

## OPTION COURSES

### ABORIGINAL STUDIES 10/20 (6 credits)

Students will study policies, legislation, conflict, and cultural change as they impact Canada, and Alberta specifically. This course cannot be used towards the graduation requirement of 10 option credits but it does count towards your credit total.

### ABORIGINAL STUDIES 30 (5 credits)

Students who successfully completed Aboriginal Studies 10/20 can select this course to continue their learning. For some university/college programs, this course can be used as one of their entrance requirements. Make sure to check your own college/university program requirements to confirm this. This course cannot be used towards the graduation requirement of 10 option credits.



### ADVANCED ACTING/TOURING THEATRE (5 credits)

Students can choose this after-hours acting course offered through JPIL. Students must arrange their own transportation. Select this course by clicking “xAttendDrama” on the online form. Students can also take Drama 10/20/30 during their regular day.

### ART 10/20/30 (5 credits)

This course provides students with a broad exposure to art, focusing on drawing, painting, and sculpture. Art 30 students work individually with the teacher to plan an individual program based on the student’s area(s) of interest.

### ATHLETIC DEVELOPMENT 10 (8 – 11 credits, including credits for PhysEd 10)

Based on the Long-Term Athlete Development model (LTAD), students focus on their strength and conditioning training while also learning about sports psychology and nutrition. This course runs every other day in the first semester and both days in the second semester, during the regular school day. Included in the fee for this course is a full-year membership (valued at \$100) to the Dan Gorman Fitness Centre located above our gymnasium. Students must apply to be accepted into this program by submitting the forms found at <https://sportsacademy.gpcsd.ca/>

## **ATHLETIC DEVELOPMENT 20/30 (5 – 7 credits)**

Based on the Long-Term Athlete Development model (LTAD), students focus on their strength and conditioning training while also learning about sports psychology and nutrition. This course runs at 7am every other day for the full school year, allowing students more flexibility in their course schedule. Included in the fee for this course is a full-year membership (valued at \$100) to the Dan Gorman Fitness Centre located above our gymnasium. Students must apply to this program by submitting the forms found at <https://sportsacademy.gpcsd.ca/>

## **BAND 10/20/30 (3-5 credits)**

Students can choose this after-hours band course offered through JPII. Students must arrange their own transportation. Select this course on the online form and use a REQUEST A COURSE form to state your instrument(s).

## **CONSTRUCTION 10/20/30 (1 credit per module)**

Students will cut, shape, and create projects from wood.

## **COSMETOLOGY 10/20/30 (1 credit per module)**

This course focuses on personal and professional grooming, body care, and enhancement through theory and practice. A \$10 rental fee will be charged for the kit containing all necessary tools and it will be fully refunded when the kit is returned at the end of the semester.

## **DRAMA 10/20/30 (5 credits)**

The emphasis of this course is on developing and enriching creativity, while introducing body movement, awareness improvisation, and group concentration. Students will also explore directing and technical theatre.

## **FABRICATION 10/20/30 (1 credit per module)**

Students learn the basics of welding and move into more advanced project work as their skills progress.

## **FASHION 10/20/30 (1 credit per module)**

This course focuses on production, design, and merchandising of both garments and accessories. Projects vary from pajama pants to graduation dresses. The purchase of supplies is the student's responsibility.

### **FOODS 10/20/30 (1 credit per module)**

This course blends commercial and domestic culinary training. Students will have the opportunity plan, prepare, and serve group meals.

### **FRENCH 10/20/30 (5 credits)**

Students will work on listening, reading, speaking, and writing French, within the contexts of shopping, activities, vacations, and fine arts.

### **HEALTH SCIENCES 10/20/30 (1 credit per module)**

For students interested in careers in health care, this course covers a wide variety of topics including anatomy, physiology and first aid/CPR.

### **MECHANICS 10/20/30 (1 credit per module)**

Students learn the basics of mechanics and move into more advanced project work as their skills progress.



### **PALEONTOLOGY 15 (3 credits)**

Students will learn about past biodiversity, Earth history, and life on Earth. In 25, students will learn about classification, extinction theories, and biogeography.

### **PHYS. ED 20/30 (5 credits)**

In these courses, students study fitness and recreation concepts, skills, and attitudes. Leadership in physical education is the focus.

### **TECHNOLOGY OPEN STUDIES 10/20/30 (1 credit per module)**

Combining credits from Photography, Computers, and Robotics courses, students are now truly able to customize their learning to their needs. This exciting new course allows students to take credits from a wide variety of areas, such as Photo, Robotics, Design, Networking, Video, Programming, Finance, Marketing, and more! You can select it once on the form, but if you also request it on the RAC (Request a Course) form you can take this course TWO times in a year.

### **YOGA 15/25/35 (5 credits)**

Students will learn about and use yoga and meditative practices, to help balance out a busy life and stress. It will also help students develop resilience and inner strength.