



FORT SASKATCHEWAN HIGH

Program Guide

2025-2026

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GENERAL INFORMATION

WELCOME TO FORT HIGH – Home of the Sting!

Welcome to Fort Saskatchewan High School for the exciting 2024-2025 school year! To all our students, especially our incoming grade ten students and newcomers, we extend a warm and heartfelt Sting Style welcome. At Fort High, Sting Style isn't just a phrase – it's the essence of our vibrant community. It represents our shared values of courtesy, respect, commitment, dedication, acceptance, teamwork, and sportsmanship that make our school truly special.

We're thrilled to present this handbook, to guide you through your educational journey with us. It's packed with invaluable information about courses, programs, and diploma requirements, as well as insights into what makes Fort High unique. We encourage you to dive in, explore, and don't hesitate to ask questions – we're here to help! Parents, we invite you to be active partners in your child's high school experience. Your support and involvement can make these years not just rewarding, but truly unforgettable.

From registration to graduation and every moment in between, we're excited to be part of your high school adventure. Together, let's make this year at Fort High one of growth, achievement, and wonderful memories. Welcome to the Fort High family – we can't wait to see you shine!

Aaron Tuckwood, Principal
Rita Lal, Assistant Principal

ABOUT FORT HIGH

Fort Saskatchewan High School is a comprehensive grades 10-12 facility located in the City of Fort Saskatchewan, just northeast of Edmonton, Alberta. Currently serving approximately 460 students, Fort High provides educational programs to the northwestern portion of the Elk Island Public School Division. Students are taught by a dedicated team of 40 professional educators and support staff across a wide array of disciplines, including academic subjects, practical and fine arts, second languages, career and technology studies, and athletics.

Fort High's mission is to foster a stimulating, student-centered educational environment that promotes lifelong learning and ensures every individual's opportunity to achieve their full potential. This mission is supported by an extensive range of subject choices delivered by highly competent and well-prepared staff.

To promote student growth both inside and outside the classroom, Fort High offers a multitude of opportunities, including:

- **Leadership Class:** This class organizes activity weeks and special events throughout the school year, helping to connect the school with the broader community.
- **Student Clubs:** Various clubs, each guided by a Fort High staff member, cater to diverse student interests.
- **Interschool Athletics:** Students can participate in sports such as volleyball, basketball, football, badminton, cross-country, rugby, golf, and track and field.
- **Intramurals:** A wide range of activities to engage every student.

Fort High offers an extensive and successful combination of curricular and co-curricular programs, guiding the young people it educates toward a bright and promising future.

STING STYLE

COURTESY – responding to others in a fair and calm manner – putting others before oneself.

COMMITMENT – willingly doing what you say you will in a timely manner.

DEDICATION – going the extra mile - doing more than asked for.

TOLERANCE – accepting other's differences as a part of who they are.

RESPECT – treating others as you would like to be treated.

TEAMWORK – working together to accomplish goals.

SPORTSMANSHIP – teamwork, commitment, and respect.

FORT HIGH ATHLETICS

Badminton

Cross Country

Football

Track and Field



Basketball

Golf

Slo-pitch

Volleyball

DIPLOMA REQUIREMENTS

ALBERTA HIGH SCHOOL DIPLOMA REQUIREMENTS

To obtain an Alberta High School Diploma, you must earn at least 100 credits by taking required courses, plus other courses that interest you and help you achieve your goals.

These courses are required for a diploma:

- English Language Arts 30-1 or 30-2
- Social Studies 30-1 or 30-2
- Mathematics 20-1 or 20-2 or 20-3
- Science 20 or 24 or Biology 20 or Chemistry 20 or Physics 20*
- Physical Education 10
- Career and Life Management (CALM)

Earn 10 credits or more, in any combination, from:

- Career and Technology Studies (CTS)
- Fine arts
- Second languages
- Physical Education 20 and/or 30
- Registered Apprenticeship Program (RAP) courses

Earn 10 credits or more in any 30-level course (in addition to a 30-level English Language Arts and 30-level Social Studies), in any combination, from:

- 30-level Mathematics or Science or Fine arts or Second languages or CTS or Physical Education
- 30-level Work Experience
- 30-level Registered Apprenticeship Program (RAP)
- 30-level Knowledge and Employability courses
- Advanced level (3000 series) in CTS courses
- 30-level Green Certificate Program course

HIGH SCHOOL PLANNING

By planning ahead, you can make sure your studies meet requirements and serve your goals and interests. Create a plan that works for you!

COURSE CREDITS

To earn credits in a course, you need a mark of at least 50%. Each course is assigned a number of credits (usually 1, 3 or 5), and credits can only be earned once for each course. You need to meet course requirements and have 100 credits to graduate with an Alberta High School Diploma.

COURSE NUMBERING AND SEQUENCING

A course number typically tells you both the grade level and level of academic challenge.

- Grade 10 courses are numbered 10 through 15 (for example Science 10 and Science 14)
- Grade 11 courses are numbered 20 through 25 (for example Biology 20)
- Grade 12 courses are numbered 30 through 35 (for example Mathematics 31)

Course numbers are arranged in sequences. For example, an English Language Arts course sequence might involve taking English Language Arts 10-1 in Grade 10, English Language Arts 20-1 in Grade 11 and English Language Arts 30-1 in Grade 12.

Prerequisites

Alberta Education mandates 50% as a minimum prerequisite mark to advance in a particular course sequence. For many courses a higher prerequisite mark is required to ensure success. Please check the recommended prerequisite marks found with individual course descriptions. For example, a grade of 50% in Mathematics 20-1 is the minimum grade required to enroll in Mathematics 30-1. For many subjects, in addition to minimum prerequisites, Fort High provides recommended minimum grades in previous courses. (For example, to register in Math 30-1, we recommend 65% + in Math 20-1).

These recommendations are based on course success rates compiled from many years of student data, and on advice provided by experienced and capable teachers. Following these recommendations will afford all students the greatest opportunity for success in the courses they choose.

CHECKLIST:

- ❖ Choose core and option courses needed for your program.
- ❖ Have the prerequisites you need.
- ❖ Consider what you need in order to apply for post-secondary studies and achieve your career goals.

*CALM and Physical Education are not core courses but are required for an Alberta High School Diploma, so don't forget to add them to your list.					
GRADE 10		GRADE 11		GRADE 12	
OPTIONS	CREDIT	COURSE	CREDIT	COURSE	CREDIT
English Language Arts 10-1 / 10-2 / 10-4 (K&E)		English Language Arts 20-1 / 20-2 / 20-4 (K&E)		English Language Arts 30-1 / 30-2 / 30-4 (K&E)	
Social Studies 10-1 / 10-2 / 10-4 (K&E)		Social Studies 20-1 / 20-2 / 20-4 (K&E)		Social Studies 30-1 / 30-2	
Math 10C / 10-3 / 10-4 (K&E)		Math 20-1 / 20-2 / 20-3 / 20-4 (K&E)		Math 30-1 / 30-2 / 30-3 / 31	
Science 10 / 14 / 10-4 (K&E)		Science 20 / 24 / 20-4 (K&E)		Science 30	
		Biology 20		Biology 30	
Physical Education 10		Chemistry 20		Chemistry 30	
CALM 20		Physics 20		Physics 30	
OPTIONS		OPTIONS		OPTIONS	
Recommended Credits: 40		Recommended Credits: 40		Recommended Credits: 30 minimum	

KNOWLEDGE & EMPLOYABILITY (K&E)

The Knowledge & Employability courses (K&E) are designed for students who are interested in pursuing a vocational career and who wish to earn a Certificate of High School Achievement instead of an Alberta High School Diploma.

K&E courses focus on three areas to help support students:

- Emphasis on basic skills essential to becoming responsible members of society.
- All learning in core courses is related to what students will use in the world of work.
- Emphasis on meeting the unique learning needs of students enrolled in these courses.

NOTE: Students enrolled in K&E courses in one core subject area may choose to register for 10-2, 20-2, 30-2 courses in different core subject areas. Each student's timetable is structured to best meet his/her individual strengths and abilities.

Certificate of High School Achievement Requirements

The requirements indicated below are the minimum requirements to attain a Certificate of High School Achievement. The requirements for entry into post-secondary institutions and workplaces may require additional and/or specific courses. To obtain a Certificate of High School Achievement, you must earn at least 80 credits by taking required courses, plus other courses that interest you and help you achieve your goals.

These courses are required for a certificate:

- English Language Arts 20-2 or 30-4
- Mathematics 10-3 or 20-4
- Science 14 or 20-4
- Social Studies 10-2 or 20-4
- Physical Education 10
- Career and Life Management

Earn 5 credits or more from any of the following:

- 30-level Knowledge & Employability Occupational course
- 30-level Career & Technology Studies (CTS) courses
- 30-level locally developed courses with an occupational focus

Earn an additional 5 credits or more from any of the following:

- 30-level Knowledge & Employability Workplace Practicum courses
- 30-level Work Experience course
- 30-level Green Certificate course
- 30-level Registered Apprenticeship Program (RAP) course
- OR, instead of the 10 credits in the sections immediately above earn 5 credits in:
- 30-level Registered Apprenticeship Program (RAP) course

COURSES OFFERED AT FORT HIGH FOR 2024-2025

Credits will only be earned if the course is passed.

SUBJECT	GRADE 10	CREDITS	GRADE 11	CREDITS	GRADE 12	CREDITS
Aboriginal Studies	Aboriginal Studies 10	5	Aboriginal Studies 20	5	Aboriginal Studies 30	5
Art	Art 10	5	Art 20	5	Art 30 and Art 31	5
CALM			CALM 20	5		
English Language Arts	ELA 10-1 ELA 10-2 ELA 10-4 (K&E)	5 10 5	ELA 20-1 ELA 20-2 ELA 20-4 (K&E)	5 5 5	ELA 30-1 ELA 30-2 ELA 30-4 (K&E)	5 5 5
French			French 20-3Y	5	French 30-3Y	5
French	French 10-9Y	5	French 20-9Y	5	30-9Y	5
German	German 10-3Y	5	German 20-3Y	5	German 30-3Y	5
Leadership	Leadership 10	5	Leadership 20	5	Leadership 30	5
Mathematics	Math 10C Competencies in Math 15 Math 10-3	5 5 5	Math 20-1 Math 20-2 Math 20-3 Math 20-4 (K&E)	5 5 5 5	Math 30-1 Math 30-2 Math 30-3 Math 31	5 5 5 5
Music (Instrumental)	Instrumental Music 10	5	Instrumental Music 20	5	Instrumental Music 30	5
Musical Theatre /Advanced Acting	Musical Theatre 15	10	Musical Theatre 25	10	Musical Theatre 35	10
	*These courses will be offered as two 5 credit courses, taken together over the course of the year.					
Physical Education	PE 10	5	PE 20	5	PE 30	5
Registered Apprenticeship Program			RAP 25	15	RAP 35	20
Science	Science 10 Science 14 Science 10-4 (K&E)	5 5 5	Science 20 Science 24 Science 20-4 (K&E)	5 5 5	Science 30	5
Science			Biology 20	5	Biology30	5
			Physics 20	5	Physics 30	5
			Chemistry 20	5	Chemistry 30	5
Social Studies	Social Studies 10-1 Social Studies 10-2 Social Studies 10-4 (K&E)	5 5 5	Social Studies 20-1 Social Studies 20-2 Social Studies 20-4 (K&E)	5 5 5	Social Studies 30-1 Social Studies 30-2	5 5
Work Experience			Work Experience 15/25	5	Work Experience 35	10
CAREER AND TECHNOLOGY STUDIES						
Communication Technology	Comm. Tech 10	5	Comm. Tech 20	5	Comm. Tech 30	5
Computing Science	Computing Science 10	5	Computing Science 20	5	Computing Science 30	5
Construction Technology	Construction 10	5	Construction 20	5	Construction 30	5
Cosmetology	Cosmetology 10	5	Cosmetology 20	5	Cosmetology 30	5
Esthetics	Esthetics 10	5	Esthetics 20	5	Esthetics 30	5
Enterprising Minds	Enterprising Minds 10	5	Enterprising Minds 20	5	Enterprising Minds 30	5
Foods – Commercial	Comm. Foods 10	5	Comm. Foods 20	5	Comm. Foods 30	5
Foods – Personal	Personal Foods 10	5	Personal Foods 20	5	Personal Foods 30	5
Personal Fitness	P. Fit 10	5	P. Fit 20	5	P. Fit 30	5
Robotics	Robotics 10	5	Robotics 20	5	Robotics 30	5
Shell Skills Centre	Electro technologies and virtual welding. This is a 5 credit course available for all grades.					

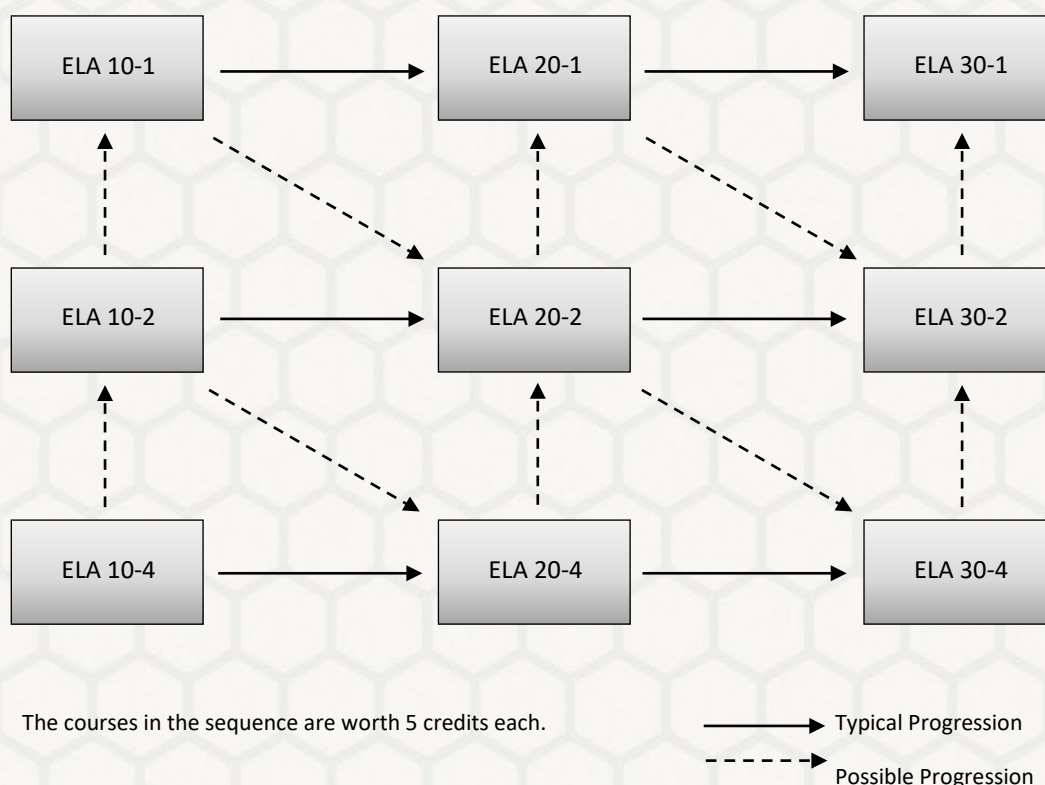
COURSE DESCRIPTIONS

In the following course descriptions, the term recommended is used to mean the minimum recommended grade in a preceding course to enter the subsequent course in that stream. Alberta Education requires a mark of at least 50% for advancement in a stream.

Some elective/option courses have additional fees associated with them. The fee reflects the cost of a 5-credit course; in some courses, students may complete more than this number of credits.

*Fees posted reflect 2020-2021 fees and are subject to change for the 2021-2022 school year.

ENGLISH



ENGLISH 10-1 (5 credits)

Recommended: 65% in Language Arts 9

In the English 10-1 program, a student relates literary experience to personal experience; develops competence in presenting ideas in written and oral form; understands and identifies themes; recognizes stylistic devices; and learns to identify errors in grammar, usage, punctuation and spelling.

ENGLISH 10-2 / Reading 15 (10 credits)

Recommended: under 65% in Language Arts 9

In this full year literacy course, students will receive 10 credits in completing English 10-2 and Reading 15.

This course has at its heart, the belief that students who require extra support to develop strong literacy skills require daily, deliberately taught, purposefully selected and self-regulated strategies upon which to draw on. Students will build a strong foundation for successfully tackling the rigor of the senior high school curriculum across all subject areas, as well as to develop an increased interest in reading. Students will experiment with and learn to employ strategies that contribute to increasing their understanding and interpretation of many different literary forms, including novels, films, plays, poetry, short stories, and nonfiction. By year's end, they will be able to select appropriate strategies to increase their strengths and address their weaknesses as a literacy learner. The most effective way of learning about reading and writing is doing. They will learn to explore their thoughts, ideas, feelings, and experiences with multiple forms of text creation. Students will produce personal and exploratory writing; proofread writing for errors; read literature to expand experience; distinguish between fact and opinion; observe courtesies of group discussion; and respond with increasing sensitivity to material they read, listen to and view. In addition, students will spend increased time learning strategies to support reading comprehension and responding to literature.

ENGLISH 20-1 (5 credits)

Recommended: 60% in English 10-1

Prerequisite: 50% in English 10-1

In English 20-1 a student builds and expands upon those skills and concepts developed in English 10-1. The student learns to write a convincing argument in support of a clearly defined thesis; relates literary concepts such as theme, point of view and tone to the overall effect of a piece of literature; and becomes acquainted with the work of major Canadian authors.

ENGLISH 20-2 (5 credits)

Prerequisite: 50% in English 10-2

Building upon skills developed in English 10-2, the 20-2 student learns to write for different audiences and purposes; to plan compositions before writing; to examine values and ideas expressed through literature; to correct errors in their writing; to discuss purpose and effect of print and image; and to express thoughts clearly and with confidence.

ENGLISH 30-1 (5 credits)

Recommended: 60% in English 20-1

Prerequisite: 50% in English 20-1

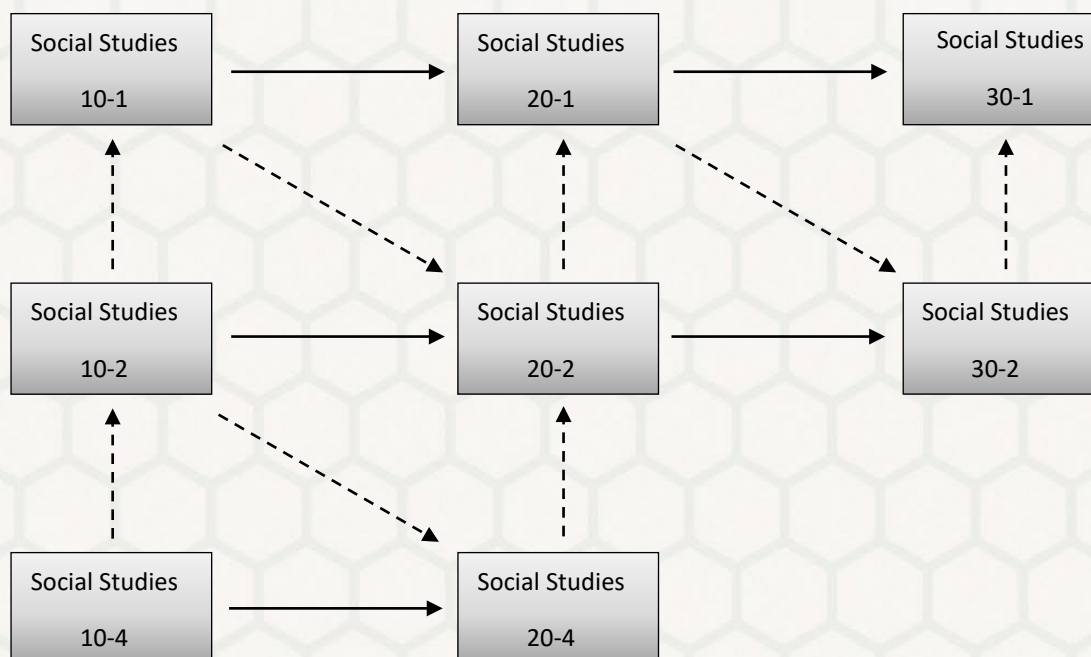
In addition to building upon and enriching those skills and concepts developed in English 10-1 and 20-1, an English 30-1 student learns to clearly present their point of view in a literary essay; to understand and evaluate literary techniques; to distinguish life from literature; and to develop mature interpretive skills. English 30-1 requires the completion of the provincial diploma examination.

ENGLISH 30-2 (5 credits)

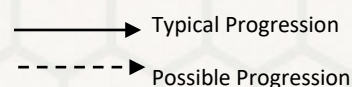
Prerequisite: 50% in English 20-2

As well as improving upon skills and concepts developed in English 10-2 and 20-2, an English 30-2 student learns to write clear functional prose; to appraise values and ideas in literary selections; to distinguish between emotional appeal and reasoned argument; to respond clearly to visual communication and to increase facility in discussion. English 30-2 requires the completion of the provincial diploma examination.

SOCIAL STUDIES



The courses in the sequence are worth 5 credits each.



SOCIAL STUDIES 10-1 (5 credits)

Recommended: 65% in Social Studies 9

Students will explore multiple perspectives on the origins of globalization on lands, cultures, economies, human rights and quality of life. Students will examine the relationships among globalization, citizenship and identity to enhance skills for citizenship in a globalizing world. The infusion of multiple perspectives will allow students to examine the effects of globalization on peoples in Canada and throughout the world, including the impact on First Nations, Métis, and Inuit, and Francophone communities.

SOCIAL STUDIES 10-2 (5 credits)

Recommended: under 65% in Social Studies 9

Students will explore historical aspects of globalization as well as the effects of globalization on lands, cultures, human rights and quality of life. Students will explore the relationships among globalization, citizenship and identity. The infusion of multiple perspectives will allow students to examine the effects of globalization of peoples in Canada and other locations, including the impact on First Nations, Métis, and Inuit, and Francophone communities. Students will develop skills to respond to issues emerging in an increasingly globalized world.

SOCIAL STUDIES 20-1 (5 credits)

Recommended: 60% in Social Studies 10-1

Prerequisite: 50% in Social Studies 10-1

Students will explore the complexities of nationalism in Canadian and international contexts. They will study the origins of nationalism and the influence of nationalism on regional, international and global relations. The infusion of multiple perspectives will allow students to develop understandings of nationalism and how nationalism contributes to the citizenship and identities of peoples.

SOCIAL STUDIES 20-2 (5 credits)

Prerequisite: 50% in Social Studies 10-2

Students will examine historical and contemporary understandings of nationalism in Canada and the world. They will explore the origins of nationalism as well as the impacts of nationalism on individuals and communities in Canada and other locations. Examples of nationalism, ultranationalism, supranationalism and internationalism will be examined from multiple perspectives. Students will develop personal and civic responses to emergent issues related to nationalism.

SOCIAL STUDIES 30-1 (5 credits)

Recommended: 60% in Social Studies 20-1

Prerequisite: 50% in Social Students 20-1

Students will explore the origins and complexities of ideologies and examine multiple perspectives regarding the principles of classical and modern liberalism. An analysis of various political and economic systems will allow students to assess the viability of the principles of liberalism. Developing understandings of the roles and responsibilities associated with citizenship will encourage students to respond to emergent global issues.

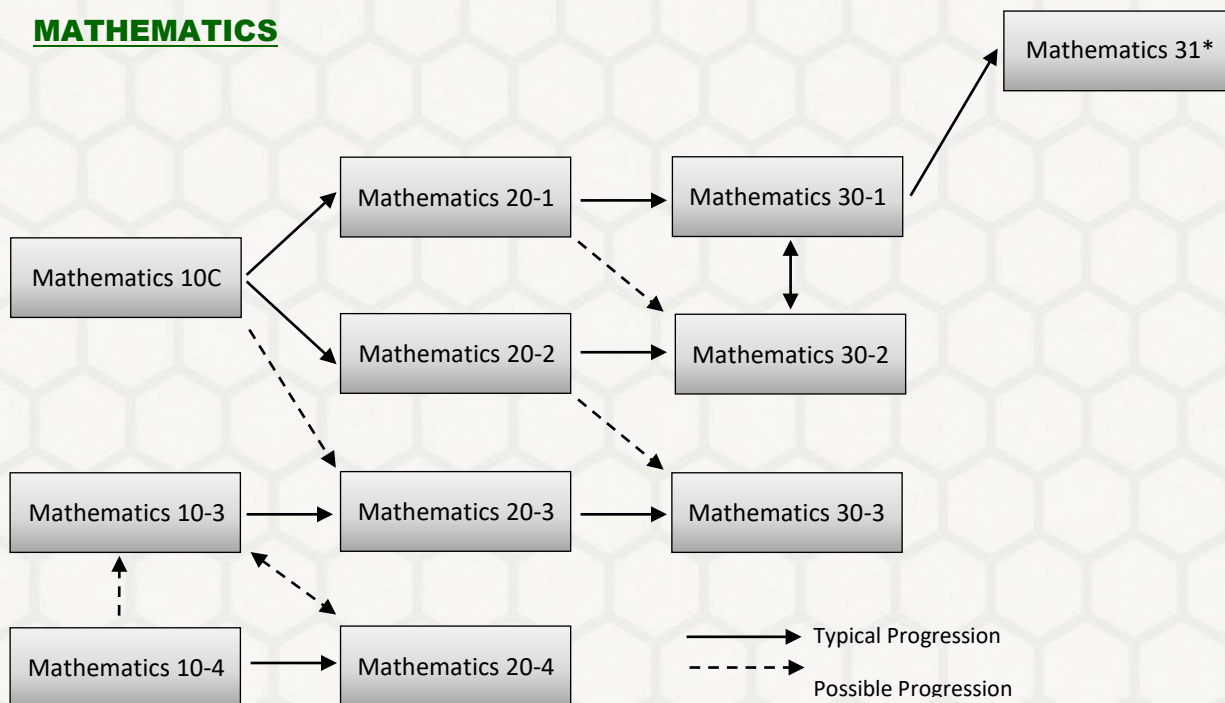
SOCIAL STUDIES 30-2 (5 credits)

Prerequisite: 50% in Social Studies 20-2

Students will examine the origins, values and components of competing ideologies. They will explore multiple perspectives regarding relationships among individualism, liberalism, common good and collectivism. An examination of various political and economic systems will allow students to determine the viability of the values of liberalism. Developing understandings of the roles and responsibilities associated with citizenship will encourage students to respond to emergent global issues.



MATHEMATICS



The courses in the sequence are worth 5 credits each.

*Mathematics 30-1 is a prerequisite or co-requisite for Mathematics 31.

MATHEMATICS 10C (5 credits)

Recommended: 65%+ in Grade 9 Math

This is the starting point for both -1 and -2 course sequences and will prepare students for entry into post-secondary programs that may require math. Each topic area requires that the students develop a conceptual knowledge base and skill set that will be useful in both subsequent course sequences. Specific topics of study include relations and functions, exponents, surface area and volume, factoring of polynomials, and trigonometry.

MATHEMATICS 10-3 (5 credits)

Recommended: 35%+ in Grade 9 Math

This will help prepare students to enter most trades and for direct entry into the work force. Topics include algebra, geometry, measurement, number and logic, statistics and probability.

COMPETENCIES IN MATH 15 (5 credits)

Recommended: < 34% in Math 9

This course will enhance numeracy skills in students, develop their critical thinking and problem-solving abilities, and set them up for success in future course in mathematics

MATHEMATICS 20-1 (5 credits)

Recommended: 60%+ in Grade 10C Math

This course sequence 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 calculus. Topics in this sequence include sequences and series, trigonometry, quadratics, absolute values, radicals, inequalities, and system of equations.

MATHEMATICS 20-2 (5 credits)

Recommended: 50%+ in Grade 10C Math

This course is intended for students who plan on entering a post-secondary field not requiring calculus. Specific topics of study include reasoning, trigonometry, statistical reasoning, radicals, quadratic functions and equations.

MATHEMATICS 20-3 (5 credits)

Recommended: 50%+ in Math 10-3

This course is intended for students who intend to enter an apprenticeship or trade program or who plan on entering the work force after graduation. Students in Mathematics 20-3 study measurement involving triangles, 2D and 3D objects, scale diagrams, analyze and interpret graphs, personal finance mathematics, surface area and volume.

MATHEMATICS 20-4 (K&E) (5 credits)

Recommended: 50%+ in Math 10-4 (See write up under “Knowledge and Employability” section.)

MATHEMATICS 30-1 (5 credits)

Recommended: 65%+ in Math 20-1

This course is intended for students who intend to take calculus in their Grade 12 year or are entering a post-secondary program which requires calculus. The course covers concepts in transformations, logarithms, trigonometry, polynomial functions, permutations and combinations, the fundamental counting principle and the binomial theorem.

MATHEMATICS 30-2 (5 credits)

Recommended: 50%+ in Math 20-2 or 40%+ in Math 20-1

This course is designed for students planning to attend university but not necessarily in a math related field. This course covers concepts in set theory, logic puzzles, probability, permutations, combinations, the fundamental counting principle, rational expressions, logarithms, polynomials and sinusoidal data. Note: It is very important that students realize that this course has rigor and is valued by universities.

MATHEMATICS 30-3 (5 credits)

Recommended: 50%+ in Math 20-3

This course is designed for students who intend to enter an apprenticeship or trades program or who plan on entering the work force after graduation. It covers such mathematical concepts as measurement, trigonometry transformations of shapes, logic problems and puzzles, personal finance, linear relations and statistics and probability. This 30-level course has no diploma examination.

MATHEMATICS 31 (5 credits)

Math 30-1 is a pre-requisite or co-requisite of Math 31

Mathematics 31 is designed to introduce students to the mathematical methods of calculus. The course builds on students' existing knowledge from the Mathematics 10C, 20-1, and 30-1 curriculum, and expands this knowledge into the understanding of limits, derivatives, and integral calculus. Emphasis in this course will be placed on preparation to study further calculus courses in university or technical schools.

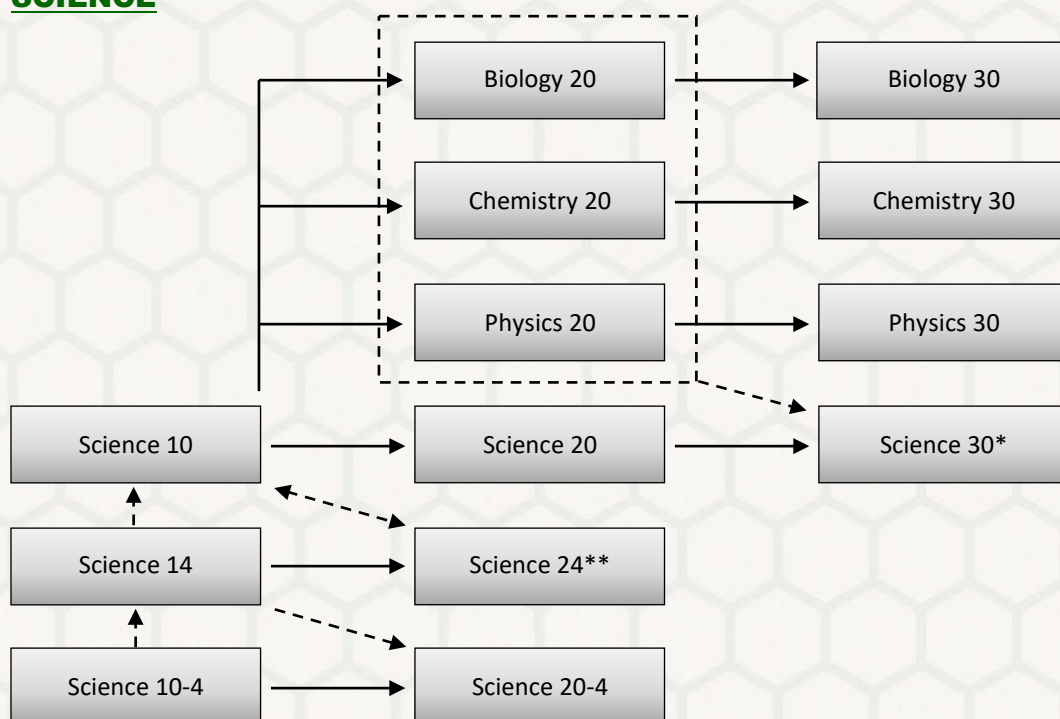
APPROVED/RECOMMENDED GRAPHING CALCULATORS

Texas Instruments: TI-83 Plus

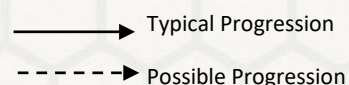
TI-84 Plus, TI-84 Plus Silver or TI-84 Plus CE

For complete calculator related information, please refer to the Alberta Education website.

SCIENCE



The courses in the sequence are worth 5 credits each.



*Students who have received a final mark of 50% or greater in Biology 20, Chemistry 20, Physics 20 or Science 20 may enroll in Science 30.

**Although the recommended transfer point from Science 24 is to Science 10, in exceptional cases, a student may be placed by the principal in a 20-level course, as serves the student's best interests.

SCIENCE 10 (5 credits)

Recommended: 65% in Science 9

Science 10 is an integrated academic course that helps students learn and apply fundamental concepts and skills in biology, chemistry, and physics. The focus of the course is to provide students with an understanding of the scientific principles behind the natural events they experience and the technologies they use in their everyday lives. The course will be activity-based to allow students to develop attitudes, skills and knowledge that will permit them to evaluate scientific information and make decisions that will affect their lives. The four major themes studied are: energy from the sun; matter and energy in living systems; matter and energy in chemical change; and energy and change.

SCIENCE 14 (5 credits)

Recommended: 50%+ in Science 9

Science 14 is a general Science course which attempts to illustrate science-technology-society connections in these core topics: body systems, household science, environment, technology and nutrition.

SCIENCE 10-4 (5 credits)

Prerequisite requirement: Referral from Counsellor
See write up under “Knowledge and Employability” section.

SCIENCE 20 (5 credits)

Recommended: 60% in Science 10
Prerequisite: 50% in Science 10

This is a continuation of the general science program but is less rigorous than the specialized sciences. Topics covered are: geology, Earth changes, glaciation, the theory of evolution, ecology, the chemistry of solutions, organic chemistry, the physics of motion (forces), orbital motion and momentum.

SCIENCE 24 (5 credits)

Recommended: 50% in Science 14

Students study the role of science in society and its relationship with technology. The four units used to acquire these skills are: applications of matter and chemical change, understanding common energy conversion systems, disease defense and human health and motion, and change and transportation safety. Completion of this stream will qualify the student for their science credits for their Alberta High School Diploma.

SCIENCE 20-4 (5 credits)

Prerequisite requirement: Referral from Counsellor
See write up under “Knowledge and Employability” section.

SCIENCE 30 (5 credits)

Recommended: 60% in Science 20
Prerequisite: 50% in Science 20, or Biology 20, or Chemistry 20, or Physics 20.

Science 30 continues to provide the student with a broad-based science background, but not with the depth and rigor of the specialized sciences. The major areas of study are:

- Biology, including human circulatory system, nervous systems and human genetics.
- Chemistry, including acids, bases, organic chemistry and the environment.
- Physics, including fields, electric current, electromagnetic radiation and astronomy.
- Global Trends, including renewable and non-renewable resources and sustainable development

Students must write an Alberta Education Diploma Examination.

BIOLOGY 20 (5 credits)

Recommended: 60% in Biology Unit of Science 10; 60% overall in Science 10
Prerequisite: 50% in Science 10

Biology 20 focuses on ecology, evolution, cellular energetics (cell respiration and photosynthesis) and introduces human biology. The latter will include a rigorous study of human digestion, circulation, breathing and excretion. There is a mandatory field study for the ecology unit.

BIOLOGY 30 (5 credits)

Recommended: 60% in Biology 20
Prerequisite: 50% in Biology 20

Biology 30 completes previous studies in human anatomy and physiology with an examination of the nervous system, senses, hormonal control and reproduction. An in-depth study of reproductive technologies is included. Genetics forms the second part of the course and includes the topics of cell division, Mendelian genetics, molecular genetics, and population genetics. Students must write an Alberta Education Diploma Examination.

CHEMISTRY 20 (5 credits)

Recommended: 60% in Chemistry Unit of Science 10; 60% overall in Science 10; 60% in Math 10C.

Prerequisite: 50% in Science 10

This course begins with a review of the prerequisite material included in the Science 10 course. The major topics introduced in this course are: a theoretical unit on chemical bonding, the chemistry of gases, an in-depth study of solution chemistry and reaction stoichiometry. Students must have good abilities in mathematics and should not register in Chemistry 20 until Math 10C has been completed.

CHEMISTRY 30 (5 credits)

Recommended: 60% in Chemistry 20

Prerequisite: 50% in Chemistry 20

The knowledge and skills developed in Chemistry 20 are reviewed and continued in this course. Topics in Chemistry 30 include comprehensive studies of energy, an introduction to organic chemistry, electrochemistry and equilibrium, as well as acids and bases. Mathematical analysis and laboratory work constitute a significant part of the course. Students must write an Alberta Education Diploma Examination.

PHYSICS 20 (5 credits)

Recommended: 60% in Physics Unit of Science 10; 60% overall in Science 10; 70% in Math 10C

Prerequisite: 50% in Science 10

This course begins with a review of the prerequisite material included in the Science 10 course. Linear motion, circular motion, gravitation, energy conservation, and periodic motion and wave behaviour are the main topics of Physics 20. Connections between physical science, technology and society are also studied. Laboratory work forms a major part of the course.

PHYSICS 30 (5 credits)

Recommended: 60% in Physics 20

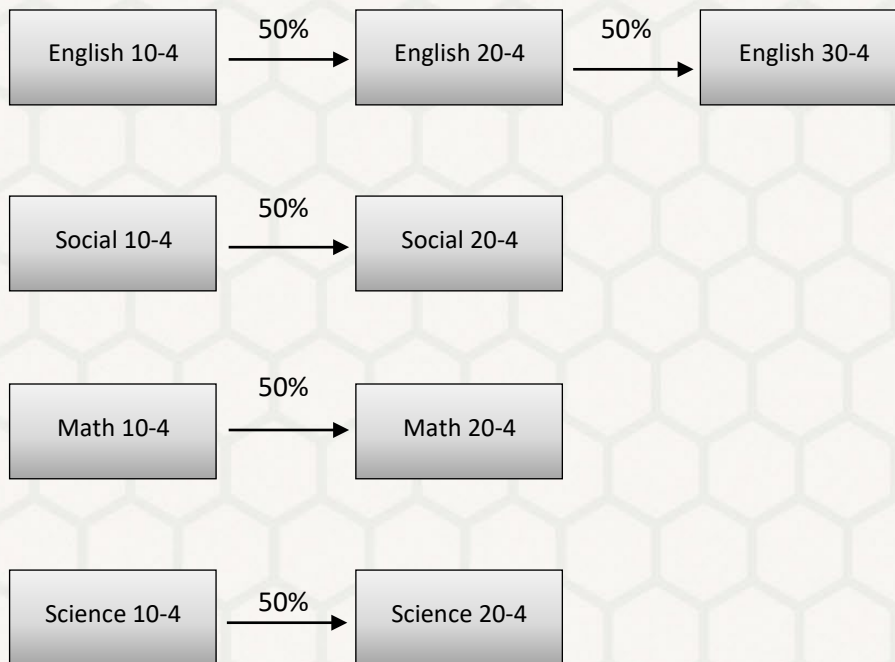
Prerequisite: 50% in Physics 20

Topics studied in Physics 30 include: the conservation of linear and two-dimensional momentum in physical systems; electricity and magnetism, including the actions of forces and fields; electromagnetic radiation; and atomic physics, including the wave-particle duality of matter and energy and an introduction to the Standard Model. This course continues the Physics 20 emphasis on science-technology-society connections as well as on appropriate laboratory work. Students must write an Alberta Education Diploma Examination.



KNOWLEDGE & EMPLOYABILITY (K&E)

NOTE: These courses lead to a Certificate of High School Achievement rather than an Alberta High School Diploma.



Note: K&E students can change academic streams with teacher recommendation and a consultation with the administration or Counsellor.

ENGLISH 10-4 (5 credits)

Prerequisite: Referral from Counsellor

Students will foster and strengthen the development of language competencies to increase proficiency in reading comprehension, communication and other occupational skills.

ENGLISH 20-4 (5 credits)

Prerequisite: 50% in English 10-4

Students continue to develop their language competencies and exploration of language to become successful communicators. Emphasis is placed on the development and application of reading and writing skills.

ENGLISH 30-4 (5 credits)

Prerequisite: 50% in English 20-4

Students will continue to build on the foundational skills of communication to become successful communicators at home, at school, at work and in the community. This enables students to experience personal satisfaction and become responsible contributing citizens and lifelong learners.

SOCIAL 10-4 (5 credits)

Prerequisite requirement: Referral from Counsellor

Students will examine globalization, the process by which the world is becoming increasingly connected and interdependent. They will explore historical aspects of globalization, as well as the effects of globalization on lands, cultures, human rights and quality of life. They will also examine the effects of globalization on peoples in Canada and other locations, including the impact on Aboriginal and Francophone communities.

SOCIAL 20-4 (5 credits)

Prerequisite: 50% in Social 10-4

Students examine various forms of nationalism and apply their perceptions to their own identity and sense of citizenship. They will investigate the influence of nationalism on historical and contemporary events. Students will explore the impacts of nationalism and internationalism. They develop understandings of First Nations, Métis, and Inuit and Francophone perspectives on nationalism.

MATHEMATICS 10-4 (5 credits)

Prerequisite requirement: Referral from Counsellor

Students in Math 10-4 will develop mathematic skills to solve everyday problems, interpret information and create new knowledge. Topics include fractions, decimals, percentages, ratios, exponents, linear measurement, and graphs to solve problems at home, in the community and in the workplace.

MATHEMATICS 20-4 (5 credits)

Recommended: 50% in Mathematics 10-4

Students in Math 20-4 review basic mathematic skills and daily financial math. Topics covered include decimals, fractions, measurements (both Imperial and Metric), and Consumer math. Consumer math focuses on income, consumer credit and independent living.

SCIENCE 10-4 (5 credits)

Prerequisite requirement: Referral from Counsellor

This course is focused on developing and applying essential science skills, knowledge and attitudes needed for everyday living at home, in the workplace and in the community. It covers the same basic units as Science 14: Investigating Properties of Matter, Understanding Energy Transfer Technologies, Investigating Matter & Energy in Living Systems, and Investigating Matter & Energy in Environmental Systems.

SCIENCE 20-4 (5 credits)

Recommended: 50% in Science 10-4

This course is project based and emphasizes practical work. It covers the same basic units as Science 24, including Application of Matter and Chemical Change, Understanding Common Energy Conversion Systems, Disease Defence and Human Health, and Motion, Change and Transportation Safety.

ABORIGINAL STUDIES

Aboriginal Studies 10–20–30 enhances understanding of the diverse Aboriginal cultures within Alberta, Canada and the world. These are provincial courses suitable for all students in Alberta schools.

The goal of Aboriginal Studies is to shift thinking, promote understanding and knowledge of Aboriginal people, the issues and challenges they face, and highlight the contributions they have made to society.

Students will examine how Aboriginal peoples are striving toward maintaining and promoting cultures and identities that reflect values based on respect for the laws of nature and a continual pursuit of balance among individuals, the family unit, the larger community and global community context.

The term “Aboriginal” refers to First Nations, Métis and Inuit.

ABORIGINAL STUDIES 10 (5 credits)

The course is based on perspectives and world views 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. The four themes in Aboriginal Studies 10 are:

- Origin and Settlement Patterns
- Aboriginal Worldviews
- Political and Economic Organizations
- Aboriginal Symbolism and Expression

ABORIGINAL STUDIES 20 (5 credits)

Prerequisite: 50% in Aboriginal Studies 10

The course focuses on indigenous people from a Canadian and Alberta perspective. It includes the study of policies, legislation, conflict and cultural change. The four themes in Aboriginal Studies 20 are:

- The Métis: Conflict and Cultural Change
- Treaties and Cultural Change
- Legislation, Policies and Cultural Change
- Schooling and Cultural Change

ABORIGINAL STUDIES 30 (5 credits)

Prerequisite: 50% in Aboriginal Studies 20

LEADERSHIP

LEADERSHIP 10-20-30 (5 credits each)

Prerequisite for Leadership 20: 50% in Leadership 10 (and teacher recommendation)

Prerequisite for Leadership 30: 50% in Leadership 20 (and teacher recommendation)

Fort High Leadership courses are designed to give students the opportunity to develop skills as leaders both inside and outside the school, by creating and participating in a wide variety of activities. Leadership students will achieve the course goals through completion of the following:

- leadership training
- service leadership
- school event planning and organization
- module learning.

MODERN LANGUAGES

Fort Saskatchewan High School offers two complete modern language programs – German and French. Discussions, dialogues, composition and presentation of skits, music, games and projects are key components of the programs.

Students should note that French 30 and/or German 30 are accepted courses for entrance into many university disciplines. For example, at the University of Alberta they qualify as Group A electives and may be used in addition to required courses for admission into most Faculty of Arts and Faculty of Science programs. Students should check the University of Alberta web site (www.registrar.ualberta.ca) for specific requirements.

There are two streams available for students who wish to study French in high school. The 3Y (or three-year) stream is designed for students who have not yet studied French, or who have a very limited amount of formal study. The 9Y (or nine-year) stream is designed for students who have already studied French; the prerequisite to enter the 9Y stream is a 50% mark in French 9.

FRENCH 20-3Y (5 credits)

Prerequisite: 50% in French 10-3Y

Students will understand and express in French, orally or in written form, a variety of messages related to identifying and describing their hobbies or interests, describing personal friendships, interacting with others at social outings, and describing clothing style preferences. At this level, students will feel more comfortable taking risks at communicating in French.

FRENCH 30-3Y (5 credits)

Prerequisite: 50% in French 20-3Y

By the end of French 30-3Y, students will be able to understand and express themselves in basic situations, use the knowledge they have gained to sustain communications in French.

FRENCH 10-9Y (5 credits)

Prerequisite: 50% in French 9

Students will engage in various language activities and will be encouraged to take risks at communicating in French. Students will understand and express in French, orally or in written form, a variety of messages related to identifying and describing themselves, their family members and friends, identifying and describing their regular daily or weekly routines, and have the ability to communicate their needs in a variety of situations. This program allows students to gain a deeper insight into other languages and cultures.

FRENCH 20-9Y (5 credits)

Prerequisite: 50% in French 10-9Y

Students will further develop the skills they learned in French 10-9y. Some of the topics covered will include describing their own and others personality, sports and leisure activities, and fashion. Students will communicate their preferences in a variety of situations and continue to learn about French culture around the world.

FRENCH 30-9Y (5 credits)

Prerequisite: 50% in French 20-9Y

By the end of French 30-9Y, students will have an awareness of world Francophone cultures. They will possess sufficient skills to use French spontaneously in the classroom through group discussions, impromptu and prepared skits, readings and other activities.

GERMAN 10-3Y (5 credits)

Prerequisite: none

This is a course for beginning German students, designed for English speakers learning German as a second language. The four language skills - listening, speaking, reading and writing, are developed. Students are introduced to German culture (i.e. foods, music, special holidays, etc).

GERMAN 20-3Y (5 credits)

Prerequisite: 50% in German 10-3Y

This course further develops skills practiced in German 10-3Y. Students should start to feel comfortable in expressing themselves in most common situations, both in oral and written form.

GERMAN 30-3Y (5 credits)

Prerequisite: 50% in German 20-3Y

The objective of German 30 is to gain proficiency in communication in both oral and written form. Classes are conducted mostly in German. German Language & Culture 30-3Y is accepted as a second language for faculties at universities with this requirement.

GERMAN 20-6Y (5 credits)

This course provides enrichment to students who have completed German 30-3Y. Students will further advance the skills they have acquired and will also learn more about German culture and history. In addition, we have partnered with a school in Germany, and students taking German at Fort High may have the opportunity to participate in a one-week exchange.

CAREER-RELATED PROGRAMS

CAREER AND LIFE MANAGEMENT (CALM) (5 credits)

Prerequisite: none

The CALM program will provide students with opportunities to examine their life according to who they are now and who they are becoming. This will be accomplished by working through 3 major areas of study:

- Careers and the world of work
- Resource choices
- Personal choices

By working through these areas, the students will gain an understanding of the impact their choices make on themselves and others.

CALM is a required course for the Alberta High School Diploma and the Certificate of Achievement, and is a prerequisite for Work Experience.

WORK EXPERIENCE 15/25/35 (5 or more credits each) (\$10.00 fee)

Prerequisite: HCS3000

Work Experience courses are open to students in grade 11 or 12 only. The Work Experience Program allows the school and community to combine resources in order to provide students with the opportunity to become familiar with the world of work. Students in this program will have the opportunity to explore career interests, participate in meaningful work, receive assistance in making the transition from the school environment to that of the workplace, and develop acceptable work habits and good interpersonal skills. The majority of a student's time in Work Experience will be spent on the job site; hours of work will occur between 7:00 am. and 10:00 pm., Monday through Sunday. Students may be involved in seeking out their own work station, in cooperation with the Work Experience

Coordinator. Transportation to and from the work site is the responsibility of the student. Among others, work sites may include auto body and auto mechanical shops, banks, child care centres, dental offices, commercial greenhouses, physiotherapy and rehabilitation clinics, restaurants, retail sales establishments, service stations and gas bars, schools, and veterinary clinics.

A maximum of 15 Work Experience credits may be counted towards an Alberta High School Diploma.

Please note: all potential Work Experience worksites must be investigated by Fort High's Work Experience Coordinator.

REGISTERED APPRENTICESHIP PROGRAM (RAP) (10-40 credits)

Prerequisite: HCS3000

Students in the Registered Apprenticeship Program spend part of their time in school and part in industry as registered apprentices. Participants in this program are considered full-time students and registered apprentices. Students in this program must complete the courses required for an Alberta High School Diploma.

GREEN CERTIFICATE FARM APPRENTICESHIP PROGRAM (16 credits)

Prerequisite: AGR3000

The Green Certificate Program is operated by Alberta Agriculture, Food and Rural Development in partnership with the farming industry. It provides an opportunity for young people to gain experience and training in the farming industry (e.g. dairy, cow-calf, field crop, sheep.) Students who wish to receive more information, or to get involved with this program and earn credits toward their high school diploma, should see the Work Experience Coordinator.

PHYSICAL EDUCATION

PHYSICAL EDUCATION 10 – (PE10) (5 credits)

Prerequisite: none

This course is designed to provide students with an opportunity to participate in a wide variety of traditional and non-traditional sports while increasing their knowledge of basic fitness concepts. There is an emphasis placed on daily participation and cooperation with peers. This course has been developed to increase student abilities, physical strength, mental strength and overall ability. Students who enjoy working in groups or participating in teams will develop increased leadership skills through the development of the course.

PHYSICAL EDUCATION 20 – (PE20) (5 credits) (\$55.00 fee)

Prerequisite: 50% in Physical Education 10

Physical Education 20 is designed to provide advanced knowledge in sports skills, strategies and tactics and fitness concepts, while promoting an interest in lifetime activities. Students develop leadership skills in the areas of sports organization and sports officiating. There is an emphasis on participation, sportsmanship and developing social skills. Highlights of the course may include golf, curling, 10-pin bowling, non-traditional games, weight training, and pool and ice activities, as well as the traditional games of physical education.

PHYSICAL EDUCATION 30 – (PE30) (5 credits) (\$55.00 fee)

Prerequisite: 50% in Physical Education 20

Physical Education 30 is designed to place an emphasis on leadership skills as students organize school intramurals and design non-traditional games which they then present to their peers. There is continued emphasis on the development of a high level of knowledge in the area of sports skills, strategies and tactics and fitness concepts, while promoting an interest in lifetime activities. Physical

Education 30 stresses the importance of developing sportsmanship and social skills through participation in a wide variety of game activities. Highlights of the course may include golf, curling, 10-pin bowling, non-traditional games, weight training, pool and ice activities, as well as the traditional games of physical education.

FINE AND PERFORMING ARTS

The Fine Arts Department consists of three areas: musical arts (Band), performing arts (Drama and Musical Theatre), and visual arts (Art.) Our aim is to give students an opportunity to develop personally and creatively. Fort High feels it is vital for a holistic education that the creative side of each student be developed.

ART PROGRAM

ART 10 (5 credits) (\$63.50 fee)

Prerequisite: none

Art 10 is open to all students regardless of previous art experience. This course uses a “hands-on studio” approach to working with a variety of artist-quality materials. Basic elements and principles of design, art criticism techniques, studies of periods of art and art vocabulary will all be considered in conjunction with creating a variety of drawings, paintings and sculptures. Studio time will be 95% of the class time.

ART 20 (5 credits) (\$63.50 fee)

Prerequisite: 50% in Art 10

This course will also be developed through a “hands-on studio” approach to working with mediums. Art 10 concepts will be reinforced. A further study of non-traditional approaches to art, advanced concepts in composition, and technology and art will also be covered. Studio time will be 95% of class time.

ART 30/31 (5 credits each) (\$63.50 fee per course)

Prerequisite: 50% in Art 20

Using a “hands-on studio” approach, this course will reinforce the concepts developed in Art 10 and 20. Understandings of various artists and art movements will be developed. Students will be encouraged to develop their own personal style. Art/Computer programs will be available for independent study. Studio time will be 95% of class time.

MUSIC PROGRAM

All music and band programs incur a \$25 material fee and a \$75 instrument rental fee (as required.)

INSTRUMENTAL MUSIC 10/20/30 (5 credits each) (\$30 fee per course)

Prerequisite: For Instrumental Music 10 - music at junior high level or equivalent experience

The emphasis for this course is on the development of technique and ensemble playing. Public performances include Fine Arts Night, as well as local and provincial performances. Performance and preparation will account for 85% of class time.

INSTRUMENTAL JAZZ 10/20/30 (5 credits each) (\$30 fee per course)

Prerequisite: For Jazz Band 10 - music at junior high level or equivalent experience

Instrumental Jazz gives students an opportunity to explore the styles of big band swing, rock and Latin music. Emphasis is on performing written charts, with an introduction to improvisation. Public performances include numerous school and community performances.

MUSICAL THEATRE 15/ ADVANCED ACTING 15 (10 credits each - full-year prog.) (\$30 fee per course)

Prerequisite: No prerequisite needed for 10 level course. Students with interests in vocal performances are encouraged to enrol.

Musical Theatre/Advanced Acting builds strengths in music, drama and dance. Various dramatic and dance styles will be explored through two major productions. Students will also be introduced to classical and technical vocal training. Students will be required to perform pieces in harmony and unison as well as develop a basic theoretical knowledge of western music notations. Past shows include: *Phantom of the Opera, Grease, Alice in Wonderland, Footloose, Spam-a-lot and Dracula.*

MUSICAL THEATRE 25/ADVANCED ACTING 25 (10 credits each - full-year prog.) (\$30 fee per course)

Prerequisite: Musical Theatre 15 and Advanced Acting 15

Students will build further upon previous skills developed in Musical Theatre 15 and Advanced Acting 15. These opportunities will be presented through more student involvement and character development, dramatic choices and performance opportunities. Students will harmonize in three to four part harmonies and develop aural techniques to further their work in western music theory. Students will be guided in selecting appropriate song pieces, performances and begin to create personalized dramatic process. Students will also be encouraged to take on the role of peer coaching through the production of major musicals and one-acts.

MUSICAL THEATRE 35/ADVANCED ACTING 35 (10 credits each - full-year prog.) (\$30 fee per course)

Prerequisite: Musical Theatre 25 and Advanced Acting 25

Students will have the opportunity to demonstrate mastery of previous skills presented in past courses and performances. Students are expected to develop leadership skills within the ensemble through collective creation of rehearsals and performances. Solo and ensemble work is expected and choir composition is optional. Students will demonstrate proficiency in western music notation which will lend to the audition process for post-secondary.

CAREER AND TECHNOLOGY STUDIES

Career and Technology Studies, as developed by Alberta Education, includes and expands the areas of study which have traditionally been considered as the practical arts, including Business Education, Home Economics, Industrial Education and Vocational Education. Career and Technology Studies forms an important component of a broad, general education that helps students increase their confidence and skills, preparing them for further education after high school, for the work world, and for life-long learning.

COMMUNICATION TECHNOLOGY 10/20/30(5 credits each) (\$69.50 fee per course)

Prerequisite: None

This course uses hands-on approach to learning various graphic techniques and processes. Production modules allow students to create multi-coloured prints using a commercial silk-screen process, design artwork and signage using the latest software graphics programs, create and edit video presentations, and learn techniques of photography. Comm. Tech. students must first complete the pre-requisite module Visual Communication (COM 1005), and then may focus on an area of their choice.

COMMERCIAL FOODS 10 (5 credits) (\$100 fee)

Prerequisite: none

The modules available in the introductory level include: Food Basics, Baking Basics, Creative Cold Foods, Fast Foods and Convenience Foods, Food Safety and Sanitation, and Meal Planning.

COMMERCIAL FOODS 20/30 (5 credits) (\$100 fee)

Prerequisite: 1 credit from Food Basics, FOD 1010

Interested in the food service industry? Expand your creativity by producing snacks, meals and desserts for large numbers, with the focus on gaining a solid foundation of the basic skills needed for cooking. Commercial Foods 20 and 30 can be taken in various combinations. Students may wish to pursue 5 credits in each level, combining Commercial Foods 20 and 30 modules. For those aspiring to a career in the food service or hospitality industries, students may take up to 15 credits in Commercial Foods 20 and up to 20 credits in Commercial Foods 30. Possibilities exist for receiving advanced standing at both NAIT and in the Registered Apprenticeship Program. Opportunities also exist for involvement in culinary competitions.

COMPUTING SCIENCE 10/20/30 (5 credits)

Students explore what makes computers work, how they think, and create games and websites. Computing Science provides students with opportunities to create in an increasingly digital world. Topics include computer hardware, software development, and website construction.

CONSTRUCTION TECHNOLOGIES 10 (5 credits) (\$100.50 fee)

Prerequisite: None

Construction 10 will be of interest to students who would like to learn how to work with hard and soft woods and other building materials and to increase skills involving the use of industrial power tools. This level instructs students in general safety, measurement, hand tools, portable power tools, set-up and operation of industrial woodworking equipment, as well as the design, layout and construction of simple and complex projects.

CONSTRUCTION TECHNOLOGIES 20 (5 credits) (\$100.50 fee)

Prerequisite: Construction 10

Construction 20 builds on the previous skills taught in Construction 10 with an in depth focus on furniture and cabinet making. Students increase their skills in general safety, the use of hand tools and portable power tools, set-up and operation of industrial woodworking equipment. The identification and use of solid wood, sanding and finishing techniques, the application of wood stains and finishes and the construction of furniture and cabinetry will be part of the final project(s). There will also be a slight focus on residential construction and framing.

CONSTRUCTION TECHNOLOGIES 30 (5 credits) (\$100.50 fee)

Prerequisite: Construction 20

Construction 30 is designed to provide students with an in-depth study of advanced furniture making and finishing and their techniques. In conjunction with the instructor, students will choose/design their own projects. Like Construction 20, there will be a slight focus on residential construction and framing.

COSMETOLOGY and HAIRSTYLING APPRENTICESHIP PROGRAM (HSA)

COSMETOLOGY 10/20/30 (Each level can be 5 Credits or Levels 20 and 30 can be a 10 level course). (\$95.25 for 5 credit course)

Prerequisite: none

This class encourages students to explore and create a foundation in beauty. This is an ideal course for the student who would like to become more knowledgeable about current trends and techniques or would like to pursue a career in this exciting field. This course covers salon bacteriology and sanitation, hair design techniques, hair colouring, haircutting, and a variety of esthetics, all while earning apprenticeship training. Students have the chance to work with professional salon quality products, tools and cutting edge equipment. We work with various industry leaders to develop and improve student learning through guest speaking opportunities and field trips. Techniques learned throughout

the course can be demonstrated in the lab environment to complete an array of client services. Upon graduation, and with the support of an employer, a student may enter into the post-secondary apprenticeship program as a first period apprentice and have the possibility of challenging their first period apprenticeship exam, if they complete a minimum of 30 credits in cosmetology.

ENTERPRISING MINDS 15/25/35 (5 credits each) (\$20 fee per course)

Prerequisite: none

Enterprising Minds is a course that provides students with the opportunity to learn valuable skills to start a business. Topics such as marketing, branding, pricing, and sales will be covered. You will learn how to set up your own business/booth at a market, attract customers, and make a profit from your creations. Within the course you will complete a variety of projects that will challenge your creativity and test your skills. You will then design, develop, and perfect a specific product and branding style of your choice. This will be an opportunity to showcase your work, and gain experience in the world of entrepreneurship.

PERSONAL FITNESS 10 (P.Fit 10) (5 credits each) (\$52.50 fee)

Personal Fitness is a course that will provide athletes with the opportunity to acquire knowledge, skills and attitudes that will maximize their performance in specific sports that they may play. Areas of study include sport-specific training principles such as health services foundation, nutrition and wellness, musculoskeletal system, cardiovascular system, foundations for training 1, sport psychology 1, and project A. Student athletes will be assessed in these areas and then will develop, as well as carry out, sport-specific programs that will help them train these areas. Students will learn about pre-season, in-season and post-season training. They will also work on an in-depth nutrition analysis and maintain a personal training log. These courses are ideally suited for student athletes hoping to excel in hockey, ringette, football, basketball, volleyball, baseball, soccer, running or rugby.

PERSONAL FITNESS 20 (P.Fit 20) (5 credits each) (\$52.50 fee)

Prerequisite: 50% in Personal Fitness 10 credits

Areas of study include sport-specific training principles such as nutrition for recreation activities and sport, foundations for training 2, sport psychology 2, leadership in recreation and sport, respiratory system, project B, and project C. Student athletes will be assessed in these areas and then will develop, as well as carry out, sport-specific programs that will help them train these areas. Students will learn about pre-season, in-season and post-season training. They will also work on an in-depth nutrition analysis and maintain a personal training log. These courses are ideally suited for student athletes hoping to excel in hockey, ringette, football, basketball, volleyball, baseball, soccer, running or rugby.

PERSONAL FITNESS 30 (P.Fit 30) (5 credits each) (\$52.50 fee)

Prerequisite: 50% in Personal Fitness 20 credits

Areas of study include sport-specific training principles such as human movement, training and conditioning, sport psychology 3, fitness instruction leadership principles, resistance training leadership, group exercise leadership, sport and society, project D and project E. Student athletes will be assessed in these areas and then will develop, as well as carry out, sport-specific programs that will help them train these areas. Students will learn about pre-season, in-season and post-season training. They will also work on an in-depth nutrition analysis and maintain a personal training log. These courses are ideally suited for student athletes hoping to excel in hockey, ringette, football, basketball, volleyball, baseball, soccer, running or rugby.

PERSONAL FOODS 10 (5 credits) (\$106 fee)

Prerequisite: none

Foods 10 is a foundation course which emphasizes correct cooking methods and investigates the nutritional aspects of food. There are numerous cooking labs which enhance cooking techniques and an understanding of nutritional concerns.

PERSONAL FOODS 20 (5 credits) (\$106 fee)

Prerequisite: 1 credit from Food Basics, FOD 1010

This course allows students to build a higher level of cooking techniques and to develop a more advanced understanding of nutritional concerns. The wide variety of labs that use a range of ingredients from various food groups will enhance this outcome.

PERSONAL FOODS 30 (5 credits) (\$106 fee)

Prerequisite: 1 credit from Food Basics, FOD 1010

This course builds advanced cooking techniques through the preparation of cakes and pastries, yeast breads, international cuisine, and foods appropriate for entertaining. Students will also gain a greater understanding of how nutritional requirements change throughout life.

ROBOTICS 15 (5 credits each) (\$58 fee)

The areas of electricity and electronics are fascinating and offer many opportunities for the future. In this course you will have the opportunity to learn about coding, electronic principles, safety, soldering, wiring, energy generation and conversion and an introduction to robots. The course will be based around Computer Assisted Instruction with opportunities to build simple circuits and rebuild and reprogram the “Sting Robotics” competition robot for a new and unique purpose every term. This course is required for participation in Robotics 25 and the FIRST Robotics competition.

ROBOTICS 25 /35 (5 credits each) (\$95 fee per course)

This course combines the excitement of sport with the rigors of science and technology and the basics learned in Robotics 15. Fort Saskatchewan High School “Sting Robotics” is part of the FIRST Robotics Competition, which is known as the ultimate sport for the mind. High-school student participants call it “the hardest fun you’ll ever have.” Under strict rules, using limited resources, and with an intense six-week time limit, teams of 20 or more students are challenged to raise funds, design a team “brand,” hone teamwork skills, and build and program industrial-size robots to play a difficult field game against like-minded competitors. It is as close to real-world engineering as a student can get. Volunteer professional mentors lend their time and talents to guide each team. Each season ends with each team participating in the FIRST Championship in unique and ever changing challenges.

SHELL SKILLS CENTRE (Electro-technologies and virtual welding) (5 credits) (\$82.50 fee)

Fort High is proud to partner with **Shell Canada** to bring you an amazing classroom experience! Shell tradespersons and dedicated teachers, using state-of-the-art technology, set the stage for an incredible learning journey. The intent of the Shell Skills Centre is to encourage interest in electro-technologies and virtual welding with the end goal of transitioning students into the workforce. Students will learn about Electro-Technologies through hands-on lab activities and will learn welding skills using virtual reality welders.

VISION:

A Shell Skills Centre at Fort Saskatchewan High School which offers opportunities for students to

- learn more about employment in the trades.
- receive support in transitioning from high school student to industry employee.

- receive instruction from a trained teacher and Shell journeypersons.
- apply for work experience and RAP positions based on recommendations from Shell-Scotford and other industries.

WHAT IT LOOKS LIKE:

- Students who enter this program will receive initial hands-on tool instruction in both trades at the introductory level (10), with the opportunity to move through all credits and focus on one trade at advanced levels (20 and 30).
- Students who enter this program will receive instruction and support from a teacher and from Shell employees.
- Students who enter this program will have opportunities to enter the RAP program (providing positions exist with our industry partners) and the chance to earn dual credits.
- Students will have an opportunity to meet industry partners and to create a career path based on their interests.
- Students will gain practical experience with trade-specific job application skills.

AWARDS AND SCHOLARSHIPS

Fort Saskatchewan High School recognizes and honours outstanding achievement in both curricular and extracurricular areas. Through scholarships and community-sponsored awards, each year in excess of \$60,000 is given to Fort High students.

Alexander Rutherford Scholarships

Funded by the Province of Alberta

Requirements: Alberta graduates, who are enrolled full-time in a post-secondary or apprenticeship program, who have averages of 75.0% or higher on required courses as defined below, and who qualify for one, two or three years, will receive the indicated amounts. If awarded the maximum for all three years, the maximum total value of scholarships is \$2,500.

Rutherford Scholarship requirements are:

GRADE 10

Average of 75.0% to 79.9% in five subjects - \$300

Average of 80.0 % or higher in five subjects - \$400

- One of English 10-1 or 10-2, and
- At least two of the following:
 - Mathematics 10C or 10C-H
 - Science 10
 - Social Studies 10-1 or 10-2
 - a language other than the one used above at the Grade 10 level, and
- Any two courses with a minimum 3-credit value each at the Grade 10 level (1000 or 4000 series), including those listed above and combined introductory CTS courses.

GRADE 11

Average of 75.0% to 79.9% in five subjects - \$500

Average of 80.0 % or higher in five subjects - \$800

- One of English 20-1 or 20-2, and
- At least two of the following:
 - Mathematics 20-1 or Mathematics 20-2
 - Science 20
 - Biology 20
 - Chemistry 20
 - Physics 20
 - Social Studies 20-1 or 20-2
 - a language other than the one used above at the Grade 11 level, and
- Any two courses with a minimum 3-credit value each at the Grade 11 level (2000 or 5000 series), including those listed above and combined intermediate CTS courses (see Notes below)

GRADE 12

Average of 75.0% to 79.9% in five subjects - \$700

Average of 80.0 % or higher in five subjects - \$1300

- One of English 30-1 or 30-2, and
- At least two of the following:
 - Mathematics 31
 - Mathematics 30-1 or Mathematics 30-2
 - Science 30
 - Biology 30
 - Chemistry 30
 - Physics 30
 - Social Studies 30-1 or 30-2
 - a language other than the one used above at the Grade 12 level, and
- Any two courses with a minimum 5-credit value each at the Grade 12 level (3000 or 6000 series), including those listed above and combined advanced CTS courses (see Notes below)

NOTES

- CTS courses: Three one-credit modules can be combined and used as an option at the Grade 10 and Grade 11 levels. Five one-credit modules can be combined and used as an option at the Grade 12 level. To be combined, all courses must be from the same level - i.e. Introductory, Intermediate or Advanced. Courses can be from different streams or subject areas - eg. computer courses with welding courses. Marks will be averaged at the appropriate level.
- Only marks earned prior to post-secondary study can be used.
- A course cannot be repeated after a higher level course has been taken in the same series.
- Averages are not rounded up for scholarship purposes.

- Locally Developed Courses are acceptable.
- Rutherford Scholarship application forms will be available for eligible students in April of their graduating year. See Student Services at Fort High for additional information.
- The science requirement—Science 20 or 24, Biology 20, Chemistry 20 or Physics 20.
- Students may earn any number of credits in the study of second languages, but only a maximum of 25 language credits may be used to meet the 100-credit requirement for the Alberta High School Diploma.
- Integrated Occupational Program (IOP) occupational courses may be used in place of Knowledge and Employability occupational courses to fulfill this requirement.
- 30-level English language arts or 30-level social studies courses from a different course sequence may not be used to meet the 30-level course requirement.
- Students may earn a maximum of 30 credits in Work Experience, but only 15 credits may be used to meet the 100-credit requirement for the Alberta High School Diploma.
- For 30-level courses that have a diploma examination, the final course mark consists of a blend of the school-awarded mark (70%) and the diploma examination mark (30%).
- Mature students should consult the Mature Students additional information.

Elk Island Honours Certificates are given to students meeting the Alexander Rutherford Scholarship criteria of 80.0% or higher in the courses as described on page 25. Elk Island Public Schools presents a certificate of recognition with no monetary value.

Subject Awards are presented to the students with the highest final grades in each subject. In some cases these include cash awards varying from \$50 to \$500, depending on the sponsor.

Athletic Awards are given for outstanding achievement in school team and individual sports.

Many other targeted awards are available to students entering different programs of study at university, technical school, or college. To ensure that the best-qualified students are chosen for these awards, Fort High asks all its grade 12 students to provide information about their post-secondary plans. This information is essential for Student Services in making decisions about targeted awards; **only students who provide needed information will be considered for these targeted awards.**