

# **CRESCENT HEIGHTS HIGH SCHOOL**



## **OPTION COURSE GUIDE 2019/20**

# CRESCENT HEIGHTS

# OPTION COURSE GUIDE

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# CAREER & TECHNOLOGY STUDIES

The Career and Technology Studies (CTS) program for secondary students is designed to develop skills students can apply in their daily lives when preparing for entry into the workplace or pursuing further learning opportunities. Students in Career and Technology Studies develop competencies - the knowledge, skills and attitudes - necessary for success in the workforce, but these competencies are also transferable to other aspects of students' lives.

## Business, Administration and Information Technology - BIT

- Computer Science

## Health, Recreation & Human Services – HRH

- Leadership
- Foods
- Legal Studies
- Sports Medicine

## Media, Design & Communication Arts – MDC

- Design Studies
- Fashion Studies
- Graphic Arts
- Photography & Video Arts

## Trades, Manufacturing & Transportation – TMT

- Construction – Furniture Making
- Fabrication Mechanics
- Mechanics /Auto Mechanics

## BUSINESS & INFORMATION TECHNOLOGY (BIT)

### COMPUTER SCIENCE 10

**5 credits**

This is an exciting and rewarding option meant for students who wish to write their own computer programs. Through a hands-on approach, students are introduced to the fundamental principles of programming languages and develop skills to design algorithms and basic coding instructions. Students will be introduced to html, css and the JavaScript language.

### COMPUTER SCIENCE 20

**5 credits**

*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.

### COMPUTER SCIENCE 30

**5 credits**

*Prerequisite: Computer Science 20*

This is an advanced programming course where students continue to develop their mastery of programming concepts using Java. Students are introduced to new methods of problem solving and algorithm development including searching and sorting. Extending their knowledge of object-oriented programming, students learn to write programs that explore the association between classes. They also learn how to use a new program control flow mechanism called recursion. Finally, students also learn to read and write data from text files and build graphical user interfaces.

## CRESCENT HEIGHTS

# CAREER & TECHNOLOGY STUDIES

## HEALTH, RECREATION & HUMAN SERVICES (HRH)

### LEADERSHIP

The attributes of successful leaders can be identified and taught. The old saying that “leaders are born not made” does not necessarily hold true.

This program is designed to give students the opportunity to learn the ways in which they can become successful leaders in their school and community. Basic leadership skills will be taught in the classroom and then put into practical use through activities offered at the school and community. In the class, students can expect to be involved in some traditional deskwork as well as high energy, interactive activities that teach leadership skills.

All students in the leadership program will be involved in organizing many key activities in the school. These include: lunchtime and after school activities, pep rallies, staff and student recognition, service projects and other student-driven initiatives.

Prerequisite: Students who want to make a difference at Crescent Heights High School and enjoy planning, organizing and implementing student activities.

*\*\*\*NOTE: The Leadership program is comprised of courses from Community Care Services (CSS) and Human & Social Services (HSS)*

### LEADERSHIP 10

**5 credits**

In-class study includes a look at various modes of communication (listening and speaking), working within a group (dynamics and motivation), management skills, self-awareness (self-esteem, assertiveness) and human relations including making a positive school and community impact.

### LEADERSHIP 20

**5 credits**

*Prerequisite: Leadership 10*

Students develop personal project management skills and style. Study includes exploring group dynamics including why groups form, leaders and followers and dealing with apathy.

### LEADERSHIP 30

**5 credits**

*Prerequisite: Leadership 20*

Students will analyze leadership theories including different theoretical approaches, and discussion of time and place appropriate styles; taking the lead or when to lead and when to follow, and team building including decision making, consensus building and more.

### HEALTH, RECREATION & HUMAN SERVICES (HRH)

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#### **LEGAL STUDIES 10/20**

**5 Credits**

*There are no prerequisites for this class*

This program 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 the young citizen. Topics investigated include business law, family law, employment law, criminal law and environmental law. Due to the nature of the subject matter, current legal events are also examined.

#### **LEGAL STUDIES 30**

**5 Credits**

*There are no prerequisites for this class*

This program is designed to allow students the opportunity to explore in depth, the following topics: Criminal Law, Controversial Legal Issues, Negligence, Property Law and Landmark Decisions. The course is very much designed for the motivated self-directed learner that enjoys reading and writing. However, a good showing in Social/English 10-1 or 10-2 is strongly recommended

If students successfully complete all 5 of the 1-credit courses, Legal Studies 30 can be included towards the high school diploma requirements.

## CRESCENT HEIGHTS

# CAREER & TECHNOLOGY STUDIES

## HEALTH, RECREATION & HUMAN SERVICES (HRH)

### FOODS 10

#### 5 Credits

Beginning an adventure into foods, students will explore the art of preparing a variety of different foods, taste gourmet delights prepared while learning the basics of successful cooking and the benefits of healthy food choices. Students are also assisted with making wise choices when attending restaurants, fast food facilities and other food outlets.

This introductory course is designed to provide students with a broad overview of the basic principles of nutrition and food preparation. Emphasis is placed on safety, basic measurement, practical application and technique development. A key element of the course will be the preparation of recipes focusing on safe and sanitary food handling practices. Each course contains theory, practical and assessment components.

### FOODS 20

#### 5 Credits

*Prerequisite: It is strongly recommended that students have success in four introductory courses to proceed to Foods 20.*

One of the most important life skills a student can learn is how to cook and eat well. Not only is food nourishing, it is comforting, stimulating, creative, and entertaining. Through foods, students can develop basic skills and attitudes which can be transferable to our family, career and community.

In Foods 20, students will study more advanced techniques, theory and food preparation. Some special techniques like cake decorating are covered. Emphasis will be placed on nutrition, preparation and presentation, management and social/cultural influences. Each course contains theory, practical and assessment components.

### FOODS 30

#### 5 Credits

*Prerequisite: Completion of prerequisite courses as outlined by Alberta Education. It is strongly recommended that students have success in four intermediate courses to proceed to Foods 30.*

Whether your emphasis is to acquire valuable life skills or to pursue a career in the food service industry, the foods courses should interest and inspire you. Foods courses are designed to develop independent personal living skills useful to everyone in a home environment.

This advanced level course demands a higher level of expertise from the student which will benefit those who take food studies for their own personal enjoyment; helps prepare students for entry into the food service industry or post-secondary programs. Students develop competence in concepts and principles of advanced preparation and presentation techniques which are employed to prepare creative meals. Each course contains theory, practical and assessment components.

### ADVANCED FOOD STUDIES

#### 5 Credits

*Prerequisite: Registration after teacher consultation*

The Advanced Foods program builds upon the culinary experience from the Foods 10/20/30 courses. Students will deepen their understanding of the culinary processes and strengthen technical abilities through self-directed learning, exploration and research to develop a personal approach for at least 5 personal interest credits; including assignments, labs and assessment, using various cooking techniques and styles.

## CRESCENT HEIGHTS

# CAREER & TECHNOLOGY STUDIES

### HEALTH, RECREATION & HUMAN SERVICES (HRH)

#### **SPORTS MEDICINE 10**

##### **5 Credits**

Sports Medicine 10 students will be educated in the recognition of emergency Sports Medicine 10 students will be educated in the recognition of emergency procedures and immediate care and prevention of basic athletic injuries. They will heavily study anatomy of the human body to build the foundation to 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. Student fees for taping supplies and resources will be \$65.00. Students must also complete a 10 hour observation assignment outside of class time.

#### **SPORTS MEDICINE 20**

##### **5 Credits**

*Prerequisite: Completion of prerequisite and recommended courses from Sports Medicine 10.*

Students must have completed all aspects of Sports Medicine 10 to register in this class. 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 must complete a 25 hour practicum with one or more of the Crescent Heights' teams and/or in the community – providing athletic health support. The student fee for this class (including CPR) is \$85.00.

Qualified students receive Level C CPR & AED Certification.

#### **SPORTS MEDICINE 30**

##### **5 Credits**

*Prerequisite: Completion of prerequisite and recommended courses from Sports Medicine 20.*

This program provides full exposure to various health-related professions, practices and certified health practitioners. Where possible, there exists the opportunity for a work experience component. Students will explore various chronic health conditions; advance their roles as community recreation leaders, coaching experiences and volunteerism. In Sports Med 30, the practicum requirement is 40 hours acting as a senior trainer in a leadership position. Students will administer and run the Crescent Heights High School training room under teacher supervision while coordinating and providing athletic training support to our Cowboy Athletic teams. A Health Care Provider Emergency CPR / Response course will be completed as one course within the program. The student fee for this class is \$75.00 which includes all class taping supplies, resource fee, and Certification fees for CPR with AED & Health Care Provider classes.

*\*\*\*NOTE: SPORTS MEDICINE is a program comprised of courses from Recreational Leadership & Health Care Services*

### MEDIA, DESIGN, & COMMUNICATION ARTS (MDC)

#### DESIGN STUDIES 10

5 Credits

Design 10 provides an introduction to a wide variety of topics that relate to careers in the field of design. Students will participate in projects involving basic drawing skills, architectural design, software aided 2D layout, and 3D computer modeling. The design 10 program will provide students with a glimpse into careers that will allow them to use their artistic and creative talents. Courses include: Sketch, Draw & Model, Design Process, 2D Design1, 3D Design1, CAD1 (computer assisting drafting)

#### DESIGN STUDIES 20

5 Credits

*Prerequisite: Completion of prerequisite and recommended courses from Design Studies 10.*

Design 20 provides intermediate level design projects that help students explore a variety of design careers. Projects in this course will include 2D design and layout, traditional 3D modeling using physical tools and materials, creating and animating 3D models using CAD software, exploring the evolution of design and participating in a self-directed project in an area of individual interest. Courses include: 2D Design2, 3D Design2, CAD2, Design Project B & C.

#### DESIGN STUDIES 30

5 Credits

*Prerequisite: Completion of prerequisite and recommended courses from Design Studies 10.*

Design 30 uses advanced skills gained through design 10 and 20 to engage students in projects related to specific design fields. Students will work to create highly polished pieces of work to be included into a professional quality portfolio, which can be later used to apply to post- secondary institutions. In addition, students will participate in projects tailored to their specific areas of interest.

#### FASHION STUDIES 10

5 Credits

This is an introductory course covering basic sewing techniques, both hand sewing and using the sewing machine and sergers. Students will make simple clothing and accessories. This course gives students a good foundation for more advanced techniques to proceed to Fashion Studies 20 and 30. There is a basic fee for this course. Students must also purchase materials and supplies for a quilt projects.

#### FASHION STUDIES 20

5 Credits

*Prerequisite: Fashion Studies 10*

This course covers intermediate sewing techniques, hand sewing and using the sewing machine and sergers. It will introduce the student to specialty fabrics as well as creating home décor items and advanced accessories. There is a basic fee for this course. Students must also purchase materials and supplies for two clothing projects.

#### FASHION STUDIES 30

5 Credits

*Prerequisite: Fashion Studies 20*

This course covers advanced sewing techniques and goes deeper into the use of specialty fabrics. It also looks at the fashion industry, fitting procedures, and pattern alterations and the use of difficult fabric. There is a basic fee for this course. Students must also purchase materials and supplies for two clothing projects.



## MEDIA, DESIGN, & COMMUNICATION ARTS (MDC)

### GRAPHIC ARTS

Students will explore the field of Graphic Arts, Design, Animation and Basic Photography. Students will express their knowledge and skills of composition effectively through unique and exciting Graphic Projects. Students use various computer design programs and production equipment similar to that found in commercial print shops, sign shops and art studios. Students develop professional skills while designing personalized projects in animation, web design, and print media to build a portfolio for a career in graphic design and visual communications.

### GRAPHIC ARTS 10

**5 Credits**

This is an introductory level program where students learn to employ fundamental elements and principals of graphic design. Students get an exploratory introduction to skills, computer programs and equipment used in the senior courses and later in industry.

#### Course Titles Offered

Visual Composition, Graphic Tools, Typography, Web Design, Animation, Com Project A

### GRAPHIC ARTS 20/30

Students advance their abilities to produce more sophisticated professional photographic and graphic images and items for themselves and or clients. These skills can to be used personally and professionally. At the 30 level students can work more individually and independently to build a portfolio for a career or post-secondary studies in Graphic Design and Visual Communication.

### GRAPHIC ARTS 20

**5 Credits**

*Prerequisite: Graphic Arts 10*

#### Course Titles Offered

Vector Graphics, Raster Graphics, Web Design, Animation 2, Electronic Layout and Publishing

### GRAPHIC ARTS 30

**5 Credits**

*Prerequisite: Graphic Arts 20*

#### Course Titles Offered

Vector Graphics, Raster Graphics, Rich Media Basics, Animation 3, Electronic Layout and Publishing 2

### MEDIA, DESIGN, & COMMUNICATION ARTS (MDC)

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#### **Photography & Video Arts 10** 5 Credits

Photographers, Videographers, Cinematographers, and digital artists – this is the course for you. Combining photography, video, and media production, Photo/Video 10 introduces students to a broad range of equipment, software, and technical processes, where creative self-expression will be the goal. Students will develop experience in concept design, planning, and techniques to produce videos and images that tell a story or communicate an idea, message, or creates a theme or mood. More than just career preparation for filmmaking, broadcasting, or photography, this class equips students to make great presentations in all walks of life with skill development in the Adobe Creative software suite.

#### **Photography & Video Arts 20** 5 Credits

*Prerequisite: Communication Technology 10*

In Photo/ Video Arts 20 students will go on to develop photo, graphic, or video production skills in more advanced projects with a stronger creative emphasis. Honing your eye for composition in visual imagery, you will explore more sophisticated editing software techniques, and further practice with Photoshop and the Adobe Creative Suite. You will learn valuable skills in all arenas of production and presentation as well as refining your research and teamwork abilities. Students also come out of this class with photojournalistic experience by contributing to and designing the school yearbook.

#### **Photography & Video Arts 30** 5 Credits

*Prerequisite: Photography 2& Video Arts 20*

Students wishing to consider photography as a career or serious endeavour will proceed through a series of assignments, some of which will be more self-directed. The object will be to create a portfolio suitable for application to a post-secondary program. On a regular basis, students will meet with an instructor to review and evaluate current work and establish future assignments. Evaluation will be based on student's assignment submissions and employability. This is a course for students who have a serious interest in photography, video, and a commitment to creative work. An ability to work independently and productively is a must.

## TRADES, MANUFACTURING & TRANSPORTATION (TMT)

### Furniture Construction

The Furniture Construction Program provides students with a wide range of opportunities to explore the exciting world of project-based learning in the areas of furniture building.

Students' progress and advancement is based on completion of projects and demonstrations of skills. Students may progress through the clusters according to ability and interest, although instructors' recommendations play an important role in student placement. Students with a high level of interest may take more courses at the 20 and 30 levels.

### Furniture Construction 10

#### 5 Credits

*Prerequisite: Completion of prerequisite courses as outlined by Alberta Education. Students must have successfully completed all SAFETY instruction before continuing in the program.*

Students will develop skills in the use of hand tools and woodworking machines and apply them to building a cutting board, small bench, and table of their own design. Experience in the set project (bench) will build skills and prepare the student for the challenge of building his/her own project (table).

### Furniture Construction 20

#### 5 Credits

*Prerequisite: Completion of pre-requisite and recommended courses from Furniture Construction 10. Students must have successfully completed all SAFETY instruction before continuing in the program.*

This is a program for students with a strong desire to design and build their own furniture. It is an open-ended, project-based program where students, after a safety review, are encouraged to extend themselves and produce a fine piece of furniture. This area of study is dedicated to OUTDOOR furniture. These students will make a twin set of lawn chairs, and small additional pieces if they finish early.

### Furniture Construction 30

#### 5 Credits

*Prerequisite: Completion of pre-requisite and recommended courses from Furniture Construction 20. Students must have successfully completed all SAFETY instruction before continuing in the program.*

The motivated and organized student will take on and complete a major furniture project or group of smaller projects. After a safety review and shakedown project, students will begin with design, planning, and project organization, and then proceed with primarily self-directed shop work. The focus will be on developing the student's ability to research, plan, organize and carry a project through to completion with a minimum of supervision. Examples are dining tables, wardrobe units, grandfather clocks and commissioned custom work.

## TRADES, MANUFACTURING & TRANSPORTATION (TMT)

### METAL TECHNOLOGY 10

#### 5 Credits

*Prerequisite: Completion of prerequisite courses as outlined by Alberta Education. Students must have successfully completed all SAFETY instruction before continuing in the program.*

If you enjoy working with your hands, using tools and equipment to make useful and interesting projects then Metal Technology is for you. The student learning courses will provide you with the opportunity to gain experience in the use of power and hand tools, working with various thickness of metal such as plate, rod, satin coat and galvanized steel. Soldering using roofing irons, oxyacetylene welding and high velocity spray painting are taught in making a variety of projects.

### METAL TECHNOLOGY 20A

#### 5 Credits

*Prerequisite: Completion of prerequisite and recommended courses from Metal Tech 10. Students must have successfully completed all SAFETY instruction before continuing in the program.*

This program involves the building of more complicated projects and more in depth study of metal work. Layout for rectangular and cylindrical shaped projects is introduced. Exposure to both Arc and Mig welding occur in this cluster. Students may register for either Metal Tech 20A, 20B or both programs.

### METAL TECHNOLOGY 20B

#### 5 Credits

*Prerequisite: Completion of prerequisite and recommended courses from Metal Tech 10. Students must have successfully completed all SAFETY instruction before continuing in the program.*

This program involves the building of more complicated projects and more in depth study of metal work. Layout for rectangular and cylindrical shaped projects is introduced. Exposure to Oxyfuel cutting and Plasma cutting are taught in this cluster. Students may register for either Metal Tech 20A, 20B or both programs.

### METAL TECHNOLOGY 30AB

#### 5 Credits

*Prerequisite: Completion of prerequisite and recommended courses from Metal Tech 20. Students must have successfully completed all SAFETY instruction before continuing in the program.*

Here the projects become more advanced. Students should be competent in various forms of fastening, gas and arc welding as well as design techniques. Students are expected to bring their own ideas for projects in this cluster and may be required to perform customer work involving purchasing, estimating, drafting and fabrication. Students may register for either Metal Tech 30A, 30B or both programs.

## TRADES, MANUFACTURING & TRANSPORTATION (TMT)

### **Introductory Mechanics (MEC 10 Half Year)** **5 Credits**

Intermediate Auto Mechanics (MEC 20 Half Year) enables a student to increase knowledge, skills and attitudes with regard to vehicle maintenance, service and care. These credits form a basis for Advanced Level MEC 30 Half Year.

### **Auto Mechanics 20 (MEC 20 Half Year)** **5 Credits** *Prerequisite: Mechanics 10*

Intermediate Auto Mechanics (MEC 20 Half Year) enables a student to increase knowledge, skills and attitudes with regard to vehicle maintenance, service and care. These credits form a basis for Advanced Level MEC 30 Half Year.

### **Auto Mechanics 20 (MEC 20 Full Year)**

Intermediate Auto Mechanic 20 Full Year, builds on the credits earned in MEC 20 Half year. The MEC 20 Full Year credits will look more closely at Suspension, Brakes, Driveline, Transmission, Ignition, and Emission Controls. Completion of Auto MEC 20 Full year is needed prior to registering in the Auto MEC 30 Full Year.

### **Auto Mechanics 30 (MEC 30 Half Year)** *Prerequisite: Mechanics 20*

Advanced Auto Mechanics 30 Half Year will focus on Engine Performance, Wheel Alignment, Vehicle Appraisal, and Vehicle Buying and Selling. This group of credits can be modified slightly with the proper prerequisites. This half year advanced program assists the student in continuing an interest in the automotive world as a hobby and or business venture. Half year MEC 20 is required before MEC 30 Half year can be registered for.

### **Auto Mechanics 30 (MEC 30 FullYear)**

Advanced Mechanics 30 Full Year satisfies the student who is a very serious hobbyist or the student who is considering making Automotive Service and Repair and career. Advance work in specialized vehicle systems is carried out. Students who might consider challenging the first year apprenticeship exam can access the Individual Learning Modules (ILM). Those students who choose to work with the ILM's will need dedication to their craft and personal motivation to complete the work.

## CRESCENT HEIGHTS

# CAREER & TECHNOLOGY STUDIES

## WORK EXPERIENCE / REGISTERED APPRENTICESHIP PROGRAM

### WORK EXPERIENCE 15 – 25 – 35

#### 3-15 Credits

*Prerequisite: Only offered to Grade 12 students*

Work experience allows students to gain practical knowledge, enhance their skills, confirm career decisions, and form attitudes that will assist them in their transitions from school to the world of work. The prerequisite course HCS 3000 (Workplace Safety Systems) must be completed before any off campus education credits will be awarded. Existing part-time jobs may be eligible as a work experience placement provided the student can demonstrate new learning is occurring.

The Work Experience program is designed to involve the professional community as an active partner to enhance, support and extend students' learning experiences. Through this hands-on approach, students can explore, confirm career decisions and develop skills required to make a successful transition from school to the world of work, volunteering, and post-secondary study. Placements can range from after school part-time jobs to unpaid internships at such places as law firms, engineering companies, elementary schools and other professional settings. The students in this program are seeking a placement for 75 to 375 hours. Timetables may be arranged so that students may be available to work/volunteer during the day.

Students entering the workplace or volunteer positions should be prepared to meet the expectations of an employer, especially in terms of work ethic, and expectations specific to the job/volunteer site. The school-based Off-Campus Coordinator will monitor student progress and address any concerns that arise through on-site visits, weekly meetings with the students and telephone/text/email contacts. Students are permitted to use their part-time job as a Work Experience placement if they are being exposed to new learning situations, and their employer supports them in this Off-Campus Experience.

*\*\*\*NOTE: All students will be placed in HCS3000, Workplace Safety Systems. Students are required to complete this 1 credit course before work hours are credited.*

### REGISTERED APPRENTICESHIP PROGRAM (RAP)

*Prerequisite: HCS3000 Workplace Safety Systems and HCS3010 Workplace Safety Practices*

The Registered Apprenticeship Program is an excellent opportunity for students who know they want to enter a trade to "earn while you learn." This program usually begins during the summer after the grade 10 school year. The student selects a trade and is placed into a 125 hour work experience (5 credits) which serves as a probationary period. Successful students are then indentured and can earn up to 40 Registered Apprentice credits toward graduation. The student's timetable is adjusted to accommodate the RAP program. By graduation the student can have completed the hours needed for the first year of an apprenticeship and be ready to apply for the training weeks at a post-secondary institution.

The RAP program typically starts in the summer months of July and August following the student's completion of grade 10 and/or 11. The following criteria will be used to select students for the program: a positive attitude, passing grades in their courses, and good attendance. As part of their acceptance to the program, all students will be required to complete required safety training courses in May and June. Students may continue in the RAP program for Semester 1 or 2 in their grade 11 or 12 year. An apprentice is someone who trains on the job under the supervision of a skilled journeyman, and becomes indentured (contracted) with an employer. The apprenticeship may last from one to four years depending upon the selected trade.

*\*\*\*NOTE: Additional information is available from the Off Campus Education Coordinator.*

# CRESCENT HEIGHTS

# FINE ARTS

## ART

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### **ART 10** 5 Credits

Art 10 is an introduction to the visual arts and is a prerequisite for additional art courses. Students learn about the Elements and Principles of Art through various two-dimensional and three-dimensional projects. Through a variety of project work and research, students are introduced to artwork and artists, past and present. Projects may include drawing, painting, mixed media, ceramics and sculpture. Emphasis is on the building of basic skills and techniques, good craftsmanship, and effective studio management.

### **ART 20** 5 Credits *Prerequisite: Art 10*

Art 20 continues the creative process, expanding upon the knowledge and skills gained in Art 10. The media and techniques explored may include: ceramics, sculpture, mixed media, drawing, painting, printmaking and collage. The influence of artists, past and present, and the exploration of personal themes are interwoven throughout the assignments. Students are expected to continue to develop their skills and techniques in the making of art with attention to quality of work and efficient studio management.

### **ART 30** 5 Credits *Prerequisite: Art 20*

In Art 30, students are encouraged to develop a more independent approach to art-making by exploring some of their own personal styles and themes. Emphasis is on refinement of personal art-making skills and techniques with a focus on: drawing, painting, mixed-media, sculpture, and ceramics. Students are expected to draw upon inspiration from the work of artists, past and present, for their work. Art 30 is intended for serious art students who will endeavor to push the boundaries of personal creativity in all of their artwork.

# CRESCENT HEIGHTS FINE ARTS

## ART

### **Advanced Studies: Drawing, Painting, Ceramics, Sculpture**

Students will focus on building in-depth knowledge and use of art materials and techniques, through self-discipline, a strong work ethic, and effective time management skills.

#### **ADVANCED DRAWING 15/25/35**

**5 Credits each**

*Registration with teacher consultation*

These Advanced Drawing courses encourage independent thinking and exploration of various artistic drawing processes and purposes, and the importance of developing one's own personal imagery and drawing style. Through both teacher-directed and student-directed projects, students will be required to develop a portfolio of preliminary plans and finished artwork for at least 6 major drawing projects, as well as research assignments and in-class labs. The development of project ideas may be facilitated by the use of a personal journal/sketchbook which students may use for note taking, idea gathering and exploration, and responses to various art topics

#### **ADVANCED PAINTING 15/25/35**

**5 Credits each**

*Registration with teacher consultation*

In Advanced Painting, students will explore a variety of painting media and techniques, while developing an appreciation for various artists' painting styles and techniques, past and present. Students will further develop and strengthen technical abilities through exploration of several traditional and non-traditional painting techniques. Through both teacher-directed and student-directed projects, students will develop a portfolio of preliminary and finished artwork for at least 4 major painting projects, as well as research assignments and in-class labs. The development of project themes may be facilitated by the use of a personal journal / sketchbook which students may use for note taking, idea gathering and exploration, and for written responses to various art topics.

#### **ADVANCED SCULPTURE 15/25/35**

**5 Credits each**

*Registration with teacher consultation*

*Co-requisite: Art 10/20/30*

Advanced Sculpture courses build upon the sculptural experiences from the mainstream Art 10/20/30 courses. Students will deepen and broaden their understandings of sculptural media and processes and take inspiration from artists past and contemporary, through both teacher and student directed research and themes. Self-directed learning is necessary to explore and to develop a personal approach and style for a portfolio of work. Efficient studio management is expected.

#### **ADVANCED CERAMICS 15/25/35**

**5 Credits each**

*Registration with teacher consultation*

*Co-requisite: Art 10/20/30*

Advanced Ceramics courses build upon the experiences of working with clay from the mainstream Art 10/20/30 courses. Students will deepen and broaden their understandings of ceramics arts processes and take inspiration from artists past and contemporary, through both teacher and student directed research and themes. Self-directed learning is necessary to explore and to develop a personal approach and style for a portfolio of work. Efficient studio management is expected.



# CRESCENT HEIGHTS

# FINE ARTS

## CHORAL

### CHORAL 10

**5 Credits**

*Co-requisite: Choir 15*

Choral 10 is a great option for people who would like to learn skills to be a great singer. Music history, theory, musical styles, and the Choral art form are also explored. Students will engage in activities such as group performance and research projects, composition projects, theory, and the study of musical styles such as those from the Renaissance, as well as popular music styles of today.

### CHORAL 20

**5 Credits**

*Prerequisite: Choral 10 Co-requisite: Choir 25*

Choral 20 is a continuation of the skills and knowledge developed in the Choral 10 class. Musical styles from the Baroque and Romantic periods will be a focus, along with current styles, such as Musical Theatre. Students are involved in numerous projects which involve research and performance, and solo opportunities are available.

### CHORAL 30

**5 Credits**

*Prerequisite: Choral 20 Co-requisite: Choir 35*

Choral 30 is a continuation of the skills and knowledge developed in the Choral 10 and 20 programs. Music theory, development of singing skills, performance projects and composition continue to be explored in more depth. Musical styles such as Modern/Contemporary music, as well as roots of current music such as Rock'n'Roll, Country and Western, and Jazz are components of the history part of the program.

### CHOIR 15/25/35

**3 Credits**

Choir takes place one day a week after school, and is open to any students who are interested in learning to sing or continuing to develop their singing skills. A variety of styles of music are performed in concerts and assemblies throughout the year. Often the Crescent choir joins with other choirs and instrumentalists for concerts in venues such as the Rozsa Centre – a beautiful concert hall at the University of Calgary.

# CRESCENT HEIGHTS

# FINE ARTS

## DANCE

### **DANCE 15** 5 Credits

Dance is for both the beginning and experienced dancer and is taught in Crescent's professional caliber dance studio. Emphasis is on skill development. Dance 15 provides an introduction to a variety of dance styles such as Ballet, Jazz, Contemporary Dance, and Hip Hop. Hip hop guests are invited in to enhance the learning experience. Some elements of choreography are explored through projects and an opportunity to perform in class, at pep rallies and other venues is offered.

### **DANCE 25** 5 Credits

*Prerequisite: Prerequisite: Dance 15 or with permission from the Dance teacher*

Dance 25 is a further study of Ballet, Jazz, Contemporary Dance and Hip Hop expanding upon skills from Dance 15. Ballet barre work is introduced as a means of improving technique and flexibility. Technical and performance skills are taught through class work. Creating choreography and expressing meaning through movement is explored through various projects. Students engage in their learning by exploring new forms of movement through collaborative projects. Student leadership is encouraged as opportunities are provided for student choreographers to produce their own work.

### **DANCE 35** 5 Credits

*Prerequisite: Dance 25 or with permission from the Dance teacher*

There is a stronger focus on performance in Dance 35 and a solo performance is required. Students will use improvisation to design choreography and perform their work. Workshops and guest choreographers are invited in to the class to enhance the dance experience. Auditions and performance skills are developed and opportunity for performing and choreographing is offered in class, at school concerts and pep rallies. Emphasis will be on skill development, creating choreography and performing. Dance 35 encourages the development of personal style in dance allowing student voice and independent thinking to be part of the journey. Dance 35 prepares students for the dance program at the University of Calgary or other universities offering studies in dance.

# CRESCENT HEIGHTS FINE ARTS

## DRAMA

### **DRAMA 10** 5 Credits

This course is open to all students who are passionate about the world of theatre and enjoy working with others in a theatrical setting. Drama 10 is an introduction to Theatre Arts and includes the following units: Orientation, Movement, Speech, Characterization, Improvisation and Technical Theatre/Design. Personal growth, self-discipline and a willingness to take risks are important outcomes of Drama 10.

### **DRAMA 20** 5 Credits

*Prerequisite: Drama 10*

Drama 20 is a course designed for those students who have been successful in Drama 10 and who wish to pursue the study of Theatre Arts in greater depth and with increased dedication. Drama 20 includes the following units: Orientation, Movement, Acting, Children's Theatre, Improvisation, Playwriting and Technical Theatre/Design. Students are expected to have developed the qualities of self-discipline, focus and artistic awareness.

### **DRAMA 30** 5 Credits

*Prerequisite: Drama 20*

Drama 30 is an extension of the skills developed in Drama 20, with a major focus on the study of directing and acting. Additional units will include: Improvisation, Theatre History and Technical Theatre/Design. The course is designed to provide the student with self-awareness, confidence in collaboration and for those that choose to do so, the base from which to go on to further study Theatre at the university or college level.

### **TECHNICAL THEATRE 15** 5 Credits

This course offers the opportunity to explore the backstage production elements of theatre including: sound, lighting, costuming, make-up, set design, stage management and other aspects of technical theatre production. Open to all students. A co-curricular requirement is to provide the technical support for major performances in Drama and Dance.

### **TECHNICAL THEATRE 25** 5 Credits

*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. A co-curricular requirement is to provide the technical support for major performances in Drama and Dance.

### **TECHNICAL THEATRE 35** 5 Credits

*Prerequisite: Technical Theatre 25*

This final level of the program involves large collaborative group projects and involves students in leadership roles of production crews and mentorship. A co-curricular requirement is to provide the technical support for major performances in Drama and Dance.

# CRESCENT HEIGHTS FINE ARTS

## DRAMA

### **ADVANCED ACTING/TOURING 15/25/35**

(3 or 5 credits each)

*Prerequisite for Advance Acting/Touring 15 is Drama 10 or Drama teacher approval*

*Pre-requisite for Advanced Acting/Touring 25 is Advance Acting/Touring 15*

*Pre-requisite for Advanced Acting/Touring 35 is Advanced Acting/Touring 25*

*\* Enrolment in Advanced Acting and Touring for Theatre is only permitted with the teacher's recommendation through auditions.*

Advanced Acting offers students the opportunity to study theatre as a production based course. The focus of the class is a full scale production of a scripted play, working collaboratively to build relationships, share responsibility and express creatively. The class is offered after school and all rehearsals and performances are outside of the regular timetable. Students need to be able to commit to all workshops, rehearsals and performances for the duration of the production work. Students must audition for a part in the play or can sign up for the stage management side of the course. Please see drama teacher for further details.

### **DIRECTING 35**

(5 credits each)

*Pre-requisite for Directing 35 is Drama 30 and Drama teacher approval*

Directing 35 provides the opportunity for students to explore the role of the theatre director as the creative leader of a production from the inception of the idea, through the process of rehearsal, to the final performance. Directing 35 will provide students the opportunity to develop leadership skills, think creatively and critically and build meaningful relationships within their cast and crew, as well as members of the professional arts community. Directing 35 is a process-driven, project-based course designed to meet the unique needs of student in the Drama department. Directing 35 takes place during the regular timetable and students will be enrolled in a class with Drama 10 students. Throughout the course of the semester, Directing students will work with the Drama 10 students to create several directing pieces, with the course culminating in a final One Act play directing assignment.

# CRESCENT HEIGHTS FINE ARTS

## FILM STUDIES

### FILM & Media Art 15 5 Credits

Filmmakers, movie lovers, artists, and cinematographers, this class is for you! This course will provide students with the opportunity to increase their understanding and appreciation for the art of film. Film & Media Art will engage students in a comprehensive analysis of the history and evolution of the technical and artistic aspects of filmmaking. Students will develop a critical appreciation for movies and respond to and investigate a wide range of films and media arts. This course will also introduce students to the creation of video, building introductory technical proficiency, a sense of personal identity as an artist, and to express and understand film theory. The focus of this course is on film as an art form and communication tool.

### FILM & Media Art 25 5 Credits

*Prerequisite: successful completion of preceding level OR demonstrated disciplinary knowledge and creative capacity for 25 and 35 levels*

This course builds upon the skills and techniques acquired in Film & Media Arts 15. The emphasis of Film & Media Arts 25 will be placed on further developing analysis of social, cultural, historical and technical forces impacted and reflected in film. Students will further explore the literary, dramatic and cinematic elements of movies including a variety of International and Canadian films. Students will continue to develop technical skills, respond to and investigate films, and collaborate with creative teams to learn the roles, language, techniques, and culture of the film industry and media arts discipline. ***The focus of this course continues to be on film as an art form and communication tool.***

### FILM & Media Art 35 5 Credits

*Prerequisite: successful completion of preceding level OR demonstrated disciplinary knowledge and creative capacity for 25 and 35 levels*

This course builds upon the skills and techniques acquired in Film & Media Art 25. The course emphasis will be placed on further developing analysis of social, cultural, historical and technical forces impacted and reflected in film. The course is designed for students who wish to develop an advanced understanding of filmmaking to enhance their critical appreciation of films and for those who are contemplating post-secondary studies. A major unit will be the study of directors and their films and the role they play in film-making. Students will also explore the various career possibilities in the industry. The focus of this course continues to be on film as an art form and communication tool. While this course has a stronger focus on film analysis, students continue to collaborate in creative teams to explore technical skills in film production.

# CRESCENT HEIGHTS FINE ARTS

## INSTRUMENTAL MUSIC/CONCERT BAND/JAZZ BAND

### INSTRUMENTAL MUSIC

There is no instrument rental fee for those students who supply their own instrument. All students who wish to rent instruments belonging to the Calgary Board of Education or the Crescent Heights Band Parents Association are required to pay an instrument rental fee of \$100.00 per year. There is also a program fee of \$100.00 per student for all students in this program.

### BEGINNING INSTRUMENTAL MUSIC 10

**5 Credits**

*Co-requisite: Beginning Concert Band 15*

Open to all students entering into the High School system that have no previous or limited experience on an instrument. This beginning band class develops student skills on a variety of woodwind, brass, and percussion instruments. Emphasis is given to providing a strong fundamental approach to their specific instrument of choice.

### BEGINNING CONCERT BAND 15

**5 Credits**

*Co-requisite: Beginning Instrumental Music 10*

Beginning Concert Band will prepare students, whom after accomplishing proper playing essentials in Beginning Instrumental Music, or 1 year of Jr. High Music, or permission from the teacher; to explore a variety of concert band literature up to a grade 3 level.

### INSTRUMENTAL MUSIC 10/20/30

**5 Credits each**

*Corequisite: Band 15/25/35*

Instrumental Music 10 Prerequisite: Grade 9 band or private instruction on a woodwind, brass or percussion instrument.

Instrumental Music 20 Prerequisite: Instrumental Music 10.

Instrumental Music 30 Prerequisite: Instrumental Music 20.

These instrumental music-training courses focus on developing musicianship, instrument technique, music theory, music history, and ear training. Opportunities to compose and perform are also featured. **Students must enroll in both Instrumental Music and the corresponding Band 15/25/35 course.**

### BAND 15/25/35 - CONCERT BAND

**5 Credits each**

*Co-requisite: Instrumental Music 10/20/30*

Concert Band provides an opportunity for students to explore a variety of wind band literature in a large ensemble setting. The Concert Band participates in a variety of performance activities including concerts, festivals, workshops and tours.

# CRESCENT HEIGHTS FINE ARTS

## INSTRUMENTAL MUSIC/CONCERT BAND

### **INSTRUMENTAL JAZZ 15/25/35**

**5 Credits each**

*Co-requisite: Instrumental Music 10/20/30*

Jazz Ensemble is a co-curricular program that introduces instrumentalists to all facets of performing in a Jazz Ensemble. Blues, Swing, Latin, and Jazz-Rock will be idioms studied.

This is a jazz performance-based program. Activities will focus on the development of each student as a well-rounded musician. This will include jazz technique, theory, listening, music appreciation, rhythm section foundations, and large ensemble performance. We will build upon skills learned in Instrumental Music and focus on jazz specific skills including various styles and form, improvisation, spoken/played jazz articulations, and extended technique. The development of team-work, individual practice, creativity and complex thinking skills are also of great importance.

## CHINESE

### CHINESE LANGUAGE & CULTURE 10-3Y 5 Credits

This is a beginner course for students who have no Chinese background. Native speakers of Chinese should arrange an interview with the Chinese teacher to discuss best placement in either the 20 or 30 level course or to discuss a challenge. The main focus of this course is to develop basic listening, speaking, reading and writing skills in Mandarin Chinese which is spoken in China, Taiwan, Singapore, and Hong Kong. Students will develop an increased awareness of and sensitivity to cultural and linguistic diversity through a basic survey of some ancient Chinese historical events.

### CHINESE LANGUAGE & CULTURE 20-3Y 5 Credits 5 Credits

*Prerequisite: Chinese 10-3Y or recommendation of current teacher at Crescent Heights High School*

This course is a direct extension of the knowledge acquired in Chinese 10-3Y. Students will build on their basic Chinese reading, writing, speaking and listening skills through a series of individual and group projects. This course also focuses on continuing to understand Chinese culture through examining the history of China. Furthermore, this course is designed to improve students' potential in the Canadian workplace and global markets by focusing on modern and practical Chinese language skills in the workplace.

### CHINESE LANGUAGE & CULTURE 30-3Y 5 Credits

*Prerequisite: Chinese 20-3Y or recommendation of current teacher at Crescent Heights High School*

This course is a direct extension of the knowledge acquired in Chinese 20-3Y. The purpose of this course is to compile and review all language skills learned in previous Chinese courses and add intermediate grammar patterns and vocabulary to prepare learners to excel in lower intermediate post-secondary Chinese language courses. Language skills acquired in this course are designed to enhance students' roles in the international community. This course also focuses on a historical and cultural look at contemporary Chinese history in the 20th century.

### CHINESE LANGUAGE AND CULTURE ADVANCED PLACEMENT (Exam Prep)

*Prerequisite: Chinese 30*

Students with advanced language skills in Chinese may take exam preparation classes with permission of the teacher. Please note that exam preparation occurs outside of the regular timetable.



## FRENCH

### 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.

Please note that applying to take the French 30-3Y course challenge requires prior permission from the principal, the Second Languages Learning Leader and the teacher responsible for supervising the course challenge. The challenge consists of 3 steps:

1. Student meets with the supervising teacher and make an initial assessment as to the student's ability to successfully complete the challenge.
2. Student submits a written portfolio to the supervising teacher serving as information for the oral interview and also to make one final assessment as to the students readiness to complete the exam.
3. Student completes an interview and written exam with the teacher.

The written exam is composed of 3 parts, writing production, listening and reading comprehension. The average of the oral interview, the written production, the listening comprehension and the written comprehension is submitted to Alberta Ed and appears on the student's transcript.

### FRENCH AS A SECOND LANGUAGE 10-9Y

#### 5 Credits

*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

#### 5 Credits

*Prerequisite: French 10-9Y or placement based on interview with current FSL teacher at Crescent Heights.*

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

### FRENCH AS A SECOND LANGUAGE 30-9Y

#### 5 Credits

*Prerequisite: French 20-9Y or placement based on interview with current FSL teacher at Crescent Heights*

Students will build on previous French skills to develop proficiency in speaking, writing, reading and listening in French. Topics covered in this course include World of Work, Travel and Tourism, Role of the Media, Conservation and the Environment (optional), 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.

### FRENCH AS A SECOND LANGUAGE 10-3Y

#### 5 Credits

*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 Language 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 have the opportunity to learn about the French culture through various classroom activities.

### FRENCH AS A SECOND LANGUAGE 20-3Y

#### 5 Credits

*Prerequisite: 10-3Y or recommendation from French as a Second Language Teacher at Crescent Heights High School*

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.

### FRENCH AS A SECOND LANGUAGE 30-3Y

#### 5 Credits

*Prerequisite: 20-3Y or recommendation from French as a Second Language Teacher at Crescent Heights High School*

This course will build on the basic vocabulary and grammar acquired in French as a Second Language 10 and 20. Students will improve their proficiency in French by using the target language to communicate factual information, to explore opinions and to express ideas. They will speak with clear pronunciation and intonation in rehearsed and spontaneous situations, select appropriate words and phrases, and communicate with reasonable grammatical accuracy. Additionally, students will continue learning about the French culture through various classroom activities.

## GERMAN

### GERMAN

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

### GERMAN LANGUAGE & CULTURE 10-3Y

#### 5 Credits

This course offers an initial experience in acquiring a fundamental knowledge of the German language. The main focus is on the oral language and cultural aspects. The student will learn basic conversational skills. The student will have an introductory knowledge of the culture and history of Germany. Facets of everyday German life will be presented and experienced to some degree.

### GERMAN LANGUAGE & CULTURE 20-3Y

#### 5 Credits

*Prerequisite: German 10-3Y or recommendation of current German teacher at Crescent Heights High School*

Continuing directly from the German 10 course, the German 20 course gives a more in-depth study in oral German, grammar structures, reading and writing. After completing the course, the student should be able to speak and comprehend with ease and fluency within a basic vocabulary. The written language will still be somewhat limited. However, development will continue in German 30.

### GERMAN LANGUAGE & CULTURE 30-3Y

#### 5 Credits

*Prerequisite: German 20-3Y or recommendation of current German teacher at Crescent Heights High School*

This course is based upon knowledge obtained by students in German 10 and 20. The objectives are the further refinement of linguistic skills, emphasizing a much greater concern for cultural understanding and an appreciation of the German way of life. German literature and music are presented. A general history of the German people is also included. The socio-political issues in Germany, and, therefore, Europe are discussed.

## SPANISH

### 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 & CULTURE 10-3Y

#### 5 Credits

*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 have the opportunity to learn about the Spanish culture through various classroom activities.

### SPANISH LANGUAGE & CULTURE 20-3Y

#### 5 Credits

*Prerequisite: Spanish 10-3Y or recommendation of current Spanish teacher at Crescent Heights High School*

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.

### SPANISH LANGUAGE & CULTURE 30-3Y

#### 5 Credits

*Prerequisite: Spanish 20-3Y or recommendation of current Spanish teacher at Crescent Heights High School*

This course will build on the basic vocabulary and grammar acquired in Spanish 10 and 20. Students will improve their proficiency in Spanish by using the target language to communicate factual information, to explore opinions and to express ideas. They will speak with clear pronunciation and intonation in rehearsed and spontaneous situations, select appropriate words and phrases, and communicate with reasonable grammatical accuracy. One unit of study will include Spanish short stories. Additionally, students will continue learning about the Spanish culture through various classroom activities.

## CRESCENT HEIGHTS

# PHYSICAL EDUCATION

### PHYS. ED

#### Physical Education 20

5 Credits

*Prerequisite: Phys. Ed 10*

Students successfully achieving a pass in the PE 10 may enroll in PE 20. PE 20 runs in conjunction with the PE 10 program. Students will choose activities based on their interests, and must include a completed outcome in swimming, dance, and self-defense. The minimum PE fee for this option is **\$80.00**. This option provides an excellent opportunity to experience a wide variety of individual and team activities both on campus and off. Students will be expected to wear appropriate attire for this class (both indoor and outdoor runners as well as athletic clothing are required; PE shirts will be provided).

#### Physical Education 30

5 Credits

*Prerequisite: Phys. Ed 20*

The PE 30 option is for the highly motivated PE student who is very active and interested in further enrichment in Physical Education. PE 30 requires a larger demand of the student's personal time due to off campus trips and activities outside the regular school hours. Due to this we recommend a mark of at least 80% at the PE 20 level. This class is a stand-alone class that has more of an emphasis on lifetime activities and outdoor pursuits. The fee for PE 30 is **\$225.00**.

#### Sports Performance 10

5 Credits

This course will focus on the development of an individual's fitness and fitness knowledge in relation to becoming a better athlete. Sports Performance is a CTS based option and students will receive 5 CTS credits upon the successful completion of the course. 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 need to understand they will be doing vigorous physical training on a consistent basis. Commit to the process and results will follow.

A student fee will be assessed to cover guest instructors, field trips, two t-shirts and a Fitness Centre Membership for the semester.

#### Sports Performance 20

5 Credits

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 reiterated 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.

#### Sports Performance 30

5 Credits

This level of the course is the culmination the previous two years of athlete development. Students will learn how to take their fitness knowledge and use it to help themselves and others looking for direction in their quest for fitness development. Modules in Periodization, Olympic Lifting, Cardio Training and Flexibility complement previous learned knowledge to create a comprehensive training background for the students.

### PHYS. ED

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#### **Yoga 15/25**

##### **5 Credits**

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 35**

##### **5 Credits**

In Yoga 35 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 a daily Yoga practice. During the semester, students will engage in a number 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.

## CRESCENT HEIGHTS

# ADDITIONAL COURSES

### MORE OPTION OPPORTUNITIES

#### **PSYCHOLOGY 20 - General & Personal Psychology** 6 Credits

*Prerequisite: Social Studies 10 –1 (>60%)*

This course provides an introduction to a wide range of topics in psychology. Examination of the foundation of psychological thought and theories of personality provide a backdrop for understanding current psychological approaches. Personality theories, methods of research, perception, and cognitive and personal development will be some of the topics covered. Abnormal psychology including studies of neurosis, psychosis, personality disturbances and defense mechanisms will also be examined. Students receive credits for General Psychology (3 credits) and Personal Psychology (3 credits).

#### **PSYCHOLOGY 30 - Experimental/ SOCIOLOGY 30** 6 Credits

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. On completing the course, students will have a basic understanding of the major concepts in experimental psychology and the complex nature of scientific research.

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, race and ethnic relations, minority groups, public opinion, mass communication and propaganda, social control and deviation, crime and delinquency, and dating and marriage. General Psychology (3 credits) and Personal Psychology (3 credits).

#### **ABORIGINAL STUDIES**

Aboriginal Studies 10–20–30 provides a conceptual framework for all learners to enhance understanding of the diverse Aboriginal cultures within their region, Canada and the world. The goal of Aboriginal Studies 10–20–30 is to increase the knowledge of the learner about the past, present and future of Aboriginal peoples. Students will examine how Aboriginal peoples are striving toward maintaining and promoting cultures and identities that reflect values based on respect for the laws of nature and a continual pursuit of balance among individuals, the family unit, the larger community and global community context. The term “Aboriginal” refers to First Nations, Métis and Inuit.

#### **ABORIGINAL STUDIES 10** 5 Credits

The course is based on perspectives and worldviews 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 Worldviews
- Political and Economic Organization Aboriginal Symbolism and Expression.

### MORE OPTION OPPORTUNITIES

#### ABORIGINAL STUDIES 20

##### 5 Credits

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.

#### ABORIGINAL STUDIES 30

##### 5 Credits

Students will gain a greater understanding of the current issues facing Aboriginal peoples worldwide. Aboriginal Studies 30 enables students to demonstrate an understanding of the issues of Aboriginal rights and self-government, Aboriginal land claims, Aboriginal peoples in Canadian society and Aboriginal world issues.

The four themes in Aboriginal Studies 30 are:

Aboriginal Rights and Self-government

Aboriginal Land Claims

Aboriginal Peoples in Canadian Society

Aboriginal World Issues

#### ENTREPRENEURIAL TRADES

##### 5 Credits

As students work through this program, they will have a chance to examine the personal qualities of an entrepreneur, explore business opportunities in their community, create a contractor business plan, and write a story about their future career pathway. Students will connect with successful skilled trades entrepreneurs in the community through live or video presentations, and receive feedback on coursework.

#### FORENSIC SCIENCE

##### 5 Credits

Forensic Science 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 science, Biology, Chemistry or Physics.