ST. THOMAS AQUINAS REGIONAL SECONDARY

COURSE DESCRIPTION CATALOGUE
Grades 10, 11 and 12

2021 - 22

Terminology for Course Requirements

- **"Recommended standard"** means any students below this standard will likely experience difficulty in the course if they choose to take it. Students require parental consent to enrol and must be committed to completion of the course.
- **"Pre-requisite"** means a specific course must be successfully completed before another course at the next grade level.
- **"Co-requisite"** means another course that is taken simultaneously with this course.

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Graduation Requirements

Required Courses

Subject Area	Minimum Credits
Composition 10 (English)	2
Creative Writing 10 (English)	2
Composition 11 (English)	4
English Studies 12	4
Social Studies 10	4
a Social Studies 12*	4
Science 10	4
a Science 11*	4
a Mathematics 10*	4
a Mathematics 11*	4
Physical & Health Education 10	4
Career Life Education 10	4
Career Life Connections 11-12	4
Arts Education and/or Applied Design, Skills & Technologies (Gr. 10, 11 or 12)	4
Total:	**52**

*select from at least one course in this subject area

Elective Credits

Students must earn at least 28 elective credits. These credits can be for:

Additional Grade 10, 11 or 12 ministry authorized courses, Christian Education courses, external credits, summer school or online courses.	**28**
Overall Total:	**80**

- Of the 80 credits needed for graduation, at least 16 credits must be at the Grade 12 level, including English Studies 12 and twelve other credits. These may be from required courses or elective credits (see table above for ways to earn elective credits). It is not uncommon for students to have more than 90 credits earned.
- **Students must take all grade level required courses for the Graduation Program at St. Thomas Aquinas unless they have successfully completed a course in advance of the appropriate grade level. Successful completion of Christian Education 10, 11 and 12 is required in order to participate in school sponsored Graduation Activities at S.T.A.**

ENGLISH LANGUAGE ARTS COURSE OFFERINGS

The English course options for grades 10, 11 and 12 reflect the different language skills senior students choose to focus on as part of their career and personal planning. English Language Arts 10, 11 and 12 focus on the expressive and functional purposes of language and its uses in a variety of contexts. The Honours Program consists of accelerated English Language Arts 11 and 12, followed by enrollment in first-year university English at STA. English Department elective courses offer opportunities for serious study of reading and writing.

English Language Arts Courses:

1. COMPOSITION 10 (2 Credits) *PRE-REQUISITE: Pass in English 9*

Composition 10 is designed for students to develop their skills in written and oral communication in a variety of contexts. The course provides students with opportunities to think critically as they explore, extend, and refine their writing. Within a supportive community of writers, students will work individually and collaboratively to explore and create coherent, purposeful compositions. They will develop their craft through processes of drafting, reflecting, and revising to build a body of work that demonstrates breadth, depth, and evidence of writing for a range of situations. The course provides opportunities for diverse learners to be supported in developing and refining their writing abilities. **This course is required for graduation and taught for a half year in conjunction with Creative Writing 10.**

2. CREATIVE WRITING 10 (2 Credits) *PRE-REQUISITE: Pass in English 9*

Creative Writing 10 is designed for students to develop their skills in creative expression through language. The course provides students with in-depth opportunities to become better writers through the exploration of personal and cultural identities, memories, and stories in a wide range of genres. Within a supportive community of writers, students will collaborate and develop their skills through writing and design processes. This course is intentionally grounded in the exploration and application of writing processes, inviting students to express themselves creatively as they experiment with, reflect on, extend, and refine their writing.
This course is required for graduation and taught for a half year in conjunction with Composition 10.

3. COMPOSITION 11 (4 Credits) *PRE-REQUISITE: Pass in Composition & Creative Writing 10*

This course is structured for the student to begin preparation for English Studies 12 with a view to subsequent academic study at the college or university level. It concentrates on mastering essential English skills as well as the key components of oral and written expression. The focus in writing is on the various forms of the essay: descriptive, expository, persuasive, narrative, and synthesis writing. Reflective, critical, and interpretive analysis of literature/language in all of its varied forms (novels, drama, poetry, short stories, media) is a major component of the course.

4. ENGLISH STUDIES 12 (4 Credits) *PRE-REQUISITE: Pass in Composition 11*

This course focuses on the expressive and functional purposes of language. It concentrates on communication skills as well as the knowledge, enjoyment and critical examination of language and literature. Through a traditional approach to grammar, usage and language, students work on developing the skills necessary for all written tasks. The focus in writing is on expository papers of opinion, logic and argumentation. Reflective, critical, and interpretive analysis of literature/language in all of its varied forms (novels, drama, poetry, short stories, media) is a major component of the course.

English Honours Program:

5. HONOURS COMPOSITION 11 (4 Credits)

1st: PRE-REQUISITE: 90% in Composition & Creative Writing 10
(2nd: With space permitting, 86% in Composition & Creative Writing 10 AND Recommendation by the Dept.)

This English course is intended for students with proficient writing, reading, and communicating skills who are interested in further developing their abilities in a challenging, discussion-oriented environment. The content of this course will be similar to that of the regular course, but instruction will focus on higher level concepts and skills from the English Language Arts curriculum. This is an accelerated course, in which students will complete Composition 11 Honours by April, and then begin English Studies 12 Honours. The focus on advanced skills in this course is better suited to meet the needs of proficient English users to achieve excellence.

6. HONOURS ENGLISH STUDIES 12 (4 Credits) *PRE-REQUISITE: 80% in Composition 11 Honours*

This course is a continuation of the accelerated Honours program. It is intended for highly motivated students with an appreciation for literature and independent reading who are interested in further developing their abilities in a challenging, discussion-oriented environment. This course is accelerated to provide students with the opportunity to study English at a post-secondary level. Students must have successfully completed Composition 11 Honours to take this course.

English Department Elective Courses:

7. LITERARY STUDIES 12 (4 Credits) *RECOMMENDED STANDARD:70% in Creative Writing & Composition 10*

This elective course introduces students to major works of English Literature in all forms from the Anglo-Saxon period (700 AD) to the Victorian and Modern Age. Students will explore the literary value of the poetic works and the social, cultural and artistic concerns of the eras from which they emerged. The focus will be on encouraging critical analysis and a love/appreciation for literature in all of its genres. Narrative and synthesis writing are also covered. This challenging course is intended for students who are interested in developing their cultural literacy as well as their analytical skills. Students intending to pursue university studies will benefit from this exposure to the "big names" in literature (not just Shakespeare!) as they are commonly studied in first and second year university English courses.

8. CREATIVE WRITING 12 (4 Credits) *RECOMMENDED STANDARD:70% in Creative Writing & Composition 10*

This elective course is for every student interested in exploring all aspects of writing. You will explore how to write journalistic pieces, journals, and short stories. Writing is primarily based on your life and personal happiness and fulfilment. All the assignments serve to trumpet your talents and voice. The course is portfolio based, like an Art course, and there are no tests or exams.

SOCIAL STUDIES COURSE OFFERINGS

Along with Social Studies 10, students must successfully complete one grade 12 level Social Studies course to meet the high school graduation requirements. Psychology 12 does not satisfy this Social Studies requirement.

The primary goal of Social Studies education is to give students the knowledge, skills, and competencies to be active, informed citizens who are able to think critically, understand and explain the perspectives of others, make judgments, and communicate ideas effectively. Through their study of historical events, students will gain an understanding of the people, places, issues, and events that have shaped the world they live in. By studying some of the many different cultures and ways of life that exist and have existed throughout the world, students will develop both a deeper understanding of the differences between peoples and an appreciation of the aspects of human experience shared across time and space.

9. SOCIAL STUDIES 10 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 9*

Social Studies 10 covers three main topics: Canadian history from 1914-present, Canadian government and politics, and Canadian social issues. Special emphasis is placed upon the development of the Canadian Identity within the context of the three main topics. Quebec in Canada, and the problems of a multicultural and bilingual society. The course also covers global concerns such as: population growth, resource distribution and use, impact of industrialization and technology on society. **This course is required for graduation.**

10. 20TH CENTURY WORLD HISTORY 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED Standard: 70% in Social Studies 10

A central purpose of 20th Century World History is to engage students in applying the methods of historical inquiry to the dynamic forces that have shaped the 20th Century. Students will learn how these forces have shaped events such as the World Wars, the Russian Revolution, the Depression, the Cold War, and unrest in the Developing World. Topics include liberalism, capitalism, democracy, nationalism, imperialism, militarism, socialism, communism, totalitarianism, and internationalism.

11. COMPARATIVE CULTURES 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED Standard: 70% in Social Studies 10

This course will provide students with an interesting and in depth coverage of societies and civilizations around the world up to the 16th century. Among the ancient civilizations which will be examined are the Mesopotamians, Egyptians, Greeks, Romans, Arabs, Africans, Chinese and the Japanese. The aim of the course will be to provide an overall comparison of the following civilizations through a thorough examination of their political, religious, economic and social structures. Because history involves much more than remembering historical dates and events, being able to interpret and draw conclusions is critical. Therefore, this course will not only broaden students' knowledge of the ancient world, but will help to develop skills that will be critical for success in future studies at the post-secondary level.

12. HUMAN GEOGRAPHY 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED STANDARD: 70% in Social Studies 10

Human Geography 12 touches upon the human interactions with the world. By looking at geographic regions students learn how those regions encompasses a variety of physical features and/or human interactions. By studying human activities, students can better understand how this alters landscapes in a variety of ways. In addition, the physical features and natural resources influence the demographic patterns and population distributions. Finally, by analyzing data from a variety of sources, students are able to better understand our globally connected world.

13. LAW STUDIES 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED STANDARD: 70% in Social Studies 10

Law Studies 12 touches upon the history of law before and its development through government agencies. It reviews rights through both the Charter of Rights and Freedoms and human rights legislation. Also examined is the structure and operation of the court system and the people involved in its administration. There is a survey of criminal law and policing prior to viewing issues that affect everyday life: including Tort, Family, Contract and Employment Law.

14. PHILOSOPHY 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED STANDARD: 70% in Social Studies 10

This course examines the nature of knowledge, reality, and existence by fostering tools for different ways of thinking and debating reasoned arguments, logic, and weighing the merit of specific ideas and arguments. By studying different philosophies and influential thinkers, students will better understand their assumptions and belief systems and better articulate them in words and written expression.

15. PHYSICAL GEOGRAPHY 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED STANDARD: 70% in Social Studies 10

Physical Geography 12 is a comprehensive course, which examines the world around us from both a regional and global perspective using the five themes of geography. Learners will investigate physical geography topics such as the cause and effects of plate tectonics, gradational processes, weather and climate, biospheres and energy, and then apply this knowledge to understanding some of the many of the problems associated with managing our environment including various types of pollution and their role in global warming and global dimming.

16. POLITICAL STUDIES 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED STANDARD: 70% in Social Studies 10

Students will evaluate the origins, purpose and impacts of political systems and ideologies in Canada and around the world. Issues at the regional, national and international levels are explored and students will assess relationships between these issues and policy formation. Power structures, independence movements, elections and electoral systems, the role of mass media, Indigenous governance, and international governance will also be pursued. Students are encouraged to enrol in Political Studies 12 if they are interested in pursuing studies in the field of social sciences at the post-secondary level.

17. PSYCHOLOGY 12 *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED Standard: 70% in Social Studies 10

Psychology 12 is a survey course introducing many of the curricula examined in the 100 level university course: anatomy & physiology of the brain, states of consciousness, sleep & dreams, sensation & perception, mood, psychological disorders, cognition & personality, stress & its effects, learning, cognition & intelligence, and memory. It addresses the fascinating links between the scientific and the metaphysical/spiritual aspects of the human mind; furthermore, it examines different theorists' major contributions to the field, and engages the aforementioned list of topics with current events and practical applications to everyday life.
Please note, this course cannot be used to meet the graduation requirement of a Social Studies 12 course.

18. SOCIAL JUSTICE 12 (4 Credits) *PRE-REQUISITE: Pass in Social Studies 10*
RECOMMENDED STANDARD: 70% in Social Studies 10

This course is for students wanting to explore how they can become their best selves and make the world a better place through SPORT - athletes, sports fans, aspiring officials and coaches, and those wanting to pursue college and career paths related to sport. Students will explore how the study of the history, philosophy, psychology, sociology, media studies, political economy of SPORT, can *reveal, guide and serve* them in becoming the persons, athletes and citizens they want to be. Students will develop discernment skills applied to their physical, mental, socio-cultural, and spiritual development as ATHLETES; and bring these insights to the critical analysis of issues and controversies related to values of fairness, excellence, inclusion and fun in sport.

CHRISTIAN EDUCATION COURSE OFFERINGS

19. CHRISTIAN EDUCATION 10 (4 Credits) *PRE-REQUISITE: Pass in Christian Education 9*

This course studies Catholic morality, focusing specifically on the nature of the human person and prayer, and our relationship with Christ. The principles of morality, sin, reconciliation, the problem of evil, chastity and justice are also examined closely. **This course is required for STA graduation.**

20. CHRISTIAN EDUCATION 11 (4 Credits) *PRE-REQUISITE: Pass in Christian Education 10*

In this course students will learn about the highlights of the history of the Roman Catholic Church over the past two thousand years, beginning with the Pentecost. The course then looks at St. Paul and the early Church, Roman Persecutions, Constantine, Heresies and the Church Fathers, Barbarian Invasions, Monasticism, Islam, Carolingian Renaissance, the Great Schism, Cluny, High Middle Ages, Reformation, the missionary movement, the Church in Canada, Scientific Revolution, Age of Enlightenment, Age of Revolution, rise of Nationalism, Vatican II, St. Pope John Paul II, Pope Benedict XVI, and Pope Francis. Students will be asked to apply the lessons of this history to their lives today. **This course is required for STA graduation.**

21. CHRISTIAN EDUCATION 12 (4 Credits) *PRE-REQUISITE: Pass in Christian Education 11*

Students will study: Christian prayer; personal identity; Catholic anthropology; Christology, through an analysis of the Gospel of John; vocations, from the perspective of the theology of the body (with emphasis given to the Church's teaching on marriage and sexuality); Jesus' call to mission (including the topics of evangelism, apologetics, personal sanctification, the role of the laity and opportunities for growth in faith after high school). **This course is required for STA graduation.**

MATHEMATICS COURSE OFFERINGS

Students entering Math 10, Math 11 and Math 12 have a choice of different math courses/pathways. The courses have been designed to provide students with the mathematical and critical thinking skills and understanding that will allow them to be numerate and critical thinking citizens. As well, post-secondary institutions have identified courses for specific programs.

The Mathematics curriculum has been designed to develop deep mathematical understanding and fluency, logical reasoning, analytical thought, and creative thinking. There is a focus on concepts related to number sense, patterns and relations, spatial sense, and statistics and probability. Students actively investigate problems and find solutions. Through the study of mathematics, students learn how to make accurate, informed, and ethical choices relating to the collection, analysis, and presentation of data. They learn how to make sound inferences and decisions through their experiences with problem solving in situational contexts. Throughout the Mathematics curriculum, students foster a strong numeracy foundation that is applicable in all areas of their lives.

It is important when choosing their math pathway/course those students, along with their parents and teacher's guidance, choose the math course that reflects their abilities in math, their interests and their future post-secondary plans and careers. Completion of a provincial numeracy exam is necessary for graduation.

❖ Workplace Mathematics

This pathway is designed to provide students with the mathematical understandings and critical-thinking skills that are useful for a number of programs at colleges, trades programs and for direct entry into the work force. This pathway is recommended for students who enjoy working on projects or 'hands-on' activities and for students who experienced difficulty with Math 9 concepts.

❖ Foundations of Mathematics

This pathway is designed to provide students with the mathematical understandings and critical-thinking skills identified for post-secondary studies in programs that do not require the study of theoretical calculus; programs in the fields of Arts/Humanities and Fine Arts. **This pathway has been designed for the majority of high school students**.

❖ Pre-Calculus Mathematics

This pathway 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 theoretical calculus like Sciences, Business/Commerce or Engineering. This pathway is recommended for students who have a very good understanding of Foundations and Pre-Calculus 10 concepts (minimum grade 73%).

It is crucial that students and parents check the university or college guidebooks/websites to determine which specific courses are required for admission to the school and for specific faculties and programs. This information does change from year to year and some post-secondary schools have not yet identified/posted the required math course for their admission requirements.

Please note: Course descriptions are listed with pre-requisite marks and/or work habits. Students will be enrolled in courses for which they have the pre-requisite grade and/or work habit. To enrol in a course in which the pre-requisite mark has not been attained, students must see the academic counsellor and/or math department head. Written parental consent will also be required.

21. WORKPLACE MATH 10 (4 Credits)

This course is designed to provide students with the mathematical understandings and critical-thinking skills identified for direct entry into the workforce and entrance to many colleges. Students taking this course would continue in this pathway taking Workplace Math 11 in grade 11.

Topics include trigonometry, measurement, geometry, data analysis, probability and financial literacy

22. FOUNDATIONS OF MATH AND PRE-CALCULUS 10 (4 Credits)

PREREQUISITE MARK: minimum 60% in Principles of Mathematics 9

This course is designed to prepare students for programs and fields requiring math at the university/college level. This course is intended for students who have a solid foundation in Mathematics 9 concepts and to provide students with the mathematical understandings and critical thinking skills necessary for post-secondary studies and programs.

Topics in this course include trigonometry, exponents and powers, arithmetic sequences and series, functions and relations, polynomials and equations, data analysis and financial literacy.

23. WORKPLACE MATH 11 (4 Credits)

PREREQUISITE: Apprenticeship and Workplace Math 10 OR Foundations and Pre-Calculus Math 10

In this course, students will continue to work on concepts and skills identified for entry into the workplace and specific trades and college programs. Please note that this course satisfies graduation math requirement and is accepted for entrance admission to most colleges, CAPU and BCIT. Entrance requirements for specific programs in business, specific trades, sciences, etc. at these post-secondary schools may require Foundations or Pre-Calculus Math (please refer to their guidebooks for specific admission requirements). This course is recommended for students who experienced difficulty with math 10 and have not met the prerequisite mark of 60%.

Topics include financial literacy, probability and statistics, measurement, and rate of change

24. FOUNDATIONS OF MATH 11 (4 Credits)

PREREQUISITE MARK: minimum 60% in Foundations and Pre-Calculus Math 10
PREREQUISITE WORK HABITS: G or E in Foundations and Pre-Calculus Math 10

The Ministry has designed this course for the majority of grade 11 students. This course is recommended for students who are planning to pursue post-secondary/university studies in programs that do not require the study of theoretical calculus like, Arts, Humanities, Geography, Psychology, Fine Arts, etc. To be successful in this course a student must have a solid foundation in Foundations & Pre-Calculus Math 10 (minimum grade of 60%) and have excellent work habits. Please be aware that some universities may require only Foundations of Math 11 as an entrance requirement while other universities may require both Foundations of Math 11 and Foundations of Math 12. This course satisfies the math 11 graduation requirement. A graphing calculator is required for this course.

Topics include financial literacy, statistics, analyzing graphs, systems of equations, linear inequalities, functions, mathematical reasoning and measurement

25. PRE-CALCULUS MATH 11 (4 Credits)

PREREQUISITE MARK: minimum 73% in Foundations and Pre-Calculus Math 10
PREREQUISITE WORK HABITS: G or E in Foundations and Pre-Calculus Math 10

This course is designed for highly motivated and capable mathematics students who plan on enrolling in post-secondary school programs that require the study of theoretical calculus like Sciences, Business/Commerce or Engineering. These faculties also require a Pre-Calculus 12 credit. This course also meets admission requirements for university arts (humanities) studies. Students wishing to take Calculus 12 or AP Calculus must take Pre-Calculus 11 and 12. This course satisfies the math 11 graduation requirement. A graphing calculator is required for this course.

Topics include real number system, powers, radical expressions and equations, polynomials, rational expressions and equations, quadratic functions and equations, inequalities, trigonometry, and financial literacy

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26. FOUNDATIONS OF MATH 12 (4 credits)

PREREQUISITE MARK: minimum 73% in Foundations of Math 11 or 65% in Pre-Calculus 11
PREREQUISITE WORK HABITS: G or E in Foundations or Pre-Calculus Math 11

This course is recommended for students who are planning to pursue post-secondary/university studies in programs that do not require the study of theoretical calculus. Some universities may require only Foundations of Math 11 as an entrance requirement while other universities may require both Foundations of Math 11 and Foundations of Math 12. A graphing calculator is required for this course.

Topics include financial planning, geometric explorations, graphical representations of polynomial, logarithmic, exponential, and sinusoidal functions, regression analysis, and combinatorics

27. PRE-CALCULUS MATH 12 (4 credits)

PREREQUISITE MARK: minimum 73% in Pre-Calculus Math 11
PREREQUISITE WORK HABITS: G or E in Pre-Calculus Math 11

This course is designed for students who have a very strong foundation in Pre-Calculus Math 11 concepts, who are highly motivated and capable mathematics students and who plan on enrolling in post-secondary school programs that require the study of theoretical calculus. Students enrolled in this course require tremendous self-discipline and are expected to learn at a very fast pace. This course is not required for university entrance into arts/humanities faculties, but is a pre-requisite for university calculus courses required by science, engineering, business/commerce, and computer science faculties. Students wishing to take Calculus 12 or AP Calculus must either have successfully completed Pre-Calculus 12 or be concurrently enrolled in the course. A graphing calculator is required for this course.

Topics covered include transformations of functions and relations, trigonometry (functions, equations an identities), polynomials functions and equations, rational functions, logarithms, and geometric sequences and series

28. CALCULUS 12 (4 Credits)

PREREQUISITE MARK: minimum 80% in Pre-Calculus 11
CO-REQUISITE: Pre-Calculus 12
PREREQUISITE WORK HABITS: G or E in Pre-Calculus Math 11 or 12

This course is intended for highly motivated and competent math students. Calculus 12 is designed to provide students with a background in calculus and allow for an easier transition to university or college mathematics. Students must complete Pre-Calculus 12 as a pre-requisite or co-requisite. Some universities may require Calculus 12 for admissions into specific faculties such as engineering. (Please refer to post-secondary school websites for specific admission requirements for faculties)

Topics covered include functions and graphs, limits, derivatives, differentiation, integration

29. AP CALCULUS (4 Credits)

PREREQUISITE MARK: minimum 86% in Pre-Calculus 11or Pre-Calculus Math 12
PREREQUISITE WORK HABITS: G or E in Pre-Calculus Math 11 or 12
CO-REQUISITE: Pre-Calculus 12

AP Calculus AB is intended for students who have completed Pre-Calculus 12 and who are preparing for university studies in the faculties of Science, Engineering or Commerce. This course is intended to provide a comprehensive study of differential and integral calculus along with a variety of applications. This course is designed to prepare students to write the AP® Calculus AB exam at the end of the year. Students may also choose to write the University Challenge exams offered by UBC, SFU, UVIC, and UNBC.

SCIENCE COURSE OFFERINGS

30. SCIENCE 10 (4 Credits) *PRE-REQUISITE: Pass in Science 9*

Science 10 is the most advanced of the general/junior science courses. The Big Ideas include: "DNA is the basis for the diversity of living things," "Energy change is required as atoms rearrange in chemical processes," "Energy is conserved, and its transformation can affect living things and the environment," and "The formation of the universe can be explained by the big bang theory." While learning about these Big Ideas, students will hone their skills in questioning and predicting, planning and conducting, processing and analyzing data and information, evaluating, applying and innovating, and communicating. By the end of the course, students should have an idea of what they would like to pursue as their senior science elective(s). **This course is required for graduation.**

31. CHEMISTRY 11 (4 Credits) *RECOMMENDED STANDARD: 70% in Science 10 AND Foundations and Pre-Calculus Math 10*
CO-REQUISITE: Pre-Calculus Math 11

This is an introductory course emphasizing both laboratory skills and conceptual understanding. The Big Ideas in Chemistry 11 are: "Atoms and molecules are building blocks of matter," "Organic chemistry and its applications have significant implications for human health, society, and the environment," "The mole is a quantity used to make atoms and molecules measurable," "Matter and energy are conserved in chemical reactions," and "Solubility within a solution is determined by the nature of the solute and the solvent." Laboratory investigations are included and mandatory. Chemistry 11 is an acceptable pre-requisite for Anatomy and Physiology 12.

32. EARTH SCIENCES 11 (4 Credits) *RECOMMENDED STANDARD: 55% in Science 10 AND Foundations and Pre-Calculus Math 10*

Students in this course will study the history, composition, and physical processes of both our planet Earth and outer space. The Big Ideas in Earth Sciences 11 are: "Earth materials are changed as they cycle through the geosphere and are used as resources, with economic and environmental implications," "Plate tectonic theory explains the consequences of tectonic plate interactions," "The transfer of energy through the atmosphere creates weather, and this transfer is affected by climate change," "The distribution of water has a major influence on weather and climate," and "Astronomy seeks to explain the origin and interactions of Earth and its solar system." Earth Sciences 11 is accepted by universities which require a Science 11 course and is one of three acceptable prerequisites for Anatomy and Physiology 12.

33. LIFE SCIENCES 11 (4 Credits) *RECOMMENDED STANDARD: 60% in Science 10*

This course offers students an introduction to a wide variety of organisms, including viruses, fungi, plants and animals. The Big Ideas in Life Sciences 11 are: "Life is a result of interactions at the molecular and cellular levels," "Evolution occurs at the population level," and "Organisms are grouped based on common characteristics." Life Sciences 11 is an acceptable pre-requisite for Anatomy and Physiology 12.

34. PHYSICS 11 (4 Credits) *RECOMMENDED STANDARD: 70% in Science 10 AND Foundations and Pre-Calculus Math 10*
CO-REQUISITE: Pre-Calculus Math 11

This course offers students a general introduction to physics. The Big Ideas in Physics 11 are: "An object's motion can be predicted, analyzed and described," "Forces influence the motion of an object," "Energy is found in different forms, is conserved, and has the ability to do work," and "Mechanical waves transfer energy but not matter."

35. SCIENCE FOR CITIZENS 11 (4 Credits) *PRE-REQUISITE: Pass in Science 10*

This is a basic course that allows students to fulfil their Science 11 high school graduation requirement. This course is not recognized by most universities as fulfilling the Science 11 requirement for admission, but most colleges will accept it (students should check the requirements for their specific programs). The Big Ideas in Science For Citizens 11 are: "Scientific processes and knowledge inform our decisions and impact our daily lives," "Scientific knowledge can be used to develop procedures, techniques, and technologies that have implications for places of employment," and "Scientific understanding enables humans to respond and adapt to changes locally and globally."

36. ANATOMY AND PHYSIOLOGY 12 (4 Credits) *PRE-REQUISITE:Chemistry 11 OR Biology 11 OR 65% in Earth Science 11*
RECOMMENDED STANDARD: 65% in Life Sciences 11 OR 60% in Chemistry 11

This course focuses on human biology, beginning at the cellular and biochemical levels and then proceeding through the various body systems (digestive, circulatory, respiratory, nervous, urinary, and reproductive). Emphasis is placed on how these systems are interrelated. The Big Ideas in Anatomy and Physiology 12 are: "Homeostasis is maintained through physiological processes," "Gene expression, through protein synthesis, is an interaction between genes and the environment," and "Organ systems have complex interrelationships to maintain homeostasis." Mammalian dissection is included.

37. CHEMISTRY 12 (4 Credits) *RECOMMENDED STANDARD: 70% in Chemistry 11*
STRONGLY RECOMMENDED CO-REQUISITE: Pre-Calculus Math 12

This more advanced course is an extension of Chemistry 11 and is intended to prepare students for university science programs. The Big Ideas in Chemistry 12 are: "Reactants must collide to react, and the reaction rate is dependent on the surrounding conditions," "Dynamic equilibrium can be shifted by changes to the surrounding conditions," "Saturated solutions are systems in equilibrium," "Acid or base strength depends on the degree of ion dissociation," and "Oxidation and reduction are complementary processes that involve the gain or loss of electrons." Laboratory investigations are included and mandatory.

38. PHYSICS 12 (4 Credits) *RECOMMENDED STANDARD: 70% in Physics 11*
CO-REQUISITE: Pre-Calculus Math 12

This more challenging course is an extension of Physics 11 and is intended to prepare students for university science programs. The Big Ideas in Physics 12 are: "Measurement of motion depends on our frame of reference," "Forces can cause linear and circular motion," "Forces and energy interactions occur within fields," and "Momentum is conserved within a closed and isolated system."

39. AP PHYSICS 12 (4 Credits) *PRE-REQUISITES: 80% in Physics 11 AND Principles of Math 11*
CO-REQUISITES: Pre-Calculus Math 12 AND Calculus 12

This course is designed to be the equivalent of a college or university introductory physics course. The AP Physics course is intended for students who have successfully completed a first course in high school physics. The five content areas that will be covered include: Newtonian mechanics, fluid mechanics and thermal physics, electricity and magnetism, waves and optics, and atomic and nuclear physics. A hands-on laboratory component is mandatory. Students will have the option of writing the AP Physics exam for post-secondary course credit. This course is designed to prepare students to write the AP® Physics C: Mechanics exam at the end of the year.

MODERN LANGUAGES COURSE OFFERINGS

FRENCH COURSES

40. FRENCH 10 (4 Credits) *PRE-REQUISITE: Pass in French 9*

French 10, a pre-requisite for French 11, is a communicative-experiential course, which builds on the second language skills and knowledge students have acquired in the junior years. Students will complete authentic tasks in the target language with emphasis on both oral and written language. Course evaluation will include components for reading, writing, listening and speaking.

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41. FRENCH 11 (4 Credits) *RECOMMENDED STANDARD: 60% in French 10*

French 11 strives to increase a student's communicative proficiency. Oral and written activities provide the opportunity for true communication about topics drawn from the experience of young people. Students also deepen their awareness of Francophone cultures in Canada and elsewhere. Course evaluation will include writing, speaking, reading and listening components. This course fulfils the Language 11 requirement for universities.

42. FRENCH 12 (4 Credits) *RECOMMENDED STANDARD: 70% in French 11*

French 12 continues the cultural, communicative and linguistic objectives set out in French 11. The working language of the classroom will be French, with students participating in numerous group activities as well as doing individual oral and written assignments. Evaluations will include comprehension (reading and listening), speaking and writing. Students will also study the main historical, social and artistic movements that took place in France during the nineteenth and twentieth centuries.

SPANISH COURSES

43. BEGINNERS' SPANISH 11 (4 Credits) *RECOMMENDED STANDARD: Pass in French 10 OR permission of the Department*

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This course, a pre-requisite for Spanish 11, will cover both basic spoken and written Spanish as well as important cultural topics. Evaluations will include reading, listening, speaking and writing. **This course does NOT give a student his/her Language 11 credit for most university entrance requirements in Canada.**

44. SPANISH 11 (4 Credits) *RECOMMENDED STANDARD: 60% in Beg. Spanish 11*

Students will be able to express themselves orally as well as in writing using more complex structures. Students also deepen their awareness of Spanish/Latin cultures in Spanish speaking countries. Evaluations will include reading, listening, speaking and writing. This course fulfils the Language 11 requirement for universities.

APPLIED DESIGN, SKILLS & TECHNOLOGIES COURSE OFFERINGS

These credits count toward the 4 required credits in Applied Design, Skills and Technologies at the Grade 10, 11 or 12 level.

45. MEDIA DESIGN 10 (2 Credits)

Media Design 10 is for students who are interested in learning about digital video production. Students will work with digital video and high definition video cameras to script, shoot and edit video. The classes use Adobe's Premier Pro program to capture and sequence videos and will also incorporate special effects using green screens and Adobe's After Effects program. It is offered concurrently with Career Life Education 10.

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46. MEDIA ARTS 11/12 (4 Credits)

Students learn principles of design used in graphic production. Student will use a variety of software including Adobe Photoshop, Adobe InDesign and Adobe Premiere Pro to produce different media. Students will develop interpersonal skills as they work individually and in teams to produce the schools' yearbook, publish news snippets and video presentations.

47. ROBOTICS 11 (4 Credits)

In this class students will work individually and in teams to develop different electrical circuits, automated systems and robotics. Collaborative teams will be engaged in project-based learning that challenges them to use effective problem-solving strategies, creativity and critical thinking to progress from simple circuits to complex autonomous robots. All in STA's new makerspace.

48. AP COMPUTER SCIENCE 12 (4 Credits)

This AP Java course is designed to help students master the basics of object-oriented programming with a focus on problem solving and algorithm development. This course is designed to prepare students to take the AP® Computer Science A exam at the end of the year.

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ARTS EDUCATION COURSE OFFERINGS

These credits count toward the 4 required credits in Fine Arts at the Grade 10, 11 or 12 level.

49. VISUAL ARTS 10 (2 Credits) *PRE-REQUISITE: Pass in Art 9 AND/OR Permission of the Department*

This is a one semester course worth 2 credits that is offered with Career Life Education 10 in the other semester. Students in Art 10 will build on basic concepts studied in Art 8 and 9. They will learn about image development and design processes, the elements and principles of art and design, and the use of various materials, techniques and processes. This course covers drawing, painting, fabric arts, graphic design and sculpture. Students will create meaningful works of art that communicate various personal, social, cultural and historical contexts.

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50. ART STUDIO 11 (4 Credits) *PRE-REQUISITE: Pass in Art 10 AND/OR Permission of the Department*

Students will continue to enhance their creativity and develop their artistic skills in this full year course. Art 11 builds upon the concepts studied in Art 8, 9 and 10. Students will further explore the elements of art and principles of design, and the development of art throughout the ages. Students will work with various media in the following disciplines: drawing, painting, sculpture and ceramics, fabric arts and graphic design. Students will create meaningful 2D and 3D works of art that communicate various personal, social, cultural and historical contexts.

51. ART STUDIO 12 (4 Credits) *PRE-REQUISITE: Pass in Art 11 AND/OR Permission of the Department*

This full year course is designed to develop the full creativity of the individual and to enhance artistic skills. Art 12 students will apply all concepts and skills learned throughout Art 8, 9, 10 and 11. Students will engage in the full exploration and expression of the elements and principles of art and design through the following processes: drawing, painting, graphic design, textiles and sculpture. Students are encouraged to exhibit their artwork in the local community, and to develop an art portfolio which will allow them to apply for scholarships and for admission to Technical and Fine Arts schools.

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52. CHORAL MUSIC 10 (Junior) (2 Credits)

PRE-REQUISITE: Pass in Choral Music 9 AND/OR Permission of the Department

This is a two credit course which can be applied toward the Fine Arts graduation requirement. It is offered outside the timetable several mornings before school each week. Choral Music 10 builds on the vocal techniques and musical concepts covered in Choir 9. The emphasis is on performance through participation in concerts and festivals. Concert and festival participation are considered to be part of the commitment to the ensemble.

53. CHORAL MUSIC 11: CONCERT/CHAMBER CHOIR (Senior) (2 Credits)

PRE-REQUISITE: Pass in Choral Music 10 AND/OR Permission of the Department

This is a two credit course which can be applied toward the Fine Arts and Selected Studies graduation requirements. It is offered outside the timetable several mornings before school each week. Choral Music 11 builds on the vocal techniques and musical concepts covered in Choral Music 10. The emphasis is on performance through participation in concerts, festivals, and a Spring Tour in alternate years. Concert and festival participation are considered to be part of the commitment to the ensemble.

54. CHORAL MUSIC 12: CONCERT/CHAMBER CHOIR (2 Credits)

PRE-REQUISITE: Pass in Choral Music 11 AND/OR Permission of the Department

This is a two credit course which can be applied toward the Fine Arts and Selected Studies graduation requirements. It is offered outside the timetable several mornings before school each week. Choral Music 12 builds on the vocal techniques and musical concepts covered in Choral Music 11. The emphasis is on performance through participation in concerts, festivals, and a Spring Tour in alternate years. Concert and festival participation are considered to be part of the commitment to the ensemble.

55. MUSIC 10 CONCERT BAND (Junior) (2 Credits)

PRE-REQUISITE: Pass in Music 9 AND/OR Permission of the Department

This is a two credit course which can be applied toward the Fine Arts graduation requirement. It is offered concurrently with Career Life Education 10. Junior Concert Band 10 builds on the instrumental techniques and musical concepts covered in Junior Concert Band 9. **Regular home practice is a requirement of this course.** The emphasis is on performance through participation in concerts and festivals. Concert and festival participation are considered to be part of the commitment to the ensemble.

56. INSTRUMENTAL MUSIC 11: CONCERT BAND (Senior) (4 Credits)

PRE-REQUISITE: Pass in Music 10 AND/OR Permission of the Department

This is a four credit course which can be applied toward the Fine Arts graduation requirement. Senior Concert Band builds on the instrumental techniques and musical concepts covered in Junior Concert Band 9 and 10. **Regular home practice is a requirement of this course.** The emphasis is on performance through participation in concerts, festivals, and a Spring Tour in alternate years. Concert and festival participation are considered to be part of the commitment to the ensemble.

57. INSTRUMENTAL MUSIC 12: CONCERT BAND (Senior) (4 Credits)

PRE-REQUISITE: Pass in Music 11 AND/OR Permission of the Department

This is a four credit course which can be applied towards the Fine Arts graduation requirement. Senior Concert Band builds on the instrumental techniques and musical concepts covered in Junior Concert Band 9 and 10. **Regular home practice is a requirement of this course.** The emphasis is on performance through participation in concerts, festivals, and a Spring Tour in alternate years. Concert and festival participation are considered to be part of the commitment to the ensemble.

58. MUSIC 10 JAZZ BAND (Junior or Senior) (2 Credits)

CO-REQUISITE: MUSIC 10 CONCERT BAND or Permission of the Department
PRE-REQUISITE: Pass in Jazz Band 9 AND/OR Permission of the Department

This is a two credit course which can be applied toward the Fine Arts graduation requirement. It is offered outside the timetable after school one day a week and at lunch one day a week. Students may be enrolled in either Junior or Senior Jazz Ensemble. Junior and Senior Jazz Ensembles build on the instrumental techniques and musical concepts covered in Jazz Band 9. **Regular home practice is a requirement of this course.** The emphasis is on performance through participation in concerts and festivals. Concert and festival participation are considered to be part of the commitment to the ensemble. Included in this course are units documenting the student's participation in performances.

59. INSTRUMENTAL MUSIC JAZZ BAND 11: JAZZ ENSEMBLE (Junior or Senior) (2 Credits)

CO-REQUISITE: INSTRUMENTAL MUSIC CONCERT BAND 11 or Permission
PRE-REQUISITE: Pass in Jazz Band 10 AND/OR Permission of the Department

This is a two credit course which can be applied toward the Fine Arts graduation requirement. It is offered outside the timetable after school one day a week and at lunch one day a week. Junior and Senior Jazz Ensembles build on the instrumental techniques and musical concepts covered in Jazz Band 9 and 10. **Regular home practice is a requirement of this course.** The emphasis is on performance through participation in concerts, festivals, and a Spring Tour in alternate years. Concert and festival participation are considered to be part of the commitment to the ensemble.

60. INSTRUMENTAL MUSIC 12: JAZZ ENSEMBLE (Junior or Senior) (2 Credits)

CO-REQUISITE: INSTRUMENTAL MUSIC CONCERT BAND 11 or Permission
PRE-REQUISITE: Pass in IMJB 11 AND/OR Permission of the Department

This is a two credit course which can be applied toward the Fine Arts graduation requirement. It is offered outside the timetable after school one day a week and at lunch one day a week. Junior and Senior Jazz Ensembles build on the instrumental techniques and musical concepts covered in Instrumental Music Jazz Band 11. **Regular home practice is a requirement of this course.** The emphasis is on performance through participation in concerts, festivals, and a Spring Tour in alternate years. Concert and festival participation are considered to be part of the commitment to the ensemble.

61. DRAMA 10: GENERAL (2 Credits)

This is a two credit course which can be applied towards the Fine Arts graduation requirement. It is a one semester course that is offered with Career Life Education 10. This is a course in which improvisational skills are put to work with scripts on a more regular basis. Students will develop their team building skills and will also work at developing their own scenes that are rooted on image work, contemporary monologues and in-depth role dramas. Seasonal performances will also involve every member of the class in both a performance and managerial capacity. More performance of all students involved is expected.

62. DRAMA 11: (4 Credits)

This is a four credit course which can be applied toward the Fine Arts and Selected Studies graduation requirements. From researching and performing various theatrical acting styles to competing within teams in a class-wide improvisation competition, this course helps participants to be better public speakers. Students will work at writing contemporary scripts for the BC Catholics Play Festival and performing film and theatrical monologues. They will also develop self-written pieces for school-wide seasonal performances, and present choreographed musical theatre numbers for their class peers. Participants will be creative and imaginative, and continue to learn skills that will prepare them for their future in Drama 12 and in the work place.

63. DRAMA 12: (4 Credits) *PRE-REQUISITE: Theatre Performance & Acting 11*

This is a four credit course which can be applied toward the Fine Arts and Selected Studies graduation requirements. From researching and performing various film acting styles to learning and leading the class in vocal and physical warm-ups, this course is definitely about leadership and putting past acting skills into action. Students will work on writing contemporary scripts for the BC Catholics Play Festival and performing film and television monologues. Students will develop self-written pieces for school-wide seasonal performances involving self-direction, costume designing, and management. Senior Acting students will be able to employ these public presentation skills in whatever career path they choose in life.

BUSINESS EDUCATION COURSE OFFERINGS

These credits count toward the 4 required credits in Applied Skills at the Grade 10, 11 or 12 level.

64. ACCOUNTING 11 (4 Credits) *PRE-REQUISITE: Grade 10 standing or Department permission*

When you consider today's entrepreneurial economic climate, the course is extremely useful for anyone who plans on working in business, starting their own business, or who simply wants a good understanding of basic finances. This course introduces accounting for business and personal use, and serves as a good foundation for business opportunities, employment, and postsecondary studies in all areas of business. Topics include cash control, payroll, financial statements, the accounting cycle, fundamentals of bookkeeping. This is a four credit course which can be applied toward the Applied Skill graduation requirement.

65. MARKETING & PROMOTION 11 (4 Credits) *PRE-REQUISITE: Grade 10 standing or Department permission*

In this course, students will learn why marketing is essential to every business and every product or service ever offered to consumers. Students will come to understand what marketing entails, how consumers make buying decisions, and how marketers target their efforts to a segregated market to get the most bang for their buck. A variety of instructional methods will be used to teach this course, including textbook and workbook assignments, case studies, discussions, lectures, marketing projects, videos, internet research, and guest speaker presentations. The focus of the course will be to learn about marketing, but in the process, students will gain a better understanding of the world of business. Through teamwork, presentations and group projects, students will develop strategies to solve problems and think critically. This is a four credit course which can be applied toward the Applied Skill graduation requirement.

66. ECONOMICS 12 (4 Credits)

Open to Grade 12 students & Grade 11 students who are academically motivated

Economics 12 provides students with opportunities to analyse the effects of economic activity on their society, the nation, and the global community, and it gives them a deeper understanding of the principles behind government and social policies. Students study the principles underlying the exchange of goods and services for value both within the market system and in non-market-oriented sectors. Through the study of economics, students also gain an understanding of the significant personal, professional, and business decisions regarding the allocation of resources that they will be required to make throughout their lives. As well, the study of current economic developments, trends, and issues enables students to improve their educational and career choices. Students will be better able to take advantage of global career opportunities when they understand how the global marketplace functions. This is a four credit course which can be applied toward the Applied Skill graduation requirement.

67. ENTREPRENEURSHIP 12 (4 Credits)

Open to Grade 12 students & Grade 11 students who are academically motivated

This course focuses on the development of entrepreneurial skills and the development and implementation of a business plan. Students will also learn how to create and operate a business venture in Canada. Areas of instruction include identifying funding opportunities, developing sales forecasts and financial reports, business ethics and promotional campaigns. This course is ideal for students who want to operate a small business. The course might also require extra-curricular time commitment by students outside of class. There may be an additional course expenses for the small business operation unit. This is a four credit course which can be applied toward the Applied Skill graduation requirement.

PHYSICAL & HEALTH EDUCATION

68. PHYSICAL & HEALTH EDUCATION 10 (4 Credits)

In P.H.E. 10, students will explore 4 Big Ideas:

1. The influence of strengths, weaknesses, and personal preferences in planning in achieving physical and health goals.
2. Trying a variety of physical activities to increase the likelihood of being active for life.
3. Making healthy choices for physical, emotional, and mental well-being.
4. Maintaining and improving personal fitness through regular participation in physical activities.

Students will develop competence and gain knowledge in Physical literacy, Healthy and active living, Social and community health, and Mental well-being. Students will learn the leadership skills necessary to take on the challenge of personal, class, and school leadership in recreation and sport at STA. As part of this leadership development, students will become certified in CPR so they will be able to respond effectively to emergency first aid situations. A strength and conditioning program is also an integral part of the course. Students will also explore a variety of recreation and sport activities in the broader community. Students graduating from the P.E. 10 program will be ready to lead themselves and others in a healthy and active lifestyle. **This course is required for Graduation.**

69. PHYSICAL & HEALTH EDUCATION 9-12 Fighting Saints Boys Sports Academy (4 Credits)

PRE-REQUISITE: Application through Athletic Committee

The Fighting Saints Boys Sports Academy is a unique program that replaces a student's regular Physical Education (PE) course. Skill development is the primary objective of this program. The Fighting Saints Sports Academy meets/exceeds the BC Ministry of Education's Prescribed Learning Outcomes and standards for Physical Education. Students earn their grade-equivalent PE credits upon successful completion of the program. The program is an athlete-centered program aimed at developing the whole athlete. The goal is to enhance a player's confidence and self-esteem while giving them opportunities beyond the secondary school system. Weight training, TGFU games, dance, fitness testing, as well as other PE activities, are integrated into the Academy Program. Grade 11 and 12 students are required to complete community service hours in related basketball activities as part of their course. Students wishing to enroll in this course will be required to complete an application form.

70. PHYSICAL & HEALTH EDUCATION 9-12 Fighting Saints Girls Sports Academy (4 Credits)

PRE-REQUISITE: Application through Athletic Committee

The Fighting Saints Girls Sports Academy is a unique program that replaces a student's regular Physical Education (PE) course. Skill development is the primary objective of this program. The Fighting Saints Girls Sports Academy meets/exceeds the BC Ministry of Education's Prescribed Learning Outcomes and standards for Physical Education. Students earn their grade-equivalent PE credits upon successful completion of the program. One of the many goals for athletics at Saint Thomas Aquinas is to provide a solid multi-sport offering. The Academy is for volleyball only athletes, basketball only athletes, and athletes who compete in both sports. We cover it all! In that spirit the Fighting Saint Girls Sports Academy balances basketball and volleyball training while also including other minor PE activities associated with the curriculum such a strength training, bowling, skating, boxing, dancing, golfing, hiking and more. Students wishing to enroll in this course will be required to complete an application form.

71. PHYSICAL & HEALTH EDUCATION – ACTIVE LIVING 11/12 (4 Credits)

The P.H.E 11 and 12 - Active Living courses are organized around the idea that "we are all athletes," participating in physical activity on a continuum from recreational to competitive, as we learn the theory and practice of how to Train, Play, Perform and Lead to be active for life.
1. TRAIN: Functional Training for Sport and Active Living designed to prevent injury, and improve enjoyment and performance in sports and physical activities of interest.
2. PLAY: enjoy playing favourite seasonal sports, and a variety of fun community recreation activities such as: Beach Volleyball, Griffin's Boxing, Squash or Tennis, Skating and Ice Hockey, Swimming and Lifesaving, Hiking and Kayaking, and Golf.
3. PERFORM: challenge and achievement of Personal Best performances in seasonal sports, community rec. activities, and athletic movement, strength and power, and anaerobic endurance.
4. LEAD: in keeping with the principles of True Sport, students will be challenged to grow in their knowledge and skills of Fitness, Sport and Recreation Leadership through leadership and service opportunities including: leading class warm-ups and fitness activities; captaining in-class and Intramural Teams; game crew and officiating of in class activities and Intramurals; planning, promoting and administering in class, community rec., Intramural sports of interest, or coaching your favourite sport with junior athletes.
Through the activities above, students will explore 3 Big Ideas:

1. Physical activity is an important part of overall health and well-being.
2. Finding enjoyable recreational activities can motivate people to participate more regularly in physical activity
3. Safety and injury prevention practices allow lifelong participation in physical activities

Through a progression of the above activities, students will develop competence and gain knowledge related to Health and Wellbeing, Safety, Participation (grades 11-12) and Leadership (grade 12).

72. PHYSICAL & HEALTH EDUCATION – FITNESS & CONDITIONING 11/12 (4 Credits)

P.H.E - Fitness and Conditioning 11/12 is organized around the idea that "we are all athletes," participating in physical activity on a continuum from recreational to competitive, as we learn the theory and practice of how to train to be active for life. Training takes the form of Functional Training for Sport and Active Living designed to prevent injury, and improve enjoyment and performance in sports and physical activities of interest. As we learn the theory and practice of Fitness and Conditioning we will explore 4 Big Ideas:

1. Our personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels.
2. Knowing how our bodies move and function helps us stay safe during exercise.
3. Following proper training guidelines and techniques can help us reach our health and fitness goals.
4. (Grade 11) Making healthy choices can help us reach our health and fitness goals. (Grade 12) Personal choices influence our health and fitness goals.

Students will develop competence and gain knowledge in healthy and active living, human anatomy and physiology, principles of training, and social responsibility

CAREER EDUCATION

Career Development is one of the three goals of BC's education system. Career Education allows students to discover a bridge between classroom learning, the workplace and post-secondary training. As such, Career Education makes learning meaningful and relevant to students. Ultimately, Career Education curriculum is designed to support students in the process of becoming successful, educated citizens by providing them with opportunities to explore a variety of careers and options for their future.

73. CAREER LIFE EDUCATION 10 (4 Credits)

Career Life Education focuses on gaining a clear understanding of career-life development knowledge, skills, and strategies for life's journey into adulthood, and includes by exploring career-life possibilities for adult life, such as roles, opportunities, and community resources. This course examines ways to publicly represent ourselves both face-to-face and in digital environments. In addition, students learn to practice inclusive and respectful interactions for various community and work-related contexts, connecting and engaging with supportive community members and researching post-graduation options and planning resources, such as labour market trends, budgeting tools, and workplace safety guidelines. **This course is required for graduation.**

74. CAREER LIFE CONNECTIONS 10, 11 and 12 (4 Credits)

Career Life Connections focuses on applying personal career-life management knowledge, skills, and strategies to the one's own personal life journey by deepening career-life concepts and thoughtful self-knowledge to inform personal life-long learning choices and post-graduation plans. In addition, students will use self-advocacy and employment marketing strategies, and use leadership and collaboration skills to develop community networks. Students will engage in a substantive experiential learning opportunity of 30 hours or more that is intended to expand and/or deepen student exposure to career-life possibilities, such as service learning, volunteerism, employment, fieldwork projects, entrepreneurship, and passion projects. The course culminates in the designing, assembling, and presenting a capstone to an audience, celebrating the learning journey and next steps towards preferred futures. **This course is required for graduation.**

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SCHOOL AND COMMUNITY SERVICE, LEADERSHIP AND PEER TUTORING

75. GRADE 12 SCHOOL AND COMMUNITY SERVICE (No credit) *PRE-REQUISITE: Application through Counsellor*

In this **non-credit service course**, students will provide various types of assistance to the school and the community, in most cases working as Teacher's Assistants with special needs students. Students must be able to carry out assigned tasks with limited supervision. This course **does not qualify for service hours**, but is an asset to a resume.. To qualify for a School and Community Service block, a student must:

- Have passed all required courses for grade 11
- Maintain honour roll standing
- Be approved by the supervising teacher involved.

76. PEER TURORING 11 AND 12 (No credit) *PREREQUISITE: 2 recommendations from teachers for achievement in academics and organization*

This is a non-credit service course. This year long course is available to students in both grades 11 and 12. It prepares and motivates students to provide academic assistance to others in their school. Students will gain an understanding about the factors that affect student learning and achievement. Students must be recommended for this course from at least 2 teachers for academic and organizational achievement. The students will be actively helping other students in the school during their peer tutoring block which can be accommodated for each timetable. This course is valuable experience for scholarship applicants and enhances any resume. This course **does not qualify for service hours**, but is an asset to a resume.

SCHOOL STUDY

Study blocks are offered to Grade 12 students to promote personal responsibility, independence and to facilitate the transition to post-secondary experiences. Every grade 12 student is given the opportunity to enroll in one study block. No student is permitted to register for two study block periods.

A student may register in a study block and a school community service block provided that the student:

- Has completed two Grade 12 courses,
- Maintains honour roll standing, and
- Has sufficient credits to meet the requirements of the 2004 Graduation Program.

A limited number of Grade 11 students may qualify for a Category B study block in exceptional circumstances. Grade 11 students will only be granted a study block provided the student:

- completed or be enrolled in at least one Grade 12 course
- honour roll standing in the preceding term in June and/or;
- special approval of the school administration
- participates in at least 20 hours of a high performance athletic program that has been approved by the school administration

77. STUDY (CATEGORY A) *PRE-REQUISITE: Application through Counsellor*

The Category A Study Block is designed to help Grade 12 students with heavy academic and extra-curricular loads. In order to qualify for this study block a student must:

- Have honour roll standing at end of the grade 11 year
- Be enrolled in four or more academic courses
- Be involved in at least one extra-curricular activity

Parental Consent is required for off-campus privileges associated with this block. Please refer to the Grade 12 Study Block Policy for additional information.

78. STUDY (CATEGORY B) *PRE-REQUISITE: Application through Counsellor*

The Category B Study Block is designed to help Grade 12 students with heavy academic and extra-curricular loads. Students will not receive off campus privileges for this block and will be expected to be studying in the Library or in another designated location. Students are given the freedom to use their study time at their discretion, as long as they maintain a 55% average and are not causing a disturbance to the school population. Please refer to the Grade 12 Study Block Policy for additional information.

COURSE DROP/CHANGES:

Courses can only be changed or dropped **up until the published drop date near the end of September**. After the published drop date, students will be required to remain in the course until the end of the school year, or until the course is completed. Exceptions to course changes past the drop deadline require administrative approval.