



**George McDougall High School**  
**Complimentary Course Guide 2024-2025**

*Compiled by Gladys Brown*

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## **CAREER AND TECHNOLOGY STUDIES**

### **AGRICULTURE 10/20/30 (HORTICULTURE)**

**Prerequisite: 10 level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits: module based, 1 credit per module. Should earn 5 credits per course.**

Do you want to learn how to grow plants? Horticulture is the course for you! Students will learn all aspects of growing from seeding to harvest in traditional soil medium, hydroponics and aquaponics inside and in the school's greenhouse.

### **COMMUNICATION TECHNOLOGY 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits: module based, 1 credit per module. Should earn 5 credits per course.**

Communication Technology 9 is an introductory course that establishes a foundation of understanding in digital communication to set up the 10/20/30 levels of this course. This course is designed to allow students to explore the fun and creative things you can do with a computer and digital equipment. We work primarily in photography and videography and use the Adobe Creative suite of professional apps including Photoshop, Lightroom, and Premiere Pro. In this class we learn how to create digital content that goes beyond snapshots and captures the eye with precision and beauty.

### **CONSTRUCTION 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits.**

Students will gain a basic understanding and application of woodworking and metalworking in common Construction and Fabrication trade procedures. Included in these outcomes are product design, layout and estimation, and safe and proper machine/tool use and adjustment. \*\*Original design and creativity is highly encouraged!\*\*

## **COSMETOLOGY 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits.**

Students are provided with the opportunity to learn fundamental skills in long hair design, braiding and styling, nail art and manicures, theatre and gore makeup, and bridal makeup. You will have access to support your learning with materials, tutorials, and supplies in the classroom to develop a portfolio.

## **ENTERPRISE & INNOVATION 10/20/30**

**Prerequisite: 10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

This course takes students through the processes and requirements to start up a business. We explore the process of product design through the lens of game design, and build an understanding of marketing, branding, and community engagement through the products we create. It is a collaborative course where students can work together as a class to create and put into action. Some elements of this course are on hold during pandemic restrictions.

## **FASHION 9/10/20/30**

**Prerequisite: 9/10/20/30 Level: none**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

The Fashion course is aimed at providing students who are interested in sewing, with the basic construction techniques to create simple projects. Students will have the opportunity to choose and create projects they choose; the possibilities are endless!

## **Financial Management 9**

**Prerequisite: None**

**Additional fees associated**

Plan, organize, direct, control and evaluate the operation of an accountant, auditor or financial server.

## **FOODS 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

Foods 9 is an introductory course where students will cook every week but the focus is on recipe understanding, safety and culinary knowledge.

Foods 10/20/30 - Students will deepen their knowledge in all aspects of the culinary world. Students should be prepared to cook every week and will prepare anything from appetizers to full meals to decadent desserts. In Foods 10, students will cover Foods Basics, Contemporary Baking, Canadian Heritage, Meal Planning, and Fast & Convenience Foods. In Foods 20/30, students will prepare bread products, recipes from around the world, meat products, fruit and vegetable dishes and they will participate in everyone's favourite, Cake Wars!

## **INFORMATION PROCESSING 20**

**Prerequisite: none**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

Information Processing 20 is a course designed to teach students skills important to success in high school and lead them to explore other computer courses that will be valuable in business and higher education. Students explore word processing, spreadsheets, and keyboarding skills. These general competencies should be coupled with those that may lead to employment in business and to taking advanced business studies at the post-secondary level. The BIT cluster focuses on the management, marketing, and use of electronic technologies to access, use and manipulate information within personal, family, workplace, community, and global contexts. This cluster challenges students to expand their confidence, experience and skills as innovators and leaders. This course covers 3 modules: Word Processing 2, Spreadsheet 2, Keyboarding Skills.

## **LEADERSHIP 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

The purpose of the Student Leadership program is to encourage students to make a difference in their school and community by successfully planning, implementing, and organizing their own activities and programs. Students will develop personal skills in the areas of communication, decision-making, problem-solving, conflict management, planning, work ethic, team building, initiative, commitment, and trustworthiness. Leadership 9 works on the fundamentals of volunteerism and leadership development. Leadership 10/20/30 extends on the

basics learned in Leadership 9. Students will work with students from grade 10-12 to produce projects and activities which lift the school spirit at GMHS and provide opportunities for personal growth. This course is currently a J-block.

## **MUSTANGS ACADEMIC GAMING ENTERPRISE 10 (MAGE)**

**Prerequisite: Admin and school counsellor consultation required**

**Additional fees associated**

**Credits: ELA (5), CALM (3), HCS 3000 (1), Various CTS modules- up to 13 credits.**

The Mustangs Academic Gaming Enterprise (MAGE) is an interdisciplinary learning experience for Grade 10 students. Its goal is to cover curriculum and grant approximately 22 credits in English Language Arts (10-1/2), CALM (Career and Life Management) 20/HCS3000, Media Arts, and Enterprise and Innovation through the creation of a game design business. The program is a full year, full morning cohort for 32 students. This program is recommended for students who consistently complete assignments, are looking for a challenge and are interested in gaming and business.

## **SPORTS MEDICINE 10/20/30**

**Prerequisite: 10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

The student will, through the completion of modules, develop knowledge of human anatomy, kinesiology, physiology, emergency first aid/CPR, taping and the prevention, treatment, and rehabilitation of injuries. Sports Medicine 10 students develop skills taping things such as ankles and wrists. Sports Medicine 20/30 students will reinforce the taping skills learned in 10 and expand their skills with other taping situations. Sports Medicine students learn about different careers and post-secondary pursuits that they can take on once they finish high school. There is an opportunity to volunteer with the GMHS athletic programs as a trainer. Students who take this course should have an interest in sports medicine and be able to work independently.

## **SPORTS PERFORMANCE 10/20/30**

**Prerequisite: 10 Level: none**

**20/30 level: prerequisite modules from the previous level**

**Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

This course is designed to enhance a student's sports performance knowledge. Including: training principles, nutrition, recovery, psychological preparation, and physical conditioning. The student will, through the completion of modules, learn and apply the skills of exercise programming, building strength, conditioning, and technique analysis. Most of the class is held in the classroom but part of the course is conducted in the fitness center where students will create proper techniques in training, fitness center etiquette, and increase their level of general physical fitness. Students who take this course should have an interest in personal fitness and be able to work independently.

## **RECREATION LEADERSHIP 9 (SPORTS PERFORMANCE)**

### **Additional fees Associated**

This course is designed to introduce students to a foundation in training principles, nutrition, recovery, psychological preparation, physical conditioning, and skill development in the student's chosen activities. Students should have an interest in personal fitness and be able to work independently.

## **ROBOTICS 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: prerequisite modules from the previous level**

### **Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**

In Robotics 9, students will use Lego Mindstorm equipment to learn to design, build, and program robotic devices. After this foundation, students will work with VEX robotics kits to extend their learning in robotics, coding, construction, and engineering, while having the opportunity to code in a digital game creation environment to extend their appreciation and skill in coding. The 20/30 modules are self-directed extensions of the student's preferred context for coding.

## **WILDLIFE 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: prerequisite modules from the previous level**

### **Additional fees associated**

**Credits in Level 10-30: module based, 1 credit per module. Should earn 5 credits per course.**



Are you looking for adventure, hands on learning, and are interested in walking through life as an environmental steward?! Well, look no further than the Wildlife 10/20/30 option. You will learn how to cook REAL meals outdoors on camp stoves and open fires, enjoy the beauty of nature while on outdoor excursions, and learn how to navigate your way out of the woods using actual maps and compasses that are not on your phones! Climate change and other environmental issues will be explored, and you may even get the chance to start a school wide initiative that you create. Adventure is out there!

## **FINE ARTS**

### **ART 9/10/20/30/35AP**

**Prerequisite: 9/10 Level: none**

**20/30 level: previous level**

**AP 35: 85% in Art 30**

**Additional fees associated**

**Credits in Level 10-30: 5 credits per course**

Art 9-30 is a sequential program for students to develop their skills in producing and presenting art by introducing them to new ideas, materials and processes for artistic exploration and experimentation. Students will apply the elements and principles of design when exploring the creative process and will use the critical analysis process to reflect on and interpret within a personal contemporary and historical content.

#### **Late Bird Art 20/30**

George McDougall High offers an Art 20/30 class every Tuesday's from 4:00 to 7:00 pm, September to June for students who love art but have a challenging time fitting it into their timetable.

#### **Studio Art 35 AP - Dual Credit: 3 Credit**

Studio Art 35 program is for students who are interested in a more advanced art program. Students who are successful in this program leave high school with both high school and university credits. Students develop an advanced, sophisticated portfolio, which can be submitted to universities and art colleges in Canada and the United States.

### **CHORAL MUSIC 9/10/20/30 (CHOIR)**

**Prerequisite: 9/10 Level: none**

**20/30 level: previous level**

**Additional fees associated**

**Credits in Level 10-30: 5 credits per course**

Choir is a music course. It is a performance-based class; attendance at all concerts, festivals and trips is mandatory. Choir is open to any student in grades 9-12 who has a love of singing and/or wish to improve singing within an ensemble. Having some previous experience with singing is an asset but not a necessity. Students are exposed to a wide range of musical styles, from renaissance and classical to gospel, pop, and jazz. Choir may run outside of the regular timetable as a “J” block.

## **CREATIVE WRITING 9/15/25/25**

### **Additional fees associated**

Students will follow their writing interests and passions, writing in a variety of specific creative writing genres.

## **DRAMA 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: previous level**

### **Additional fees associated**

**Credits in Level 10-35: 5 credits per course**

Drama plays a significant role in the development of the whole person. Drama prepares students for the “real world” by giving them skills that are required to survive the transition to adulthood. These skills are group work, working independently, leadership, confidence and setting goals. Unit structure will include orientation, movement, mime, Reader’s Theatre, improvisation, comedy, and scriptwriting.

## **INTRUMENTAL MUSIC 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: previous level**

### **Additional fees associated**

**Credits in Level 10-30: 5 credits per course**

Students will develop fundamental and applicable musical skills for performance, appreciation, and creative expression. They will build musical literacy through understanding concepts of pitch, rhythm, form, style, and historical perspective. They will learn about instruments, voice, technology, composition, and current trends through a variety of opportunities

## **JAZZ 9/15/25/35**

**Prerequisite: 9/15 Level: none**

**25/35 level: previous level**

### **Additional fees associated**

**Credits in Level 15-35: 5 credits per course**

Students will refine musicianship in jazz through listening, analysing, practicing, performing, and assessing. Will learn to apply diverse components of jazz and develop and apply theoretical understanding of structure, form and nuances that are specific to jazz. Students will improvise, arrange, and create original ideas and material

## **EXPLORATORY 9 WITH BAND 9**

### **Additional Fees associated**

GMHS Grade 9 Exploratory (Band) is a multi-curricular option designed to give students a taste of different courses and learning platforms. It allows students to glimpse what senior option courses have to offer, while demonstrating curricular overlap between activities. Engagement is shared through the various connections from one topic to the next, and students learn how to associate skills learned from one platform and transfer them to another. Our learning is diversified through these connections. Much of our learning is based upon the current interests of our students, however some of the activities that we will build upon are: Art, Photography, Drama, Leadership/Kindness, Construction and Design (includes instrument building, barnboard signs, wood burning, etc.), baking, and media arts (YouTube creation/"Cooking Channel"). Within each of these topics, several activities are explored creating diversity and versatility within our student body.

## **DIVISIONAL PROGRAMS**

### **BUILDING FUTURES**

Building Futures is an immersive and unique program that is offered thanks to the generosity of Kingsmith Homes, McKee Homes, and Rocky View Schools. In Building Futures, students learn how to build a house from the ground up by working elbow to elbow with tradespeople while completing their grade 10 education (grade 10 and 11 in Airdrie). Visit this website for more information and the registration forms.

<https://rvsclc.rockyview.ab.ca/programs/building-futures>

### **DUAL CREDIT**

**Prerequisite: varies based on program**

**Credits: varies based on program**

GMHS students can currently access dual credit programs with Olds, SAIT and the University of Calgary. Credits will be earned at both the high school and university/college level. As course availability changes annually, please connect with your school counsellor to access current courses and information. AP Art 35 also earns dual credit. See Art for more information.

### **GREEN CERTIFICATE**

**Prerequisite: AGR 3000**

**OFF CAMPUS COORDINATOR: Ms. Liz Schweizer**

The Green Certificate Program is offered in cooperation with the Regional Green Certificate Coordinator at Olds College. Students can earn up to sixteen high school credits at the grade twelve level for learning and working on a farm. This program has nine specializations. Contact the Off Campus Education Coordinator to sign up. More information can be found [here](#). To access this programming, please meet with your school counsellor.

## **GLOBAL SPORT ACADEMY- HOCKEY 9/10/20/30**

**Additional fees associated**

The Airdrie Hockey Academy program powered by Global Sport Academy Group, allows motivated and passionate young student-athletes an avenue to pursue their academic and athletic goals in a unique and integrated setting. The hockey program has a state-of-the-art curriculum delivered by industry leaders in athletics, leadership, and academic training modules, all in partnership with Rocky View School Division teaching staff. The program also allows students to earn credits toward graduation in grades ten through twelve. Further information regarding this complementary course offering is available online at [www.globalsportacademygroup.com](http://www.globalsportacademygroup.com). This course will include physical education and sports performance course credits. Wait list will apply if course is full.

## **MECHANICS 10/20/30**

**Prerequisite: 10 Level: none**

**20/30 level: previous level**

**Additional fees and personal protective equipment associated**

**Credits in Level 10-30: Module based, 1 credit per module. Should earn 10 credits per course.**

**\*Acceptance into the course requires consultation with GMHS Guidance Dept.**

Students will learn about the modern automobile, automotive technology, and the related systems, develop safe and appropriate shop procedures and practices while learning to inspect, diagnose, repair and service mechanical, electrical and electronic systems, and components of cars and light and commercial transport trucks. Credentials available: Auto Service Technician Apprenticeship. Location of program is Cam Clark Ford. Please visit this website for more details and the registration form <https://rvsclc.rockyview.ab.ca/programs/mechanics>

## **REGISTERED APPRENTISHIP PROGRAM (RAP)**

**Prerequisite: HCS 3000**

**OFF CAMPUS COORDINATOR: Ms. Liz Schweizer**

Students can start an apprenticeship in one of Alberta's recognized trades can earn over forty credits towards their high school diploma. Participation in the program is coordinated by the Off Campus Education Coordinator. The coordinator needs to approve all job sites before students can earn credits. To access this programming, please meet with your school counsellor.

## **WECONNECT**

### **SUPERVISOR: Mrs. Chantelle Whetstone**

We Connect is the opportunity for students to work independently on an on-line course through Moodle. This program is designed for students who want to take a course that is not offered at the school, a student who has a timetable conflict, or any other extenuating circumstances. To be successful in We Connect, students must be able to work independently on course material. Students will develop skills in responsibility, adaptability, and decision making. We Connect is accessed through consultation with your school counsellor.

### **WORKPLACE LEARNING 15/25/35 (Work Experience)**

**Prerequisite: HCS 3000**

### **OFF CAMPUS COORDINATOR: Ms. Liz Schweizer**

Students can earn up to 30 credits, while 15 can be applied to diploma requirements. Students can earn 1 credit for every 25 hours of work/volunteer time. Please visit this [link](#) to access the course outline for more information. Course goals, requirements and procedures are explained in the course outlines. Students need to discuss their situation and plans with the Off Campus Education Coordinator or designate. The Off Campus Education Coordinator must approve all jobs before a student can be enrolled in an Off Campus Education Program course. To access this programming, please meet with your school counsellor.

## **FILM/HISTORY/SCIENCES/ SOCIAL SCIENCES**

### **EXPLORATORY 9**

#### **Additional fees Associated**

This course is designed to allow for flexibility and individualized learning to occur. Students will complete course projects and assignments within a theme selected by the teacher. In the past, teachers have offered exploratory classes in fine arts, arts, languages, world sports & food, big history, and a collection of projects from our 10 level options. Exploratory 9 with Band is a different course, please see Fine Art section for description.

### **INDIGENOUS STUDIES 10/20/30 (Aboriginal)**

**Prerequisite: 10 Level: none**

**20/30 level: previous level**

**Additional fees associated**

**Credits in Level 10-30: 5 credits per course.**

The focal point of Indigenous (Aboriginal) Studies 10–20–30 is the wealth and diverse nature of Indigenous languages and cultures. The program of studies explores concepts within the students' own unique context. It is intended to provide a conceptual framework for all

learners to enhance understanding of the diverse Indigenous cultures within their region, Canada, and the world. The term “Indigenous” refers to First Nations, Métis, and Inuit.

## **FILM AND MEDIA ARTS 15/25/35**

**Prerequisite: 15 Level: none**

**25/35 level: previous level**

**Additional fees associated**

**Credits in Level 15-35: 5 credits per course.**

This course may be delivered in two ways, based on taking it in person or through we connect. GMHS: From a History through Film perspective, students will examine a variety of key moments in history while using film as a medium. The goal is to show films across a variety of historical spectrums while also demonstrating multiple film genres. This course requires students to research and critically think about history and how it was presented.

WeConnect: Film and Media Art is the exploration of film and media art as an artistic form of expression. This course provides an open and active structure for the learning and invites students, with the support of a collaborative community, to engage with ideas, colleagues and audiences through film and media art. Personalized learning occurs during this course. Flexibility in choice and design allows teachers and students to create avenues of study that meet the personalized needs of each student.

## **FORENSIC STUDIES 25/35**

**Prerequisite: 25 Level: Science 10 or 14**

**35 level: previous level**

**Additional fees associated**

**Credits: 3 credits per course.**

Students will connect scientific concepts and technologies related to solving crime. They will learn about topics like crime scene investigation, forensics, toxicology and ballistics, police protective equipment, criminal profiling, forensic psychology, arson, and police service canines. Students will also learn about criminal profiling, forensic anthropology and entomology, and explore careers in forensics.

## **MILITARY STUDIES 15/25/35**

**Prerequisite: 15 Level: none**

**25/35 level: previous level**

**Additional Fees associated**

**Credits: 3 credits per course.**

Students will examine the concepts of war and peace from historical and contemporary contexts, inquire into the social, political, environmental, and economic factors that influence military activity, encounter multiple perspectives on war and peace through personal and collective stories and how these memories influence understanding of identity and community.

## **PSYCHOLOGY**

### **General Psychology 20**

**Prerequisite: none**

**Additional fees associated**

**Credits: 3 credits**

Students will gain a broad understanding of the many topics of study in psychology, including major theoretical perspectives, major psychological contributors, learning and thinking, conflicts and disorders, discussions on emotion and behaviour and includes self-improvement and self-growth.

### **Personal Psychology 20**

**Prerequisite: none**

**Additional fees associated**

**Credits: 3 credits**

This is an introductory inquiry-based course that explores the human personality, including the following theories: psychoanalytic, social behavioral, humanistic, and cognitive. Topics of study include behavior and development, elements of personality, intelligence, and perception.

### **Abnormal Psychology 35**

**Required Prerequisite: General Psychology 20 or Personal Psych 20**

**Additional fees associated**

**Credits: 3 credits**

This course provides students with an overview of normal and abnormal behaviour within the conditions that affect individuals in our society. Students learn about perspectives of abnormality, causal factors, types of disorders, as well as assessment methods, prevention, and treatment.

### **Experimental Psychology 30**

**Recommended Prerequisite: General Psych 20 or Personal Psych 20**

**Additional fees associated**

**Credits: 3 credits**

Through study and independent research projects, students will gain an understanding of scientific methods, intelligence and intelligence testing, personality, and statistical analysis and various therapies used in the treatment of psychological disorders. As well, students will be required to complete an independent research project including design, data collection, analysis, and interpretation. This course covers the 4 topics: Methods, Intelligence, Personality, and Treatment and Therapy

## **SOCIOLOGY**

### **General Sociology 20**

**Prerequisite: none**

**Additional fees associated**

**Credits: 3 credits**

General Sociology 20 covers 3 themes, the discipline of sociology, culture and society and social class. Students will demonstrate understanding of group behaviour based on fact, rather than opinion, understand sociological perspective focuses on “what is” rather than “what ought to be,” analyze environmental occurrences objectively and feel part of society, understand its influence on own lives, and visualize own roles in societal change

**Applied Sociology 30**

**Prerequisite: General Sociology 20**

**Additional fees associated**

**Credits: 3 credits**

Applied Sociology 30 involves four themes, the discipline of sociology, sociology applied, sociology and the individual and changes in culture. Students will demonstrate understanding of group behaviour based on fact, rather than opinion, understand sociological perspective focuses on “what is” rather than “what ought to be,” analyze environmental occurrences objectively and feel part of society, understand its influence on own lives, and visualize own roles in societal change

## **WORLD GEOGRAPHY 30**

**Recommended Prerequisite: Social 10-1/10-2**

**Additional fees associated**

**Credits: 3 credits**

Students will look at world patterns of population and settlement, mankind’s use of the Earth and world patterns of physical elements through an online project-based learning model. This course consists of three projects that guide you through the study of world geography: Project 1: Physical Geography; Project 2: Patterns of Human Settlement and Project 3: World Patterns of Humankind’s Use of the Earth.

## **WORLD RELIGION 30**

**Recommended Prerequisite: Social 10-1/10-2**

**Additional fees associated**

**Credits: 3 credits**

In World Religions, students are introduced to an exploration of major current world religions including Buddhism, Christianity, Hinduism, Islam, Judaism, and Sikhism. This course will provide students with an awareness of the nature, place, and function of religion. Through research, dialogue, field trips and guest speakers, students will build an awareness of the historical and modern role religion plays in the world today.



## **WESTERN WORLD HISTORY 30**

**Recommended Prerequisite: Social 10-1/10-2**

**Additional fees associated**

**Credits: 3 credits**

Students will develop understanding and experience in the refinement of basic historical/geographical happenings, processes and circumstances, historical happenings, the people, circumstances, and context, analyze the factors that contribute to a historical happening.

## **LANGUAGES**

### **JAPANESE 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: previous level**

**Additional fees associated**

**Credits in Level 10-30: 5 credits per course**

Our Japanese is a second language program and designed for those students who are beginning their study of the language and culture, and thus no previous experience is needed to enrol in it. Students will learn to read and write the Japanese syllabary called *hiragana* and express themselves through various activities. Previously, travel to Japan and hosting of Japanese student's opportunities were available for those registered in the Japanese program (currently on-hold).

## **PHYSICAL EDUCATION**

### **PHYSICAL EDUCATION 9/10/20/30**

**Prerequisite: 9/10 Level: none**

**20/30 level: previous level**

**Additional fees associated. Field trips may be offered on a “pay as you go” basis.**

**Credits in Level 10: 3 or 5 credits**

**Level 20/30: 5 credits per course**

Physical education is based on the four general outcomes as outlined by the Alberta curriculum. Activity, benefits health, cooperation, and do it daily for life. Under these four

guiding outcomes, students will participate in activities of all five curricular dimensions. These are dance, games, flexibility, activities in and alternative environment and individual activities.

**PE 10 is a compulsory course offered for 3 or 5 credits.**

PE 10 (3 credit)- Meets every day for 1 quarter/term. More individual pursuits versus game-based activities. Example: Yoga, urban walks, low organized games etc.

PE 10 (5 credit)- Meets every day for 1 semester. Individual and team activity based. Example: Team sports, fitness education, and low organized games.

**CALM 20 Component**

Currently our PE 10 5 credit classes are also designed to deliver Career and Life Management (CALM 20), a required course for diploma requirements. Students who are in PE 10 5-Credit will also earn an additional 3 credits for CALM 20. Alternatively, students in PE 10 3 credit will be programmed in a section of CALM 20.

**PE 20/ 30**

Individual and team activity based. Students will explore a variety of activities that further develop healthy habits and lifestyles based on the four Alberta curricular outcomes: activity, benefits health, cooperation, and do it daily for life.

**YOGA 15**

**Prerequisite: none**

**Additional fees associated**

**Credits: module based, students should earn 5 credits**

Have you been feeling tired and stressed, just in need of an emotional and physical relaxation strategy? Well, why not try the new Yoga option as a start? In this class, you will be lead through daily yoga practices and assignments, learning about the many of the eight limbs of yoga including: Yama (attitudes toward our environment), Niyama (attitudes toward ourselves), Asana (physical postures), Pranayama (restraint or expansion of the breath), and Dhyana (meditation). As you become more aware of your body and mind, you can also begin to live a more balanced, stress-free life. With each level building on the previous one, the beginner Yoga 15 class will be perfect for you to dip your feet in! Namaste! No previous yoga experience required.

