

Westmount Charter School

Course Selection Handbook

Grades 10-12

2020 - 2021

Program Planning and Course Selection for High School

Students at Westmount Charter going into grades 10-12 have the opportunity to access a variety of supports when planning their high school program.

In February and March, SOURCE classes will address how to plan a balanced program over the course of their high school years. Students will be guided through high school graduation requirements, what to expect in high school at each grade level, how a well-rounded program includes a balance of academics and options, and preparation for post-secondary/life after high school. A template for program planning will be shared with students.

Students have the opportunity to meet individually with a member from Student Services or Admin to go through their program plan, ask specific questions, and get support for post-secondary planning.

Students planning to apply to post-secondary (university, college, technical schools) need to go to the website of the institution and look up the entrance requirements for the program they are interested in. If students are uncertain about their future goals, they can access our Career Centre in Student Services either by dropping in to look at the resources or making an appointment. The Career Centre also provides information on scholarships, and this information is continually updated on our Westmount Charter website under Students--Mid/High--Student Services and in PowerLearn.

Once program planning sessions have been completed, course selection will be available online only. Students will access this through the PowerSchool portal. Please ensure you have set up access prior to course selection. Information will be sent out via Communications regarding the date it will be available.

High School Graduation Requirements

Alberta High School Diploma: Graduation Requirements

To attain an Alberta High School Diploma, a student must meet all requirements listed below. Post-secondary institutions and workplaces may require additional and/or specific courses for entry. Courses in red are not offered by Westmount Charter School, but still count toward the Alberta High School Diploma requirements and will be accepted.

A student must have a total of 100 credits with the following criteria:

5 credits in a 30-level English Language Arts course:
(English Language Arts 30-1 or 30-2)

5 credits in a 30-level Social Studies course:
(Social Studies 30-1 or 30-2)

5 credits in a 20-level Mathematics course:
(Mathematics 20-1, 20-2, or 20-3)

5 credits in a 20-level Science course:
(Biology 20, Chemistry 20, or Physics 20, Science 20 or Science 24)

3 credits in Physical Education 10

3 credits in Career and Life Management

A total of 10 credits, in any combination, from the courses below:

- Career & Technology Studies (CTS)
- Fine Arts
- Second Languages
- Physical Education 20 and/or 30
- Registered Apprenticeship Programs

A total of 10 credits, in any combination, in any 30-level courses.

This is in addition to English Language Arts and Social Studies listed above.

- 30-level mathematics, science, fine arts, second languages, CTS, or physical education
- 30-level locally developed courses
- 30-level Work Experience
- Advanced level (3000 series) in CTS courses

English

Course Name	Description
<p>Humanities 10 (grade 10)</p> <p>10 credits</p>	<p>Prerequisite: Language Arts 9 & Social Studies 9</p> <p>Humanities 10 will incorporate the skills and understanding expected of both English 10-1 and Social Studies 10-1. As the Social Studies curriculum focuses on Globalization, aspects of it will be explored in greater depth via literature, film, drama and images. Students will explore and practice several methods by which to critically analyse text. Written expression will draw upon formats and topics that pertain to both grade 10 foundational courses.</p>
<p>Humanities 20 (grade 11)</p> <p>10 credits</p>	<p>Prerequisite: Humanities 10</p> <p>Humanities 20 will incorporate the skills and understanding expected of both Social Studies 20-1 and English 20-1. As Social Studies 20-1 curriculum focuses on nationalism, this concept will be explored in depth through literature, film, drama and images. Students will build their communication skills by responding to texts both critically and creatively. Written and oral expression will focus on formats and topics that are foundational to both Social Studies 20-1 and English 20-1.</p>
<p>Humanities 30 (grade 12)</p> <p>10 credits</p>	<p>Prerequisite: Humanities 20</p> <p>Humanities 30 will incorporate the skills and understanding expected of both Social Studies 30-1 and English 30-1. As Social Studies 30-1 curriculum focuses on ideologies, this concept will be explored in depth through literature, film, drama and images. Students will build their communication skills by responding to texts both critically and creatively paying particular attention to literary structures and the understanding of themes. Written and oral expression will focus on formats and topics that are foundational to both Social Studies 30-1 and English 30-1.</p>
<p>English 30-1 (grade 12)</p> <p>5 credits</p>	<p>Prerequisite: English 20</p> <p>English 30-1 is the last in a series of three 5-credit courses designed for students to be actively involved in enhancing their skills in critical understanding and assessment of literature, specifically literary structure and technique.</p> <p>Students will continue to refine and develop their ability to express ideas, opinions and viewpoints through critical reading, writing, listening, speaking, viewing, and representing. There is a diploma exam at the end of this</p>

	course.
English 35 AP (grade 11/12) 3 credits	<p>Prerequisite: English 30</p> <p>Recommendations: Anyone taking English AP should have a deep interest in literature and be a strong reader. It is strongly recommended that to be successful in English AP you should have earned a minimum of 80% in English 30 or through teacher recommendation</p> <p>English 35 AP is a course which is designed to provide highly motivated students the opportunity to challenge themselves with the study of English at the first-year university level while still in high school. Although it is expected that all students will write the AP Literature and Composition exam in May, the course will not be exclusively focused on the exam. We will explore a full range of approaches and responses to a selection of classic literary texts. As well, the structure of the course is designed to introduce students to instructional practices and learner expectations that are typically employed at the university level, such as student led seminars and major independent projects. In the evaluation of student work, however, standards will be equivalent to those employed in English 30.</p>

Social Studies

Humanities 10 (grade 10) 10 credits	<p>Prerequisite: Language Arts 9 & Social Studies 9</p> <p>Humanities 10 will incorporate the skills and understanding expected of both Social Studies 10-1 and English 10-1. As Social Studies 10-1 curriculum focuses on globalization, this concept will be explored in depth through literature, film, drama and images. Students will build their communication skills by responding to texts both critically and creatively. Written and oral expression will focus on formats and topics that are foundational to both Social Studies 10-1 and English 10-1.</p>
Humanities 20 (grade 11) 10 credits	<p>Prerequisite: Humanities 10</p> <p>Humanities 20 will incorporate the skills and understanding expected of both Social Studies 20-1 and English 20-1. As Social Studies 20-1 curriculum focuses on nationalism, this concept will be explored in depth through literature, film, drama and images. Students will build their communication skills by responding to texts both critically and creatively. Written and oral expression will focus on formats and topics that are foundational to both Social Studies 20-1 and English 20-1.</p>
Humanities 30 (grade 12)	<p>Prerequisite: Humanities 20</p> <p>Humanities 30 will incorporate the skills and understanding expected of both Social Studies 30-1 and English 30-1. As Social Studies 30-1</p>

10 credits	curriculum focuses on ideologies, this concept will be explored in depth through literature, film, drama and images. Students will build their communication skills by responding to texts both critically and creatively paying particular attention to literary structures and the understanding of themes. Written and oral expression will focus on formats and topics that are foundational to both Social Studies 30-1 and English 30-1.
Social Studies 30-1 (grade 12) 5 credits	Prerequisite: Social Studies 20 Social Studies 30-1 attempts to address the following questions: “To what extent should we embrace an ideology?” Students will explore the origins and complexities of ideologies and examine multiple perspectives regarding the principles of classical and modern liberalism. An analysis of various political and economic systems will allow students to assess the viability of the principles of liberalism. Developing understandings of the roles and responsibilities associated with citizenship will encourage students to respond to the emergent global issues and develop their own personal point of view on modern liberalism.
Social Studies 30AP (grade 12) 8 credits total: 5 <i>Social 30</i> 3 <i>Social 35AP</i>	Prerequisite: Humanities 20 This course is an introduction to the study of European History (c. 1450 CE- c. 2000 CE) at the college level while combined with the earning of credits for Social Studies 30-1. We begin in the early modern period with such topics as the Renaissance and Reformation and move all the way up to the state of Europe at the start of the 21 st century. In accordance with the Social Studies 30-1 course, particular attention will be paid to the development of ideological systems of politics and economics that either embraced or rejected liberalism as a guiding principle. Overall, historical developments in fields such as art, science, literature, philosophy, music, economics, and politics will be explored. Students will have the option to write the Advanced Placement European History exam in May and all will write the Social Studies 30-1 provincial exam in June.

Mathematics

Course Name	Description
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<p>Mathematics 10C (grade 10)</p> <p>5 credits</p>	<p>Prerequisite: Mathematics 9</p> <p>Mathematics 10C is an enriched pre-calculus mathematics course designed for students with a strong aptitude and keen interest in mathematics. It is designed to provide students with the mathematical understandings and critical thinking skills identified for entry into post-secondary programs that require the study of calculus. The sequence is a co-requisite for Mathematics 31. Mathematics 10C emphasizes mathematical theory, measurement, algebra and number, relations and functions, trigonometry and incorporates technology as a tool to enhance understanding.</p>
<p>Mathematics 20-1 (grade 10/11)</p> <p>5 credits</p>	<p>Prerequisite: Mathematics 10C</p> <p>Mathematics 20-1 is an enriched pre-calculus mathematics course designed for students with a strong aptitude and keen interest in mathematics. It is designed to provide students with the mathematical understandings and critical thinking skills identified for entry into post-secondary programs that require the study of calculus. The sequence is a co-requisite for Mathematics 31. Mathematics 20-1 emphasizes mathematical theory and includes algebra and number, relations and functions and trigonometry and incorporates technology as a tool to enhance understanding.</p>
<p>Mathematics 30-1 (grade 10/11/12)</p> <p>5 credits</p>	<p>Prerequisite: Mathematics 20-1</p> <p>Mathematics 30-1 is an enriched pre-calculus mathematics course designed for students with a strong aptitude and keen interest in mathematics. It is designed to provide students with the mathematical understandings and critical thinking skills identified for entry into post-secondary programs that require the study of calculus. The sequence is a co-requisite for Mathematics 31. Mathematics 30-1 emphasizes mathematical theory and includes permutations, combinations and binomial theorem, relations and functions and trigonometry and incorporates technology as a tool to enhance understanding.</p>
<p>Math 31</p> <p>5 credits</p>	<p>Prerequisite: Mathematics 30-1 Recommended 65% Mathematics 30-1</p> <p>Recommendations: It is strongly recommended that to be successful in Calculus you should have earned a minimum of 80% in Mathematics 20 - 1 and 30 – 1.</p> <p><i>If you do not meet the requirements set out in the recommendation, a meeting with the school counselor is required in order to open up the potential for enrolment.</i></p> <p>This enables students to pursue college-level studies while still in high school. Calculus is roughly equivalent to a first semester college calculus</p>

	<p>course devoted to topics in differential and integral calculus. Calculus develops the students' understanding of the concepts of calculus and provides experience with its methods and applications. The course emphasizes a multi-representational approach to calculus, with concepts, results, and problems being expressed graphically, numerically, analytically, and verbally. The topics covered and the difficulty of the course follows the College Board Standards for advanced placement (see http://apcentral.collegeboard.com). Students have the option of taking only Math 31 or writing the AP Calculus AB exam for university credit in May.</p> <p>This course is not equivalent to Alberta Education Math 31. This course goes beyond Math 31, and therefore students will get credit for Math 31.</p>
<p>Math 35 AP (AP Calculus BC)</p> <p>3 credits</p>	<p>Prerequisite: Math 31</p> <p>AP enables students to pursue college-level studies while still in high school. Calculus BC is a course devoted to topics in differential, integral calculus and extends the content learned in AB to different types of equations and introduces the topic of sequences and series. Calculus BC continues to develop the students' understanding of the concepts of calculus and providing experience with its methods and applications. The course emphasizes a multi-representational approach to calculus, with concepts, results, and problems being expressed graphically, numerically, analytically, and verbally. The topics covered and the difficulty of the course follows the College Board Standards for advanced placement (see http://apcentral.collegeboard.com). The course prepares students to write the BC level AP Calculus exam in May. Students who do not take this extension course can still write the AB level Calculus AP exam.</p>

Sciences

Course Name	Description
<p>Science 10 (grade 10)</p> <p>5 credits</p>	<p>Prerequisites: Science 9 Recommended Completion of Math 9</p> <p><i>Students in grade 9 will be required to meet with a school counselor and have the approval of administration in order to open up the potential for enrolment.</i></p> <p>This course is the first in the academic sequence leading to Biology 20 and 30, Chemistry 20 and 30, Physics 20 and 30. This course emphasizes the processes by which matter and energy are exchanged in global, chemical, and biological systems, and the principles that govern energy transformation. Topics of study include: Energy and Matter in Chemical</p>

	Change, Energy Flow in Technological Systems, Cycling of Matter in Living Systems, and Energy Flow in Global Systems.
Biology 20 (grade 10/11/12) 5 credits	Prerequisite: Science 10 This course builds upon concepts learned in previous science courses and focuses on major themes in biology with an emphasis on the connections between the various levels of organization of life (from molecules to ecosystems). Students in this course will be exposed to a variety of laboratory techniques and biological concepts. The topics covered in biology 20 are: Chemistry of Life, The Cell: Photosynthesis and Cellular Respiration, Ecosystems and Ecology, and Human Systems.
Biology 30 (grade 11/12) 5 credits	Prerequisite: Biology 20 This course builds upon concepts learned in Biology 20 with a focus on the major themes in biology and on human systems. Students in this course will be exposed to increased depth of understanding of biological processes, laboratory procedures, and scientific writing. The students will cover topics in the nervous and endocrine systems, reproduction and development, DNA (cell cycle, genetics, biochemistry), and evolution/ecology. It is recommended that a desire to study biology in post-secondary is considered when choosing to enroll in this course.
Biology 30/35 AP (grade 11/12) 8 credits total: 5 <i>Biology 30</i> 3 <i>Biology 35AP</i>	Prerequisite: Biology 20 Recommend 85% Biology 20 Recommendations: It is strongly recommended that to be successful in Biology AP you should have earned a minimum of 85% in Biology 20 and you have completed the Chemistry 20 course or through recommendation by your biology teacher. The students will cover topics in biochemistry, cells, evolution, classification, DNA, ecology, energy dynamics/metabolism, and plant and animal physiology. This course is dedicated to those truly interested in biological processes beyond the scope of the Alberta curriculum. Students are exposed to a variety of laboratory techniques and design, and are provided the opportunity to learn about a vast array of processes and functions in the biological world beyond our own species. The course runs all year and consists of a daily session in term 1 and an alternate day session in term 2. It is a challenging course with homework assigned outside of class - students should expect at least 1 hour of homework on a daily basis. The topics covered and the difficulty of the course follows the College Board Standards for advanced placement (see http://apcentral.collegeboard.com).

	<p>Students will be completing both the AP and the Alberta Biology 30 program within this course; it is designed as a full year course – entrance into the AP section of the course is not an option for students who have completed the Biology 30 program.</p>
<p>Chemistry 20</p> <p>5 credits</p>	<p>Prerequisite: Science 10</p> <p>This course builds upon applicable units from Science 10. Units of study include: matter that forms solutions, stoichiometry, chemical bonding, and gas laws. Chemistry 20 is tied to Chemistry 30 by emphasizing key science themes such as energy, matter, change, systems, diversity and equilibrium.</p>
<p>Chemistry 30</p> <p>5 credits</p>	<p>Prerequisite: Chemistry 20 Recommended completion of Mathematics 10C</p> <p>This course furthers student knowledge from Chemistry 20. The themes of change, energy and systems are central in Chemistry 30, as well as equilibrium and matter. Students explore how changes to one part results in changes to other parts of the system. Units of study include thermochemical changes, electrochemical changes, chemical changes of organic compounds, and equilibrium within acid-base systems.</p>
<p>Chemistry 30 AP/ Chemistry 35 AP</p> <p>8 credits</p>	<p>Prerequisite: Chemistry 20</p> <p>Chemistry 30AP/35AP is an enriched version of the Chemistry 20 and Chemistry 30 Alberta curriculum. Students must be enrolled in both 30AP and 35AP courses. Recommended grade to enroll for Chemistry AP would be over 85% in Chemistry 20. The topics that will be covered include Thermodynamics, Equilibrium, Electrochemistry, Reaction Kinetics, Bonding and Intermolecular Forces.</p>
<p>Physics 20</p> <p>5 credits</p>	<p>Prerequisite: Science 10 Recommend currently enrolled or previous credit in Math 10</p> <p>Recommendation: Mathematics 10C. Students need a strong foundation in mathematics, including trigonometry and multi-variable algebra. Students who have 65% or less will find this course very challenging.</p> <p>This course is the first in the Physics 20-30 academic sequence and builds upon applicable units from Science 10. Units of study include: kinematics and dynamics, circular motion and gravitation, work and energy, oscillatory motion and mechanical waves. In studying the science of motion, students will explore kinetic energy, gravitational potential energy, and heat energy. Physics 20 utilizes both graphical and algebraic techniques throughout the investigation of these topics. A key component of the course is inquiry based lab work.</p>

<p>Physics 30</p> <p>5 credits</p>	<p>Prerequisite: Physics 20</p> <p>This course furthers student knowledge from Physics 20. The themes of diversity of energy and matter are predominant in this course. Units of study include momentum and impulse, forces and fields, electromagnetic radiation and modern physics, and the nature of matter with a brief introduction to quantum mechanics.</p> <p>This class is highly conceptual when compared to Physics 20, success will be determined on being more familiar with the ideas and concepts, than a reliance on algebraic ability and mathematical formulae.</p>
<p>Physics 30/35 AP (grade 11/12)</p> <p>8 credits total: 5 Physics 30 3 Physics 35AP</p>	<p>Prerequisite: 50% Physics 20 and Chemistry 20</p> <p>Recommendations: It is strongly recommended that to be successful in Physics AP you should have earned a minimum of 80% in Physics 20 and Chemistry 20. If you do not meet the requirements set out in the recommendation, a meeting with a school counselor is required in order to open up the potential for enrolment.</p> <p>Physics AP builds on the concepts introduced in Physics 20 and 30. Students will expand their knowledge of Electromagnetism and Energy, and learn introductory Thermodynamics, Circuits, and Fluid Mechanics. Students will be prepared to write the AP Physics 2 exam, which is described at http://apcentral.collegeboard.com.</p> <p>Students will be completing both the AP and the Alberta Physics 30 program within this course. It is designed as a full year course, where Physics 30 is completed in the first semester.</p>

Physical Education and CALM

Course Name	Description
<p>Physical Education 10 Flex (grade 10)</p> <p>3-5 credits</p>	<p>Prerequisite: None</p> <p>The PE Flex program is an opportunity for grade 10, 11 & 12 students to have a choice of activities to acquire their physical education credits. For this program, students will choose from the activities scheduled with a minimum number of activities required to earn their credits. Activities outside of school may be able to be used towards their PE credits in this Flex program. This gives students the opportunity to acquire 3, 4 or 5 credits for PE 10.</p> <p>Students in PE 10 Flex will have a spare when they are not signed up for a PE module.</p>

	All field trips are pay as you go and require forms and payment to ensure a spot on the trip.
Physical Education 20 & 30 Flex 3-5 credits	Prerequisite: PE 10 The PE Flex program is an opportunity for grade 10, 11 & 12 students to have a choice of activities to acquire their physical education credits. For this program, students will choose from the activities scheduled with a minimum number of activities required to earn their credits. Activities outside of school may be able to be used towards their PE credits in this Flex program. This gives students the opportunity to acquire 3, 4 or 5 credits for 10, 20 or 30 level PE. Students in PE 20 or 30 Flex will have a spare when they are not signed up for a PE module. All field trips are pay as you go and require forms and payment to ensure a spot on the trip.
CALM 20 (Career & Life Management) (grade 10/11/12) 3 credits	Prerequisite: None <i>*At Westmount, CALM is completed in Source over 2 years. It will not show in your timetable.</i> CALM is a senior high school component of the Comprehensive School Health Education Program in Alberta. The aim of CALM is to enable students to make well-informed, considered decisions and choices in all aspects of their lives and to develop behaviours and attitudes that contribute to the well-being and respect of self and others, now and in the future. CALM is the core course for health literacy. It emphasized knowledge, attitudes, behaviours, competencies and values, and provides students with opportunities to enhance their capacities in problem solving, critical thinking and reflection.

Second Languages

Course Name	Description
French 10 - 3 Year (grade 10) 5 credits	Prerequisite: None This course is for anyone that has missed the opportunity to take a French 9 year course and wish to learn a second language and explore Francophone cultures. French is the ideal for students wishing to travel, work in government to work internationally after school/ Students will

	engage in reading, speaking, writing and listening activities. By the end of French 10, students should be able to express themselves in basic situations about a variety of topics such as school, family, friends and hobbies. Based on numbers and success of the course French 20 (3yr) and 30 (3yr) may be offered in future years.
French 10 9 - Year (grade 10/11/12) 5 credits	Prerequisite: French 9 (9-year) French 10 (9Y) allows students to engage in interactive conversations daily. Past tenses are introduced, as well as more complex sentence structures. Curriculum includes study of activities, shopping, vacation and fine arts. Activities in class include grammar study, vocabulary games, a novel study, weekly reading circles, interactive projects and exposure to francophone countries over the world. Students participate in more field trips in high school French as well.
French 20 - 9 Year (grade 10/11/12) 5 credits	Prerequisite: French 10 (9-year) In French 20 (9Y), students engage in various language activities with a focus on emotions, feelings, relationships, fashion and consumerism. By the end of FR 20, students should be able to express themselves proficiently both written and orally, since interactive conversations occur daily in the classroom. Activities in class include written projects, oral presentations, a novel study, and weekly reading circles. Students also focus on complex sentence structure and all tenses are now being used.
French 30 - 9 Year (grade 10/11/12) 5 credits	Prerequisite: French 20 (9-year) French 30 (9Y) is the last course offered in the French 9-year program. Curriculum includes study of the workplace, tourism, the role of the media and the environment. Students will engage in interactive conversation daily. Activities in class include a novel and a film study, weekly reading circles, written projects, and oral presentations. Students have the opportunity to use grammatical concepts and vocabulary they have learnt in previous years and practice their learning in a safe and fun environment.
Spanish 10 - 3 Year (grade 10) 5 credits	Prerequisite: none This course is geared towards students in grade 9 and 10 who have never been exposed to Spanish. Students will learn the grammatical fundamentals in the present tense using a wide range of vocabulary.
Spanish 10 - 6 Year (grade 10/11/12) 5 credits	Prerequisite: Spanish 9 (6-year) This course is part of the Spanish 6-year program. It is academically oriented with independent and group work encouraged and expected. Students will be challenged to develop their critical thinking skills and demonstrate their understanding through written and oral work.

<p>Spanish 20 - 6 Year (grade 10/11/12)</p> <p>5 credits</p>	<p>Prerequisite: Spanish 10 (6-year)</p> <p>This course is part of the Spanish 6-year program. Students will explore the Spanish language and culture in different environments and through different mediums. They will manipulate the Spanish language, allowing them to communicate in a practical and effective manner.</p>
<p>Spanish 30 - 6 Year (grade 10/11/12)</p> <p>5 credits</p>	<p>Prerequisite: Spanish 20 (6-year)</p> <p>This is the final course in the Spanish 30 6-year program. This course is designed to consolidate and increase intermediate and advanced skills in comprehension, speaking, reading, and writing. Students will be able to participate in conversation on a range of topics. They will also develop the ability to orally narrate and describe past and future events with a series of interrelated sentences. Creative and analytical writing will be improved by expanding vocabulary and increasing the use of grammatical structures.</p>

Fine and Performing Arts

Course Name	Description
<p>Art 10</p> <p>5 credits</p>	<p>Prerequisite: None</p> <p>This is an introductory course that will allow high school students to develop their skills and explore their creativity through a variety of techniques. Students will enhance their foundational skills, including perspective, colour theory, and working with a grid.</p>
<p>Art 20</p> <p>5 credits</p>	<p>Prerequisite: Art 10</p> <p>This course will help students continue to develop and refine the artistic foundation developed in Art 10. Students will continue to use a variety of materials and explore ideas and creativity through in-depth studies and critical analysis that will assist them in creating, evaluating, and interpreting art.</p>
<p>Art 30</p> <p>5 credits</p>	<p>Prerequisite: Art 20</p> <p>This is an advanced studio course where students are encourage to hone their technical skills and demonstrate an advanced understanding of materials and techniques. Students will work towards developing individual styles and exploring themes and concepts in their work. Students will also work towards developing a portfolio that could be used for applications to post-secondary institutions.</p>

<p>Studio Art 35 AP</p> <p>5 credits</p>	<p>Prerequisite: Art 30</p> <p>It is recommended that to be successful in this course you should have earned a minimum of 90% in Art 30</p> <p>Advanced Placement Studio Art is for students who are serious and focused on developing confidence, their artistic ability and a strong portfolio. This course is designed to allow art students the opportunity to work in a studio setting and push themselves both technically and conceptually. The course requirements have been established by the College Board and students who enroll in the course will be expected to submit a portfolio of their work for review. This portfolio includes numerous individual works that are evaluated by a jury of artists and art instructors. This course requires an advanced level of ability, strong intrinsic motivation, a mature approach to visual arts and the willingness to put in a great amount of effort. It is challenging and can be exceptionally rewarding.</p>
<p>Ceramics 15 – *NEW</p> <p>5 Credits</p>	<p>Prerequisite: None, some art experience is recommended</p> <p>This course will be open to students in grade 10-12 and will provide students more opportunity to work with clay. Students will discover techniques for handbuilding, using the pottery wheel, and learning more about glazing and decorating their work.</p>
<p>Scientific Drawing 15</p> <p>*NEW</p> <p>(grade 10/11/12)</p> <p>3 credits (CTS modules)</p>	<p>Prerequisites - None, some familiarity with biology would be an asset.</p> <p>Explore scientific drawing and learn how to improve and explore different types of scientific drawing through the study of human anatomy.</p>
<p>Advanced Acting 15/25/35</p> <p>(grade 10/11/12)</p> <p>5 credits</p>	<p>Prerequisite: Advanced Acting 15: None. Advanced Acting 25: Advanced Acting 15 Advanced Acting 35: Advanced Acting 15/25</p> <p>The Advanced Acting program is designed for students who wish to further develop theatre performance skills. Students will explore voice, movement, script analysis and character development while working as a collective ensemble rehearsing for the yearly MAIN STAGE drama production. Advanced Acting students will work collectively and collaboratively with the expectations reflecting that of a professional theatre company. While some of the objectives of Advanced Acting are similar to those of Drama 10, 20 and 30, it must be understood that the context and learning strategy will differ greatly. Successful candidates for this program will ensure that they are passionate about performance,</p>

	<p>committed to the learning and development process, be a team player and ensure they attend class regularly. Some evening and weekend rehearsals closer to the performance dates in December will be required. Historically the play is produced in December just before the winter break.</p> <p>While previous performance experience is valuable, it does not guarantee a student a starring role. Each level of Advanced Acting introduces the student to a different set of skills, expectations and responsibilities as an ensemble member and as student progress through the program, greater opportunities may open up for them. Ensemble roles and understudy roles may be assigned to students in Advanced Acting 15/25. Play selection and casting is the responsibility of the instructors who have many factors to consider when planning and preparing for the show. We encourage any and all students who are open to learning through the process and performance to join in on this adventure.</p>
<p>Drama 10 (grade 10/11/12)</p> <p>5 credits</p>	<p>Prerequisite: None</p> <p>Character, Movement and Motivation: Drama 10 investigates the physical and emotional make-up of character. Modules include a further exploration and development of scene study, character creation, physical theatre, improvisation, and intensive mask workshops. Students will explore physical communication through neutral mask and the Laban Technique. They will also create and develop their own unique character masks and participate in activities designed to assist character development through a process of discoveries and stimulus. Students of Drama 10 can look forward to developing a heightened personal awareness while building on dramatic skills that will prepare them for the acting demands of Drama 20.</p>
<p>Drama 20 (grade 11/12)</p> <p>5 credits</p>	<p>Prerequisite: Drama 10</p> <p>Drama 20 places a high regard on theatre professionalism and ensemble work through inspired learning modules including an exploration into theatre styles, advanced scene study and character development. Each student will prepare a contemporary monologue that will be used for casting the students as performers in the Drama 30 directing projects. Drama 20 students will be cast in a show that is directed by a Drama 30 students and participate in Westmount's Exeunt Drama Festival, where one show will be selected to perform in the Studio showcase at the Calgary High School Drama Festival. All Drama 20/30 students will attend the Calgary High School Drama Festival. This is a phenomenal three-day theatre experience and is a course requirement. Fees to cover festival expenses are covered by course fees. Extra evening and weekend hours may be required to prepare for the productions and performances in April. Communication, innovation, risk taking, self initiative, direction and time</p>

	management are essential components to Drama 20. Regular attendance is mandatory.
Drama 30 (grade 12) 5 credits	Prerequisite: Drama 20 Drama 30 aims to incorporate all dramatic discoveries learned to date while preparing the student for an ultimate directing project. Students will select, plan, organize, cast, design and direct a professional one-act play to be performed by the Drama 20 students for an invited audience at Westmount's Exeunt Drama Festival, where one show will be selected to perform in the Studio showcase at the Calgary High School Drama Festival. All Drama 20/30 students will attend the Calgary High School Drama Festival. This is a phenomenal three-day theatre experience and is a course requirement. Fees to cover festival expenses are covered by course fees. Extra evening and weekend hours may be required to prepare for the productions and performances in April. Leadership, creativity, innovative problem solving, communication and commitment are essential components to Drama 30. Regular attendance is mandatory.
Technical Theatre 15/25/35 (grade 10/11/12) 5 credits	Prerequisite: Tech Theatre 15: None Tech Theatre 25: Tech Theatre 15 Tech Theatre 35: Tech Theatre 25 This course is a practical application of technical theatre disciplines which include, costume, hair and make-up, props, set, scenic painting as well as sound and lighting design. Tech theatre students will help to design and be the technical crew for the Advanced Acting mainstage production. While any one component may be a focus, students in Technical Theatre 15/25/35 are expected to have a good general working knowledge of all the components. Students are expected to be involved in the school production to further apply their knowledge and enhance their understanding. There may be rehearsals outside of the timetable (after school and weekends) closer to the performance date. This is a great course for students who want to be part of a magical creative process, but prefer to stay behind the scenes. We couldn't produce the quality of shows we do, without the skills, talents and abilities of our technical theatre team!
Instrumental Music (Band & Strings) (grade 10/11/12) 5 credits each	Prerequisite: Instrumental Music Grade 9 or by Audition Instrumental Music 10 develops the young musician's ear, theory skills, and understanding of music history through a focus on performance. Students participate in a large ensemble, small group and/or private

<p>Full Year Course</p>	<p>instruction with performance tours and recording sessions.</p> <p>Instrumental Music 20 develops the intermediate musician’s ear, theory skills, and focuses on higher level of performance. Students participate in large ensemble, small group and/or private instruction with performance tours and recording sessions.</p> <p>Instrumental Music 30 – Continues to develop theory, technical, aural and performance based skills and musicianship. Students participate in large ensemble, small group and/or private instruction with performance tours and recording sessions.</p> <p>These courses are scheduled both outside and inside the timetable. The course will run with 1 rehearsal on Tuesday mornings per month from 7:05 am until 8:25 am and 1 rehearsal inside the timetable per week. The occasional after school sectional will be scheduled Wednesday after school for one hour.</p>
<p>Instrumental Jazz (grade 10/11/12)</p> <p>5 credits each</p> <p>Full Year Course</p>	<p>Required Prerequisite: Audition (to take place in June) Recommended Co-requisite: Instrumental Music 10/20/30</p> <p>Instrumental Jazz 15/25/35 focuses on teaching and reinforcing basic jazz techniques and styles of the jazz idiom including blues, swing, Latin, bebop and funk genres. Students will further develop their skills through extensive jazz theory, improvisation, sight reading and history. Students will also learn the skills they need to be independent musicians in the real world by learning and using the lexicon of jazz and popular music to communicate with one another. These courses will be scheduled on one afternoon and one lunch TBD.</p>

Career and Technology Studies (CTS)

Course Name	Description
<p>Communication Technology 1</p> <p>3 to 5 credits</p>	<p>Prerequisite: None</p> <p>This is an introductory course that offers students the opportunity to explore digital photography/imaging, audio/video production, animation and digital design. Students entering the course will explore media through an introductory module Media & You (COM1020) wherein they are provided with a hands-on introduction to the various segments of communication studies. The course will be supplemented by guest speakers and instructors during specific modules. Students will acquire a basic</p>

	<p>understanding of digital media and become competent with several high profile software applications. These skills will allow students the opportunity to create work that incorporates an integrated 3D rendering, digital animation of figures and environments, digital photo manipulation and retouching, multimedia design and digital presentations.</p>
<p>Communication Technology 2</p> <p>3 to 5 credits</p>	<p>Prerequisite: Communication Technology 1</p> <p>In this intermediate course, students will focus on the knowledge, skills and attitudes that would apply in many sectors of the communications industry. Students will expand on their study of photography, printing techniques and applications, audio/video production techniques and will use the computer as a significant production tool.</p>
<p>Communication Technology 3</p> <p>3 to 5 credits</p>	<p>Prerequisite: Communication Technology 2</p> <p>In this advanced level course, students will focus on the knowledge, skills and attitudes previously learned that would apply in many sectors of the communications industry. Students will continue to expand their study of photography, printing techniques and applications, audio/video production techniques and will use the computer as a significant production tool.</p>
<p>Computer Programming 1/2 (grade 10/11/12)</p> <p>3 to 5 credits</p>	<p>Prerequisite: Computer Programming 1: None Computer Programming 2: Computer Programming 1</p> <p>This course is open to any student wishing to learn about computer programming. Students are required to have personal laptops on which they can code. They are required to progress through the codeacademy.com in a language of their choosing. If the student has no previous programming experience they are encouraged to explore the Python programming language.</p> <p>Once the tutorials are completed the student is encouraged to attempt an individual design project or select another language to learn and explore. Students who select to do a design project are lead through industry standard Waterfall practices of documentation, planning, and progression with the instructor.</p>
<p>Biomedic Ethics 35 (grade 10/11/12)</p> <p>3 Credits</p>	<p>Prerequisite: None (must be in grade 10 or above)</p> <p>Ethics in Science and Technology is a case-based course designed to introduce students to the fundamental moral dilemmas surrounding medicine, health, and emerging technology. Successful completion of this course will earn credit in three CTS modules: Advances in Medical Technology, Biotechnology, and Controversy and Change. Coursework will require discussion and critical analysis of controversial legal and ethical issues, persuasive reasoning, and scientific writing. This course should be of interest to students enrolled in any AP science course, those</p>

	<p>considering a career path in medicine, research, or biomedical engineering, and anyone interested in the complexity of philosophy and ethics.</p>
<p>Digital Designs (grade 10/11/12)</p> <p>3 credits</p>	<p>Prerequisite: None</p> <p>Focus is on understanding board game design, the mechanics, reviewing and taking apart why the work (or don't) and their appeal. The next step is to think about developing an original board game based on the mechanics that the student enjoyed the most (individually or small group) and then building a prototype that would allow playtesting. Students can then go back and rework their design based on feedback from play testers. The next step would be the wrapping of a theme around the mechanic and developing the aesthetic elements - artwork and components. The students will need to learn some 3d design skills in order to create some of the components (if they are to be 3D printed).</p>
<p>Innovations 15</p> <p>3 Credits</p>	<p>Prerequisite: None</p> <p>Students will work out of the Innovations Lab to earn up to 3 credits in Career and Technology Studies. Students should take this if they have a project idea in mind that requires time, tools and support. They will learn how to select a CTS module that best suits this project and then build a plan for learning and evaluation in order to earn the credit as their project moves forward. There are no prerequisites for this course, but familiarity with the Innovations Process is strongly encouraged. If their project best aligns with an option that is already offered (Comtech, Outdoor Ed, Forensic Science, et cetera) students will be asked to enroll directly in those programs.</p>
<p>Outdoor Education 15 & 25 (grade 10/11/12)</p> <p>3 credits each</p>	<p>Prerequisite: Outdoor Education 15: None Outdoor Education 25: Outdoor Education 15</p> <p>Outdoor Education 15 & 25 is designed to introduce students to a wide variety of human powered outdoor recreational activities on land, snow and water that our geographical location has to offer. Term 1 students will have full day stand-up paddleboarding, biking/canoeing and cross-country skiing field trips as well as a multitude of in class activities like bouldering, biking, practice backcountry cooking to name a few and the course will culminate with a 3-day ski touring trip in to Elk Lakes Alpine Club hut from Peter Lougheed. Term 2 students will experience similar in-class activities, a full day of cross-country skiing, biking/canoeing on the Bow River in town and from below the Ghost dam to Cochrane and culminate with a 3-day backcountry canoeing trip in Kananaskis Country. As this is an experiential</p>

	<p>class based around developing the skills necessary to safely and responsibly travel in the backcountry these field trips are expectations of the course. Students in Outdoor Education 15 & 25 students will be given 3 credits at the 15 level and the next time they take the course they will receive another 3 at the 25 level. Since the course is always a mix of 15 and 25 level students it is necessary that students take the 25 level in the opposite term as they took the 15 level so as not to repeat experiences.</p>
<p>Outdoor Education 35 (grade 11/12) 2 credits</p>	<p>Prerequisite: Outdoor Education 15 & 25, Standard First Aid Course</p> <p>SStudents who have successfully completed both Outdoor Ed 15 & 25 and have taken a Standard First Aid course, on the recommendation of the teacher, have the opportunity to receive credit for attending field trips and camps with younger grades as a student leader. They are expected to have the skill-set and leadership ability to guide younger students with equipment, cooking, activities, group dynamics etc. They have the option to apply to the trips of their choosing. This is not a scheduled class.</p>
<p>Sports Medicine (grade 10/11/12) 3 credits</p>	<p>Prerequisite: None</p> <p>This Sport Medicine course will be taught in Modules as presented by Alberta Education (2011). This course is designed to help students understand and utilize the scientific method of learning while examining concepts related to sports medicine and injury. For each module, special assignments related to sport medicine and exercise physiology will be performed.</p>
<p>HEROES (grade 12) 3 credits Takes place first semester.</p>	<p>Prerequisite: None</p> <p>The original HEROES® program is broken down into fourteen one hour sessions, closely following the outcomes detailed in the grade seven Alberta Health and Life Skills curriculum. Westmount Students take up the program differently in this 3 credit CTS course open to grade twelve students only. The course runs in the first semester of the school year which allows time for the grade twelve students to organize and plan lessons around strength based learning. Lessons are planned with the support of outside guest speakers, past Westmount grads and lots of trial and error fun. In the second semester during SOURCE, the grade 12 students share/facilitate these lessons with the grade 7 SOURCE classes. Each Friday for six weeks, groups of four or five grade twelve students head into grade seven classrooms and work through the lessons/games which they had created in the CTS class. Students learn some things about leadership, communication and themselves.</p>

Supplementary Options

Creative Writing	Prerequisite:
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<p>and Publishing 15/25/35 (grade 10/11/12)</p> <p>3 credits each</p>	<p>Creative Writing and Publishing 15: None Creative Writing and Publishing 25: Creative Writing and Publishing 15 Creative Writing and Publishing 35: Creative Writing and Publishing 25</p> <p>Creative Writing and Publishing 15/25 is a six-credit course that explores the fundamentals of creative writing and the publication industry. In this course, students will follow their writing interests and passions, writing in a variety of specific creative writing genres. Students will build and manage their own portfolios, from short story, non-fiction article and essay, script, non-traditional, speech writing, monologue, and poetry.</p> <p>Creative Writing and Publishing 35 is a three-credit course that provides a more thorough undertaking of the writing process and product through the use of peer assessment and publication standards (including oral presentation). In CWP 35, students will have more opportunity to enhance their writing goals and pursue interests in the publication world.</p>
<p>Forensic Science 25 (grade 10/11/12)</p> <p>3 credits</p>	<p>Prerequisite: Science 10</p> <p>This course is designed to explore basic scientific concepts in relation to solving crimes. When studying these scenarios, students will be required to apply their knowledge of forensic techniques including (but not limited to): fingerprint analysis, blood spatter patterns and blood typing, hair and fiber examination, chromatography and handwriting investigation, as well as DNA analysis. Students enrolled in this course must be mature enough to handle the sensitive content of this course which includes violent acts, serial killer profiles, alcohol and substance abuse. Students must be able to discuss forensic criminal cases in an objective manner, while being sensitive and respectful toward the negative impact that a crime can have upon victim(s).</p>
<p>Forensic Science 35 (grade 11/12)</p> <p>3 credits</p>	<p>Prerequisite: Forensic Science 25</p> <p>Recommendation: Completion of Biology 20 is strongly recommended</p> <p>Students will be required to look critically at the methods learned in Forensic Science 25, and will gain insight into the technologies that are being developed to improve the practice of forensic science. They will also delve deeper into more specific roles of forensic scientists including (but not limited to): forensic anthropologists, entomologists, pathologists and odontologists.</p>
<p>Micro Economics AP 35 (grade 10/11/12)</p>	<p>Prerequisite: None</p> <p>Students will have an opportunity to understand the way their own financial behaviors and choices work. Ultimately, this has to do with understanding</p>

6 credits	microeconomics, the branch of economics that has to do with individual and small company behaviors within the overall economy. This course begins with an introduction to supply and demand and the basic forces that determine an equilibrium in a market economy. Next, it introduces a framework for learning about consumer behavior and analyzing consumer decisions. We then turn our attention to firms and their decisions about optimal production, and the impact of different market structures on firms' behavior. Many outcomes from this course will be covered using DECA case study as a means to integrate ideas around marketing and finance developing important skills such as: critical thinking, communication, collaboration and creativity. After completing this course, students should have developed a range of skills enabling them to understand economic concepts and use those concepts to analyze specific questions.
World Religions 30 3 credits	Prerequisite: none This course takes a comparative approach to introducing students to the religious traditions of the world. Traditions to be studied include, but are not limited to: Buddhism; Christianity; Confucianism; Hinduism; Islam; Judaism; Taoism; and regional Indigenous religions. Students will have the opportunity to explore the cultural and historical contexts in which the religious traditions were formed and grew. The systems of thought, belief and practice that each tradition holds will be examined. Students will also have the chance to consider the impact of our contemporary world on today's religious traditions and the way each is coping with forces of rapid change.
Local & Canadian Geography 20 3 credits	Prerequisite: None Do you feel like you don't know enough about the world in which you live? Do you feel dependent on your phone GPS? Are you ever nervous that Jimmy Kimmel will stop you on the street to ask you to identify Kazakhstan on a map? All of these things can be remedied by taking Geography 20. This course will look at the basics of the use and interpretation of maps as well as human interactions with the physical aspects of the earth. Students will explore their world locally, nationally and globally using various sources of map-based information. Specifically, units will include geography basics, culture, political geography, physical geography, agriculture/industry and development, population and migration, and urban planning. Students will be able to follow areas of interest within these topics looking at the many ways in which people interact with the planet and its resources.
European History AP (grade 12) 6 credits	European History AP (6 credits) Prerequisite: Humanities 20 This course is an introduction to the study of European History (c. 1450 CE- c. 2000 CE) at the college level. We begin in the early modern period

	<p>with such topics as the Renaissance and Reformation and move all the way up to the state of Europe at the start of the 21st century. Overall, historical developments in fields such as art, science, literature, philosophy, music, economics, and politics will be explored. Students will have the option to write the Advanced Placement European History exam in May to earn advanced university credit in History.</p>
<p>Origins of Western Philosophy 20 (grade 10/11/12)</p> <p>3 credits</p>	<p>Prerequisite: None</p> <p>This course introduces students to what philosophy is and the need for philosophy in our society. Units of study include: the need for philosophy, transition from mythological understanding to philosophical reflection, search for an ultimate element, search for a principle of order and harmony, the problems of identity and change, shift of interest from physical speculation toward human life, Plato’s world of ideas, and the Aristotelian universe.</p>
<p>Human Condition 15 (grade 10/11/12)</p> <p>5 credits</p>	<p>Prerequisite: None</p> <p>Human Condition 15 offers students the opportunity to explore Human Rights in Historical and Contemporary settings in Theory and in Practice. A case study of the Holocaust is a cornerstone in this course which is open to mature and empathetic gifted students. The possibility to visit the US Holocaust Memorial Museum in Washington D.C. along with other educational sites in the US Capital may be offered to some students as an optional addition to the course.</p>
<p>Comparative Government 20</p> <p>3 credits</p>	<p>Prerequisite: None</p> <p>This course introduces students to the rich diversity of political life outside Canada. The course uses a comparative approach to examine the political structures, policies, and political, economic, and social challenges among selected countries. Additionally, students examine how different governments solve similar problems by comparing the effectiveness of approaches to many global issues.</p> <p>Students will have the option to incorporate the first half of the AP Comparative Government and Politics course into their learning—giving students the option to write the AP Comparative Government and Politics exam for university credit in May.</p>
<p>International Politics 30</p> <p>3 credits</p>	<p>Prerequisite: Comparative Government 20</p> <p>Students will broaden their knowledge and understanding of the comparative approach to political science. In this course, students will continue to examine the political structures, policies, and political, economic, and social challenges among selected countries. Additionally, students will enhance examination of how different governments solve similar problems by comparing the effectiveness of approaches to many global issues.</p>

	Students will have the option to incorporate the second half of the AP Comparative Government and Politics course into their learning—giving students the options to write the AP Comparative Government and Politics exam for university credit in May.
Learning Strategies 15/25/35 (grade 10/11/12) 3 to 6 credits	Prerequisite: None Learning Strategies is a course designed to support high school students as they manage their learning in other courses. The nature of the course is practical as students will focus on five areas of active engagement: understanding self and others as learners; organization and management of time and resources; understanding the learning process; self-advocacy and relational management in a school setting; responding to assessment and evaluation. The course will meet students at the level of skills and understanding that they currently possess and foster individual growth to support learning in their overall school experience.
Military Studies 15 (grade 10-12) 3 credits	Prerequisite: None Military Studies 15 will offer an examination of World War II from multiple perspectives, including historical and contemporary contexts. Students will inquire into the social, political, environmental and economic forces that shaped the conflict and influenced the modern condition. In this course, students will interpret personal and collective stories in relation to secondary and primary sources related to WWII in order to understand how history conserves or distorts memories. Students will critically analyze the conflict in relation to strategy and technology while examining the implications of war upon a nation, country and the world.
Military Studies 25 *NEW (grade 11/12) 3 credits	Prerequisite: Military Studies 15 Military Studies 25 will offer an examination of military conflict from multiple perspectives, including historical and contemporary contexts. Students will inquire into the social, political, environmental and economic forces that shaped the conflict and influenced the modern condition. In this course, students will interpret personal and collective stories in relation to secondary and primary sources related to military topics of their choice in order to understand how history conserves or distorts memories. Students will critically analyze the conflict in relation to strategy and technology while examining the implications of war upon a nation, country and the world.
Statistics 35 AP (grade 10/11/12)	Prerequisite: Completion/Enrolled in Mathematics 20-1 Students should have a strong grasp of mathematical process and possess a sufficient mathematical maturity. Curriculum for this course will provide

5 credits	students with a non-calculus based introduction to statistics. It follows curriculum set by the AP College Board and is designed to follow these conceptual themes: collecting, analyzing and drawing conclusions from data. Additionally, it will help teach students to communicate statistical results and interpretations. The topics covered and the difficulty of the course follows the College Board Standards for advanced placement (see http://apcentral.collegeboard.com).
Personal Psychology 20 (grade 10/11/12) 3 credits	Prerequisite: None Personal Psychology 20 provides students with a practical foundation in the study of psychology., this course focuses on the following 7 thematic units of study: Introduction to Psychology, Personality, Behaviour, Intelligence, Heredity and Environment, Biological Influences on Behaviour, and Understanding Perception. Group discussion, class participation projects and presentations are essential components of this class.
Experimental Psychology 30 (grade 11/12) 3 credits	Prerequisite: Personal Psychology 20 Personal Psychology 30 is a three-credit option designed to help students develop the skills and understandings that make it possible for more effective living in our complex environment. This course focuses on the following four thematic units of study: Experimental Psychology, Statistics, Research Methods, and Research projects. Group discussion, class participation, projects and presentations are essential components of this class.
Abnormal Psychology 35 (grade 11/12) 3 credits	Prerequisite: Personal Psychology 20 Have you ever wondered about mental illnesses and how it affects those who suffer from it? In Abnormal Psychology 35, you'll get an overview of abnormal behavior and mental conditions that afflict individuals in Canadian society. Learn about views of abnormality, causal factors, and types of disorders, as well as assessment, prevention, and treatment. With successful completion, you'll gain a basic understanding of the major concepts in abnormal psychology and the complicated nature of psychological illness.
Ukulele and Guitar 15 (grade 10/11/12) 3 credits	Prerequisite: None UUkulele/Guitar 15 will introduce students to the basics of playing. The course will cover parts of the instrument, tuning, changing strings, open chords, pentatonic scales, finger picking, flat picking, jamming, composing, song structure, music history/appreciation, singing and playing together, reading tablature, bar chords and multi track recording using Garage Band.

<p>Human Condition and Shakespeare (grade 10/11/12)</p> <p>3 credits</p>	<p>Prerequisite: None</p> <p>Students in this 3-credit course will explore several of Shakespeare's plays and the ways in which the Bard of Avon incorporates the human condition in his works. The study of the human condition examines the fundamentals of human existence, including our motivations, beliefs, values, and behaviours. Through the critical theories of formalism, structuralism, psychoanalysis, feminism, and post-colonialism, students will study different perspectives on self and society in order to develop a more robust and layered understanding of what it means to be human.</p>
<p>Yoga and Mindfulness 15 (grade 10/11/12)</p> <p>3 credits</p>	<p>Prerequisite: None</p> <p>This course will introduce students to the basics of yoga and mindfulness. Students will work with yoga postures (asanas), breathing techniques (pranayama) and relaxation methods of meditation. Students will learn the historical roots of yoga and have 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 and concentration. Through continued practice students will relieve stress and experience health benefits. Additionally, this course will offer an introduction to mindfulness strategies including meditation and the science behind mindfulness. Included in this section will be topics such as: the mind working with thoughts (past, present and future), understanding the science of basic human neurobiology and our motivational systems, how to deal with challenging emotions such as fear, worry and anxiety and other related topics.</p>
<p>Yoga and Mindfulness 25 (grade 10/11/12)</p> <p>3 credits</p>	<p>Prerequisite: None</p> <p>This course is a continuation of yoga and mindfulness 15. Students will use basic and intermediate postures (asanas), breathing techniques (pranayama) and relaxation methods of meditation. Students will expand on the historical roots of yoga and continue to apply basic anatomy and physiology as it applies to the discipline. Students are expected to show an increased sophistication and refinement of skills in demonstrating their understanding of the sympathetic and parasympathetic nervous system, thus being able to relieve stress. A more detailed investigation of the science behind mindfulness will be explored. Included in this section will be topics such as: placebos, illness and the power of belief, interrupting addiction and troublesome habits and other related topics.</p>
<p>Yoga and Mindfulness 35 (grade 10/11/12)</p> <p>3 credits</p>	<p>Prerequisite: None</p> <p>This course is a continuation of yoga and mindfulness 15/25. Students will use basic and more advanced postures (asanas), breathing techniques (pranayama) and relaxation methods of meditation. Students will expand on the historical roots of yoga and continue to apply basic anatomy and physiology as it applies to the discipline. Students are expected to show an</p>

	<p>increased sophistication and refinement of skills in demonstrating their understanding of the sympathetic and parasympathetic nervous system, thus being able to relieve stress. Additionally, this course will offer more advanced mindfulness strategies including meditation and the science behind mindfulness. Included in this section will be topics such as: the neurobiology of self-preoccupation, overcoming traumas large and small and other related topics.</p>
<p>Kettle Valley Railway cycle (grade 10/11/12) 3 credits</p>	<p>PreRequisite - None</p> <p>Students would cycle from Rock Creek area to Oliver BC. It's about 300km along an abandoned railway. The specifics could vary as we work out logistics.</p> <p>The course would run outside of school hours - meeting club-like throughout the year, and running the trip early July or late August. The trip dates would be dependent on student availability.</p> <p>Students will be cycling loaded. That means they would be carrying their gear and their food for a few days. There are a couple of spots to resupply, but about three days of food would need to be carried at a time. During the year, students could be coached on building up their own ride for the trip, making their own luggage systems, or they could simply acquire it.</p> <p>We would have a couple of experiences during the year (weekend or so) to galvanize the group. This could be training for the trip itself.</p> <p>The KVR, is not a technical cycle. The grade is less than 2%, but students would be doing about 50km a day on gravel/trail.</p> <p>Camping in tents, the students carry, at campsites (some primitive).</p>