



Complementary Course Guide

Aboriginal Studies 10/20

Credits: 6

Prerequisite: None

The course is based on perspectives and world views of Indigenous peoples. It includes the study of traditions and history of Indigenous 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. These courses will incorporate Indigenous ways of learning as much as possible, including land-based learning, circle talks, storytelling, hands-on learning, learning from Indigenous elders and knowledge keepers and field trips. The four themes in Aboriginal Studies 10 are: Origin and Settlement Patterns, Indigenous World Views, Political and Economic Organization, and Indigenous Symbolism and Expression. The four themes in Aboriginal Studies 20 are: The Métis: Conflict and Cultural Change, Treaties and Cultural Change, Legislation, Policies and Cultural Change, and Schooling and Cultural Change.

Aboriginal Studies 30

Credits: 5

Prerequisite: Aboriginal Studies 10/20

Students will gain a greater understanding of the current issues facing Indigenous peoples worldwide. Aboriginal Studies 30 enables students to demonstrate an understanding of the issues of Indigenous rights and self-government, land claims, Indigenous peoples in Canadian society, and Indigenous world issues. These courses will incorporate Indigenous ways of learning as much as possible, including land-based learning, circle talks, storytelling, hands-on learning, learning from Indigenous elders and knowledge keepers, and field trips. The four themes in Aboriginal Studies 30 are: Indigenous Rights and Self-government, Indigenous Land Claims, Indigenous Peoples in Canadian Society, and Indigenous World Issues.

Architectural Design 10

Credits: 5

Prerequisite: None

Architectural Design 10 is a way for students to gain an introduction to basic design concepts and skills. The focus of the course is a combination of problem solving spatial issues, design process, and gaining an effective understanding of design software. Students will work in both Revit and CAD software in their first year. Student projects will include a first spec house to enable students to learn the software and how to read drawings, kitchen & bathroom design, and finally, a culminating project sponsored by the Calgary Regional Homebuilders Association where students will design their own home and compete with other students from across southern Alberta. Winning designs in the contest will result in student scholarships for post secondary education.

Architectural Design 20
Credits: 5

Prerequisite: Architectural Design 10

Students in Architectural Design 20 will build on skills learned at the 10 level. Students will extend their understandings of 2D and 3D Design, as well as a more in depth understanding of Autodesk Revit software. Students will learn to use massing tools to enhance the forms of their projects. Student projects will include working with small spaces (Laneway home designs), commercial buildings (building through massing), as well as entering the BILD – Calgary Region House Design Contest at an intermediate level, and gaining feedback from industry professionals during the process.

Architectural Design 30
Credits: 5

Prerequisite: Architectural Design 20

Pathway 1: Architecture Advanced

Architecture Design students continue to develop commercial and residential architecture. The course includes an emphasis on Post-Secondary options and a future in the field of architecture.

Pathway 2: Industrial Design Advanced

Industrial Design students continue to explore the design process by creating 3D models and working prototypes of their design solutions. Students will experience rapid prototyping using cardboard and 3D printing and will have access to technology such as laser cutters, CNC routers and vinyl printers/cutters.

Art 10 (*fees apply*)

Credits: 5

Prerequisite: None

Art 10 is a course where students will develop and refine their skills through various forms of art, such as drawing, painting, ceramics, and design. The projects students create will explore the elements of art and principles of design using different styles of expression. Students will also explore how to use the vocabulary of art criticism to develop their visual literacy. This class is designed to be a supportive and collaborative environment where no previous art experience is required, but a desire to learn and an enthusiastic attitude are expected.

Art 20 (*fees apply*)

Credits: 5

Prerequisite: Art 10

Art 20 is a course where students develop and refine their skills through various forms of art, such as drawing, painting, relief sculpture, and design. The course starts with teacher-directed exercises and projects, then moves on to student developed artwork with more autonomy over concepts, materials, and composition. In these works, students explore what the elements of art and principles of design mean to them and how they can be used to create a personal style of expression. Students also explore how to use the vocabulary of art criticism to develop visual literacy and analyse their own work. This class is designed to be a supportive and collaborative environment where a desire to learn and an enthusiastic attitude are expected.

Art 30 *(fees apply)*

Credits: 5

Prerequisite: Art 20

Art 30 is designed to provide students with more opportunities for self-discovery and independence. Students will be able to work in various forms of art, such as drawing, painting, sculpture, and design. Students will also have more opportunities to develop personal artwork with autonomy over concepts, materials, and composition, with an emphasis on developing a personal style of expression. While developing their own style they will also explore works of other artists. The development of a portfolio of work useful for application to various post-secondary arts programs is one possible focus of the course. Many students also find that they can use Art 30 as one of the courses needed for post-secondary entrance, even in some fields of study other than Fine Art or Design. This class is designed to be a supportive and collaborative environment where a desire to learn and an enthusiastic attitude are expected.

ASL - American Sign Language 15/25/35

Credits: 3/3 and 5

Offered at Alternative High School

ASL is considered a three-dimensional 'language in motion'. This beautiful, colourful, and complex language has been used throughout North America for centuries. As students learn ASL they will begin to develop an awareness and sensitivity to cultural and linguistic diversity as well as an appreciation for preserving cultural identity. This course will also provide students with the opportunity to identify, question, and challenge their cultural assumptions, values, and perspectives as they explore ways to contribute positively to society.

Autobody 10 *(fees apply)*

Credits: CTS modules

Prerequisite: None

Students work on one vehicle panel (hood, fender, and/or door). Instructors create physical heavy damage that students will repair throughout the semester. Students will learn the following skills in this course: Damage Analysis, Metal cutting, repair and shaping, Grinding/Sanding, Body filler, Primer, Wet-sand and polish, and Workplace Safety

Autobody 20 *(fees apply)*

Credits: CTS modules

Prerequisite: Autobody 10

Students will learn more advanced repair techniques to prepare for work in customer service using the following skills: Estimation, Damage analysis, Repair of multiple panels at once rather than one panel, Prime/Refinish semi-independently, Custom panel fabrication, Frame straightening, and Professional paint jobs after customer work has been completed, simple short repairs may be allowed on student vehicles.

Autobody 30 *(fees apply)*

Credits: CTS modules

Prerequisite: Autobody 20

Customer work is the focus of the course. The course goes more into depth about the structural integrity of automobiles, damage analysis, glass, and heavy damage repair. At this level, students take a complete car and repair it in a short amount of time. Projects at this level include structural welding of automotive sheet metal, building replacement panels, and custom paint jobs. After customer work has been completed, repairs to a student vehicle may be allowed.

Autobody Credentialed *(Application & teacher approval – fees apply)*

Also known as the Auto Body Apprenticeship group. Expectations are significantly higher for this class because of the professional nature of the work and the demands of first-year exam. Customer work is paramount along with direct instruction through the Post-Secondary module and book work. The focus will be directed on the modules required for study and the skills that are expected from them. Students will prepare themselves for the writing of the first-year auto body apprenticeship exam at an Alberta Industry and Training Centre. Potential students must be highly motivated to take their learning to the next level as they are working through Post-Secondary material. Attendance in this class is watched closely as students will be performing as if they were working in a true shop environment. Students should be comfortable performing certain work tasks independently.

Students will prepare themselves for the writing of the first-year auto body apprenticeship exam.

Band: 10/20/30 *(fees apply)*

**Credit: 10 each level
chosen
teacher.**

**Prerequisite: 1-year experience on your
Instrument, or by permission of the**

Instrumental Music 10/20/30 (5 credits), Timetabled - Semester 1 Band 15/25/35 (5 credits), timetabled – Semester 2

Students in Band will study Flute, Oboe, Clarinet, Bass Clarinet, Alto, Tenor, or Bari Sax, Trumpet, French Horn, Trombone, Euphonium/Baritone, Tuba, or Percussion.

Students are responsible for providing an instrument for all band classes. Cost-effective rentals are available through the CBE.

Open to all students, Standard Band is a 10-credit course bundle that meets every day within the timetable for the both semesters, with no after or before school component. Students will learn foundational techniques on their instruments, will perform as both a concert band and a "pep band," and will have opportunities to work with local professional musicians. Travel to festivals and tours may be available for an additional fee.

Business Studies 10

Credits: 5

Prerequisite: None

Students will explore business through the eyes of a retailer and will learn both marketing and management skills. They will learn about business operation, promotion, and finance. Various companies will be studied in terms of basic marketing and management, customer service, and e-commerce, as well as the challenges and opportunities out there for potential businesses. The final project will draw from all module credits studied.

Business Studies 20

Credits: 5

Prerequisite: Business Studies 10

Ever dreamed of owning your own business? Do you have what it takes? Do you have an idea and wonder if it's marketable? Have you ever looked into entrepreneurship as a career? In Marketing & Management, basic business skills will be studied and integrated with entrepreneurship concepts. Venture planning and marketing, visual merchandising, and print advertising will be studied throughout. Students will learn about, plan, organize, and implement an introductory business as a culminating project in the class.

Business Studies 30

Credits: 5

Prerequisite: Business Studies 20

In this course, students learn how to explore and understand the world around them and help them make decisions regarding their future careers. Students are provided with the opportunity to develop marketing and management skills that can be applied in the workplace, in the community, in relationships, and personally. Business 30 courses can be used as a university entrance option course for many institutions in Alberta and across Canada.

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 explore hardware, software, and the Internet, create webpages out of HTML and CSS, and write simple structured algorithms and programs using Snap, p5.js, and Java programming languages.

Computing Science 20

Credits: 5

Prerequisite: Computer Science 10

This is an intermediate programming course where students extend their knowledge of computer programming. Students continue to explore hardware and software and write algorithms and programs with more complex data structures and custom methods using the Java programming language.

Computing Science 30

Credits: 5

Prerequisite: Computer Science 20

This is an advanced programming course where students continue to develop their mastery of programming concepts using Java. Students write algorithms and programs that focus on demonstrating iterative algorithms, recursion, and object-oriented programming using the Java and Python programming languages. Note: Alberta universities accept the five credits from this course as a 30-level science requirement.

Students will have the opportunity to complete AP computer science material and are provided with the details to self-register for the AP exam.

Construction 10 *(fees apply)*

Credits: 5

Prerequisite: none

Students learn the basic skills and techniques of the construction industry. Students learn safe work habits through hands-on practice. A variety of small pieces of millwork or furniture construction provides experience and allow for students to integrate basic skills.

Construction 20 *(fees apply)*

Credits: 5

Prerequisite: Construction 10

Students gain further experience in methods, procedures, and machine tool technology while working on furniture and cabinet projects.

Construction 30 *(fees apply)*

Credits: 5

Prerequisite: Construction 20

Students have the opportunity to further develop their skills in furniture, cabinet construction, as well as light construction techniques. The course plan for each student will reflect the individual interest of the student's construction as well as light construction techniques.

Grad Construction *(fees apply)*

Credits: 6

Prerequisite: Grade 12s ONLY

Grad Construction is a construction course designed for Grade 12 students who have NOT had the previous opportunity to take a construction course throughout their high school careers. Students will have the chance to work in a variety of trade disciplines including tile setting, framing, finish carpentry, cabinetmaking, furniture building, and more. The Grad Construction course requires no prerequisite credits or prior knowledge.

Creative Writing and Publishing 15/25/35

Credits: 5 credits each

Prerequisite: Previous level

Creative Writing and Publishing is a course where students may pursue their passion for writing. Students are encouraged to experiment with new ideas and concepts and manage their own portfolios of writing. Students will explore and learn about various writing markets. Through participating in the actual publication process, students will be provided an authentic realistic experience. Creative Writing and Publishing is divided into three main units: Short Stories, Poetry, and either Non-Fiction or Script Writing. Each unit will blend the genre topics with the editing and publishing techniques that contribute to building students' critical writing skills. All units lead to a Final Writing Project.

Cosmetology *(fees apply)*

Introductory (5 - 10 credits)

Intermediate (10 credits toward Credential program)

Advanced (5 credits 30 level)

Credentialed Hairstylist (48 Credential credits)

Esthetics Certificate (38)

At the introductory level, students discover their specific area of interest and examine the opportunity to take a full Hairstylist Program and/or Esthetics Specialization.

Students will develop skills and knowledge in a dynamic, full-service salon/spa customer service center. Students will progress through the Introductory, Intermediate and Credential programs that are personalized to the individual student's desired results.

Cosmetology is an excellent introduction to many careers that include hairstylist, esthetician, educator, instructor, sales representative, platform artist, and entrepreneur.

Students will explore all aspects of the professional beauty industry including hairstyling, hair color, extensions, competitions, hair cutting/styling, facials, makeup, waxing, pedicures, manicures, nail art, and gel gloss nails.

Cosplay 10 *(fees apply)*

Credits: 5

Prerequisite: None

Students develop knowledge related to clothing design through the construction of costumes and character accessories. Developing sewing construction skills will be the main focus of the course. All students registered in this program are required to supply the necessary materials for their costume project completion.

Cosplay 20 *(fees apply)*

Credits: 5

Prerequisite: Fashion or Cosplay 10

The Intermediate program is a continuation of Cosplay Introductory. Students will further develop sewing skills by working with specialty fabrics and notions in the construction of custom costumes and accessories.

Cosplay 30 *(fees apply)***Credits: 5****Prerequisite: Cosplay 20**

The Advanced program is an exciting 'must' for the student who is keenly interested in clothing construction and costume design. Custom finishing and details on costumes are emphasized. Contemporary tailoring techniques and custom pattern design for costumes are introduced.

Dance 15 *(fees apply)***Credits: 5****Prerequisite: none**

Dance 15 provides opportunities to study various forms and aspects of dance. These may include Jazz, Hip Hop, Funk styles, Modern, Tap, Creative, ethno cultural, choreography, anatomy and dance history. Classes are structured to focus on individual improvement in strength, technique, flexibility, and style. Students will have the opportunity to develop the technical skills necessary to create, perform, and analyze dance. A performance opportunity during the term will provide the challenge necessary for students to develop confidence and stage presence.

Dance 25 *(fees apply)***Credits: 5****Prerequisite: Dance 15**

Dance 25 offers students the opportunity to further expand their dance skills and knowledge of dance. Genres of dance explored may include Jazz, Hip Hop, Funk styles, Tap, Modern, Creative, Ethno cultural, choreography, anatomy, and dance history. Classes are designed to focus on strengthening previously developed skills in technique, strength, flexibility, and style. Students will have the opportunity to further develop the technical skills necessary to create, perform and analyze dance. Performance opportunities during the term will provide the challenge necessary for students to develop confidence and stage presence.

Dance 35 *(fees apply)***Credits: 5****Prerequisite: Dance 25**

Dance 35 offers students with a strong interest in dance the opportunity to further expand their skills and knowledge. Genres of dance explored may include the study of Jazz, Hip Hop, Funk styles, Ballet, Tap, Modern, Creative, Ethno-cultural, choreography, anatomy, and dance history. Classes are designed to focus on developing advanced skills in technique, strength, flexibility, and style. Students will have the opportunity to further develop the technical skills necessary to create, perform, and analyze dance. Performance opportunities during the term will provide the challenge necessary for students to develop confidence and stage presence.

Energy & Environmental Innovation (EEI) 10/20/30 *(fees apply)*

Credits: 5 each level

Pre-requisites: previous level

Students will learn how to become innovative change-makers in both their community and their future industries. Students will be exposed to a range of issues, skills and technologies in fields related to:

- Transitions to alternative and renewable energies
- Climate change
- Local food and urban agriculture production
- Community development and urban planning
- Wildlife and biodiversity habitat conservation
- Stewardship of protected lands
- Sustainable architecture
- Water and waste management
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The course is designed to be experiential for students. Each semester there are several field-study trips offered where students will travel to work with industry experts in the fields mentioned above. Students will experience the outdoors as a key component to the class.

The rest of the course takes place within an interactive lab setting. Students take care of various gardens, living walls and fish tanks while also working on habitat construction, water, soil and core-rock testing and building design processes.

Once students have been immersed in this broad range of topics, they will have the opportunity to innovate new technology, policies, educational programs or designs meant to improve our society economically, socially and environmentally.

Environmental Social 10: Globalization

Credits: 8 credits

Prerequisite: None

Globalization, the processes by which the world's citizens are becoming increasingly connected and interdependent, demands that students explore responsibilities associated with local and global citizenship and formulate individual responses to emergent issues related to globalization. Grade 10 Environmental Social explores multiple perspectives on the origins of globalization and the local, national and international impacts of globalization on identity, lands, cultures, economies, human rights and quality of life. **This dynamic course provides a special emphasis on globalization's impacts on the environment, and students will have the opportunity to earn additional CTS credits while working in an interactive lab setting.** The infusion of multiple perspectives will allow students to examine the effects of globalization on peoples in Canada and throughout the world, including impact on Aboriginal and Francophone communities.

Fashion Studies 10 *(fees apply)*

Credits: 5

Prerequisite: None

Students develop knowledge related to clothing and textile design. Developing sewing construction skills will be the main focus for each of the courses. All students registered in this program are required to supply necessary materials for project completion.

Fashion Studies 20 *(fees apply)*

Credits: 5

Prerequisite: Fashion 10

The Intermediate program is a continuation of Fashion Studies Introductory as students will further develop sewing skills by working with specialty type fabrics and notions.

Fashion Studies 30 *(fees apply)*

Credits: 5

Prerequisite: Fashion 20

The Fashion Advanced program is an exciting 'must' for the student who is keenly interested in clothing construction. Custom finishing and details on garments are emphasized as well as contemporary tailoring techniques are introduced.

Foods: Culinary Arts *(fees apply)*

Introductory 5 credits

Intermediate (10 credits available)

Advanced (10 credits available), double block recommended

Credentialed (16 credits, as directed by AIT), double block only *(by teacher approval)*

Culinary Arts is a competency-based program of studies to help students explore the Hospitality industry in a live-action setting including: front of house (customer service at school cafés, marketing assignments and in-house event management) and back of house (food production, inventory and specialized labs). Regular attendance is necessary for success in culinary arts.

Introductory students will work with the Foods program of studies as an introduction to the kitchen, while specialized students can work on a blended program of Foods, Cook Apprentice and Baker Apprentice modules. All food production will be based on classical cooking principles influenced by current trends in food style and flavours. Students rotate through five areas of preparation and production; hot foods, cold foods, bakeshop, butchery and hospitality. Students will have access to an industry-grade food service production and service outlet facility (Edibles Café and Central Cafeteria), led by journey person cooks and teachers.

Students who choose to move beyond the core culinary program and start an official apprenticeship will need to apply for a position at the CTC and sign a contract with Alberta Apprentice and Industry Training (AIT). Cook Apprentice and Baker Apprentice students need to complete 16 credits for the formal training component of the program, acquire a blue book for industry hours and sign up for the first term exam at the AIT office.

Graduation Foods 30 Course– Grade 12s ONLY *(fees apply)*

Credits: 5

Prerequisite: Grade 12

Graduating without any foods cooking skills? Then this course is for you. This beginning grade 12 course will provide you with the basic skills in small kitchen appliance use and maintenance. Introduce you to the methods of simple baking techniques. Learn how to cook for yourself and feel comfortable in the kitchen!

French as a Second Language 10-3Y

Credits: 5

Prerequisite: None

This is a beginner course for students who have little to no French background. In this introductory course, students will learn basic grammar, vocabulary and expressions. Typical units include: introductions, family, school, likes/dislikes, weather/seasons, pastimes & hobbies. Using this knowledge, they will be able to express themselves orally and through written texts in simple and clear contexts. Throughout the various units and diverse activities, students will also learn about French & francophone cultures.

French as a Second Language 20-3Y

Credits: 5

Prerequisite: French 10-3Y (or Junior high FSL)

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: food, fashion, professions, and sports. Conversations will progress from present to more complex verb tenses. Students will continue to incorporate activities related to French & francophone culture in each unit.

French as a Second Language 30-3Y

Credits: 5

Prerequisite: French 20-3Y (or prior French Immersion)

This advanced course is for students who wish to build on fluency and ease of communication in French. Knowledge and language competencies from FSL 10 & 20 will be strengthened and incorporated into new content in FSL 30. Topics in the course include the home, the arts, the world we live in & the environment, travel, etc. Classroom instruction will be primarily in French. Students will continue to deepen their understanding of culture and current French contexts.

Native French speakers must register in French 30-9Y or challenge the course.

Legal Studies 10/20

Credits: 5

Prerequisite: None

Legal Studies 10 comprises five one-credit modules (Public Law, Private Law, Family Law, Environmental Law, and Employment Law). Throughout the course, students will: discover how changes in societal values foster governmental bills, uncover the steps involved in creating new laws, explore the different

levels of the Canadian court system and how the appeal process works, learn an overview of various branches of law, analyze landmark and precedent- setting cases and how they changed the Canadian legal landscape, participate in class discussions and debates, and learn from various guest speakers.

Legal Studies 30

Credits: 5

Prerequisite: None

Legal Studies 30 is comprised of five one-credit modules (Criminal Law, Negligence, Landmark Decisions, Controversy and Change, and an independent legal research project). Throughout the course, students will: explore the different levels of the Canadian court system and how the appeal process works, study in-depth criminal law, tort law, and constitutional law, as well as relevant cases pertaining to these branches of law, analyze various Supreme Court rulings and how they paved new precedents for the Canadian Charter of Rights and Freedoms and the Criminal Code of Canada, explore how shifting societal values are creating controversial changes in the judicial system, participate in a field trip to the Calgary Courts Centre, learn from various guest speakers.

Mechanics 10 *(fees apply)*

Credits: 5 Prerequisite: None

Students will begin by exploring the safe use and care for shop equipment and hand tools. Modules include Engine Fundamentals, Vehicle Service and Care, Electrical Fundamentals, Pneumatics and Hydraulics, and Braking Systems. Students will study various topics such as: tire equipment, vehicle hoists, welding equipment, disassembly, inspection and reassembly of 200cc 4-stroke engines, oil changes, vehicle electrical systems, the art of soldering and crimping, basic electrical measurements, and more.

Mechanics 20 *(fees apply)*

Credits: 5

Prerequisite: Mechanics 10

Students begin this course by developing skills that will allow them to take care of their vehicle's appearance. Students will learn how to wet sand, power polish and wax vehicle paint. They will then learn how to clean interiors, and under hoods of vehicles. Modules also include Braking Systems, Vehicle Maintenance, Lubrication and Cooling Systems, and Vehicle Electrical Systems. Students will study various topics such as: replacing brake pads and shoes, hydraulic components and bleeding the systems, maintenance and servicing of automotive systems, transmissions, transaxles, differentials, under-hood fluids, oil pressure tests, cooling system pressure testing, alternators, starters, and batteries.

Mechanics 30 *(fees apply)*

Credits: 5

Prerequisite: Mechanics 20

Students begin this course by exploring the diagnosis and servicing of fuel systems, ignition systems, charging and starting systems. Students will learn how to use specialized diagnostic and testing equipment to determine the mechanical condition of an engine. In the module Engine Diagnosis, students

will conduct lab stations that will have them begin to use a strategy-based diagnostic approach when diagnosing misfires due to faulty ignition, fuel, and mechanical systems. The remainder of the course focuses on engine design and systems.

Students will learn the theory behind repairing, and servicing of cylinder heads, engine blocks and engine removal.

Media Communication: 10/20/30

Each level: 5 credits

Pre-requisite: Previous Level

Students of the Media Communication Arts Program have the opportunity to explore media production in a purpose-built studio and editing lab that supports multi-track, multi-camera collaborative production, as well as field production opportunities, including live events.

Students will plan, capture and produce film, video, animation and photojournalism assets using advanced equipment, techniques, and software that are the current standard for Post-Secondary and commercial facilities. While doing this they will have the opportunity to consult and receive feedback from industry professionals and become aware of related career opportunities in their media of choice.

Outdoor Pursuits: 10/20/30 *(fees apply)*

Each level: 5 credits

Pre-requisite: Previous Level

This is a module-based course intended to develop skills and understandings pertaining to a variety of outdoor and environmental topics. Key components of the course will include environmental stewardship and appreciation for wild spaces, wilderness travel skills, group dynamics and teambuilding, leadership responsibilities, and a variety of related knowledge and skills. Students will organize, plan and execute trips to put theory into practice. Materials covered in class will be reinforced through participation in planned outings. Possibilities will include backpacking, cycling, snowshoeing, rock climbing and canoeing/kayaking.

Physical Education 20 *(fees apply)*

Credits: 5

Prerequisite: Physical Education 10

The aim of Physical Education 20 is to enable students 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, students explore what they are capable of and improve their physical abilities, enjoying better fitness and well-being. Students develop a sense of fair play and exercise their leadership abilities. They will understand the importance of safe, active living for life; and set goals and challenge themselves as part of an active, healthy lifestyle.

Physical Education 30 *(fees apply)*

Credits: 5

Prerequisite: Physical Education 20

The aim of Physical Education 30 is to continue to strengthen 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, students will explore what they are capable of and improve their physical abilities, enjoying better fitness and well-being. They will develop a sense of fair play and exercise their leadership abilities. Students will understand the importance of safe, active living for life;

and set goals and challenge themselves as a part of an active, healthy lifestyle. In addition to these outcomes which are included in Physical Education 20, there is an emphasis on exposure to a wide variety of alternative activities that can be found in the community. A main focus is the development of passion around activity after high school completion as well as understanding around the facets of a balanced and healthy lifestyle. ***Some university programs will accept Physical Education 30 as a part of the entrance requirements.

Physical Education Recreational Leadership 20 & 30 *(fees apply)*

Credits: 7 Prerequisite: PE 10 & *teacher recommendation*

Designed to promote a positive school-sport culture. Integrating physical education with leadership responsibilities, the curriculum emphasizes not only individual fitness but also community engagement. Students actively participate in after-school activities, plan sports tournaments, and engage in community-building initiatives. Collaborative efforts with sports teams and involvement in pep rallies further contribute to fostering teamwork, camaraderie, and spirited enthusiasm. The course serves as a fundamental element for students to embody a commitment to personal well-being while actively contributing to the development of a positive and vibrant school-sport culture within the broader educational community.

Psychology - Personal and General Psychology 20

Credit: 6 credits total

Prerequisite: None

General Psychology 20 covers the memory cycle, learning strategies, creative ways to solve problems, as well as individual and group interactions. It also covers Psychological Disorders and Psychology related careers. Personal Psychology covers theories of development from infancy through to adulthood. It also covers theories on personality, perception as well as brain development and how all these developments impact human behaviour.

Psychology/Sociology 30 (Experimental Psychology and Applied Sociology)

Credits: 6

Prerequisite: none

This course consists of two 3-credit modules; Experimental Psychology 30 and Applied Sociology 30. Experimental Psychology 30 provides an overview of the scientific experimentation process in the field of psychology. Students explore research ethics, basic statistical analysis and data interpretation before designing and conducting their own independent research project. Topics also include: APA formatting, creating survey questions, collecting, analyzing and interpreting data, writing a research proposal, and developing public speaking skills. Applied Sociology 30 is the study of social behavior and human groups. Students explore social patterns and structures by studying culture, social stratification and inequality, deviance, collective behavior, social change, and social movements. Topics also include: social institutions, media and its effects on society, intersection of biography and history, and the role of human agency in social change.

Spanish Language and Culture 10/20/30

Credits: 5 each level

Prerequisite: Previous Level

The Spanish Language and Culture three-year Program is intended for those students with little or no previous experience in Spanish. There is a focus on all four skills necessary to communicate in a new language: speaking, writing, listening, and reading. The program is designed to promote Spanish language learning through a variety of linguistic and cultural experiences.

Interested Spanish 30-3Y students may also have the opportunity to earn a DELE diploma (Diploma de Español como Lengua Extranjera). Students who have completed a three-year program in junior high school must register in Spanish 30 9-Y.

Native Spanish speakers must register in Spanish 30 9-Y or challenge the course.

Sports Medicine 15/25/35 *(fees apply)*

Credits: 5 each level

Prerequisite: Previous Level

In this module-based course, students will learn about the various topics associated with sports medicine. Instructional methods will include; lecture, problem solving, guided discovery, laboratory work, independent research, computer technology and acquired skills for field/practical situations. Students are required to complete 20 extracurricular service hours working with Central athletic teams and events. There are additional school fees for Sports Medicine courses.

Sports Performance 15/25/35 *(fees apply)*

Credits: 5 each level

Prerequisite: Previous Level

This module-based course is designed for students that are interested in becoming healthier, fitter, and/or improving their athletic performance. Approximately 80% of the learning is through physical and mental training and 20% through classroom/lab work. Examples of physical training days include but are limited to: 3 km run, circuit training, hills, stairs, bicycling in city pathways, resistance training, interval training, flexibility training, yoga, and fitness assessment. Examples of mental training include: breathe work, visualization, progressive muscle relaxation, and goal setting. Students will track their progress and learning in a training journal.

Strings: Beginner, Introductory, Intermediate and Advanced

Students in Orchestra study violin, viola, cello, or double bass. *Students are responsible for providing an instrument for all orchestral string classes. **Cost-effective rentals are available through the CBE.***

Beginner String Technique - Instrumental Music 10

Credits: 5

Prerequisite: None

Open to all students, the Beginner String Technique is for students who have never played a string instrument to learn the fundamentals of playing violin, viola, cello, or double bass. This course is for students who have never studied music, as well as for students who have studied music in the past but wish to learn a new instrument. This course will start from the beginning by teaching the fundamentals of reading string music, fundamental techniques, and how to make music with others. Students will experience live performance during the semester as a way to provide the challenge necessary to develop confidence.

Students who successfully complete the Beginner String Technique class are invited to continue their studies in the second semester with the Beginner String Ensemble. Beginner String Ensemble runs in the extended timetable outside block during Semester 2.

Beginner Strings Ensemble 15

Credits: 3

**Prerequisite: Beginner String Technique
(Instrumental Music 10) or 6 months experience on violin, viola, cello or
double bass.**

Prerequisite: This class is designed as an extension to the Beginner String Technique course offered in the first semester. Beginner String Ensemble runs in the extended timetable twice a week (before or after school) in Semester 2 and is meant as a place for students new to being in an orchestra to develop their skills and learn how to perform in an ensemble. We will continue our work developing instrument technique from where Beginner String Technique left off, while exploring novice orchestra music from the diverse world of string repertoire from classical to video game music and beyond. Students will continue to experience live performance during the semester as a way to provide the challenge necessary to develop confidence.

Students who are successful in String Ensemble may go on to register for General Strings and String Orchestra (Chamber Music)

General Strings; 10/20/30

Credits: 10

**Prerequisite: 1 year prior experience on
your chosen orchestral string instrument,
or by permission of the teacher.**

Co-requisite: Chamber Music 15/25/35 (Orchestra)

Students in General Strings will continue to learn foundational technique on their instrument (violin, viola, cello, or double bass), while learning more about music within our community and the wider world. This course is designed for students still developing the confidence and skills required to begin to perform and understand music at the high school level. Students will acquire the skills needed to compose music for their instruments, perform in small groups, hear and interpret music in new ways, and will have opportunities to work with local professional musicians.

Students who successfully complete General Strings may choose to re-take this class at the 20 and 30 level as their co-requisite for String Orchestra, or may transition into the PVA Strings class with teacher permission.

Women In Trades 10 *(fees apply)*

Credits: 5

Pre-requisite: None

Women's Construction, Renovation & Car Maintenance

This class has been created for young women to be introduced to the trades in a non- threatening environment to develop a knowledge and love of working with their hands to either benefit them in their personal or professional lives in the future. Students will gain experience in carpentry and automotive maintenance. Students will learn trade skills and be able to make informed decisions regarding pursuit of a future in the trades.

Yoga 15/25 (*fees apply*)

Credits: 3/3

Pre-requisite: Previous level

Yoga 15: With a focus on fitness, health and wellness, this class will enlighten students on how to take better care of themselves; physically, mentally, and nutritionally. They will establish an awareness of the breathing/relaxation methods of yoga and how to safely execute basic yoga postures. It will also give students an understanding of basic anatomy and physiology as it applies to the discipline. The program is designed to allow students to experience the benefits of increased flexibility, strength, focus, concentration as well as the ability to relieve stress and anxiety.. Students will have the opportunity to try many different styles of yoga, including but not limited to; Partner, Acro, Aerial, Ashtanga, Yin, Power vinyasa, Restorative, Iyengar, flows, fitness fusions, arm stands and inversions. Fun!

Yoga 25: Students will continue to deepen their study and practice of yoga. They will build on the fundamentals of yoga by incorporating alignment, foundation, and breath to their movement. Intermediate postures (including variations and modifications) will be practiced. Basic anatomy and physiology of yoga will be discussed and applied.

Yoga 35 (*fees apply*)

Credits: 5

Pre-requisite: Yoga 25

Students will be introduced to more advanced postures as they continue to deepen their study and practice of yoga. As they explore the teaching side of yoga, they will become familiar with sequencing poses together as well as learn the components of a yoga class.

Unique Opportunities: Dual Credit, Exploratory & Off Campus Programs

Dual Credit Programs: These programs are designed for high school students who are interested in specific career areas and would like to work towards post-secondary and/or workplace certifications, while still attending high school.

Exploratory Programs: These programs are designed for high school students who are interested in a skilled trade and would like to work with a journeyman, in order to explore the trade and earn both workplace certifications and high school credits.

Green Certificate Program: Green Certificate is an apprenticeship-style program designed for young people interested in the agricultural industry. Students learn & train under the direction of experienced farm personnel, while earning high school credits and obtaining certification from Alberta Agriculture and Forestry.

Registered Apprenticeship Program (RAP): The RAP program is designed for high school students who want to begin training in a trade of their choice, work towards becoming an indentured apprentice, and earn credits towards their high school diploma.

Work Experience Program: Work Experience is available to high school students who are already working or volunteering and want to earn credits towards their high school diploma.