

Ernest Manning High School

Complementary Course Guide 2025 - 2026



learning | **as unique** | as every student



**Calgary Board
of Education**

Complementary Course Guide

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CAREER AND TECHNOLOGY STUDIES

The goal of the Career and Technology Studies program at EM High is for each student to complete their high school program with a foundation of learning to function effectively in the larger world beyond school. The hands-on approach in these career programs is designed to integrate and enhance core academic learning.

To achieve that goal we provide students with as much choice as possible to personalize their high school program supporting their career aspirations and bridging with post-secondary study and future career possibilities. Students work with parents, administration, career counsellors, the career practitioner and teachers to develop a Personal Learning Pathway. This is a process that requires exploration within CTS courses, dialogue and adjustments along the way.

Students choose from multiple pathways in each of the five recognized clusters or 'career' areas as described by the National Occupation Index. Students choose from two campus locations for increased access to a full suite of programs at two levels of career specialization and depth.

Career and Technology Studies (CTS) and Knowledge and Employability (K&E) pathways build on the Career & Technology Foundations (CTF) inquiry-based, hands-on studies for Grades 5-9. CTS involves **five main clusters** composed of occupational areas with industry commonalities.

The 5 CTS Clusters

Business, Administration, Finance & Information Technology (**BIT**)
Health, Recreation & Human Services (**HRH**)
Media, Design & Communication Arts (**MDC**)
Natural Resources (**NAT**)
Trades, Manufacturing & Transportation (**TMT**)

EMHS Cluster Courses Include:

BIT: Business Studies; Computing Sciences.
HRH: Culinary Arts
MDC: Design and Architecture; Fashion Technology/Cosplay, Legal Studies
NAT: Outdoor Pursuits
TMT: Construction-Technologies; Pre-Engineering; Robotics.

Work Experience includes:

HCS3000: Workplace Safety
3 & 5 Credits based off work experience hours

Business Studies

Introductory Business Studies

PowerSchool: [Business Studies 10]

Prerequisite: None

In this exploratory introduction to Business, students will be exposed to business concepts in two areas: Financial Information and Marketing & Management. In this project-based course, students will apply management and financial skills as well as exploring and researching foundational marketing concepts. Modules in this course are listed:

- MAM 1020 – Quality Customer Service
- FIN 1015 – Accounting Prep
- FIN 1030 – Accounting Cycle 2
- FIN 1020 – Accounting Cycle 1
- MAM 1010 – Marketing and Management

Intermediate/Advanced Business Studies

PowerSchool: [Business STudies_multi-level]

Prerequisite:

Students will have the opportunity to continue with Business Studies by choosing the pathway that best suits their interests and abilities. The choices include Marketing & Management and Financial Management (Accounting).

The **Marketing pathway** will explore the uses of marketing in everyday business including print and broadcast advertising. As well, students will learn the ins and outs of setting up a retail business and how products are distributed through channels to get to the consumer.

The **Financial Management** pathway allows students to learn about accounting and its importance to real-life business situations. Sage accounting software and spreadsheets will be used throughout this course. As well, personal financial information will be discussed and the creation of balanced portfolios including stocks, bonds and the money market.

Financial Management Pathway - Intermediate

Prerequisites: FIN 1015, FIN 1020, FIN 1030

- FIN 2020 – Retail Accounting 1
- FIN 3080 – Personal Investment Planning 1
- FIN 2040 – Accounting Software
- FIN 2030 – Retail Accounting 2
- FIN 2910 – Project B

Financial Management Pathway - Advanced

Prerequisites: FIN 2020, FIN 2030, FIN 3080

- FIN 3030 – Capital Accounting
- FIN 3090 – Personal Investment Planning 2
- FIN 3040 – Financial Statements
- FIN 3060 – Financial Analysis
- FIN 3020 – Management Accounting

Marketing Management Pathway – Intermediate

Prerequisites: None

- MAM 2030 – Promotion: Visual Merchandising
- MAM 2040 – Retail Operations
- MAM 2090 – Promotion: Print Advertising
- MAM 3040 – Promotion: Sales Techniques
- MAM 2910 – Project B

Marketing Management Pathway – Advanced

Prerequisites: None

- MAM 3100 – Promotion: Broadcasting Advertising
- MAM 3050 – Distributing Goods and Services
- MAM 3060 – Setting Up A Retail Store
- MAM 3030 – Business in the Global Marketplace
- MAM 3910 – Project C

Legal Studies Intro/ Intermediate / Advanced (5 Credits each)

PowerSchool Reference: [Legal Studies Intro] [Legal Studies_multi-level]

Prerequisite: None

Legal Studies presents students with practical and fascinating information about how Canada's legal system works and its impact on Canadians. Students will explore legal issues through debates, discussions, film and documentary studies, famous crime case studies, role plays and scenario examinations. Possible areas of study include the History of Law, Constitutional and Rights Law, Criminal Law, Civil Law, Family Law, Employment Law, Law and the Traveller. Advanced credits could come from Criminal Law II, Conflict Resolution, Controversial Legal Topics, Tort Law and Corporate/Commercial Law.

Computing Science

Introductory Computing Science

PowerSchool: [Computing Science 10]

Prerequisite: None

Students will develop their computer literacy and computation thinking by making games using the Unity game engine. Basic theory is interwoven with projects. Students will learn about computer organization, variables, control structures, and repetition structures. Students will use the Unity visual scripting language and learn the fundamentals of the Java programming language. Students can choose to focus on learning the unity game engine through the game development pathway or shift their focus to Java in preparation for the AP exam through the AP pathway starting in Intermediate CS.

Computing Science Intermediate/20 Advanced Placement

PowerSchool: [Computing Science 20]

Prerequisite: CSE 1010: Computer Science 1, CSE 1110: Structured Programming 1, CSE 1210: Structured Programming 2

The course builds on CS 10, introducing intermediate techniques used in Unity and additional theory, covering arrays and functions. These techniques will allow for more complex gameplay and promote modularity and reusability. Students will continue to use Unity's visual scripting language and further develop their understanding of the Java programming language. The AP section will focus on the foundations of the Java programming language in preparation for the year-long Computing Science AP course.

Computing Science Advanced

PowerSchool: [Computing Science 30]

Prerequisite: CSE 2120: Data Structures, CSE 2010: Computer Science 2, CSE 2110: Procedural Programming 2

This course builds on CS 20, and students will use physics and collision detection to build primitive artificial intelligence/autonomous agents to expand the techniques available in their repertoire to build engaging

gameplay. Additionally, students will cover first-year university topics such as object-oriented programming.

Advanced Placement Computing Science

PowerSchool: [Computing Science_cohort AP]

Prerequisite: CSE 2120: Data Structures, CSE 2010: Computer Science 2, CSE 2110: Procedural Programming 2

Computing Science AP is a yearlong course that will focus on preparing students to write the Computer Science AP exam in May. Students will build on their understanding of the fundamental of the Java programming language, looking deeply at first-year university content. This includes object-oriented programming, recursion, and an introduction the analysis of algorithms.

In addition to the AP course work, Students will have the opportunity to explore advanced techniques through video game development using the Unity game engine. There is a focus on applying concepts from physics to develop advanced mechanics and rudimentary AI. Students will also learn to organize information in creative and structured ways that make problem solving with algorithms easier.

Note: completion of this pathway guarantees five Computing Science 3000-level credits. Universities within Alberta will recognize the credits as equal to one traditional high school science course for admission purposes to Bachelor of Science degree programs.

Construction

Introductory Construction

PowerSchool: [Construction_multi-level]

Prerequisite: None

In Construction, students will learn skills, techniques, and procedures to safely operate tools and equipment used in furniture, cabinetry, home, and finishing carpentry. Students will work with hand and power tools to create projects from a variety of different wood stock. Tools that students will learn to operate include, but are not limited to, table saws, miter saws, CNC Routers, lathes, and sanding machines. All personal projects will go home with the student, while school-based projects will be used by the school for years to come.

Construction can be taken as an introduction to the trades, or to gain essential life skills. Whether you want to train for a career, become a DIY

expert, start your own small business, or renovate your home in the future, signing up for Construction is a great first step.

CON 1010 Construction Tools & Materials
CON 1120 Product Management
CON 1130 Solid Stock Construction
CON 1160 Manufactured Materials
CON 1910 Con Project A

Intermediate Construction

PowerSchool: [Construction_multi-level]
Prerequisite required: CON 1010, CON 1120

CON 2120 Multiple Materials
CON 2130 Box Construction
CON 2140 Furniture- Frame & Panel
CON 2170 Cabinetmaking- Door & Drawer
CON 2200 Product Development

Advanced Construction

PowerSchool: [Construction_multi-level]
Prerequisite Required: CON 1010, CON 1120, CON 2200

CON 3120 Tool Maintenance
CON 3130 Furniture- Leg & Rail
CON 3140 Furniture- Surface Enhancement
CON 3190 Production Planning
CON 3200 Production Management

Culinary Arts

PowerSchool: [Culinary Arts_multi-level]

Students will have access to an industry grade kitchen facility and multiple food service outlets, ranging from a modern banquet kitchen offering a marketplace cafeteria, a buffet and ala carte service for catering events, and a butcher-shop. Students will learn the skills and techniques necessary to build on core skills, knowledge, and attitudes for long term success in the food service and hospitality industry.

Industry experienced teacher-chefs and cooking instructors will lead students in practical kitchen activities and through career pathway

program planning. Students will participate in all areas of the kitchen and food service outlets to help develop a comprehensive understanding of the hospitality industry.

Students will have the opportunity to connect with [SAIT's Culinary Arts and Baking & Pastry Arts](#) programs as networking opportunities will be encouraged and facilitated by the EMHS Culinary Arts team.

Introductory Culinary Arts

No Prerequisite Required

- CKA 3900: Apprenticeship Safety
- CKA 3401: Kitchen Orientation
- CKA 3406: Kitchen Math
- CKA 3456: Introduction to Baking
- CKA 3446: Starches & Salads
- FOD 1010: Food Basics

Intermediate Culinary Arts

Prerequisite required: CKA3900, CKA3401, CKA3406, CKA 3456, FOD 1010

- FOD2100: Basic Meat Cookery
- CKA 3441: Fruits & Vegetables
- CKA 3461: Breads & Cookies
- FOD 2090: Creative Cold Foods
- FOD 3040: Yeast Products

Advanced Culinary Arts

Prerequisite Required: CKA3900, CKA3401, CKA3406, CKA 3456, FOD 1010

- FOD 3030 Creative Baking
- FOD 3060 Food Presentation
- FOD 3070 Short Order Cooking
- CKA 3426: Cooking Proteins 2
- CKA 3436: Thickeners & Sauces

Design & Architecture

Unleash your creativity and explore the transformative power of design! This dynamic course delves into the principles, theories, and real-world applications of design across various disciplines—including animation, architectural, product, interior, graphic, and digital design. Through hands-on projects, critical analysis, and emerging trends, students will develop problem-solving skills, aesthetic sensibilities, and an understanding of how design shapes culture, technology, and society.

From ideation to execution, this course challenges students to think like designers, pushing the boundaries of innovation while mastering essential tools and methodologies. Whether you aspire to be a designer, a creative strategist, or an innovator in any field, **Design + Architecture** will empower you to craft meaningful and impactful solutions in an ever-evolving world.

Working together to develop solutions and provide constructive feedback you will be able to resolve your final products before assessment. Many types of industry-standard tools and design software will be utilized throughout the 3-year program including Autodesk Revit, Adobe Illustrator and Photoshop, plus animating in Blender.

Taking risks in project ideas are encouraged during the development stages as you are developing mastery skills to construct, model, render, and animate. Alternatively, you can choose to do independent studies at the senior levels to explore two major fields: Architectural Design & 3D Animation or 3D Digital Game Art.

Are you ready to design the future? Let's get started!

This course provides exploratory modules in Design Studies with Learning Outcomes from the MDC Alberta Curriculum. In each level of Design + Architecture, students will have the opportunity to earn five (5) – one credit courses.

Introductory Design & Architecture

PowerSchool: [Architecture and Design_multi-level]

- DES1020 The Design Process
- DES1030 2-D Design 1
- DES1040 3-D Design 1
- DES1050 CAD 1
- DES1910 DES Project A

Intermediate Design & Architecture

PowerSchool: [Architecture and Design_multi-level]

Prerequisite Required: DES1020 The Design Process, DES1030 2-D Design 1, DES1040 3-D Design 1, DES1050 CAD 1

- DES2035 2-D Design 2
- DES2045 3-D Design 2
- DES2055 CAD 2
- DES2060 Evolution of Design
- DES2910 DES Project B

Advanced Design & Architecture

PowerSchool: [Architecture and Design_multi-level]

Prerequisite Required: DES 2035 2-D Design, DES2055 CAD 2

- DES3055 CAD 3
- DES3165 Presentation
- DES3170 Future of Design
- DES3910 Project D
- DES3920 Project E

Fashion Studies/Cosplay Couture

Cosplay Couture Introductory

PowerSchool: [Cosplay_multi-level]

In each Cosplay Couture class students begin by picking a costume or character that they wish to create. Introductory Cosplay students will learn basic sewing skills as they put together a simple costume that contains either pants, shorts, or a skirt.

Prerequisite: None

FAS1030 Sewing Fundamentals

FAS1130 Construction Fundamentals

FAS1060 Creating Accessories 1

FAS1190 Textile Arts 1

FAS1080 Knitwear

Cosplay Couture Intermediate

PowerSchool: [Cosplay_multi-level]

As students continue through Cosplay Intermediate, they will learn more advanced skills in order to create more complex costumes that contain collared shirts, lined jackets, and specialty fabrics.

Prerequisites: FAS1130, FAS1030

FAS2130 Construction Fundamentals 2

FAS2120 Surface Embellishment

FAS2090 Specialty Fabrics 1

FAS2060 Pattern Drafting 1

FAS2050 Flat Pattern 1

Fashion Studies Introductory

PowerSchool: [Fashion Studies_multi-level]

Fashion Studies 10 provides many opportunities for students to learn how to use the sewing machine and the serger. Students will sew basic projects such as skirts, pants or shirts. Creative work (fabric painting, machine and hand embroidery, recycling, etc.) is emphasized throughout the course.

Prerequisite: None

FAS1030 Sewing Fundamentals
FAS1050 Redesign, Recycle and Restore
FAS1080 Knitwear
FAS1130 Construction Fundamentals
FAS1060 Creating Accessories

Fashion Studies Intermediate

PowerSchool: [Fashion Studies_multi-level]

Students will experiment with several design techniques by drafting patterns, designing with flat patterns and sketching fashion illustrations. Students will learn how to apply an interfaced collar to a project.

Prerequisite: FAS1130 and FAS 1030

FAS2130 Construction Fundamentals 2
FAS2060 Pattern Drafting 1
FAS2050 Flat Pattern 1
FAS2080 Activewear
FAS2120 Surface Embellishment

Fashion Studies Advanced

PowerSchool: [Fashion Studies_multi-level]

Students will sew advanced projects such as evening gowns, coats, jackets, lined tailored garments or original wearable art creation. They will develop a greater awareness of the role of the fashion industry and the world of designers.

Prerequisite: FAS 2060, FAS 1030, FAS2130

FAS3030 Pattern Drafting 2
FAS3130 Construction Fundamentals 3
FAS3040 Contemporary Tailoring
FAS3050 Flat Pattern 2
FAS3060 Couture

Pre Engineering

Students will learn the essential skills of good engineering and design through a multi-pathway approach to prepare them for potential careers in Engineering and to use effective design principles in their everyday lives. Students at all levels will learn CAD (Computer-Aided Design), Electrical circuit design and analysis, and principles of robotics.

Students will also be given opportunities to engage with projects or subject areas that match their interests, such as Security Systems, Electronic Control, Specialized circuits, and more. Students will also be given opportunities to use our state-of-the-art fabrication systems such as 3D printers, CNC (Computerized Numerical Control) router machines, and laser cutter/engravers to make their designs take hold.

Introductory Pre-Engineering

PowerSchool: [Pre-Engineering Intro]
No Pre-Requisites required

DES 1050 CAD 1
ELT 1010 Electro-Assembly 1
ELT 1030 Conversion and Distribution
ELT 1130 Robotics 1
ELT 1140 Robotics Applications

Intermediate PreEngineering

PowerSchool: [Pre-Engineering Inter]
Pre-Requisites ELT 1010 ELT 1130

Des 2055 CAD 2
ELT 2010 Electro-Assembly 2
ELT 2020 Electrical Servicing
ELT 2910 ELT Project B
ELT 2910 ELT Project C

Advanced Pre- Engineering

PowerSchool: [Pre-Engineering Adv]
Pre-Requisites ELT 2010, DES 2055

DES 3055 CAD 3,
ELT 3010 Electro-assembly 3,
ELT 3020 Electrical Servicing
ELT 3180 Robotic Vision Systems
ELT 3950 Advanced Practicum

Robotics

Robotics Multi-Level

PowerSchool: [Robotics_multi-level]
Prerequisites: None

Students will embark on an immersive journey into the FIRST (For Inspiration and Recognition of Science and Technology) Robotics Competition, where students transform concepts into competitive robots. This course provides hands-on experience in the entire robotics development lifecycle, from initial design and prototyping to final competition. Students will have opportunities to engage with their own elements of interest and develop proficiency in:

- **Mechanical Design & Manufacturing:** Utilizing CAD software and fabrication tools to create robust robot structures.
- **Electrical Control Systems:** Wiring and integrating sensors, actuators, and control boards for seamless robot operation.
- **Robotic Programming:** Implementing complex algorithms and control strategies using industry-standard programming languages.
- **Robot Piloting & Strategy:** Mastering the art of robot control and developing winning game strategies.

In a fast-paced, collaborative team setting, students will tackle real-world engineering challenges, fostering teamwork, problem-solving, and leadership skills. This course provides opportunities to contribute to all areas of the FRC team, including mechanical repair, electrical troubleshooting, software debugging, and strategic game analysis. Prepare to unleash your creativity and engineering prowess in the electrifying arena of FIRST! Robotics Competition!

Students will earn a variety of personalized credits from the following:
Design Thinking for Innovation (3 & 5 credit locally developed curriculum)

CAD Credits: DES 1050, 2055, 3055

Robotics Credits: ELT 1010, ELT 1130, ELT 1140, ELT 2140, ELT 3150

Work Experience / Off-Campus

Work Experience allows you to earn high school credits for the hours you work at your job. To track your progress, you'll submit weekly timesheets and meet with me regularly. Your assessment will be based on a student learning plan developed with your employer, their evaluations, personal reflections and my observations during site visits and check-ins. You can begin Work Experience at any time during the year, but hours cannot be counted retroactively. Your hours will only start accumulating once you, your employer, and I sign the off-campus agreement. After that, I will begin conducting site visits. Credits are awarded as follows:

- **75 hours = 3 credits**
- **125 hours = 5 credits**
- **Students may earn up to 30 credits in work experience, but the number of work experience credits that may be counted toward the Alberta High School Diploma is 15.**

Before you can start Work Experience, you must complete **HCS 3000 (Workplace Safety)**, an online course that takes approximately two hours. This course is worth **1 high school credit**, and your mark will appear on your transcript.

Please book a meeting with Mr. Klukas (Off Campus Coordinator) directly to enroll in work experience:

Miklukas@cbe.ab.ca

Unique Pathways & Off-campus Education

Enhance your learning through partnerships with post-secondary institutions, community groups and/or industry in Dual Credit or Exploratory programming

- ☐ Experience the world of work while earning credits with Off-campus Education (Work Experience, Registered Apprenticeship Program)
- ☐ For more information, talk to the Off-campus Coordinator or guidance counsellor at your high school and visit www.cbe.ab.ca/uniquepathways

The Career and Technology Centre (CTC)

Earn credits in Career and Technology Studies (CTS) while completing equivalent Alberta Industry and Training (AIT) courses for your

journeyman technical training. Please see your student advisor for more information.

VISUAL AND PERFORMING ARTS

Step into a world of creativity, self-expression, and storytelling with the **Visual and Performing Arts Program (VPA)**. With a rich tradition of **excellence and innovation**, our program is a dynamic space where students explore the power of **music, drama, visual arts, and communication arts**—from painting and performing to digital media, filmmaking, and journalism. No matter your passion, there's a place for **you** in our vibrant and supportive arts community!

An Unforgettable High School Experience: High school is more than just academics—it's about finding your voice, discovering your talents, and building lifelong friendships. The arts play a transformative role in this journey. Whether you're crafting a story, stepping onto the stage, composing a song, or designing a set, you're developing confidence, collaboration, and communication skills that will stay with you forever.

Award-Winning Excellence in the Arts: Our music, drama, and film media arts programs are among the best, with prestigious awards and show-stopping productions and films that captivate audiences.

Endless Creative Possibilities: Whether you're picking up a paintbrush, directing a short film, delivering a powerful monologue, or designing digital media, our courses offer hands-on experiences that nurture your artistic abilities and creative problem-solving skills. Whether you're exploring a new interest or diving deeper into a passion, VPA courses provide personal fulfillment and intellectual growth that go far beyond the classroom.

The Power of Communication: In today's world, strong communication skills are essential. Our Communication Arts program helps students develop media literacy, public speaking, journalism, and storytelling—skills that are critical in any field, from business to the performing arts. Whether you dream of being on stage, behind the camera, or at the center of a breaking news story, we help you shape your future with confidence.

A Launchpad for the Future: Each year, many of our graduates continue their artistic journeys at the post-secondary level, with some launching successful careers in film, television, journalism, music, theatre, and design. Even those who pursue different fields carry the skills, creativity, and passion they developed in our program into their future endeavors.

Join a Legacy of Creativity & Innovation: Our proud alumni—many of whom have thrived in creative industries—continue to mentor and inspire the next generation of artists and communicators at Ernest Manning. By joining the VPA program, you become part of a community of thinkers, storytellers, performers, and creators who leave a lasting impact.

High school is your time to discover, explore, and express who you are. The arts transform learning, shaping confident, creative, and thoughtful individuals who make a difference in the world.

Visual and Performing Arts Includes:

- **Communication Arts:** Film + Media Art; Graphic Design; Journalism (EMTV)
- **Performing Arts:** Drama; Advance Acting & Touring Theatre; Technical Theatre; Dance
- **Fine Arts:** Fine Art; Art AP: Ceramics, Drawing, Painting, Sculpting
- **Music:** Band; Instrumental Band; Instrumental Jazz

Visual Arts

Unlock your artistic potential through our **Fine Arts Program**, where creativity meets skill development. Begin with **Art 10**, mastering fundamental techniques in drawing, painting, and sculpture. Progress to **Art 20**, where you'll refine your artistic voice and explore personal expression through process-based creation. In **Art 30**, fully immerse yourself in the creative process, preparing for post-secondary studies and a lifelong passion for art.

For those seeking an advanced challenge, our **Advanced Placement (AP) Studio Art** courses offer a unique opportunity to develop mastery in artistic ideation, material manipulation, and technical expertise. AP students engage in independent thinking and artifact creation while building high-quality portfolios for evaluation in **2-D Design, 3-D Design, and Drawing**. This course encourages deep artistic exploration with an emphasis on personal responsibility and creative process.

Art 10

PowerSchool: [Art_multi-level]

Prerequisite: **No Prerequisite Required**

Art 10 is an introductory course focusing on the fundamentals of art, particularly stressing drawing, painting and sculpture. This course begins with foundational mark making exercises and leads to more involved projects with a wide range of mediums. Students will begin to develop an understanding of the relationship between the artist and their environment in art creation.

Art 20

PowerSchool: [Art_multi-level]

Prerequisite: **Art 10**

Art 20 builds upon the foundations learned in Art 10. This course asks students to express more of their own artistic voice while tackling a more process-based artifact creation. Art 20 provides students with an increased refinement of the elements and principles of design. Students will move toward a more personal exploration of style in their work.

Art 30

PowerSchool: [Art_multi-level]

Prerequisite: Art 20

The Art 30 course is designed to provide students with a full immersion into the creative process of art making. Students will grow in skill and creative ideation in preparation for post-secondary endeavours. While viewing and recording the world through the eyes of an artist, students will learn to appreciate art as an invaluable part of lifelong learning.

Studio Art 30 Advanced Placement

PowerSchool: [Art 30 5cr_cohort AP]

Prerequisite: Art 20

Students enrolled in the Advanced Placement studio courses will develop mastery in artistic ideation, material manipulation and process. This course is a unique opportunity for those students who wish to develop a more in-depth and technical study in the visual arts. Emphasis is placed on personal responsibility and the creative process.

Independent thinking and technical artifact creation are some of the goals of the AP Studio Art courses. Students will submit quality portfolios in the areas of 2-D Design, 3-D Design and/or Drawing depending on their area of expertise for evaluation. The 2-D Design portfolio consists of photography, book illustration, print making, graphic design, digital imaging, collage, fabric design, weaving and video production. Whereas the 3-D Design involves sculptural work, architectural models, metal work and fibre art. The Drawing portfolio may include light and shade, line quality, composition and illusion of depth.

AP Course Pathway	Grade 10	Grade 11	Grade 12
Art Drawing AP Art Sculpting (3D) AP	Studio Art 10 AP-Cohort	Studio Art 20 AP-Cohort	Studio Art 30 AP (Full year)

			Drawing AP and/or Sculpting AP (AP Portfolio due in May)
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Drama

Drama develops you as a whole person—emotionally, physically, intellectually, imaginatively, and socially. In Drama courses, you will study the elements of acting, technical theatre, playwriting and directing through various genres. By performing, collaborating and viewing authentic situations in theatre, you will acquire greater appreciation and knowledge of yourself. These dramatic skills, such as collaboration, communication, and creativity, are useful in and transferable to career fields beyond the performing arts such as business management, education, and law.

Drama 10

PowerSchool: Drama-Multi

Prerequisite: No Prerequisite Required

Drama 10 is an introduction to drama. Students will develop fundamental performance and theatre skills by studying a variety of theatre disciplines. These disciplines include movement, speech, improvisation, script work, acting, technical theatre and theatre history. The nature of this course is interactive and students will be expected to participate and to demonstrate their learning daily.

Drama 20

PowerSchool: Drama-Multi

Prerequisite: Drama 10

Drama 20 is a performance-based course. Students will continue their development in character work and script analysis. They will be responsible to perform in solo and ensemble presentations for the class and an audience. The acting process is central to this course level. Students will also engage with the writing process by developing and writing a one-act play. The theatre disciplines covered will be acting, speech, movement, improvisation, playwriting, design and technical theatre.

Drama 30

PowerSchool: Drama-Multi

Prerequisite: Drama 20

Drama 30 is focused on acting and directing. Students will continue to enhance their performance skills as an actor as they work collaboratively with others to study scene structure and theatre literature. The highlight of Drama 30 is an independent directing project. Students will use their creative and dramatic skills to direct and produce a one act play. This play will be presented to the public during lunch box theatre. This unique study project will complete their understanding of the theatre.

Advanced Acting & Touring 15/25/35

Prerequisite: Drama 10 or teacher recommendation

Advanced Acting & Touring offers students the opportunity to study theatre as a production-based course. This unique area of study gives the acting student the intense challenge to explore and develop their own process of character creation. Students will attend rehearsals, engage in script analysis, and work collaboratively to bring a full-length play to life. While rehearsing, students are encouraged to experiment by making strong character choices as part of the theatrical process. This course runs in the Spring semester and involves direct participation in our Spring Production.

Technical Theatre 15/25/35

Prerequisite: Drama 10 or teacher recommendation

Technical Theatre is designed to extend the foundation skills in technical theatre outlined in Drama 10, 20, and 30. This course progression expands on specific skills related to career fields in order to prepare students who are interested in continuing on to theatre schools or to careers in the theatre industry. Student projects and learning will focus on the following technical areas: costumes, lighting, makeup, props, set, sound, and stage management. This course runs in the Spring semester and involves direct participation in our Spring Production.

Dance 15/25/35

Dance 15

PowerSchool Reference: [Dance 15_5cr]

Prerequisite: None

This course is intended for ALL levels of experience: from zero to very experienced /competitive dancers. There will be a focus on movement and dance appreciation. The course includes Creative Dance, Choreography Technique, Jazz (level 1), and Lyrical. Throughout the course, students will be involved in creating choreography in small groups and performing dance pieces appropriate to their skill level. Throughout the semester, students will develop and improve their fitness, skill, technique, and performance.

Dance 25 (5 credits)

PowerSchool Reference: [Dance 25_5cr]

Prerequisite: Dance 15

This course builds on the skills and technique acquired in Dance 15. Dance forms studied will include Lyrical, Jazz (level 2), Hip Hop/Funk, Modern, and West African. Emphasis will be placed on further developing and refining technique, challenging students to master more technically demanding choreography and developing leadership skills. Students will also learn to lead a warm-up, be part of an in-class audition, as well as perform dance routines at their skill level. Students will be required to work effectively with their classmates to create choreography.

Dance 35 (5 credits)

PowerSchool Reference: [Dance 35_5cr]

Prerequisite: Dance 25

This course continues to build on the skills and technique acquired in Dance 15 and Dance 25. Dance forms studied will include Lyrical, Jazz (level 3), Hip Hop/Funk, Modern, and West African. Emphasis will be placed on mastering choreography and leading/teaching other students, as well as honing performance skills. Students will prepare and lead a class and an in-class audition, as well as have the opportunity to learn how to stage their own choreography including the assistance of a lighting designer. Students will be required to work effectively with their classmates in all aspects of the course.

Film and Media Art

Film and Media Art is an exhilarating realm in today's culture, inviting students to dive headfirst into the vibrant universe of filmmaking and

media creation! Here, you have the unique opportunity to explore diverse artistic expressions while making a positive impact on your community and the world. This dynamic field fuels creativity and innovation, igniting a passion for a flexible and curious approach to life. It's a personalized learning adventure that inspires experimentation and collaboration, encouraging you to immerse yourself in meaningful and imaginative projects.

Film & Media Art 15

PowerSchool: Film Media Art – Multi
Prerequisite: No Prerequisite Required

Kickstart your journey in this introductory course, where you'll uncover the essentials of filmmaking! Learn to frame captivating shots, master the art of sound, and edit your projects like a pro. Through engaging film studies, analysis, and hands-on creation of your own films and media art pieces, you'll thrive in a collaborative environment. Experience the excitement of watching films, creating short narratives, animations, and a variety of media projects. With a focus on teamwork and communication, you'll explore different media types and discover the diverse roles and techniques used in the film industry, all while working with a single camera and analyzing media from intriguing perspectives.

Film & Media Art 25

PowerSchool: Film Media Art – Multi
Prerequisite: Film and Media Art 15

Now that you've got your foundations covered it's time to elevate your skills! In this next course, you'll refine your artistic and technical prowess as you plan and produce a range of film projects. Dive deeper into artistic expression and constructive critique of films while getting hands-on with every facet of film and media production. Investigate the world of video content for online platforms and embark on projects like narrative films, documentaries, music videos, and commercials, all while reflecting on your own beliefs and perspectives.

Film & Media Art 35

PowerSchool: Film Media Art – Multi
Prerequisite: Film and Media Art 25

Step into the spotlight in this advanced course, where you'll sharpen your critical thinking and analytical skills about film! Collaborate with fellow creatives as you embark on exciting filmmaking projects. Produce your own independent short films and be part of every phase of production—from crafting compelling scripts to perfecting the final edit. Immerse yourself in the technical mastery of filmmaking while exploring the rich social, historical, and cultural contexts that shape film and media art. Get ready for an unforgettable creative journey!

Journalism- Broadcast (EMTV)

Experience the fast-paced world of live broadcast journalism! In this one-of-a-kind CBE program, students produce real news, explore media ethics, and develop storytelling skills. With teamwork, accountability, and creativity, you'll lead student voice and shape school spirit—all before the bell rings! Join the legacy!

Journalism 15

PowerSchool: EMTV-multi

Prerequisite: Grade 11 or 12 student

Journalism 15 empowers students as leaders in our school community by amplifying student voices through impactful storytelling. In a dynamic, multi-camera studio, you master live broadcasting, ethical reporting, and digital storytelling. Through narrative and opinion journalism, students shape conversations, build media literacy, and develop real-world skills to lead the future of journalism.

Journalism 25

PowerSchool: EMTV-multi

Prerequisite: Journalism 15

Journalism 25 challenges students to become thoughtful, ethical storytellers in a rapidly evolving media landscape. You analyze how journalism navigates sensitive issues while upholding truth and responsibility. Through compelling explanatory journalism, students break down complex topics, spark meaningful conversations, and shape informed public discourse across diverse media platforms.

Journalism 35

PowerSchool: EMTV-multi

Prerequisite: Journalism 25

Journalism 35 pushes students to think critically about the dynamic relationship between media, audience, and society. You explore how

context shapes storytelling across platforms and develop in-depth investigative pieces. With a focus on real-world impact, students refine their work for publication, preparing to contribute meaningfully to professional products.

Graphic Design

Unleash Your Creativity with Graphic Design! Are you ready to bring your creative ideas to life? Graphic Design helps you develop the skills needed to thrive in the dynamic world of design, web, and digital communication! Whether you're a beginner or looking to advance your expertise, our project-based, self-paced learning environment allows you to explore your unique artistic style while mastering industry-standard tools like Adobe Photoshop, Illustrator, and InDesign. Graphic Design isn't just about creativity—it's about **problem-solving, innovation, and communication**. Whether you dream of becoming a designer, marketer, or entrepreneur, this program will equip you with the essential skills to turn your passion into a profession.

Introductory Graphic Design

PowerSchool: Graphic Design-multi
Prerequisite: No Prerequisite Required

No Experience Needed! Start your creative journey by learning the fundamental principles of design, typography, web design, and print production. Through hands-on projects, you'll develop essential skills using Adobe Creative Cloud software while exploring the growing fields of graphic and web design. This level builds a strong foundation for future coursework and creative opportunities.

Intermediate Graphic Design

PowerSchool: Graphic Design-multi
Prerequisite: Introductory Graphic Design

Expand Your Skills. Take your design expertise to the next level by working on branding, advertising, web development, and digital media projects. Choose a learning path tailored to your career goals while refining your proficiency in raster and vector graphics, layout design, and client services. This level prepares you for real-world applications in digital and print design.

Advanced Graphic Design

PowerSchool: Graphic Design-multi
Prerequisite: Intermediate Graphic Design

Build Your Portfolio. Elevate your skills with advanced design projects, advertising campaigns, branding strategies, and web design innovations. Focus on professional-grade work that showcases your unique style while preparing for post-secondary education or a career in the design industry. Build a digital portfolio that highlights your talent, creativity, and technical expertise for future opportunities.

Music

Band 15

PowerSchool: Band 15

Prerequisite: Band 9 or Teacher Recommendation

Join the Band. Find Your Sound. Ready to dive into high school band? Band 15 is your chance to build on your musical foundation created in Instrumental Music 10 and experience the excitement of playing in a full ensemble. Whether you're continuing from junior high or picking up your instrument again, this course will help you grow as a musician while making unforgettable memories with your bandmates. Being in high school music isn't just about playing—it's about going on amazing trips, performing in new places, and making unforgettable memories with your friends.

Band 15 and Instrumental Music 10 go hand in hand—you've got to take them together! One builds your skills, the other lets you rock out in a full ensemble, so you get the best of both worlds while making awesome music with your crew!

Band 25

PowerSchool: Band 25

Prerequisite: Band 15

Bigger Stages. Louder Applause. You've got the skills—now it's time to take the stage! Band 25 is all about performing as a full ensemble, refining your sound, and bringing music to life in front of an audience. Whether you're rocking a festival, owning the concert stage, or playing for the school, this course is your chance to step up, stand out, and make

some serious music. In this course, you will have more opportunities to perform live, play in a high-level ensemble, learn how to work with other music students as a team, explore challenging repertoire, and have the chance to travel and make unforgettable memories with your bandmates.

Band 25 and Instrumental Music 20 are a dynamic duo that you've gotta take together! Instrumental Music 20 hones your skills, while Band 25 lets you bring them to life on stage with a full ensemble. It's the perfect combo to level up your playing, perform epic music, and have a blast with your bandmates!

Band 35

PowerSchool: Band 35

Prerequisite Recommendation: Band 25

Play Loud. Have Fun. Make Memories. This is it—your final high school band experience, and it's going to be legendary! Band 35 is all about making music, performing live, and having a blast with your bandmates. You'll play in a high-level ensemble, tackle exciting music, and create unforgettable moments on and off the stage. It's about teamwork, friendship, and the pure joy of performing together. In this course, you will build on what you have learned over the past two years in band, lead and inspire as a senior musician, and celebrate your musical journey with an incredible group of friends. If you love music and want your final year to be filled with epic performances, laughs, and friendships, Band 35 is the perfect way to finish strong. Grab your instrument and let's make it unforgettable!

Band 35 and Instrumental Music 30 are designed to be taken together, giving you the ultimate final-year music experience. It's the perfect way to finish strong, push your limits, and celebrate your musical journey with an incredible group of musicians!

Instrumental Music 10

PowerSchool: Instrumental Music 10

Prerequisite: Band 9 or Teacher Recommendation

Make Music, Make Memories! Want to take your musical skills to the next level? Instrumental Music 10 is your chance to improve your musical

skills from Grade 9, play in an ensemble, and make some awesome music! This course helps you build confidence, develop technique, and explore different styles of music while playing alongside other musicians in a fun and supportive environment. In this course you will become a better musician, make new friends, be part of an awesome music community, and have fun making music. Being in high school music isn't just about playing—it's about going on amazing trips, performing in new places, and making unforgettable memories with your friends. If you're ready to build your skills, jam with other musicians, and experience the excitement of performing, Instrumental Music 10 is the perfect place to start!

Instrumental Music 20

PowerSchool: Instrumental Music 20
Prerequisite: Instrumental Music10

Unlock Your Sound. Elevate Your Skills. Ready to take your musical abilities to the next level? Instrumental Music 20 builds on the Instrumental 10 foundation, pushing your technique, creativity, and performance skills further than ever before. In this course, you will develop your instrument technique, expand your musical knowledge and experiment with creativity. Why take Instrumental 20? You'll level up your musicianship in a fun, supportive (and sometimes hilarious) environment while creating music with awesome people who share your love for it. If you love playing music and want to challenge yourself, Instrumental 20 is your next step. Sign up and make your music heard!

Instrumental Music 30

PowerSchool: Instrumental Music 30
Prerequisite: Instrumental Music 20

Master Your Craft. Make Your Mark. You've put in the time, honed your skills, and now it's time to take your musicianship to the highest level. Instrumental Music 30 is your chance to refine your technique, develop your artistic voice, and prepare for the next stage—whether that's post-secondary music, professional performance, or a lifelong love of playing.

In this course you will perfect your technique, deepen your musical understanding, shine on stage, become more musically creative like never before. Instrumental Music 30 will boost your confidence, connect you with passionate musicians who push you to be your best, and open doors to music scholarships, university programs, and epic future opportunities! If you're serious about music and ready for an exciting challenge, Instrumental 30 will help you leave your mark. Step up, stand out, and make your music heard!

Jazz Studies 15

PowerSchool: Jazz 15

Prerequisite: Enrolled in or completed Band 10

Jump into the World of Jazz! Love music? Want to learn how to improvise, groove, and play like a jazz musician? Instrumental Jazz 15 is the perfect way to dive into one of the most exciting and expressive music styles out there! This course lets you dive into the exciting and vibrant world of jazz—one of North America's most iconic music styles. Building on the concepts taught in Instrumental Music 10, this course helps you level up your skills, take creative risks, and find your own musical voice within the jazz genre. You'll get to jam with an ensemble, experiment with improvisation, and explore new ways to express yourself through jazz. If you're ready to step into the spotlight and make music in a whole new way, Jazz 15 is the perfect place to start!

Jazz Studies 25

PowerSchool: Jazz 25

Prerequisite: Jazz Studies 15 and enrolled in or completed Band 20

Take Your Jazz Skills to the Next Level! If you love jazz and want to keep pushing your skills, Instrumental Jazz 25 is where it happens! This course builds on Jazz 15, helping you grow as a musician, improviser, and performer. Whether you're into swing, funk, blues, or Latin jazz, you'll develop your unique sound while playing in an energetic and creative ensemble. You'll get to take the stage in live performances, jam sessions, jazz clinics and festivals while learning advanced soloing techniques to confidently express yourself in the moment. If you're ready to step up your jazz game and challenge yourself musically, Jazz 25 is the perfect place to make it happen!

Jazz Studies 35

PowerSchool: Jazz 35

Prerequisite: Jazz Studies 25 and enrolled in or completed Band or Vocal 30

The Ultimate Jazz Experience! Ready to take your jazz skills to the highest level? Instrumental Jazz 35 is all about refining your technique, pushing your creativity, and performing like a pro. Whether you dream of gigging, studying music after high school, or just want to master your instrument, this course will challenge and inspire you. You'll dive into advanced improvisation, explore complex jazz styles, and collaborate with your ensemble to create unforgettable performances. If jazz is your passion and you're ready for the next challenge, Jazz 35 is where you make your mark!

String Chamber Ensemble

Whether you're just starting or a seasoned player, this course lets you dive into the world of string music! Play in a full string orchestra by exploring everything from classical to contemporary pieces. Improve your technique, perform live, and collaborate with friends in a fun, supportive environment. No matter your skill level, you'll grow as a musician while making amazing music together!

Wellness Courses

At Ernest Manning High School, we are dedicated to fostering a Culture of Well-Being, ensuring that students develop the skills and knowledge needed to thrive academically, physically, and mentally. Research shows that student well-being is closely linked to increased focus, resilience, academic success, and overall life satisfaction—all of which are developed through our diverse wellness courses. Students who pursue these courses at the advanced level can use them to support applications to post-secondary programs.

Outdoor Pursuits

PowerSchool: Outdoor Pursuits Intro

Prerequisite: none

The primary aim of the program is to develop student abilities so that they may competently enter the outdoor education/guiding industry with the

appropriate certification and experience. The program begins in the winter semester and culminates the following fall semester.

- Wilderness navigation
- Winter survival skills
- Advanced backpacking
- Protection
- Stewardship
- Global environment awareness
- Wilderness first aid
- Avalanche skills training-leadership

Intermediate Outdoor Pursuits

PowerSchool: Outdoor Pursuits Inter
Prerequisite: Outdoor Pursuits Intro

An interest in outdoor activities with the willingness to spend multiple days and nights in the wilderness. Grade 11 students will have registration priority however; if space is available, Grade 10 students may submit an application to the Outdoor Pursuits Instructor for early admittance

Course fee will apply. Fees include: Wilderness first aid certification, avalanche skills training level 1 certification, transportation, permits, guiding costs and all trip expenses. Fees do not cover individual gear & food

Content: Intermediate Outdoor Pursuits is a 7 credit course designed for students interested in exploring human power outdoor activities. Students gain wilderness experience and environmental awareness along with an opportunity for certification in Wilderness First Aid (24 HRS) and Avalanche Skills Training Level 1 (16 HRS). Students will have the chance to learn through experience as multiple multi-day trips and day excursions make up a significant portion of this course.

Advanced Outdoor Pursuits

PowerSchool: Outdoor Pursuits Adv
Prerequisite: Outdoor Pursuits Inter

Course Fees will apply. Fees Include: Wilderness first aid (40 HRS) certification, transportation, permits, guiding costs and all trip expenses. Fees do not include individual gear and food

Outdoor Pursuits 35 is a 6 credited course designed for students to be involved in advanced wilderness skills development with the opportunity for practical leadership training and certification in Wilderness First Aid (40HRS). Guiding, technical and leadership skills, along with global environmental awareness are the main focuses.

Physical Education 20

PowerSchool: Physical Education 20

Prerequisite: Physical Education 10

Allow students to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. The program emphasizes leadership, with a focus on physical activity that is valued and integrated into daily life. Through activities in the school and community, students explore their capabilities and improve their physical abilities and overall well-being. The course is integrated with the Physical Education 10 course, allowing students to develop their leadership skills within physical activity.

Physical Education 30

PowerSchool: Physical Education 30

Prerequisite: Physical Education 20

Allow students to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. The program emphasizes leadership, with a focus on physical activity within the school community. Through activities in the school and in alternate environments, students explore their capabilities and improve their physical abilities and overall well-being. The course allows students to explore alternate environment activities through day-trips and an optional overnight hostel trip. Course can be used to apply to certain post-secondary institutions.

Sports Medicine 10

PowerSchool: Sports Medicine Introduction

Prerequisite: None

The Sports Medicine Introduction course is perfect for students interested in injury prevention, rehabilitation, and health sciences. This course provides hands-on experience and foundational knowledge in first aid, injury assessment, taping, and musculoskeletal anatomy, preparing students for careers in athletic therapy, physiotherapy, and sports medicine. To apply their learning, students gain hands-on Sports Medicine and leadership experience through training with our Athletics teams. This engaging and practical course is ideal for students looking to develop real-world skills in sports medicine while exploring future opportunities in the health and wellness field.

Sports Medicine 20

PowerSchool: Sports Medicine Intermediate

Prerequisite: Sports Medicine 10

Credits: 5 CTS Credits

Building on the foundational skills learned in Sports Medicine Introduction, the Sports Medicine Intermediate course takes students deeper into the world of injury assessment, rehabilitation, and pain management. This hands-on course is ideal for those looking to expand their knowledge of joint anatomy, pain management strategies, and advanced taping techniques. To apply their skills in a real-world setting, students will train as a head trainer with a Griffins Athletics team, gaining invaluable hands-on experience. This engaging and practical course is perfect for students looking to further their expertise in sports medicine while exploring future career opportunities in health and wellness.

Sports Medicine 30

PowerSchool: Sports Medicine Advanced

Prerequisite: Sports Medicine 20

The Sports Medicine Advanced course is designed for students looking to master injury management, rehabilitation techniques, and emergency response skills. This course can be used to apply to certain post-secondary programs. Students explore muscle structure, biomechanics, and movement analysis, gaining a deeper understanding of muscle contractions, levers, and movement principles to enhance injury prevention and human performance. Students are introduced to emergency response training, covering vital signs assessment and trauma management. This hands-on training ensures students are prepared to handle on-field injuries with confidence. A key component of the course is head training for a Griffins Athletics team, where students apply their learning in live sports settings, gaining valuable experience in real-time injury assessment and management. This engaging and highly practical course provides students with advanced skills and knowledge, setting them up for success in post-secondary studies and careers in sports medicine and health sciences.

Sports Performance 10

PowerSchool: Sports Performance Introduction

Prerequisite: None

Sports Performance Intro is the perfect starting point for students looking to develop a strong foundation in physical training, mental preparation, and nutrition to enhance athletic performance. In this course, students will experience and evaluate various group fitness trends, such as yoga and high-intensity interval training, while learning key training principles like FITT and overload principles. They will explore the mental side of sports, analyzing how stress, anxiety, and motivation impact performance and applying mental training techniques such as visualization, self-talk, and focus strategies to build confidence and leadership. Nutrition and hydration will also play a key role, as students learn how macronutrients, hydration, and healthy food choices fuel athletic performance, while also evaluating meal plans and snacks for optimal energy and recovery. Injury prevention and back care will be emphasized through an understanding of spinal health, core strength, and proper movement patterns. Whether you're an athlete looking to improve your game or a student passionate about health and fitness, this course will challenge and inspire you to train smarter, build resilience, and develop lifelong skills for sports and beyond.

Sports Performance 10 - Female Only

PowerSchool: Sports Performance Introduction Female

Prerequisite: None

Students follow the same curriculum as Sports Performance 10 but in a female-only setting. The topics are tailored to female student-athletes and the unique challenges they may encounter. In addition, course is taught by a female teacher.

Sports Performance 20

PowerSchool: Sports Performance Intermediate

Prerequisite: Sports Performance 10 (or Sports Performance 10 – Female)

Building on the foundations of fitness and athletic performance, Sports Performance Intermediate challenges students to deepen their understanding of training principles, sport psychology, and nutrition to optimize their performance. Students will explore and apply principles of stamina, strength, speed, agility, and coordination to enhance athletic development while analyzing fundamental movement skills and sport-specific techniques. Sport psychology will take a deeper dive into the mental aspects of competition, focusing on confidence, self-awareness, emotional control, and the impact of team dynamics on performance. The course also highlights the importance of rest and recovery, covering topics such as overtraining, burnout, and the role of sleep in athletic success. Finally, students will experience advanced core training,

integrating resistance training principles and functional movements to build a strong foundation for sport. Whether you are an athlete looking to refine your skills or a student eager to explore the science behind peak performance, this course will provide the tools and knowledge to take your training to the next level.

Sports Performance 20 – Female Only

PowerSchool: Sports Performance Multi-Level

Prerequisite: Sports Performance 10 (or Sports Performance 10 – Female)

Students follow the same curriculum as Sports Performance 20 but in a female-only setting. The topics are tailored to female student-athletes and the unique challenges they may encounter. In addition, course is taught by a female teacher.

Sports Performance 30

PowerSchool: Sports Performance Advanced

Prerequisite: Sports Performance 20 (or Sports Performance 20 – Female)

Designed for students seeking to refine their training, Sports Performance Advanced integrates high-level concepts in cardiovascular training, sport psychology, weightlifting and flexibility to enhance overall athletic performance. Students will explore advanced cardiovascular training principles, including interval training, cross-training, and tempo work, while learning how to measure and improve aerobic and anaerobic capacity through baseline testing. Sport psychology will focus on mental resilience and self-management, helping students develop strategies for balancing athletics with life outside of sport, setting and achieving goals, and utilizing visualization, positive self-talk, and mental fitness techniques to enhance performance. Speed and agility training will emphasize movement efficiency, acceleration, change of direction, and reaction time, with students designing and implementing individualized training plans. Flexibility training will dive into the physiology of range of motion, connective tissue health, and stretching techniques. The course will also introduce students to Olympic weightlifting, covering key movements such as the snatch, clean, and jerk. Students will learn about power development, movement mechanics while refining their squat, press, and deadlift techniques to progress into Olympic lifting. Students can use this course to apply to certain post-secondary programs.

Sports Performance 30 – Female Only

PowerSchool: Sports Performance Multi-Level

Prerequisite: Sports Performance 20 (or Sports Performance 20 – Female)

Students follow the same curriculum as Sports Performance 30 but in a female-only setting. The topics are tailored to female student-athletes and the unique challenges they may encounter. In addition, course is taught by a female teacher.

Yoga 15

PowerSchool: Yoga Introduction

Prerequisite: None

Yoga 15 is designed to help students enhance flexibility, build strength, and cultivate inner awareness. Through regular practice of asanas (postures), breathwork, and relaxation techniques, students will improve their physical and mental well-being. This course fosters personal growth, allowing students to explore their unique strengths, challenges, and potential in a supportive environment. With a focus on self-confidence, balance, and mindfulness, students will develop an individualized yoga practice tailored to their needs, incorporating modifications and props for a safe and effective experience. Beyond movement, students will explore the anatomy and physiology principles related to breath and movement. The course also introduces the rich history of yoga. Whether you're looking to increase flexibility, reduce stress, or deepen your connection to your body and mind, this course provides the tools to create a lifelong wellness practice.

Yoga 25

PowerSchool: Yoga Multi-Level

Prerequisite: Yoga 15

Building on the foundations of Yoga 15, this intermediate course is designed for students looking to refine their practice, enhance body awareness, and explore the deeper physical and mental benefits of yoga. Through consistent participation in various yoga styles, students will improve strength, flexibility, and balance, while developing a more personalized approach to their practice. This course introduces a more in-depth study of anatomy and physiology as it relates to yoga. Students will explore skeletal and muscular structures and identify their role in different yoga poses. By combining movement and mindfulness, this course empowers students to take their yoga journey to the next level and experience its transformative benefits in everyday life.

Yoga 35

PowerSchool: Yoga Multi-Level

Prerequisite: Yoga 25

This advanced yoga course is designed for students who are ready to refine and personalize their yoga practice while exploring the fundamentals of teaching and guiding others. Students will deepen their understanding of yoga anatomy, physiology, and biomechanics, applying this knowledge to enhance strength, flexibility, and body awareness in their own practice. Building on previous coursework, students will: Perfect their asana practice with advanced postures, breathwork, and mindfulness techniques. With a focus on self-growth and leadership, students will gain confidence in guiding others through practice, applying their knowledge to create safe, effective, and intentional yoga experiences. Whether pursuing a deeper personal journey or considering yoga instruction, this course equips students with the skills to share their passion for yoga and embody its benefits in everyday life.

Outdoor Pursuits 10

PowerSchool: Outdoor Pursuits Introduction

Prerequisite: None

Outdoor Pursuits 10 is the perfect introduction to wilderness survival, adventure skills, and environmental awareness. Through hands-on experiences, students will develop essential skills in outdoor cooking, wilderness navigation, survival techniques, and understanding the relationship between people, culture, and wildlife. Survival skills such as fire-building, shelter construction, tool safety, and responding to environmental hazards will also be covered. Whether interested in camping, hiking, or outdoor leadership, this course builds teamwork, confidence, and practical survival techniques for real-world outdoor experiences.

An additional 10-credit trip: Water Experience 15 can be taken.

Outdoor Pursuits 20

PowerSchool: Outdoor Pursuits Intermediate

Prerequisite: Outdoor Pursuits 10

Outdoor Pursuits 20 builds on foundational outdoor skills, challenging students to refine their abilities in outdoor cooking, survival, navigation, and environmental awareness. Students will advance their outdoor

culinary skills, learning to plan, prepare, and evaluate meals in various outdoor conditions while managing resources, waste, and safety. They will also dive into pressing wildlife issues, analyzing conservation efforts, habitat degradation, and the impact of human activity on species in Canada and beyond. As part of the course, students will have the opportunity to earn First Aid/CPR with AED certification. This course culminates in a hands-on outdoor excursion, allowing students to apply their skills in a real-world setting.

An additional 10-credit trip: Winter Travel 15 can be taken.

Outdoor Pursuits 20 students who are currently employed or gaining hands-on experience in a relevant field have the opportunity to earn 1-credit through the **WLD2950: WLD Intermediate Practicum**. This practicum course allows students to apply their prior learning while demonstrating essential workplace skills, knowledge, and attitudes required by an external organization.

Outdoor Pursuits 30

PowerSchool: Outdoor Pursuits Advanced

Prerequisite: Outdoor Pursuits 20

Outdoor Pursuits 30 is the ultimate challenge for students ready to take their outdoor skills to an advanced level. This course focuses on leadership, stewardship, and independent project development, preparing students for real-world applications of outdoor expertise. Students will engage in an advanced outdoor cooking project, applying knowledge from multiple CTS courses to plan, execute, and refine their techniques in wilderness meal preparation. They will also explore wildlife protection and stewardship, analyzing historical and modern conservation efforts while leading a school-wide campaign to raise awareness of human impact on the environment. Leadership and guiding skills will be emphasized, equipping students with the ability to plan and lead outdoor excursions safely and effectively.

An additional 10-credit trip: Winter Travel 25 can be taken.

Outdoor Pursuits 30 students who are actively working or gaining hands-on experience in a relevant field can earn 1-credit through the **WLD3950: WLD Advanced Practicum**. This advanced-level practicum allows students to apply their prior learning while demonstrating essential workplace skills, professionalism, and industry knowledge required to achieve a recognized credential or articulation.

Leadership 15/25/35

Leadership 15

PowerSchool: Leadership Multi

Prerequisite: None

Students explore basic principles of leadership and evaluate their personal leadership characteristics and qualities. Students develop a plan for their personal growth as a member of a leadership team and examine the various behaviours, skills and roles of team members that contribute to team effectiveness.

Leadership 25

PowerSchool: Leadership Multi

Prerequisite: Leadership 15

Students analyze characteristics, qualities and styles of effective leadership. Students plan for personal and group leadership development and demonstrate effective team building skills while participating as a member of a leadership team.

Leadership 35

PowerSchool: Leadership Multi

Prerequisite: Leadership 25

Students build on previous knowledge and skills to implement a variety of school-wide leadership initiatives.

INTERNATIONAL LANGUAGES

Learning a language empowers you to think, act and speak in diverse cultural settings and to move from one cultural setting to another with confidence.

International Languages Certificate

Students who obtain 30 credits (15 French as a Second Language, 15 in Chinese L&C, 15 in Spanish L&C or 15 credits through a Language Course Challenge) are eligible candidates for this certificate.

Spanish Language and Culture

This course sequence will enable you to develop the knowledge, skills and attitudes that you need to communicate in Spanish in a variety of school, travel, leisure and job-related contexts. Spanish is the language of daily communication in 21 countries around the world and there are predominantly Spanish-speaking minorities in four more.

	Grade 10	Grade 11	Grade 12
Beginner:	Spanish L&C 10-3Y →	Spanish L&C 20-3Y →	Spanish L&C 30-3Y
Jr. High or some background:	Spanish L&C 10-9Y (AP Cohort) →	Spanish L&C 20-9Y (AP Cohort) →	Spanish L&C 30-9Y AP
(Arrows connect courses in each sequence/stream)			

Spanish 10-3Y

PowerSchool Reference: [Spanish L&C 10-3Y]

Prerequisite: None

This is an introductory course for students who have not had any or little experience learning Spanish. It is designed for beginners and introduces the Spanish language through the development of listening, speaking, reading, and writing skills. It also examines the different cultures of Spanish-speaking countries throughout the world. At the end of this basic level, students should be able to greet people and introduce themselves; give and receive personal information; talk about dates; describe people and their activities; express needs and preferences; and talk about family relationships among other topics.

Spanish 20-3Y

PowerSchool Reference: [Spanish L&C 20-3Y]

Prerequisite: Spanish L&C 10-3Y or equivalent

Students will have the opportunity to solidify skills and knowledge learned previously and to build on these skills with more complex and creative language use. This course is designed for students that have already mastered the basics of the language and wish to continue the development of their skills in listening, speaking, reading, and writing. The course continues to provide an understanding of the culture and customs of Spanish-speaking countries. At the end of this pre-intermediate level, students should be able to plan and take a trip; check in at a hotel; run errands; go

shopping; talk about daily routines; and rent a space among other topics.

Spanish 30-3Y

PowerSchool Reference: [Spanish L&C 30-3Y]

Prerequisite: Spanish L&C 20-3Y or equivalent

This course completes the three-year cycle of Beginner Spanish. It is designed for students whose abilities in Spanish are at a pre-intermediate stage and wish to take their four language skills to the next level. At the end of this intermediate level, students should be able to discuss art, entertainment and media, identify and discuss personal relationships, cultural celebrations, driving, fables and legends, games and activities, technology, among other topics.

Spanish 10-9Y AP Cohort

PowerSchool Reference: [Spanish L&C 10-9Y]

Prerequisite: Completion of grade 9 Spanish Bilingual or Spanish at home with high level of fluency

In this course students will explore Spanish language and culture through the study of Hispanic myths and folklore, artists and their work, families and communities of the Hispanic world, travel and celebrations. Students will participate in oral language development activities and written assignments, including informal emails and biographies.

Spanish 20-9Y AP Cohort

PowerSchool Reference: [Spanish L&C 20-9Y]

Prerequisite: Spanish L&C 10-9Y or equivalent

In this course students will explore Spanish language and culture through the study of Hispanic literature, music, architecture, fashion and design. Students will read texts related to healthcare and medicine and the effects of technology on self and society. Students will write texts that compare and contrast healthcare and medicine and the use of technology in Latin America and Canada. Students will participate in group discussions related to the above topics.

Spanish 30-9Y AP

PowerSchool Reference: [Spanish L&C 30-9Y]

Prerequisite: Spanish L&C 20-9Y or equivalent

This is an Advanced Placement course. Students will be given the opportunity to write the Spanish and Culture Advanced test in this school year. There will be time given to practice exam writing. Students will explore Spanish language and culture through the study of language and literature, visual and performing arts, heroes and historical figures, social customs and values, national and ethnic identities, and personal interests and self-image.

Chinese Language and Culture

This course sequence will enable you to develop the knowledge, skills, and attitudes that you need to communicate in Chinese in a variety of school, travel, leisure, and job-related contexts. Chinese is one of the most widely spoken languages in the world, with over a billion speakers and significant communities in many countries.

	Grade 10	Grade 11	Grade 12
Beginner:	Chinese L&C 10-3Y →	Chinese L&C 20-3Y →	Chinese L&C 30-3Y
Jr. High or some background:	Chinese L&C 10-9Y (AP Cohort) →	Chinese L&C 20-9Y (AP Cohort) →	Chinese L&C 30-9Y AP
(Arrows connect courses in each sequence/stream)			

Chinese 10-3Y

PowerSchool Reference: [Chinese L&C 10-3Y]
Prerequisite: None

This is a beginner course for students who have no Chinese background. The main focus of this course is to develop basic listening, speaking, reading and writing skills in Mandarin Chinese which is spoken in China, Taiwan, Singapore, and Hong Kong. Students will develop an increased awareness of and sensitivity to cultural and linguistic diversity through a basic survey of some ancient Chinese historical events.

Chinese 20-3Y

PowerSchool Reference: [Chinese L&C 20-3Y]
Prerequisite: Chinese L&C 10-3Y or equivalent

This is an intermediate course that extends the learning of Chinese Language & Culture 10-3Y. Students will continue to develop basic listening, speaking, reading and writing skills in Mandarin Chinese. Students will be able to use words and expressions in a range of

lexical fields including: weather, clothing, daily life, entertainment, leisure activities and Chinese cultural practices.

Chinese 30-3Y

PowerSchool Reference: [Chinese L&C 30-3Y]

Prerequisite: Chinese L&C 20-3Y or equivalent

This course completes the three-year cycle of Beginner Chinese. It is designed for students whose abilities in Chinese are at a pre-intermediate stage and wish to take their four language skills to the next level. At the end of this intermediate level, students should be able to plan for their travels, discuss arts and literature, media and technology, identify current events and issues, health and safety, political situations, curricular activities, among other topics.

Chinese 10-6Y AP Cohort

PowerSchool Reference: [Chinese L&C 10-6Y]

Prerequisite: Completion of grade 9 Chinese Bilingual or Chinese at home with high level of fluency

In this course students will be instructed almost exclusively in Mandarin. Students will explore Chinese language and culture through the study of historical and contemporary events and cultural values. Students will interpret and produce written and visual texts, and extend their proficiency in listening and speaking.

Chinese 20-6Y AP Cohort

PowerSchool Reference: [Chinese L&C 20-6Y]

Prerequisite: Chinese L&C 10-6Y or equivalent

In this course students will be instructed almost exclusively in Mandarin. Students will explore Chinese language and culture through the study of historical and contemporary events and cultural values. Students will be able to use words and expressions in a range of lexical fields including: travel, customs and traditions, arts and literature, Canada and its resources, and Chinese cultural practices.

Chinese 30-6Y AP

PowerSchool Reference: [Chinese L&C 30-6Y]

Prerequisite: Chinese L&C 20-6Y or equivalent

This is an Advanced Placement course. Students will be given the opportunity to write the Chinese and Culture Advanced test in this school year. The AP Chinese Language and Culture course engages students in an exploration of culture in both contemporary

and historical contexts. The course develops students' awareness and appreciation of cultural products (e.g., tools, books, music, laws, conventions, institutions); practices (patterns of social interactions within a culture); and perspectives (values, attitudes, and assumptions).

French as a Second Language

This course sequence will enable you to develop the knowledge, skills, and attitudes that you need to communicate in French in a variety of school, travel, leisure, and job-related contexts. French is one of Canada's official languages and is widely spoken in many countries all over the world.

	Grade 10	Grade 11	Grade 12
Beginner:	FSL 10-3Y →	FSL 20-3Y →	FSL 30-3Y
Jr. High or some background:	FSL 10-9Y (AP Cohort) →	FSL 20-9Y (AP Cohort) →	FSL 30-9Y AP
(Arrows connect courses in each sequence/stream)			

French 10-3Y

PowerSchool Reference: [French10-3Y]

Prerequisite: None

This is a beginner course for students who have little to no French background. In this introductory course, students will learn basic grammar, vocabulary and expressions. Typical units include: introductions, family, school, likes/dislikes, weather/seasons, pastimes & hobbies. Using this knowledge, they will be able to express themselves orally and through written texts in simple and clear contexts. Throughout the various units and diverse activities, students will also learn about French & francophone cultures.

French 20-3Y

PowerSchool Reference: [French 20-3Y]

Prerequisite: French 10-3Y or equivalent

This intermediate course will build on the basic vocabulary and grammar acquired in French as a Second Language 10. Students will participate in more complex conversations and written communication. Some areas of study include: food, fashion, professions, and sports. Conversations will progress from present to more complex verb tenses. Students will continue to incorporate activities related to French & francophone culture in each unit.

French 30-3Y

PowerSchool Reference: [French 30-3Y]

Prerequisite: French 20-3Y or equivalent

This advanced course is for students who wish to build on fluency and ease of communication in French. Knowledge and language competencies from FSL 10 & 20 will be strengthened and incorporated into new content in FSL 30. Topics in the course include the home, the arts, the world we live in & the environment, travel, etc. Classroom instruction will be primarily in French. Students will continue to deepen their understanding of culture and current French contexts.

French 10-9Y AP Cohort

PowerSchool Reference: [French 10-9Y]

Prerequisite: Completion of grade 9 French Immersion or French at home with high level of fluency

Students will explore French as a Second Language through diverse fields of experience, including shopping, vacations, and fine arts. They will examine daily shopping habits, travel destinations, vacation planning, and cultural insights while also engaging with visual, performing, and literary arts. Through these themes, students will interpret and create written and visual texts, strengthening their listening, speaking, and cultural awareness.

French 20-9Y AP Cohort

PowerSchool Reference: [French 20-9Y]

Prerequisite: French 10-9Y or equivalent

Students will explore French as a Second Language through diverse fields of experience, including senses and feelings and close friendships. They will reflect on emotions, conflict resolution, and social connections while also exploring careers in fashion and evolving trends. Additionally, students will examine consumerism, focusing on choices, rights, and responsibilities. Through these themes, they will interpret and create written and visual texts, enhancing their listening, speaking, and cultural awareness.

French 30-9Y AP

PowerSchool Reference: [French 30-9Y]

Prerequisite: French 20-9Y or equivalent

This is an Advanced Placement course. Students will be given the opportunity to write the French Language and Culture Advanced test in this school year. Students cultivate their understanding of French language and culture by applying interpersonal, interpretive, and presentational modes of communication in real-life situations as they explore concepts related to family and community, personal and public identity, beauty and aesthetics, science and technology, contemporary life, and global challenges.

Psychology 15 / 20 / 30

Positive Psychology 15 (5 credits)

PowerSchool: [Positive Psychology 15]

Prerequisite: None

Students explore the theme of resilience and optimism to discover what conditions allow humans to flourish.

General Psychology 20 (3 credits)

PowerSchool: [General Psychology 20]

Prerequisite: None

This course traces the historical schools of psychological thought and examines principles of learning, thinking, clinical disorders and their treatment.

Personal Psychology (3 credits)

PowerSchool: [Personal Psychology 20]

Prerequisite: None

In this course, students will explore theories of personality, development, personality testing, intelligence, and biological influences on behavior.

Abnormal Psychology 35 (3 credits)

PowerSchool: [Abnormal Psychology 35]

Prerequisite: Personal or General Psychology 20

This course builds on the knowledge gained in Psychology 20. Learn about the historical emergence of the field of abnormal psychology and

the accompanying theories to describe the causes of abnormal behaviour, including biological and environmental factors.