

## CENTRAL MEMORIAL HIGH SCHOOL REGISTRATION GUIDE

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## COMPLEMENTARY AND ENRICHMENT COURSES AT CENTRAL

### GENERAL FINE ARTS

Central has a strong and vibrant arts community. Regardless of previous experience, all students are welcome to explore the arts as part of their complimentary courses. Most grade 10-level courses in the fine arts have no pre-requisites, and we welcome students with all levels of ability.

*If you have been accepted to the PVA program, please refer to the PVA section of Central's website.*



#### **Art 10 (5 credits)**

*Prerequisite: None*

Art 10 is a foundation course that introduces students to materials and technical skills needed for successful drawing, painting, and sculpture. Through a wide variety of activities and projects students will be expected to act and think like artists and stretch themselves creatively. This course also includes developing and expanding your visual language through art history and critique.

#### **Art 20 (5 credits)**

*Prerequisite: Art 10*

Art 20 is an extension of Art 10. It expands on the knowledge and skills gained in such areas as drawing, painting, sculpture, art appreciation and design. This would include project work such as chalk and charcoal drawings and advanced painting techniques in watercolour and acrylic along with exploring new painting surfaces, relief sculpture and multi-media projects.

The development of thought processes and thoughtful art becomes increasingly important. Students are expected to develop their own themes in many projects and execute a self-directed project of personal interest.

#### **Art 30 (5 credits)**

*Prerequisite: Art 20*

Art 30 is the culmination of two years of studio work. Emphasis is on deep exploration of drawing, painting and sculpture through complex assignments and projects that focus on individual preferences and creative exploration. Students are encouraged to develop their own style and to specialize in their preferred media. Art critique, encounters, and history will be intertwined projects.



#### **Dance 15 (5 credits)**

*Prerequisite: None*

Dance 15 provides opportunities to study various forms and aspects of dance. These may include Jazz, Hip Hop, Funk styles, Modern, Tap, Creative, Ethno cultural, choreography, anatomy and

dance history. Classes are structured to focus on individual improvement in strength, technique, flexibility, and style. Students will have the opportunity to develop the technical skills necessary to create, perform and analyze dance. A performance opportunity during the term will provide the challenge necessary for students to develop confidence and stage presence.

**Dance 25 (5 credits)**

*Prerequisite: Dance 15*

Dance 25 offers students the opportunity to further expand their dance skills and knowledge of dance. Genres of dance explored may include Jazz, Hip Hop, Funk styles, Tap, Modern, Creative, Ethno cultural, choreography, anatomy and dance history. Classes are designed to focus on strengthening previously developed skills in technique, strength, flexibility, and style. Students will have the opportunity to further develop the technical skills necessary to create, perform and analyze dance. Performance opportunities during the term will provide the challenge necessary for students to develop confidence and stage presence.

**Dance 35 (5 credits)**

*Prerequisite: Dance 25*

Dance 35 offers students with a strong interest in dance the opportunity to further expand their skills and knowledge. Genres of dance explored may include the study of Jazz, Hip Hop, Funk styles, Ballet, Tap, Modern, Creative, Ethno cultural, choreography, anatomy, and dance history. Classes are designed to focus on developing advanced skills in technique, strength, flexibility, and style. Students will have the opportunity to further develop the technical skills necessary to create, perform and analyze dance. Performance opportunities during the term will provide the challenge necessary for students to develop confidence and stage presence.

**Dance Composition 35 (5 credits)**

*Prerequisite: General Dance 25 or Pre or Co-Requisite Dance/Ballet 25 (PVA Dancers)*

Dance Composition 35 provides an intensive study which enables students to investigate their personal choreographic voice. Students will have the opportunity to experience the role of choreographer – from concept/idea development, to audition, to the rehearsal process, to the production designs, and finally to the actual performance. Students will learn concepts and tools to generate creative movement and new and creative ways to incorporate this movement into a composition.



**Drama 10 (5 credits)**

*Prerequisite: None*

This course offers students a wide variety of creative and expressive opportunities. The basic skills of concentration, discipline, teamwork, communications and self-esteem are established in this introductory year. Classes are designed to focus on individual improvement in the disciplines of movement, voice, character development, scene study and structure. Further venture into tech, improvisation, and script work is also developed within the course. The basic skills of performing and audience awareness are explored in this hands-on, creative course.

**Drama 20 (5 credits)**

*Prerequisite: Drama 10*

Students will continue to develop drama skills learned in drama 10 using performance opportunities as the vehicle to learn throughout the course. Emphasis is placed on character development, acting, play writing and collective style plays. Involvement in main stage productions is encouraged.

**Drama 30 (5 credits)**

*Prerequisite: Drama 20*

This course extends units learned in drama 10 and 20 and begins to lay the foundation for performance through developing creative potential. Emphasis will be placed on acting, individual directing projects, theatre studies, technical theatre and design. Students are given the opportunity to present their directing projects to an audience and are encouraged to participate in the main stage production.

**Technical Theatre (5 credits)**

*Tech Theatre 15*

*Tech Theatre 25 – Prerequisite: Tech Theatre 15*

*Tech Theatre 35 – Prerequisite: Tech Theatre 25*

The world of theatre is dependent upon a talented and skilled crew of technicians. In Technical Theatre 15/25/35 students are able to explore and gain proficiency through hands-on tasks, projects and performances, in the technical areas of lighting, sound, make-up, costumes, properties and management.

**GENERAL BAND**



The purpose of this course is to provide instruction and opportunity for growth in musical knowledge and skill. Student progress will be monitored on an individual basis, with consideration given to experience and learning style. Musical knowledge will include aural skills, technical skills, theory, musical style and history. Musical skills will focus on performance of scales, studies, sight-reading, and a variety of repertoire.

Students should register for the appropriate Instrumental Music class based on the following:

- **Woodwinds** – flute, oboe, clarinet, saxophone or bassoon
- **Brass** – trumpet, cornet, French horn, trombone, baritone, or tuba
- **Percussion** – mallets, tympani, snare drum, bass drum, cymbals, and auxiliary percussion



**Band 15 (5 credits)**

*Co-requisite: Instrumental Music 10*

**Band 25 (5 credits)**

*Co-requisite: Instrumental Music 20*

**Band 35 (5 credits)**

*Co-requisite: Instrumental Music 30*

All woodwind, brass, and percussionists enrol in Band 15, 25, 35, as this course is our Symphonic Band. *This as a full year course scheduled to rehearse in the extended timetable.*

**Instrumental Music 10 (5 credits)**

**Instrumental Music 20 (5 credits)**

*Prerequisite: Instrumental Music 10*

**Instrumental Music 30 (5 credits)**

*Prerequisite: Instrumental Music 20*



**Instrumental Jazz 15 (5 credits)**

*By Audition. Co-requisite: Instrumental Music 10*

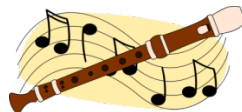
**Instrumental Jazz 25 (5 credits)**

*By Audition. Co-requisite: Instrumental Music 20*

**Instrumental Jazz 35 (5 credits)**

*By Audition. Co-requisite: Instrumental Music 30*

Jazz Band is comprised of a "big band" ensemble performing the finest of jazz repertoire. Students will have the opportunity to develop their reading and jazz skills, including studies in contemporary jazz styles and improvisation. This ensemble performs at a variety of venues throughout the year.



## GENERAL CHORAL PROGRAM



Choral Music focuses on choral ensemble skills, individual development of singing tone, musical literacy, and skills related to pitch and rhythm. Students will have the opportunity to develop their musical skills in a challenging and encouraging environment.

Central's Concert Choir performs at several events and venues during the school year. Active participation and commitment are a fundamental part of success for these courses. Central's Concert Choir is the largest performing group in the vocal program and performs a wide variety of repertoire from all historical periods.

*Choral Music – Concert Choir rehearses outside of the regular timetable.*

### **Choral Music 10– Concert Choir (5 credits)**

*Prerequisite: None*

### **Choral Music 20 – Concert Choir (5 credits)**

*Prerequisite: Choral Music 10*

### **Choral Music 30 – Concert Choir (5 credits)**

*Prerequisite: Choral Music 20*



### **Vocal Jazz 15 (5 credits)**

*By Audition only. Co-requisite Choral 10, 20 or 30*

### **Vocal Jazz 25 (5 credits)**

*By Audition only. Co-requisite Choral 10, 20 or 30*

### **Vocal Jazz 15 (5 credits)**

*By Audition only. Co-requisite Choral 10, 20 or 30*

Vocal Jazz is designed to challenge and broaden students' understanding of repertoire and techniques involved in performance of vocal jazz. All members of the group are required to listen to, communicate with, and complement one another. The smaller ensemble size requires more commitment and accountability from the individual student. The jazz language is unique and offers students an opportunity for extended musical performance.

*This course rehearses 2 times per week in the extended schedule.*

## STRINGS PROGRAM



### **Beginner Strings 15 (5 credits)**

Have you ever wanted to learn to play the violin, viola, cello, or bass? Here is your chance! Beginner Strings is a course that will run after school two days a week for the entire school year. This course will start from the beginning, teaching music reading skills, how to play in a group, as well as the fundamentals of playing a string instrument. From there it won't be long before we are making beautiful music together! Upon completion of this course, you may audition to join us in the PVA orchestra.

### **General Strings**

Do you play violin, viola, cello or bass? Come join us in Strings! Instrumental Music - Strings 10, 20, 30 offers intermediate and advanced players the opportunity to develop their skills as a musician in a group setting. You will perform with the String Orchestra at festivals, concerts and around the world on tour, work in chamber groups, focus on technique, work with clinicians and guest conductors, and make lots of friends.

### **Instrumental Music 10 – Strings (5 credits)**

*Co-requisite: Strings 15*

### **Instrumental Music 20 – Strings (5 credits)**

*Prerequisite: Instrumental Music 10 – Strings*

*Co-requisite: Strings 25*

### **Instrumental Music 30 – Strings (5 credits)**

*Prerequisite: Instrumental Music 20 – Strings*

*Co-requisite: Strings 35*

The strings course allows string players to further explore string repertoire and put into practice skills learned in Instrumental Music – Strings 10, 20, 30. As a feature of this course running outside the timetable, you will have the opportunity to combine with members of the band to form a full Chamber Orchestra. Play in exciting concerts, go on tour, take workshops and improve on your instrument with monthly clinicians.

### **Strings 15 (5 credit)**

*Co-requisite: Instrumental Music 10 – Strings*

### **Strings 25 (5 credit)**

*Co-requisite: Instrumental Music 20 – Strings*

### **Strings 35 (5 credit)**

*Co-requisite: Instrumental Music 30 – Strings*

This course is scheduled in the extended timetable.

## FRENCH AND INTERNATIONAL LANGUAGES



Why should students try to take a language other than English in their high school program?

Taking another language is a great way to be exposed to other cultures and it opens up possibilities for travel, correspondence, and future careers. Learning another language also provides students with the opportunity to meet the entrance requirements of many post-secondary institutions in Alberta and across Canada. It provides students with the foundation that will allow them to consider opportunities for further studies abroad. Reciprocal linguistic and cultural exchanges to Québec, Germany, Mexico or Spain are available to Central Memorial High School language students who wish to participate in Alberta Education's World of Student Exchange Program.

### **ASL - American Sign Language 15 (5 credits)**

ASL is considered a three-dimensional 'language in motion'. This beautiful, colourful, and complex language has been used throughout North America for centuries. As you learn ASL you will begin to develop an awareness and sensitivity to cultural and linguistic diversity as well as an appreciation for preserving cultural identity. This course will also provide you with the opportunity to identify, question, and challenge your own cultural assumptions, values and perspectives as you contribute positively to society.

### **French 10-3Y (5 credits), 20-3Y (5 credits), & 30-3Y (5 credits)**

The French as a Second Language (FSL) Three-year Program (3Y) is intended for those students with little or no previous experience in French. There is a focus on all four skills necessary to communicate in a new language: speaking, writing, listening, and reading. The program is design to promote French language learning through a variety of linguistic and cultural experiences. Interested FSL 30-3Y students may also have the opportunity to earn a DELF diploma (Diplôme d'études en langue française). Students who have completed a three year program in junior high school must register in French 20 3-Y. Native French speakers must register in French 30-9Y or challenge the course.

### **Spanish Language and Culture 10-3Y (5 credits), 20-3Y (5 credits), 30-3Y (5 credits)**

The Spanish Language and Culture Three-year Program is intended for those students with little or no previous experience in Spanish. There is a focus on all four skills necessary to communicate in a new language: speaking, writing, listening, and reading. The program is designed to promote Spanish language learning through a variety of linguistic and cultural experiences. Interested Spanish 30-3Y students may also have the opportunity to earn a DELE diploma (Diploma de Español como Lengua Extranjera). Students who have completed a three year program in junior high school must register in Spanish 20 3-Y. Native Spanish speakers must register in Spanish 30 3-Y or challenge the course.

### **Placement Interview**

Native speakers of French or Spanish are required to complete a placement interview before Registering in order to ensure appropriate placements. Please contact the Learning Leader of French and International Languages Department before registration if you have any doubts regarding your placement.



## PHYSICAL EDUCATION



### **Fitness Training 15 (5 credits), 25 (5 credits), 35 (5 credits)**

This course is designed for students that are interested in becoming healthier, fitter, and/or improving their athletic performance. Approximately 80% of the learning is through physical and mental training and 20% through classroom/lab work. Examples of physical training days include but are limited to: 3 km run, circuit training, hills, stairs, bicycling in city pathways, resistance training, interval training, flexibility training, yoga, and fitness assessment.

Examples of mental training include: breathe work, visualization, progressive muscle relaxation, and goal setting. Students will track their progress and learning in a training journal.

*There are additional school fees for Fitness Training courses.*

### **Outdoor Pursuits 15 (5 credits), 25 (credits)**

This is a course intended to develop skills and understandings pertaining to a variety of outdoor and environmental topics. Key components of the course will include environmental stewardship and appreciation for wild spaces, wilderness travel skills, group dynamics and teambuilding, leadership responsibilities, and a variety of related knowledge and skills. Students will organize, plan and execute trips to put theory into practice. Materials covered in class will be reinforced through participation in planned outings. Possibilities will include backpacking, cycling, snowshoeing, rock climbing and canoeing/kayaking.

**Note:** There will be a base cost attached to this course to cover materials, trip expenses, service providers, park fees and transportation. Additional fees for individual gear and food will be based on trips.

### **Physical Education 10/20/30 (3/5 credits)**

*Prerequisite: PE10, PE20 (in sequence)*

The Physical Education program is a fully integrated modular program of choice. It is composed of activity modules with each module assessed on movement, effort, cooperation, leadership, Sportsmanship, application, and demonstration of skills, knowledge, and fitness.

*Fees for Physical Education will vary depending on which modules students choose to take.*

Note: PE 10 is a required course to graduate with a high school diploma and PE 30 may be used to meet university entrance requirements at some institutions.

Our PE modules may include and not be limited to the following choices:

1. Alternative Environments: Curling, Beach Volleyball, Canoe/Kayak, Active Living, Golf
2. Types of Gymnastics: Wall climbing, Self Defense, Pilates/Yoga
3. Games: Football, Soccer, Volleyball, Floor Hockey, Dodgeball, Basketball, Team Handball, Ultimate Frisbee, Softball
4. Individual Activities: Fitness Challenge, Personal Training, Racquet Sports, Bowling, Billiards, CPR
5. Dance: Line, 2-step, Jive, Hip-hop, Merengue

**Sports Medicine 15 (5 credits), 25 (5 credits), 35 (5 credits)**

Students will learn about the various topics associated with sports medicine. Instructional methods will include; lecture, problem solving, guided discovery, laboratory work, independent research, computer technology and acquired skills for field/practical situations. Students are required to complete 20 extracurricular service hours working with Central athletic teams and events.

*There are additional school fees for Sports Medicine courses.*



**Yoga 15 (5 credits), 25 (credits)**

The Yoga 15 course has been created to introduce the basic understanding of anatomy and physiology relevant to yoga as well as the historical roots of yoga that include art, science, and philosophy. Students will learn postures (asanans), breathing and relaxation techniques of yoga practice. Through yoga students will develop personal management skills and the knowledge of the benefits of a personal yoga program.

**PSYCHOLOGY AND SOCIOLOGY**

**Psychology 20 and 30** (Grade 11 and 12)

The objectives of the Psychology 20 and 30 are designed to develop the students' skills and understanding that make it possible for more effective living in our complex environment. The students' attention will focus on the scientific approach to understanding human behaviour so that they may more fully appreciate the reasons that underlie one's own acts and those of others.

Personal and General Psychology 20 (3 credits each)

**Experimental Psychology 30 (3 credits)** (Grade 11 and 12)

The themes include:

- a. Introduction to Psychology
- b. Personality
- c. Behaviour
- d. Intelligence
- e. Heredity and Environment
- f. Biological Influences on Behaviour
- g. Understanding Perception

**Sociology 30 (3 credits)** (Grade 11 and 12)

Sociology is the scientific study of group behaviour – a study of "what is" rather than "what ought to be". Sociologists study the status of group, social class, social mobility, minority groups, and institutions, which have a great deal of influence on groups. Families and schools are two main institutions, which have a great deal of influence on our young people. Sociology 30 includes studying crime and delinquency, goal setting, marriage and social movements as well as the sociology of sports.

*Note: Sociology 30 can be combined with Psychology 30 (6 credits)*

## COMMUNICATION ARTS

### **Creative Writing and Publishing 15 (5 credits), 25 (5 credits), 35 (5 credits)**

Creative Writing and Publishing is a course where students may pursue their passion for writing. Students are encouraged to experiment with new ideas and concepts, and manage their own portfolios of writing. Students will explore and learn about various writing markets. Through participating in the actual publication process, students will be provided an authentic realistic experience.

## COMMUNICATION TECHNOLOGIES



### **Communication Technologies Introductory (5 - 7 credits)**

Students will learn what makes for good graphic design and will work with communication software to design exciting projects. Activities will include photography, graphic design, film production, animation, and making T-Shirt prints. Each student will finish the course with a collection of projects organized in a web-based digital portfolio.

After completing Introductory Communication Technology, student wishing to continue will specialize in one or more of their areas of their interest which may include Photography, Printing, and/or Animation and Video.

### **Print (Intermediate & Advanced - up to 7 credits each)**

Graphic design with a focus on two-dimensional printed graphics will be the core of this course. Promotional commercial work will be assigned to students who demonstrate professional work ethic and design capabilities. This is an excellent course for students building portfolios for Art and Design schools.

### **Animation/Video (Intermediate & Advanced - up to 7 credits each)**

Students will begin to focus on Animation, Video or a combination of both. Students with a desire to animate will explore animation, in the digital and/or traditional realms. Cutting edge digital video techniques will pave the road of understanding for students with a keen interest in video and special effects editing. A focus on major productions as individuals or small groups will span the entire semester.

### **Photography (Intermediate & Advanced - up to 7 credits each)**

In this course students will explore all aspects of digital photography. Utilizing the elements and principals of design learned in the introductory course, students develop essential skills necessary to become a skilled and creative photographer. Students also utilize computer based programs such as Adobe Photoshop, Adobe Illustrator and Adobe Photoshop Lightroom.



## CONSTRUCTION TECHNOLOGY



### **Construction Introduction (5 credits)**

Students learn the basic skills and techniques of the construction industry. Students learn safe work habits through hands-on practice. A variety of small pieces of millwork or furniture construction provides experience and allow for students to integrate basic skills.

### **Construction Intermediate (5 credits)**

*Prerequisite: Minimum 4 completed modules in Construction Intro*

Students gain further experience in methods, procedures, and machine tool technology while working on furniture and cabinet projects.

### **Construction Advanced (5 credits)**

*Prerequisite: Minimum 4 completed modules in Construction Inter*

Students have the opportunity to further develop their skills in furniture, cabinet construction, as well as light construction techniques. The outline for each student will reflect the individual interest of the student's construction as well as light construction techniques.

## CULINARY ARTS

### **Culinary Arts Introductory/Intermediate (5-10 credits)**

In culinary arts explore, students will experience hands-on learning with access to an industry grade kitchen facility and multiple food service outlets. Learning basic classical cuisine techniques as well as current food styles, students will build on core skills, knowledge, and attitudes for long term success in the cooking industry.

## DESIGN STUDIES

A path in Design Studies begins with an introductory level program, the prerequisite to all Design Studies courses, and progresses to a focus in Industrial & Virtual Design Studies and/or Architecture Design Studies.

### **Design Studies Introductory (5 – 6 Credits)**

Students in Design Studies begin with an introductory course in basic skills. Each module is project based and includes themes in drafting, architecture, graphic design, industrial design, computer assisted design (CAD) and overall design problem solving. Recent projects have included furniture design, 3D virtual toys, mountain vacation homes, model building and published books of student work.

### **Design Studies Intermediate (5 – 12 Credits)**

This course is a continuation focused on Industrial & Virtual Design and/or Architecture Design. Students may choose to follow a pathway in one or both areas of interest. In Industrial & Virtual Design students create building plans for various objects. Recent projects have included everything from medieval siege instruments to starships, concept cars to skyscrapers. Students test their plans

by building models of their design. The Architecture Design pathway features developing building plans for commercial and residential architecture. Model building is highlighted.

**Design Studies Advanced (5 – 12 Credits)**

Industrial & Virtual Design students move further into the virtual realm and learn to design human (or superhuman) figures in 3D Studio Max making them come to life with particle systems (smoke and fire), reactors (collisions), realistic virtual worlds and finishing the course with an animated video of their character in action. Architecture Design students continue to develop commercial and residential architecture. This course includes a focus on famous architects and the evolution of design with an emphasis on post-secondary options and a future in the industry of architecture.

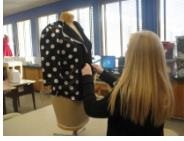
**DESIGN THINKING FOR INNOVATION 15/25/35 (DTFI) \*New\***

The Design Thinking for Innovation (DTFI) course provides an opportunity for students to engage in longer term, increasingly complex, personally relevant, design, innovation and invention projects that require a significant investment in time to design, prototype, iterate, and refine. Projects are interdisciplinary in nature and therefore must also incorporate the skills, knowledge, tools and technology from a minimum of two distinct discipline areas. The nature of the course is to apply design thinking methodology and processes, to direct explorations into innovation and invention. As such the use of current and emerging technologies for rapid design and prototyping (things like 3D printers, laser cutters, arduinos, Raspberry Pi, robotics and programming, etc.) is an important element of the course. Many of the needed technical skills will be directly connected to a variety of CTS occupational areas. Students would be required to work with one or more educators/mentors/experts and/or community members to develop the scope of the project. Expectations for the project, the final deliverables and the project assessment structure would be co-developed with the student.

DTFI requires students to take up complex challenges requiring solutions that are interpretative and time consuming. The process-driven and interdisciplinary nature of this course will encourage students to connect and integrate learning from other subject areas. It is essential that sufficient time be given to develop the disposition of innovation and the necessary technical knowledge required for project development. The minimum amount of time required for this type of deep and iterative innovation process would be 75 hours, equalling 3 credits. This time commitment would be an additional expectation where the project is connected to content or outcomes with other courses.

DTFI is a flexible course that would allow for students in all three course levels to be integrated in the same block. This flexible grouping would provide increased constructivist learning opportunities as more mature creative producers could serve as mentors, collaborators, and "experts" for less experienced students. This integrated structure would also provide a great deal of inspiration for students as they see others working on high level innovation projects.

## FASHION STUDIES



### **Fashion Studies Introductory (5 credits)**

Students develop knowledge related to clothing and textile design. Developing sewing construction skills will be the main focus for each of the courses. All students registered in this program are required to supply necessary materials for project completion.

### **Fashion Studies Intermediate (5 credits)**

*Recommendation: A minimum of 3 credits earned in Introductory Fashion*

The Intermediate program is a continuation of Introductory Fashion as students will further develop sewing skills by working with specialty type fabrics and notions.

### **Fashion Studies Advanced (5 credits)**

*Recommendation: A minimum of 3 credits earned in Intermediate Fashion*

The Advanced program is an exciting 'must' for the student who is keenly interested in clothing construction. Custom finishing and details on garments are emphasized as well as contemporary tailoring techniques are introduced.

## FILM STUDIES

### **Film Studies 15 (5 credits), 25 (5 credits), 35 (5 credits)**

Film Studies engages students in a comprehensive analysis of the history and evolution of filmmaking. Students will pursue the production and technical perspectives of film in order to become informed consumers of film in its various forms: feature film, short film, animation, featurettes, serials, television shows and commercials. Film studies will demand rigorous intellectual, technical and artistic awareness from the students.

## FOOD STUDIES



### **Food Studies Introductory (5 credits)**

The Food Studies program focuses on personal food preparation skills. Students develop knowledge and skills for promoting personal health and wellness. Course work will encompass basic food preparation skills and nutrition information to achieve personal independence.

### **Food Studies Intermediate (5 credits)**

*Recommendation: A minimum of 3 credits earned in Introductory Foods*

## PURSUE YOUR PASSION AT CENTRAL MEMORIAL HIGH SCHOOL

The Intermediate program is a continuation of Introductory Foods as students will further develop their food preparation skills working with varied ingredients and cookery principles.

### **Food Studies Advanced (5 credits)**

*Recommendation: A minimum of 3 credits earned in Intermediate Foods*

The Advanced program is an opportunity for the senior foods student to showcase their preparation skills and knowledge. Students will be challenged to prepare foods that meet specific diet restrictions and nutrition needs.

### **Bachelor/Bachelorette Survival 30 Foods Course (6 Credits) – Grade 12s ONLY**

Graduating without any foods cooking skills? Then this course is for you. This beginning 6 credit grade 12 course will provide you with the basic skills in small kitchen appliance use and maintenance. Introduce you to the methods of simple baking techniques. Demystify the nutrition and preparation of fruits and vegetables. Provide understanding in working with milk and eggs to produce healthy dishes. And finally, get you ready with 'Miss Manners' etiquette and nutritional needs in planning, preparing and consuming healthy meals.

### **Modules:**

FOD 1010 Food Basics (pre-requisite)

FOD 3010 Food for the Life Stages

FOD 3030 Creative Baking

FOD 3020 Nutrition and Digestion

FOD 3060 Food Presentation

FOD 3100 Entertaining with Food

## **LEADERSHIP**

### **Leadership 15 (5 credits), 25 (credits)**

This course consists of various leadership modalities that include an introduction to mentorship, leadership fundamentals, and community volunteerism. Students will be committed to service, leadership, school spirit and maintain a positive image of Central Memorial High School within this community. Students will be part of team building, event organizing, event assessment, as well as learning about various leadership styles and skills.

## **LEGAL STUDIES**

### **Legal Studies Introductory/Intermediate (5 credits each)**

*Prerequisite: None (Available to grade 10 and 11 students)*

Students will develop the knowledge, skills, and attitudes required to respond appropriately to the impact of law in their daily lives as they are presented with basic and practical information about the law.

### **Legal Studies Advanced (5 credits)**

*(Available to grade 11 and 12 students)*

The advanced level of law gives students a broader perspective of law as they study cases and research challenging issues. There is no prerequisite course.



## MECHANICS



### **Mechanics Introductory (5 Credits)**

The goal of this course is to make students knowledgeable and responsible car owners and allow them to be comfortable maintaining their own car. Students will have the opportunity to explore automotives and learn the tools of the trade while working through each of the 5 modules. The course begins with basic hand/air/power tool use and progresses into basic maintenance and upkeep of the vehicle. Students will get the chance to do tire work, oil changes, vehicle lifting, and hoisting. Students will also learn the inner workings of an engine including a complete engine dis-assembly and rebuild.

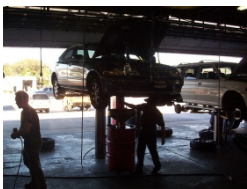
### **Mechanics Intermediate (5 credits)**

This program will build on the fundamental knowledge from the intro course assist students with the capacity to do some of their own work. This program starts with exterior vehicle care/detailing, moving into more intricate systems of the vehicle including cooling system, brake system, ignition system, and exhaust. Students in this level will have the opportunity to work on customer vehicles as well as practical projects and potentially their own vehicles

### **Mechanics Advanced (5 credits)**

Students in advanced automotive will work through module theoretical work while performing more in-depth jobs within the shop. Students will begin to understand many of the major systems of the vehicle including brake, lubrication, suspension, cooling, and drivetrain. Students will be working on shop and customer vehicles under the supervision of the instructor(s). This program will also provide students with an opportunity to learn where the trade can take them and the necessary steps to become involved.

## DUAL CREDIT AUTO SERVICE TECHNICIAN PROGRAM



Engage in the CBE's Dual Credit Auto Service Technician CTS program AND Earn up to 15 ASA credits in CTS towards an Alberta High School Diploma.

- Training by qualified journeyman instructor to learn about auto service technician program
- Ability to challenge First Period Auto Service Technician exam upon completion
- Opportunity to find summer employment in a related field

## WOMEN IN TRADES \*New\*

This course is specifically designed for young women who have an interest in building construction and mechanics. The teacher is a Red Seal Carpenter who has also worked in the mechanics industry.



## PURSUE YOUR PASSION AT CENTRAL MEMORIAL HIGH SCHOOL

Students will be exposed to both the construction and mechanics shops, and will become familiar with the tools and methodologies associated with them. In construction, students will complete two main projects. The first is a night stand that encompasses all tools that are found in a cabinetmaking shop. The second is a mock renovation, where the students will learn the basics of framing, drywall, cabinet installation, electrical plug replacement and installing a plumbing fixture.

In the automotive shop, students will become familiar and practiced in all forms of introductory maintenance found in the automotive industry. Students will identify and check all fluids found in vehicles, perform an oil change and be able to completely change automotive tires.

This course is a great introductory for young women who have an interest in working and learning with their hands.

### THE CAREER AND TECHNOLOGY CENTRE (CTC)

#### Introduction

The Career and Technology Centre (CTC) at Lord Shaughnessy High School provides continuous access to academic, industry-standard programs, certificated journeyman instructors, facilities and equipment for students seeking industry-standard credentials in high demand, highly skilled occupations. In journeyman trades, students can simultaneously earn credits in Career and Technology Studies (CTS) while completing equivalent Alberta Industry and Training (AIT) courses for their journeyman technical training.

See website for detailed course descriptions <http://schools.cbe.ab.ca/ct-centre/>

### ENRICHMENT COURSES AT CENTRAL

#### ADVANCED PLACEMENT (AP)

The Advanced Placement (AP) Program® fosters excellence in student achievement. Students who take AP® are challenged to think for themselves and to engage the world critically and analytically in and outside of the classroom. The AP® Program prepares students for future success. Students can earn advanced credit or advanced standing at thousands of colleges and universities on the basis of their AP® achievements.

Central Memorial High School offers internationally recognized advanced placement programs for students who excel in academics and the arts. Students may choose to take one or several advanced placement courses depending on their interests and talents. These programs provide students with opportunities to work on university level courses in high school.

#### The Advanced Placement Advantage:

- By participating in an AP course, students enter a world of intense discussion and thought. AP courses give students the intellectual responsibility to think for themselves and to learn to reason, analyze, and understand.
- AP allows students to undertake college level academic learning and advance into second year college or university courses that traditionally have a much smaller enrollment.
- Upon successful completion of an AP course, students are eligible to receive university credit and/or advanced placement at over 4000 colleges and universities worldwide.
- Research shows that AP students are more likely to graduate from university with a double major and are twice as likely to pursue a PH.D., or studies in medicine or law.

### **Program Flexibility:**

- Students may choose to take one AP course, several courses, or a full AP Program.
- Academic timetables can be tailored according to individual abilities, interests, and extra-curricular time commitments.
- There is no cost to the student for AP core subjects. There can be some costs associated with AP programs such as Studio Art and there is a cost to take the AP exams.

Please see the Central Memorial Website for more detailed information and course selection and pathways <http://schools.cbe.ab.ca/b823/ap.html>

### **AP CAPSTONE**

AP Capstone™ is an innovative diploma program that helps you stand out in the college admission process by developing the critical skills needed to succeed in college and in life. Two new courses — AP® Seminar and AP Research — allow you to immerse yourself in topics that matter to you while developing the analytic, research, problem-solving, and communication skills that colleges seek in their applicants. This challenging program helps you deepen your passion for learning, gives you greater confidence in your academic skills, and provides a broader perspective on your world.

### **AP CAPSTONE IMPLEMENTATION:**

#### **Grade 10 Humanities (English & Social) 10-1 (Pre-AP) – 10 Credits Full Year**

Students are first introduced to AP Seminar methodology in their Grade 10 Humanities (Pre-AP) Course. Students learn the essential skillsets necessary for the Grade 11 AP Seminar course. These are integrated into the program of study for English and Social 10-1 (Pre-AP).

#### **Grade 11 English or Social 20-1 (Pre-AP) & AP Seminar – 10 Credits Full Year**

Students are enrolled in English or Social 20-1 (Pre-AP) and AP Seminar. It is a full year course worth 10 credits. Students develop and strengthen their analytic and inquiry skills, exploring deeply topics and issues chosen by themselves and/or the teacher. They will learn to consider an issue from multiple perspectives, evaluate the strength of an argument, and make logical, fact-based decisions. For example, they might explore the question of whether national security is more important than a citizen's right to privacy, or whether genetic engineering is beneficial to society.

During the course, students complete a team project, an individual paper and presentation, and take a written end-of-course exam. Their AP Seminar Exam score will be based on all three assessments using the usual 1–5 AP scoring scale.

#### **Grade 12 AP Research Offered Outside of the regular timetable – Full Year (Credits Vary)**

Students complete an independent research project on a topic of interest to them. For example, students can dig deeper into a topic studied in an AP course or work across academic areas on an interdisciplinary topic or study a new area of interest, perhaps one they would like to study in university. At the end of the research project, students submit an academic thesis paper of about 5,000 words, present their findings, and orally defend their work. The student's AP Research score will be based on their paper, the presentation, and the oral defense, using the 1–5 AP scoring scale.

**AP CAPSTONE DIPLOMA & CERTIFICATE**

Students who earn scores of 3 or higher on the AP Seminar and AP Research Exams and on four additional AP Exams of their choosing will receive the AP Capstone Diploma™. This signifies outstanding academic achievement and attainment of college-level academic and research skills. Alternatively, the AP Seminar and Research Certificate™, signifying attainment of college-level academic and research skills, is awarded for scores of 3 or higher on the AP Seminar and AP Research Exams only.

