

# Sacred Heart School Grade 10 Option Courses

The Arts	Sports	STEM	The Trades	Other
<a href="#">Art 10</a>	<a href="#">Recreation Leadership</a>	<a href="#">Forensic Studies 25</a> (semester 2, Sci 10/14 prereq)	<a href="#">Construction 10</a>	<a href="#">French 10-3y</a>
<a href="#">Media &amp; Cinema 15</a>	<a href="#">Forever Fit</a> *archery, golf, swimming, skating, pickleball, fitness	<a href="#">Personal Psychology 20</a>	<a href="#">Food Studies 10</a>	<a href="#">Braided Journeys 15</a>
<a href="#">Ukulele/Guitar 15</a>	<a href="#">Sport Performance 15</a> *PE 10 is a recommended prerequisite	<a href="#">Environmental Stewardship</a>		<a href="#">Leadership 15</a>
<a href="#">Drama 10</a>				<a href="#">Work Experience 15</a>
<a href="#">Journalism 15</a>				<a href="#">Cosmetology / Esthetics</a>
				<a href="#">Aboriginal Studies 10</a>
				<a href="#">CTS Combo</a>

Provincially Developed Courses

CTS Courses

Locally Developed Courses

## The Arts

### Art 10 (3 credit)

This course explores the whole art experience and focuses on developing creativity in art making. Students will learn fundamental concepts, terms, techniques, and mediums of art and apply them to in-class drawing, painting, and sculpture projects allowing them to explore their own personal artistic style.

### Media & Cinema 15 (3 credits)

Love movies? Learn the techniques used to create films while creating your own short film. Learn about what makes a story so popular in today's culture, and how these films will continue to influence the film industry and society for generations to come.

### Ukulele/Guitar 15 (3 credits)

Students with little or no previous musical experience will learn basic techniques including reading of melodies and rhythms, chording, strumming and finger-picking. Music theory related to ukulele and guitar is covered.

### Drama 10 (3 credits)

This action packed course explores the wonderful world of creative drama and theatre. From improvisation games to scripted work, we will play at the art of making a play. Drama helps students develop creative ways to think outside the box and discover their confidence. Students voice their thoughts and ideas through a range of mediums which encourages the creative soul.

### Journalism 15 (3 credits)

Journalism 15-25-35 provides students with opportunities to explore, create and reflect through journalistic media. In this course sequence, students evaluate the impact, responsibility and ethics of media in society and develop skills in creating texts for diverse audiences. Students will have opportunities to interact with individuals and organizations within the field of journalism to increase their knowledge, experience, and networking opportunities within the profession.

## Sports

### Recreation Leadership (3 credits)

Develop skills useful for coaching, fitness leadership, sport performance, athletic therapy and leading recreational activities.

### Forever Fit (3 credits)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote healthy active living. Students learn movement skills and principles, ways to improve physical and mental fitness and physical competence.

### Sport Performance 20 (3 credits)

This is a competitive sport-based fitness class designed for students wishing to learn more about the world of volleyball and basketball. Students will train for these sports while learning fitness, sport nutrition, and Leadership in Sports. It is beneficial that students in this course be involved in some way with competitive sport, so that they are able to put the theoretical knowledge gained to practical application.

\*PE 10 is a recommended prerequisite

## **STEM**

### Forensic Studies 25 (3 credits)

Forensics is a hands-on course in which students will investigate and evaluate the processes involved in the collection and preservation of crime scene evidence. We will delve into fingerprinting, blood spatter analysis, footprint casting, arson, serial killers and more. Students will also look at the ethical considerations, the rights and wrongs, involved in the use of forensic evidence.

\*prerequisite: Science 10

### Personal Psychology 20 (3 credits)

Get a glimpse into the human brain. Students will learn about the science of the brain as they study personality development, sensation and perception, as well as the concept of intelligence and the meaning of various behaviours.

### Environmental Stewardship (3 credits)

ENS 1020: Fostering Stewardship: Students examine the management and conservation of the environment and local, provincial, national and international stewardship organizations and propose individual and shared actions that foster environmental stewardship.

ENS1040: Living With the Environment: Students develop an understanding of how humans interact with their natural and built environments. Students also investigate methods to monitor and measure the quality of natural and built environments in order to maintain healthy and sustainable environments.

ENS1910: ENS Project A: Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant. Students will create a proposal for a school or class initiative and then carry out steps to put it in place.

## The Trades

### Construction 10 (3 credits)

Students learn the safe use of hand tools, power hand tools, and power stationary tools and will have the opportunity to build a range of projects.

### Food Studies 10 (3 credits)

Students learn about and apply safe and sanitary food handling procedures, equipment operation and care, reading recipes, the importance of efficient work habits, and the value of nutrition in their diet. Students will engage in both cooking and baking projects. Successful completion of the first module, Food Basics, is a prerequisite for all other modules that follow.

## Other

### French 10-3y (5 credits - Day A & Day B)

This course begins with introductory material, then quickly progresses in order to give a balanced foundation of the French language. Reading, writing, listening, and speaking skills/strategies will be centered around numerous topics including: Activities and pastimes, Food, School, Family & friends. Occupations, and French speaking areas around the world.

### Braided Journeys 15 (3 credits)

With an emphasis on First Nations Metis and Inuit worldviews and traditions, the Braided Journeys 15-25-35 course sequence is intended to support all students to become leaders of character, vision and action. Students are provided multi-component, culturally-based programs that challenge their creativity, build on their skill set, and increase their support network. In addition, youth have the opportunity to develop citizenship skills, thereby enhancing self-esteem and confidence. Participants gain these skills from a variety of cultural and leadership activities specific to First Nations, Metis and Inuit traditions.

### Leadership 15 (3 credits)

Students will experience the fun of team building with the meaning of service to create memorable experiences. Leadership is a high energy and reflective class providing students an opportunity to explore leadership, develop leadership skills and abilities, and to grow and develop as individuals while making a difference in their school and community. Students will collaborate and contribute to individual, group and school-wide projects, and will work to strengthen and create new relationships and hone their interpersonal skills all while helping build a sense of community at Sacred Heart.

### Work Experience 15 (3 credits)

This is an off-campus educational learning experience that allows students to apply knowledge, skills, and attitudes in the workplace. Grade 10 students are able to take this course outside of their regular school course; it does not replace a course within their timetable at this grade level. After successful completion of this course, students who are planning to enter the trades after graduation have the opportunity for RAP (Registered Apprenticeship Program).

\*Prerequisite: HCS 3000

### Cosmetology/Esthetics (3 credits)

This introductory level introduces students to a number of cosmetology areas, such as personal grooming, long hair styling, scalp and hair care, skin care and manicuring.

### Aboriginal Studies 10 (3 credits)

The course is based on perspectives and worldviews of Aboriginal peoples. It includes the study of traditions and history of Aboriginal peoples in Canada, and particularly in Alberta. Student learning outcomes provide opportunities to examine such topics as governmental structures, literature, the arts and the sciences.

### CTS Combo (1 credit modules)

A comprehensive, self-paced module option that allows students to earn credits in CTS areas of interest through self-paced modules with the help of a facilitator. Students will complete modules of their choice (up to 3 credits) in consultation with the facilitator in the areas including, but not limited to: Financial Management, Marketing, Legal Studies, Tourism, Wildlife, Design Studies. Credits will be awarded based on completion of module assignments and a minimum number of class periods attended per credit.