultural Change
- Treaties and Cultural Change
- Legislation, Policies and Cultural Change
- Schooling and Cultural Change.



FRENCH 3-Year and FRENCH 9-Year Programs

The French 3-year program is designed for students wishing to take French with minimal or no previous background in the language. The 9-year program is designed for students who have had prior French instruction either through Immersion or 3 -6 years of FSL instruction. Students whose first language is French should arrange an interview with the French teacher to discuss best placement in either the 20 or 30 level course or to discuss a challenge.

French as a Second Language 10-9Y

Credits: 5

Prerequisite: 2-3 years of French (prior enrollment in French immersion or FSL course), French 9

Students will build on previous French skills to develop proficiency in speaking, writing, reading and listening in French. Topics covered in this course include Activities, Shopping, Vacations, Fine Arts, and other areas of interest. Students will engage in various language activities, based on the context, the communicative task, and the different information and communication technologies available. Additionally, students will have the opportunity to learn about the French culture through various in class activities.



French as a Second Language 20-9Y

Credits: 5

Prerequisite: French 10-9Y or placement based on interview with current FSL teacher

Students will build on previous French skills to develop proficiency in speaking, writing, reading and listening in French. Topics in this course include Senses and Feelings, Close Friends, Fads and Fashion, Consumerism and other areas of interest. Students will engage in various language activities, based on the context, the communicative task, and the different information and communication technologies available. Additionally, students will continue to have the opportunity to learn about the French culture through various in-class activities.



French as a Second Language 10-3Y

Credits: 5

Prerequisite: None

This is a beginner course for students who have no French background. Native speakers of French or students previously enrolled in Immersion or French as a Second Languages should arrange an interview with the French teacher to discuss best placement in either the 3Y or 9Y level course or to discuss a course challenge.

In this introductory course, students will learn basic vocabulary and expressions. Using this knowledge, they will be able to participate in conversations and to write fundamental paragraphs. Some areas of study include personal interests, family and friends, sports, food and travel. Most conversation will be in the present, immediate future and immediate past tenses. Additionally, students will also learn about French culture through various classroom activities.



French as a Second Language 20-3Y

Credits: 5 **Prerequisite: French 10-3Y**

This intermediate course will build on the basic vocabulary and grammar acquired in French as a Second Language 10. Students will participate in more complex conversations and written communication. Some areas of study include personal interests, family and friends, sports, food and travel. Conversations will progress from present and immediate past and immediate future tenses to the past tense. Additionally, students will continue learning about the French culture through various classroom activities.

Spanish

This is a beginner course for students who have no Spanish background. Native speakers of Spanish should arrange an interview with the Spanish teacher to discuss best placement in either the 20 or 30 level course or to discuss a course challenge.

Spanish Language and Culture 10-3Y

Credits: 5 **Prerequisite: None**

In this introductory course, students will learn basic vocabulary and expressions. Using this knowledge, they will be able to participate in conversations and to write fundamental paragraphs. Some areas of study include personal interests, family and friends, sports, food and travel. Most conversation will be in the present and future tenses. Additionally, students will also learn about the Spanish culture through various classroom activities.

Spanish Language and Culture 20-3Y

Credits: 5 **Prerequisite: Spanish 10-3Y**

This intermediate course will build on the basic vocabulary and grammar acquired in Spanish 10. Students will participate in more complex conversations and written communication. Some areas of study will include shopping, health, food, daily routines, travel and sports. Conversations will progress from present and future tense use to the past tense. Additionally, students will continue learning about the Spanish culture through various classroom activities.

Career and Technology Studies

Business Studies 10

Credits: 5 **Prerequisite: None**

This course focuses on the management, marketing, and use of electronic technologies to access, use and manipulate information within personal, family, workplace, community, and global contexts. This course challenges students to expand their confidence, experience, and skills as innovators and leaders.

Business Studies 20

Credits: 5 **Prerequisite: Business Studies 10**

Students in Business Studies 20 expand their knowledge of management, marketing, and use of electronic technologies to access, use and manipulate information within personal, family, workplace, community, and global contexts. This course challenges students to design business plans and to consider revenue, cost, and competition in a competitive marketplace.



Computing Science 10

Credits: 5

Prerequisite: None

The computer science pathway provides students with the opportunity to develop a comprehensive set of in-demand 21st century competencies. This course introduces students to computer programming. Students will use mathematical concepts to plan and write simple computer programs. Algorithms will be introduced as a tool for creatively solving analytical puzzles and technical problems.

Computing Science 20

Credits: 5

Prerequisite: Computer Science 10

This is an intermediate programming course where students extend their knowledge of computer programming. Students learn the basic structure and syntax of Java, constructing algorithms to solve more complex problems. Using an integrated development environment students learn to write procedural programs using variables, arrays and control statements. They are introduced to object-orientated principles and how they are applied to Java programs

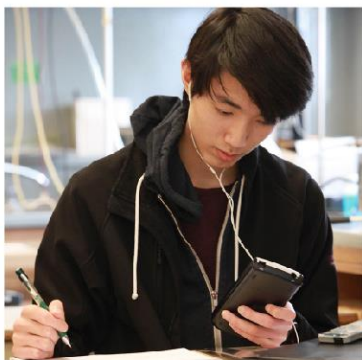


Cabinet Making/Woodworking 10

Credits: 5

Prerequisite: None

This course focuses on the foundational safety and skills needed to operate common machinery and tools safely. Students develop basic hand tools and production skills to transform common building materials safely into useful products. Throughout the course students will develop basic shop drawing and estimating skills and apply them to build a product.



Cabinet Making/Woodworking 20

Credits: 5

Prerequisite: Construction 10

Students in Construction 20 will expand on their basic skills and safety knowledge to learn about wood joining, forming and finishing techniques. Students will design and create projects that involve doors, drawers and closures that allow for more diverse applications of their projects.

Culinary Arts 10

Credits: 5

Prerequisite: None

This exploratory course gives students the opportunity to work in a commercial kitchen working with qualified staff including a Red Seal chef/teacher. The course will introduce students to commercial food preparation and the food industry. Students will learn to prepare recipes using safe and sanitary food handling practices, how to use hand tools and equipment, and learn efficient work habits. While learning the basics of operating in a large kitchen, students will prepare a variety of foods for the school cafe and will serve food to customers.



Culinary Arts 20

Credits: 5 **Prerequisite: Culinary Arts 10**

Students in the intermediate level culinary arts program will continue to work in the commercial kitchen under the direction of a chef/teacher to expand their culinary skills and knowledge. Students will begin to design menus based on seasonal ingredients and explore the cost of the meals they are preparing. Students will employ more complex cooking techniques and expand their knowledge of nutritional composition of the food they prepare.

Design Thinking for Innovation 10

Credits: 5 **Prerequisite: None**

The Design Thinking for Innovation (DTFI) course provides an opportunity for students to engage in personally relevant, design, innovation and invention projects that require a significant investment to conceptualize, design, prototype, iterate, and refine. Students learn to develop a disposition of innovation and the technical skills necessary to bring project designs to life using current and emerging technologies such as electronics, robotics, micro controllers, 3D-printers, laser cutters, and more.

Design Thinking for Innovation 20

Credits: 5 **Prerequisite: Design Thinking for Innovation 10**

The Design Thinking for Innovation (DTFI) intermediate course provides an opportunity for students to extend their learning from the introductory course and engage in longer term, increasingly complex, personally relevant, design, innovation and invention projects that require a significant investment to conceptualize, design, prototype, iterate, and refine. Students learn to develop a disposition of innovation and the technical skills necessary to bring project designs to life using current and emerging technologies such as electronics, robotics, micro controllers, 3D-printers, laser cutters, and more.

Film and Media Art 15

Credits: 5 **Prerequisite: None**

This course is an exploration into film genre, technique, theory, history and world cinema. From studying cinema, students will move towards the process of creating their own films and building a film portfolio.

Film and Media Art 25

Credits: 5 **Prerequisite: Film and Media Art 15**

At the intermediate level students will explore film media techniques, history, and theory. Students will create their own films through a variety of media techniques and begin to use special effects to enhance their productions.

Graphic Design and Photography 10

Credits: 5 **Prerequisite: None**

This course will bring together the visual and creative disciplines of Photography and Graphic Design. In the photography portion of the course, you will learn to see the world as a photographer. You will learn how to use SLR cameras and digital editing software to capture exciting images of people and places both in our studio and outside. The graphic design portion of the course will build on the skills of photography to learn the Adobe creative suite to create posters, publications and other print and digital designs. Throughout the course, you will complete a series of projects that will help you practice the skills you are learning and develop your technical and creative skills.

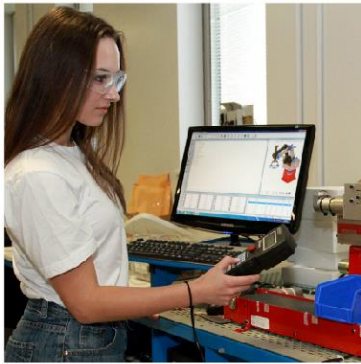


Graphic Design and Photography 20

Credits: 5

Prerequisite: Graphic Design and Photography 10

This course continues to bring together the visual and creative disciplines of Photography and Graphic Design. In the photography portion of the course, you will learn to see the world as a photographer. You will learn how to use SLR cameras and digital editing software to capture exciting images of people and places both in our studio and outside. The graphic design portion of the course will build on the skills of photography to learn the Adobe creative suite to create posters, publications and other print and digital designs. Throughout the course, you will complete a series of projects that will help you practice the skills you are learning and develop your technical and creative skills.



Leadership 10

Credits: 5

Prerequisite: None

Leadership 10 is an introductory course to learn the ways to become successful leaders - within our school setting and community. Students will explore and discover who they are as leaders and the importance of their voice. Fundamental leadership skills such as communication, problem solving, and initiative will be explored through a variety of interactive and hands-on activities. Students will work together; and through collaboration and reflection, will plan and lead various in-class activities, as well as small and large whole school events. Students will be required to complete a reflective journal to highlight their volunteering experiences and their impact on our community.



Leadership 20

Credits: 5

Prerequisite: Leadership 10

Leadership 20 is designed to continue the development and refinement of your leadership skills. Through various hands-on and interactive activities, we will take a closer look at the difference between leadership and management. In addition, students will reflect on the effective characteristics of an effective leader and will create SMART goals for the semester. Students will work together to plan, lead, reflect and evaluate various in-class activities, as well as small and large whole school events. Students will work together; and through collaboration and reflection, will plan and lead various in-class activities, as well as small and large whole school events.



Legal Studies 10

Credits: 5

Prerequisite: None

Legal studies is designed to enable students to gain a better understanding of the Canadian legal system. An emphasis is placed on aspects of law that have a particular relevance to young citizens. Topics investigated include business law, family law, employment law, criminal law and environmental law. Historic and current legal events are also explored.



Legal Studies 20

Credits: 5 **Prerequisite: Legal Studies 10**

Students in Legal Studies 20 will gain a deeper understanding of the Canadian legal system. Topics investigated include business law, family law, employment law, criminal law and environmental law. Students will begin to explore, identify and describe the issues and legal considerations that may arise when individuals travel domestically and internationally.

Mechanics 10

Credits: 5 **Prerequisite: None**

Mechanics 10 is not only for those who wish to pursue a career in the automotive industry. Through hands-on experiences, students will have the opportunity to increase their knowledge and skills related to the design and maintenance of vehicles. Students will learn about engines, brakes, suspension, tires and other concepts such as preventative maintenance and tools and materials.

Mechanics 20

Credits: 5 **Prerequisite: Mechanics 10**

Students in Mechanics 20 build on the foundational knowledge and skills of Mechanics 10 to increase knowledge with regard to vehicle maintenance, service and care. These credits form a basis for Advanced Mechanics.

Natural Resources 10

Credits: 5 **Prerequisite: None**

Natural Resources 10 will introduce students to urban agriculture to support biodiversity and human activities. Students will work in a state-of-the-art biological sciences lab to explore how humans interact with the natural environment and begin to explore the innovation required to solve modern issues in environmental and natural resources issues.

Natural Resources 20

Credits: 5 **Prerequisite: Natural Resources 10**

At the intermediate level students will advance their understanding of the complex relationships between the natural world and modern society. Students will work in a state-of-the-art biological sciences lab to explore how humans interact with the natural environment and begin to explore the innovation required to solve modern issues in environmental and natural resources issues. Students will work in the lab, in the rooftop garden, and in neighbouring natural spaces.

Outdoor Pursuits 10

Credits: 5 **Prerequisite: None**

Students in Environmental and Outdoor Education will explore modules in both environmental stewardship as well as outdoor adventure skills and knowledge. Students will develop the skills to cook and camp outdoors and how to minimize their impact on the natural spaces they explore. Students will have several opportunities to take field trips to urban and rural areas.



Outdoor Pursuits 20

Credits: 5

Prerequisite: Outdoor Pursuits 10

Students in Outdoor Pursuits 20 will expand their skills and knowledge of living and recreation in nature. Students at the intermediate level will explore different means of transportation outdoors and advance their skills in outdoor survival. Students will take several trips to practice and enhance their skills, including an overnight camping adventure.

Psychology 20 (General and Personal Psychology)

Credits: 6

Prerequisite: None

This course consists of two 3-credit modules; Personal Psychology and General Psychology. The aim of this course is to provide students with a general background in psychology including the history of psychology and the principles of learning and thinking. Students will learn about stress and aggression, the influence of small groups, the status of roles, and some insights regarding neurosis and psychosis. General psychology includes some discussion of emotion and behaviour. This course concludes with a section about self-improvement and self-growth.



Psychology/Sociology 30 (Sociology and Experimental Psychology)

Credits: 6

Prerequisite: Psychology 20

This course consists of two 3-credit modules; Experimental Psychology and Applied Sociology. Experimental psychology provides an overview of the scientific experimentation process in the field of psychology. Modules examine scientific research methods, data display and interpretation, research ethics, and the design and completion of a psychological research experiment. Sociology is the study of social behavior and human groups. The goal of the course is to help students understand how they are part of society, to understand society's influence on their lives and to visualize their roles in societal change. Content includes scientific methods of study, social institutions, elements of culture and subculture.



Well-Being

Physical Education 20

Credits: 5 **Prerequisite: Physical Education 10**

The aim of Physical Education 20 is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. The program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life. Through activities in the school and community, you will explore what you are capable of and improve your physical abilities. You will enjoy better fitness and well-being. You will develop a sense of fair play and exercise their leadership abilities. You will understand the importance of safe, active living for life; and you will set goals and challenge yourself as part of an active, healthy lifestyle.

Sports Medicine 10

Credits: 5 **Prerequisite: None**

Introductory Sports Medicine students will be educated in the recognition of and immediate care and prevention of basic athletic injuries. They will heavily study anatomy of the human body to build the foundation for all aspects of training and treatment. Athletic taping will be a significant component and students will learn how to tape for arches, ankles, wrists, fingers and thumbs. Students will explore Health & Wellness principles including terminology and overall aspects of an individual's health.

Sports Medicine 20

Credits: 5 **Prerequisite: Sports Medicine 10**

Students continue their study of Injury Management, Injury Assessment & Treatment, and Pain & Pain Management. Students will be Level C CPR & AED Certified. Sports Med 20 students begin to apply their skills by attending sporting events and supporting sports teams throughout the year.

Sports Performance 10

Credits: 5 **Prerequisite: None**

This course will focus on the development of an individual's fitness and fitness knowledge in relation to becoming a better athlete. Students will learn and implement knowledge pertaining to nutrition, sports psychology and training techniques to improve their personal fitness for all sports and/or athletic activities. This is a physically demanding course and students will be doing vigorous physical training on a consistent basis.

Sports Performance 20

Credits: 5 **Prerequisite: Sports Performance 10**

This course is a continuation of the introductory course. Previously learned training techniques and knowledge are used as a foundation for the next level of athletic development. Speed, Agility and Quickness are subjects that get explored further. Nutrition concepts are reinforced, and athletes get deeper into the psychology of sport. This course is an outstanding opportunity to immediately take theory learned and put it to practical use. This level of the course is also a physically demanding option and students should commit to improving their fitness and working to their full potential.



Yoga 15

Credits: 5

Prerequisite: None

Yoga will safely introduce students to the basic yoga (asanas) postures, breathing techniques, relaxation methods as well as basic anatomy and physiology. In this class, students will learn techniques to help manage stress and anxiety in their daily lives. This class will also help build strength, improve flexibility and help students gain an overall sense of balance through mind and body unification. Along with the physical benefits of a daily yoga practice, students will also begin to explore and understand the historical roots of yoga as an art, science and philosophy. All abilities are welcome.

Yoga 25

Credits: 5

Prerequisite: Yoga 15

In Yoga 25 students will be safely introduced to more advanced postures while continuing to build on already established yoga practices. Students will further develop an understanding of their own unique needs and limitations through daily Yoga practice. During the semester, students will engage in several different yoga styles, breathing techniques and relaxation methods to help deepen a sense balance and well-being in their day-to-day life as a high school student.



Fine and Performing Arts

Art 10

Credits: 5 **Prerequisite: None**

Art 10 students will work in a variety of media to improve their skills and visual literacy. The major components of this course will consist of design, drawing, painting, printmaking, sculpture and art appreciation. Students will also gain an appreciation and knowledge of the elements and principles of design.

Art 20

Credits: 5 **Prerequisite: Art 10**

Students in the intermediate Art 20 course will further develop and refine their drawing skills and styles. In this course students will expand their vocabulary and techniques of art criticism to interpret and evaluate both their own works and the works of others. In addition to developing their personal style in drawing, painting, printmaking, and sculpture students will acquire a repertoire of visual skills useful for the comprehension of different art forms.

Choir 10

Credits: 5 **Prerequisite: None**

The Choral Music program provides students with the opportunity to develop as musicians through singing. A large range of musical ability and experience can be accommodated. The Choral 10 program focuses on vocal technique, sight-reading, ear-training, history and theory. Students have an opportunity to sing music from a variety of genres.

Choir 20

Credits: 5 **Prerequisite: Choir 15**

The Choral Music program provides students with the opportunity to develop as musicians through singing. A large range of musical ability and experience can be accommodated. The Choral 20/30 program focuses on further developing vocal technique, sight-reading, ear-training, history and theory. Students have an opportunity to sing music from a variety of genres.

Dance 15

Credits: 5 **Prerequisite: None**

Dance is for both the beginning and experienced dancer and is taught to provide students with the opportunity to grow and explore movement. Dance 15 emphasizes skill development and introduces a variety of dance styles such as Ballet, Jazz, Contemporary Dance, and Hip Hop. Some elements of choreography are explored through projects and an opportunity to perform in class, on a stage and at other venues is provided.

Dance 25

Credits: 5 **Prerequisite: Dance 15**

This course builds on the skills and technique acquired in Dance 15. Dance forms studied will include Lyrical, Jazz, Hip Hop/Funk, and Modern. Emphasis will be placed on further developing and refining technique, challenging students to master more technically demanding choreography and developing leadership skills. Students will also learn to lead a warm-up, be part of an in-class audition, as well as perform dance routines at their skill level.



Drama 10

Credits: 5

Prerequisite: None

In the introductory course students will begin to explore their knowledge of self and others through participation in and reflection on dramatic experiences. Students will build their communication skills to develop their ability to convey ideas and characters. Throughout the course students will explore various dramatic mediums to develop their personal appreciation of drama and theatre as a process and art form.

Drama 20

Credits: 5

Prerequisite: Drama 10

Students in this intermediate drama course will continue to build on their skills in movement, communication and improvisation as well as increasing their knowledge of acting to convey their ideas through dramatic performances. Students at this level will further develop their acting with monologues and will begin to explore directing and writing for the stage.



Technical Theatre 15

Credits: 5

Prerequisite: None

This course offers the opportunity to explore state of the art backstage production elements of theatre including sound, lighting, costuming, make-up, set design, stage management and other aspects of technical theatre production. Perhaps you love the theatre, but you aren't one to be in the spotlight, this course is an excellent opportunity to learn about the behind-the-scenes work that takes place in live theatre.



Technical Theatre 25

Credits: 5

Prerequisite: Technical Theatre 15

Building on the knowledge and practical experience gained at the 15 level, this course involves students in the design of all the elements in technical theatre. In this course students will take an active role in a major dramatic production as they design lighting, props, costumes and support the director to make a theatrical production come to life.

Instrumental Music 10 (Band)

Credits: 5

Prerequisite: Some previous music experience in grades 7-9 will be an asset

The Instrumental Music 10 program provides an opportunity for students to develop as musicians through improvement of their skills developed in junior high. A large range of musical ability can be accommodated. The Music 10 program focuses on improving technical skills, sight-reading, theory, history and concert performances. Students will develop competencies and strive for excellence in the areas of performing, listening, creating, researching and valuing music.



Instrumental Music 20 (Band)

Credits: 5

Prerequisite: Instrumental Music 15

These courses expand on the skills and understandings gained in Instrumental Music 10. Students will continue improving technical skills, sight-reading, theory, history and concert performances. Students will develop competencies and strive for excellence in the areas of performing, listening, creating, researching and valuing music.



Additional Options

Forensic Science 25

Credits: 5

Prerequisite: Science 10 or 14

Forensic Science 25 is the basic application of scientific concepts and principles in the pursuit of solving crime. In this course, students will learn about many different types of forensic evidence, how to collect this evidence using various techniques and how this evidence is analyzed. Case studies will be used to demonstrate to students how what they are learning in this course is being applied in real life scenarios. Students will participate in a variety of labs to put their knowledge to practical use. Forensic Science has its roots in basic science and as such, each forensic technique requires an understanding of one of the core sciences, Biology, Chemistry or Physics.

Forensic Science 35

Credits: 5

Prerequisite: Forensic Science 25

Forensic Science 35 is further application of scientific concepts and principles in the pursuit of solving crime. In this course, students will learn about many different types of forensic evidence, how to collect this evidence using various techniques and how this evidence is analyzed. Case studies will be used to demonstrate to students how what they are learning in this course is being applied in real life scenarios. Students will participate in a variety of labs to put their knowledge to practical use. Forensic Science has its roots in basic science and as such, each forensic technique requires an understanding of one of the core sciences, Biology, Chemistry or Physics.

Math 15

Credits: 5

Prerequisite: None

Math 15 focuses on improving student mastery of mathematical skills and concepts in preparation for Math 10C. The course focuses on strengthening student skills in vocabulary, numeracy, critical thinking, and problem-solving skills. The lessons and assessments are designed so that students can learn and demonstrate mathematical knowledge that is requisite for higher level math courses.

