Courses (ELA)	Description
ELA A10	Prerequisite: ELA 9 ELA A10 themes include: The Unknown Hopes and Fears, Challenges – Winners and Losers, and Frontiers- Canadian Journeys and Discoveries. The course involves study of novels, non-fiction, drama, short stories and film. Students will have numerous opportunities to develop language and literacy skills in reading, writing, speaking and listening.
ELA B10	Prerequisite: ELA 9 ELA B10 themes include: Equality-Pain and Pride, Decisions-Action or Apathy?, and Environment and Technology- Reality and Responsibility. The course involves study of novels, non-fiction, drama, short stories and film. Students will have numerous opportunities to develop language and literacy skills in reading, writing, speaking and listening.
ELA 20	Prerequisite: ELA A10 and ELA B10 English Language Arts 20 (ELA20) is organized around themes. Thematic units suggested in this curriculum: Recollection – A Journey Back: Possible sub-themes include: Innocence and Experience, Family and Peer Relationships, School and Education, Wonder and Imagination, Triumphs and Defeats. Anticipation – On the Threshold Possible sub-themes include: Roles and Responsibilities, Choices and Commitments, Perspectives and Passages, Values and Goals.
ELA A 30	Prerequisite: ELA 20 The A30 course is organized around themes that focus on Canadian literature and society. "Canada: Diverse Landscape and People" and "Identity and Diversity" are examples of themes studied in this course. Assignments and activities are designed to continue development of skills in listening, speaking, representing, reading and writing. Of particular importance is the student and composition of the literary essay.
ELA B 30	Prerequisite: ELA 20 The B30 course is an issues-oriented course organized around human concerns in a global society. Students study both traditional and contemporary world literature in a comparative manner to explore themes from global perspective. "The Human Condition-In Search of Self" and the "The Social Experience-Beyond Personal Goals" are examples of issues studied in this course.
Math Courses	
Found of Math and Pre- Calc 10	Prerequisite: Math 9 Topics in the class are factoring, irrational numbers, units of measurement (SI and imperial), trigonometric ratios, polynomial expressions, relations and functions, slope, linear relations, equations of linear relations, and problem solving.
Foundations of Math 20	Prerequisite: Foundations of Mathematics & Pre-Calculus 10 This class is designed to provide students with the mathematical understanding and critical thinking skills identified for post-secondary studies in programs that do not require the study of theoretical calculus. Topics include financial mathematics, geometry, measurement, number, logical reasoning, relations and functions, statistics and probability, For math students that excel at math this class is recommended to improve mathematical understanding and develop stronger math skills before taking Pre-Calculus 20.
Foundations of Math 30	Prerequisite: Foundations 20 In this class, students will be able to demonstrate an understanding of financial decision-making, inductive and deductive reasoning, set theory and its applications, extend understanding of odds and probability and probability of two events, and representation and analysis of data and data collection.

Pre-Calculus 20	Prerequisite: Foundations of Mathematics & Pre-Calculus 10 This pathway is designed to provide students with the mathematical understandings and critical-thinking skills identified for entry into post-secondary programs that require the study of theoretical calculus.
Pre-Calculus 30	Prerequisite: Pre-Calculus 20 This pathway is designed for students that are planning to take Calculus 30 and/or Advanced Calculus
	AB. This class is a rigorous math class with focus on relations, functions, graphing, solving and number theory. These critical-thinking skills are required for entry into post-secondary programs that require advanced math/sciences classes.
Calculus 30	Prerequisite: Pre-Calculus 30 Topics of study include: Function transformations, domains and ranges, limits and continuity, differentiation, graphical applications of derivatives, rates of change, optimization problems, related rates, differentiation of transcendental functions and applications.
Workplace and	Prerequisite: Mathematics 9 This pathway is designed to provide students with the mathematical understandings and critical-thinking
Apprenticeship Math 10	skills identified for entry into the majority of trades and for direct entry into the work force. Topics include algebra, geometry, measurement, number, statistics and probability.
	Prerequisite: Apprenticeship and Workplace Mathematics 10 This pathway is designed to provide students with the mathematical
Workplace and Apprenticeship Math 20	understanding and critical-thinking skills identified for entry into the major of trades and for direct entry into the work force.
Workplace and	Prerequisite: Workplace and Apprenticeship Math 20 This pathway is designed to provide students with the mathematical
Apprenticeship Math 30	understanding and critical-thinking skills identified for entry into the major of trades and for direct entry into the work force.
Science Courses	
Science 10	Prerequisite: Science 9 The Science 10 course has three key units: Climate and Ecosystem Dynamics (this unit examines the evidence and consequences of global climate change, local and global weather patterns, ecosystem interactions, population factors, and nutrient cycles.) Force and Motion in Our World (this unit explores motion related technologies, observe and describe the motion of everyday objects, investigate the relationship among displacement, time, and velocity, and acceleration for objects that undergo simple linear motion and accelerated motion, effect of forces in one and two dimensions). Chemical Reactions (Explores: rates of chemical reactions, writing chemical formulas and equations, types of chemical reactions). Career Investigation: To investigate career paths related to science.
Environmental Science 20	Prerequisite: Science 10 Students will learn how to examine local and global environmental issues from a systems perspective while considering the effects of human actions and a growing global population on the climate and environment, as well as the effects of the environment on human health. They will explore the mechanisms and importance of aquatic and terrestrial ecosystems and the sustainability of past and current practices and technologies humans have developed to live with and within the environment.

Health Science 20	Prerequisite: Science 10 This course will challenge students to look at the health science field from holistic and analytic perspectives to provide a basis for making sound personal health choices. Students will examine the range of philosophies that guide health care and consider ethical decision within those contexts. Understanding the basic anatomy and physiology of the human body will provide a context for studying the normal and abnormal functioning of various body systems, including the role of nutrition and metabolism. Lastly, students will examine diagnostic tools and procedures and how they are used to inform treatment. Students will also investigate the range of health science careers and post-secondary programs available in Saskatchewan.
Physical Science 20	Prerequisite: Prerequisite: Science 10. Recommended: Foundations of Math 20 or strong mathematical problem solving skills. Physical Science 20 combines chemistry and physics in an introductory course that serves as the prerequisite for Chemistry 30 and Physics 30. Physical Science 20 involves an exploration into topics in both chemistry and physics. Topics of study include waves, light (and other electromagnetic radiation), sound, chemical reactions, stoichiometry, and heat. Career investigation and independent exploration are also a component of this course.
Biology 30	Prerequisite: Health Science 20 or Environmental Science 20 This course examines the details of living organisms and involves examination of organisms at various levels from molecular (biochemistry) through cells, tisssues and concluding with organ systems. The study of inheritance rounds out the course. Human systems are studied including a hands-on dissection, with reference to simpler vertebrates and evolution.
Chemistry 30	Prerequisite: Physical Science 20 Chemistry 30 involves an exploration of chemical structure and properties including organic compounds, with the main theme of the course being chemical equilibria; solutions and solubility equilibria, acid-base equilibria, and finally oxidation-reduction (electrochemistry). Mathematical problem solving skills are necessary for success in this course. An independent exploration project is a component of this course.
Comp Sci 20	Prerequisite: None ***But it is STRONGLY RECOMMENDED that the student is strong in Math before taking this course. This is a very challenging course where the student will study how to write algorithms and computer programs. Throughout the course, the student will learn about variables, operators, control structures, looping, arrays, functions and procedures using Visual Basic 6.
Exercise Sci 30	Prerequisite: None (Recommend 20 Level Math & Health Science 20) Exercise Science focuses on the study of human movement and of systems, factors and principals involved in human development. Students will learn about the effect of physical activity on health and performance, the evolution of physical activity and sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, sports administration, or many health professions.
Physics 30	Prerequisite: Physical Science 20 The Physics 30 course explores the following topics: vectors, uniform motion, accelerated motion, forces and Newton's laws, circular and projectile motion, kinetic and potential energy, momentum and impulse, electromagnetic and gravitational fields, wave particle duality, relativity, and nuclear physics. An independent exploration project is a component of this course. Strong mathematical problem solving skills are necessary for success in this course.

Remaining Courses A-Z	
Accounting 10	Prerequisite: None Accounting 10 is an introductory course introducing students to the fundamental principles of accounting. Accounting 10 is an introductory course introducing students to the fundamental principles of accounting. These include balance sheets, income, statements, worksheets, financial journaling and general ledgers. Students will learn the complete accounting cycle for a service business. In addition, students will explore the basics of real world financial situations and terminology ranging from personal banking, credit cards, loans and investments.
Accounting 20	Prerequisite: Accounting 10 Accounting 20 explores the topics of budgeting, finding a place to live and real-world money management ranging from intermediate knowledge of credit cards and loans, as well as investments. Topics learned in Accounting 10 will be rervisited and applied in the program <i>Quickbooks</i> , a computer-based accounting program. Students will develop a business plan, set up their own business and will perform all of the accounting practices in a technological environment.
Accounting 30	Prerequisite: Accounting 20 Accounting 30 explores the topics of personal money management, as well as helping others with financial decisions. Projects include budgeting; travelling plans, costs and responsibilities; analyzing situations for others to find a place to live based on their financial situation; and advanced credit cards, loans and investments. Topics in Accounting 20 will be rervisited and applied in the program <i>Quickbooks</i> , as well as learning more advanced options in this computer-based accounting program. Students will develop a business plan, set up their own business and perform all of the accounting practices in a technological environment.
Arts Ed 10	Prerequisite: None – The focus of this course is on the four strands – dance, music, drama and/or visual art. Student's complete independent and group projects on modules from any of the 4 strands based on the following topics: History in the Making, Tell it Like it is, Film and Video, The Arts and Popular Culture, The Arts in Canada, Global Connections, Independent Study.
Arts Ed 20	Prerequisite: None – The focus of this course is on the four strands – dance, music, drama and/or visual art. Student's complete independent and group projects on modules from any of the 4 strands based on the following topics: History in the Making, Tell it Like it is, Film and Video, The Arts and Popular Culture, The Arts in Canada, Global Connections, Independent Study.
Arts Ed 30	Prerequisite: None – The focus of this course is on the four strands – dance, music, drama and/or visual art. Student's complete independent and group projects on modules from any of the 4 strands based on the following topics: History in the Making, Tell it Like it is, Film and Video, The Arts and Popular Culture, The Arts in Canada, Global Connections, Independent Study. Arts Ed 30 also includes more of a focus on the History component.
Career and Work Exploration 20	Prerequisite: None Work Education 20 is a combination of individualized self-directed learning activities and on-site job experience. The concepts of work, self-awareness, career exploration, job search techniques and job success skills are studied. Students select different job sites for practical work experience and application of learning activities. Students do not receive any remuneration for their work experience. The course consists of two major components for 1 credit: individualized, self-directed learning activities and 60 hours at a work placement. The student is required to provide his/her own transportation to work sites. Note that these credits may not be used for university entrance.

Career and Work Exploration A30 / B30	Prerequisite : None The Work Education 30 program consists of two components. The individualized learning activities component includes the study of such topics as personal awareness, career planning and exploration, job search and preparation, employer-employee relations, labor standards, business structures, and financial management. The on-site work experience component consists of different employment opportunities for which the student does not receive remuneration. The course consists of two major components for 1 credit: individualized, self-directed learning activities and 75 hours at a work placement. The student is required to provide his/her own transportation to work sites. Note that these credits may not be used for university entrance.
Christian Ethics 10	Prerequisite: None Christian Ethics 10 has as its core theme Jesus Christ as revealed in the New Testament: His person, His works, and His actions. A study of his life and times helps students to understand the Christian perspective of the person and the divinity of Jesus Christ.
Christian Ethics 20	Prerequisite: None The Christian Ethics 20 course is not intended to provide a total, comprehensive understanding of the Christian message. Its role is to help students articulate, reflect upon, and understand some common foundations of Christian beliefs and practice. The emphasis of this particular course will be on the rationale (reasons) for Christian belief.
Christian Ethics 30	Prerequisite: None A goal of the Christian Ethics 30 course is to help students increase their understanding of the history of Christianity. Events preceding Jesus Christ to present day are explored in the context of how they shaped the Christian faith. Special attention is given to present-day issues that challenge Christians.
Comp Sci 20	Prerequisite: None – Comp Sci 20 is a very challenging course where the student will study how to write algorithms and computer programs. Throughout the course, the student will learn about variables, operators, control structures, looping, arrays, functions and procedures using Visual Basic 6.
Comp Sci 30	Prerequisite: Computer Science 20 This course covers all of the same topics as in CS20 but using the programming language C++. In addition, the student will study object-orientated programming, files and pointers, sorting and searching algorithms and other advanced topics as time permits.
Creative Writing 20	Prerequisite: English Language Arts A10 and B10 Write your own ticket. Creative Writing fosters the excitement of writing in a relaxed atmosphere where you have numerous opportunities to write from experience about what interests you. You will acquire the expertise to generate ideas, develop language precision, edit with understanding and confidently deliver a published work to an audience. Creative Writing is a one-of-a-kind English Language Arts program that will develop such important life skills as communication, time management, self-expression, and critical and creative thinking.
Draft and CADD 10	Prerequisite: None This course is an introduction to Computer-Aided Drafting using the computer program AutoCad It will include using CAD basics in simple drawings, multi-view drawings, pictorial drawings, basic dimensioning, sectional views, basic floor plans (2-D), furniture design and career opportunities. The final project will be designing a dream house.
Earth Science 30	Prerequisite: Environmental Science 20 or Physical Science 20 Analyze and explore earth-science related career paths in Saskatchewan, Canada and the world. Analyze surface geography as a product of depositional and erosional processes and discuss implications for human settlement and development. Rationalize how the interaction of Earth systems directs how life flourishes and evolves.

Entrepreneur 30	Prerequisite : None The aim of the Entrepreneurship 30 curriculum is to provide students with opportunities to: • to acquire knowledge and develop skills necessary to plan and begin a venture, and • to appreciate the role that entrepreneurs play in our society and economy. The Goals of the course are: 1. Awareness - to develop and appreciation for the impact entrepreneurs have and for the complexity involved in planning, initiating and operating a successful venture. 2. Technological Skills: To develop skills in using technology to enhance work, and to recognize both the impact technology has on our society and the opportunities technology creates for small business. 3. Communication: To develop communication skills using appropriate vocabulary in context both in undertaking course work and in relating to customers, employers, and other parties. 4. Independent Learning: To promote a desire for lifelong learning and independent work practices. 5. Accountability: To instill a sense of responsibility for, and pride in, one's work. 6. Career Development: To develop an awareness of post-secondary training opportunities, to explore various entrepreneurial career opportunities, and to support students in making career decisions. 7. Personal Management Skills: To develop a strong and positive personal identity and to enhance self-esteem through success with planning, beginning, and operating a venture.
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Exercise Science 30	Prerequisite: None (Recommend a math 20 & Health Science 20) Exercise Science focuses on the study of human movement and of systems, factors and principals involved in human development. Students will learn about the effect of physical activity on health and performance, the evolution of physical activity and sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, sports administration, or any health profession.
Life Transitions 20/30	Prerequisite: None – This course is about being ready for and creating strategies to be successful once you graduate from high-school. We focus on "life skills" that are practical and relevant to your life as you transition to living as an independent adult. We will look at: finances (loans, credit cards, taxes, etc), self-care (mental health strategies, stress management, goal setting), conflict management, independent living (budgeting, interview skills, meal planning etc).
Food Studies 30	Recommended: Practical & Applied Arts Survey A10 (Home Ec 10) This course combines academics with practical food experiences. There will be a minimum of 15 cooking experiences plus assignments, notes, tests and projects. Topics covered include the study of nutrition; fruit, vegetable and salad preparation; milk, egg and cheese cookery; poultry, beef and pork; principles of baking.
Global Citizenship 30	Prerequisite: None - The overall aim of course is to engage students in their role as active global citizens. Global citizenship is more than just learning about seemingly complex global issues such as sustainable development, conflict, environment, and international trade. It is also about the global dimension to local issues, which are present in all our lives. An understanding of global citizenship affects the decisions we have to make about our everyday lives from what to buy at the supermarket to where to go on holiday. The aim of this course is to create an awareness in the student's global footprint along with the skills and abilities to change and control its impact. Students will participate actively in the local community, realize the rights and responsibilities of citizenship, and demonstrate a commitment to social justice.
History 10	Prerequisite: Social Studies 9 This is a continuation of the study of the foundations of western civilization. The course includes political decision-making, economic decision-making, ideology and the decision-making process, international economic relations and international political relations from 15th through 19th century Europe. A History 10 credit is needed to take History 30.

History 20	Recommended: History 10 – History 20 is a comprehensive history of the 20th century, from WWI to 9/11. This course will focus on a number of themes such as nationalism, totalitarianism, imperialism, militarism, and terrorism. It will also attempt to outline and explain how the important events of our recent past have shaped the world that we live in today.
Hist 30: Can St	Prerequisite: History 10 Canadian studies including geography, native culture and contributions, French-English relations, Canadian- American relations, multiculturalism, Canadian political and economic history, and the function of our government.
Info Proc 10	Prerequisite: None This course will focus on using computers for personal use. The students will learn how to write resumes, letters, reports and other personal documents. They will also learn to use a spreadsheet for various applications and how to generate many types of charts. A basic introduction to digital photography will be included and students will learn how to do simple digital editing and photo correction as well as a how to create some simple special effects. Finally, students will learn how to use PowerPoint to put together a slide show presentation. Scanners and digital cameras will be used at various points throughout the course. Students are not required to have their own digital camera but may if they wish to. Students should supply their own cheap set of earbuds or headphones for this course.
Int Design 30	Recommended: Home Ec. 10 Interior Design 30 allows the student to gain an appreciation of design fundamentals. In this class the student will learn how to manipulate and apply the tools of design in a variety of situations in the home. The course will also include information on architectural styles and housing trends.
Journalism St 20	Prerequisite: ELA A10 or B10 This course examines the role of journalism in a variety of cultures. Students will read and review varied media as they learn to gather, write, edit, publish and produce news and other information. Through Journalism 20, students will learn to organize their time, meet deadlines, think objectively and develop creative methods to communicate to diverse audiences.
Law 30	Prerequisite: None This course is designed to assist students in becoming active, informed, and productive citizens who know and understand their legal rights and responsibilities. We will explore the foundations of Canada's legal system, criminal law, civil law, family law and labor law.
Mech and Auto 10	Prerequisite: None This course will explore the function of the four stroke engine. It will include diagnosis of why the engine is not running properly and expected repairs. Engine disassembly and reassembly will be the main objective along with minor repairs as they are required.
Mech and Auto 20	Prerequisite: None This course will explore further the function of the car engine and their sensors along with reading codes and deciding what repairs are required. We will also explore regular vehicle maintenance including oil change, bulb replacement, seasonal tire rotation and flat repair including removal and replacement of the tire. We may possibly go as far as brake and muffler replacement and tire changes. Here we would work on the students' own vehicles and possibly staff vehicles by appointment/urgent need.

Media Studies 20	Prerequisite: ELA 10 As the world moves through the age of mass communication, the impact of all forms of media on our society and in our individual lives is becoming increasingly important. This course is designed to prepare you to effectively interact with variety of media forms, as both the transmitter and receiver of messages, to prepare you for existence in a world of hyper media. Because this is also an English Language Arts course, you will be required to continue to develop and demonstrate an increasingly confident grasp of the language and the ways in which it is communicated. This will include learned proficiency in the six strands of English language arts (reading/writing, listening/speaking, and viewing/representing).
Native St 30: Can St	Recommended: History 10 The aim of Native Studies is to develop personal awareness and cultural understanding, and to promote the development of positive attitudes in all students towards Indigenous peoples. This is a course that examines contemporary Canadian Aboriginal issues. The curriculum is broken into five units: Aboriginal and Treaty rights, governance, land claims and land entitlement, as well as economic development, and social development
PAA Survey A10	Prerequisite: None This course surveys a number of topics of interest. It includes meal planning; International Foods; a Sanitation Training Course for Food Handlers called "Food Safe"; plus a sewing project.
PAA Survey A20	This survey Home Economics course will focus on modules to help students plan to prepare to live independently. It will be a combination of sewing and cooking.
PAA Survey B10	Prerequisite: None This is a survey course and includes: 1) Welding – an introduction to safety, equipment and basic welding techniques - 2) Carpentry and Construction – safety, wood theory and the use of stationary and portable power tools 3)Career and Work Exploration – labor standards and recognizing hazards
PAA Survey B20	Recommended: Practical & Applied Arts Survey B10 (Industrial Arts 10) or Permission This survey includes: 1) Welding – safety, oxy- acetylene cutting and welding, MIG equipment and welding, arc welding practice and career opportunities. 2) Carpentry and Construction – safety, advanced use of power tools and an introduction to building construction. 3) Career and Work Exploration – Workplace Hazardous Materials Information System.
PAA Survey B30	Recommended: Practical & Applied Arts Survey B20 (Industrial Arts 20) This survey course includes: 1) Welding – safety, advanced arc and MIG welding procedures and practice 2) Carpentry and Construction – safety, wood theory and cabinetry 3) Career and Work Exploration – occupational health and safety
Photography 10	Prerequisite: None This course focuses on the following areas: 1. The use of digital cameras and understanding and using the controls on them. 2. Develops basic photographic skill and a knowledge of good photo composition. 3. Knowledge of photographic terminology and the use of light, light kits and the flash. 4. Image adjustment, picture correction, problem correction and image manipulation. 5. An introduction to creating effects in digital photography.
Photography 20	Prerequisite: None This course goes into more depth in the aspects covered in the Photography 10 course as well as covering: 1. The critiquing, presentation and sharing of images. 2. Photojournalism 3. Advertising and product photography. 4. Intermediate photo correction and manipulation. 5. Includes several photographic projects giving the student freedom to do some projects in areas of special interest to the individual student.

Welding 30	Prerequisite: Welding 20
Welding 20	Prerequisite: Welding 10, Industrial Arts 10 and Industrial Arts 20 or permission of teacher Safety, welding terminology, and oxy- acetylene cutting in addition to an increased competency in the use of electric arc, M.I.G. (Metallic Inert Gas), and T.I.G. (Tungsten Inert Gas) will be the emphasis. Upon completion of the compulsory sections, students will spend their remaining time designing and fabricating a project of their choosing or teacher-directed projects. Students will pay for their own projects. Upon successful completion of this course, students will be able to apply 100 hours toward apprenticeship in the welding trade.
Welding 10	Prerequisite: None Students will work in three major areas: oxy-acetylene welding, electric arc welding, and M.I.G. (Metallic Inert Gas). Students will learn safety and the proper use of equipment prior to the commencement of welding. They will perform arc welds, oxy-acetylene welds, and M.I.G. welds. Upon the completion of the compulsory sections, they will spend their remaining time working on student-oriented or teacher-directed projects. Upon successful completion of this course students will be able to apply 100 hours toward apprenticeship in the welding trade
Robotics 30	Prerequisite: None Robotics 30 will do more work on more modules as in the 20 level course along with advanced Arduino microprocessor programming and build more complex electronic machines to perform a variety of tasks. Students will modify and build a variety of robots using a base economy remote control toy to compete in the Junk Yard Robotics competitions.
Robotics 20	Prerequisite: None Robotics 20 builds the understanding of how the software and hardware work together. You will learn about the components required in robotics, the circuitry involved in making it work and eventually become experts with these tools to create your very own programs. Students will be working through several tasks and modules to show their understanding.
Psychology 30	Prerequisite: None The Psychology 30 course studies the human life span from pre-natal development through infancy, childhood, adolescence, early and mid-adulthood and old age. It discusses the unique characteristics of individuals at these different stages. Students learn about the development tasks that one must confront in order to grow successfully at each stage. Psychology 30 also branches out into other areas of psychology and research (e.g., ways of coping with stress).
Psychology 20	Prerequisite : None This course deals with developing an understanding of individual behaviors through psychological methods and theory. The major areas of study are personality, intelligence, and principles of learning.
Phys Ed 30	Prerequisite: None The course is an extension of the PED 20 program and follows the same themes. Students adopt a greater responsibility for their own health and fitness choices as well as their involvement in promoting lifetime fitness in the community through individual and group projects.
Phys Ed 20	Prerequisite: None The new Physical Education 20 is an extension of the Wellness 10 program in that it is directed at lifetime recreation and developing an active lifestyle which will promote lifelong fitness and health. The course has themes: Developmental Games and Sports, Educational Games and Sports, Fitness and lifetime games and sport.
Photography 30	Prerequisite: None May struggle without the basics covered in Photography 10 This course goes into great depth in the main aspects covered in the Photography 10 course as well as covering: 1. Portraiture 2. Advanced photo correction and manipulation. 3. Entrepreneurship 4. Students may choose from a variety of person interest areas and are able to spend a good portion of class time developing skills in their special areas of interest.

Prerequisite : None This program provides an integrated approach to the issues of lifetime recreational activity and health. An emphasis will be placed on occasional fitness testing, nutrition, basic muscle systems, fitness plans, supplementing regular activities with lifetime/outdoor recreational opportunities not traditionally covered by high school athletics.