

OPTION COURSES 2017 – 2018

SECONDARY 5

BIOLOGY

4 PERIOD OPTION

This course is designed for:

- Students planning on going into the fields of Health, Science and Medicine (Nursing). This course will provide an excellent foundation for future studies.
- Students who enjoy learning about biology but have no immediate plans to further their studies in Science.

This course will begin with a more in depth look at how we classify living things, that is, the five Kingdoms and their respective phyla. Students will learn more about each kingdom and will focus on microbiology. Students will also visit the Armand Frappier museum and participate in their programs. There will be a focus on different body plans, anatomy and physiology of different species and phyla. Students will be learning through dissection both actual and virtual. Additional fees will apply to cover costs associated with the field trip. Students must have successfully completed Secondary 4 Science & Technology.



CHEMISTRY

4 PERIOD OPTION

Chemistry is intended for students who wish to pursue their studies in programs requiring rigorous scientific preparation. The Chemistry program is designed to help students develop the scientific knowledge and skills they need to pass college-level Science courses. In particular, it is aimed at introducing the scientific method to the students. For this reason, the development of experimental skills plays a dominant role in the objectives of this program. The program aims to establish relationships between theoretical concepts and the historical context in which they were discovered and illustrates the many interrelationships between history, technology and society. Students must have successfully completed Secondary 4 Environmental Science and Technology as well as Math Scientific option to be accepted into Chemistry.

DANCE/DANCE PLUS

2 PERIOD OPTION: Dance

4 PERIOD OPTION: Dance Plus

This option is designed to promote the expressive and communicative aspects of Dance through various dance techniques and concepts. The students are encouraged to explore their own creative interpretations and ideas through the creation and production process, individually and in groups. Choreographic principles range from simple to more complex arrangements. Students are encouraged to appreciate dance as an artistic expression. They will develop and apply appropriate language and vocabulary in reflecting upon dance as an art form. Senior dance courses focus on developing technique and the students' own personal styles. More emphasis will be placed on choreographic work, both in groups and individually.



DRAMA

2 PERIOD OPTION:

The Cycle 2 Drama program serves as an opportunity for students to actively apply the elements of drama and theatre. The emphasis is on the creation, production and appreciation of drama. Students concentrate on a variety of drama techniques including improvisation, movement, voice characterization, motivation and mime. Students work within a variety of grouping contexts including individual, partners, small group and ensemble. Students are introduced to working with texts and experiment with simple playwriting. Students are expected to participate in small class performances.

ENTREPRENEURSHIP

4 PERIOD OPTION

This course is intended to familiarize students with the changing nature of business in the 21st century as well as to foster the entrepreneurial spirit that is conducive to students taking initiatives, meeting challenges and becoming the architect of their own future. Through various activities and experiences, each student will reflect upon and gradually construct their own entrepreneurial profile and better determine their suitability for entrepreneurship.



EXTREME IMPROV

4 PERIOD OPTION

In this high energy option class students explore and experience the skills and abilities unique to the art of dramatic and comedic improvisation. Students work in teams to develop acting skills in absolute spontaneous movement, object personification, speech, interpretation story-telling and character development. Highlights of this class include in-school performances including variety shows, MerryFest, Arts Week and Inter-school competitions: competing against other schools within the school board. Creation and training of a team to represent RHS at the annual Montreal Improvisation Games in February. Transferable skills developed in this class: teamwork, creative brainstorming, developing and sustaining long term goals, developing flexibility and public confidence and skill. Plus: it will be SUPER FUN!



FITNESS

4 PERIOD OPTION

FITNESS AND HEALTH

Fitness is an advanced Physical Education class for students with a love of physical activity and an intense desire to participate in both individual as well as team sports. This course is designed to improve student health and love of sports. There are 4 units:

1. Badminton
2. Volleyball
3. Running (train and participate in a 10km race within a pre-determined time limit, nutrition, breathing technique)
4. Fitness and Weight training (prepare a training program, nutrition, technique)

Additional gym uniform is recommended as students will be participating in sports for six periods every nine days.

A \$35 fee applies to this course

FOOTBALL

4 PERIOD OPTION

Physical Education Football is offered to interscholastic Rosemere football team athletes and students in Secondary 3, 4, 5. This class is designed to prepare students for interscholastic competition and further develop skills, philosophies and strategies related to football. It also covers all of the following areas related to training and conditioning: weightlifting for strength and endurance, cardiovascular exercise, plyometric exercise, speed training, agility and flexibility as well as individual and team sports. Students must be highly motivated. (This course will be taught in a classroom 25% of the time and on the football field 75% of the time.) Included in the football option fee of \$125 is the Raiders "Team Gear package", the use of specialized equipment to develop skills and strategy in class, work with a certified strength and condition coach.

LEADERSHIP

4 PERIOD OPTION

This course is designed to teach leadership skills, community involvement, the importance of teamwork and so much more to the next generation of leaders. The aims of the course are:

1. To improve existing leadership qualities
2. To recognize leadership qualities that may have gone unnoticed or unused.
3. To learn new forms of leadership styles and characteristics that can be carried over to lifelong learning.
4. To give back to the community

The course covers leadership styles and community involvement such as working with the elderly, working with the mentally and physically challenged, serving the homeless at the Old Brewery Mission and helping Sun Youth collect clothes and food for the community. Who should join the RHS Leadership program? Students who like to get involved in activities; who shy away from taking charge; who feel self-conscious; who wish to improve their problem solving and organization skills; who want take better control of the goals and direction towards their future.



MEDIA

4 PERIOD OPTION

This course will explore media in the arts. The course will offer hands on experience with a variety of formats such as digital photography (including editing in Adobe Photoshop), film production (including editing in iMovie), advertising, page layout and graphic design.

Students will be working on such things as logo design, movie trailers, photography portfolios, photo shoots etc. A USB key is required. All video/picture cameras and all other equipment are provided. The class is set up with computers that have all the required editing programs. The course is open to anyone who is interested in animation, video production, graphic design and photography.

MUSIC – POPULAR

2 PERIOD OPTION

This course is designed for students who have always dreamed of playing in their own band. Since most popular music only requires one to play three or four different chords, students will be able to choose between vocals, guitar, bass, piano or drums where they will be taught the basics. Each band will choose the songs that they will perform. Then the magic happens... concert time! Rappers are also welcome and will work on creating beats for their music.

MUSIC – INSTRUMENTAL

4 PERIOD OPTION

This course is designed to further develop skills learned in previous instrumental music courses and to introduce additional techniques, methods and concepts in the field of instrumental music. Homework consists of steady practice throughout the school year. The music department offers a choice of instruments found in a concert band: oboe, flute, clarinet, saxophone, trumpet, french horn, trombone, baritone, tuba and percussions. Many musical styles will be experienced in class: symphonic, jazz, rock and latin. Instruments are loaned to students for the duration of the course. Students must have played an instrument before and have a basic notion of music reading.

PHOTOGRAPHY

4 PERIOD OPTION

This course is for any student interested in the field of photography. Students will gain knowledge of the following:

- Digital cameras and accessories
- Photographic techniques
- Aesthetics in photography
- Use of lighting

Manipulating and editing in Adobe Photoshop

Over the year, students will create a portfolio of work. This is important for any student applying for photography programs/courses after high school. A USB key is required. All video/picture cameras and all other equipment are provided. The class is set up with computers that have all the required editing programs. This course is open to anyone who is interested in photography regardless of experience.



PHYSICS

4 PERIOD OPTION

This program offers an interactive learning approach in which the teacher's role is to guide the students as they use the scientific method to solve problems. This new approach to teaching physics enables students to become familiar with the relationships between physics, technology and society. Students learn to explain and examine how physics relates to the environment. As a result, students learn to appreciate the strengths and limitations of scientific inquiry and ultimately gain a comprehensive understanding of the role of physics in modern society. This course is a pre-requisite for many CEGEP science programs.

Students must have successfully completed Secondary 4 Environmental Science and Technology as well as Math 426 (Scientific option).

SOCCER CONCENTRATION

4 PERIOD OPTION

The Soccer Concentration program enables young soccer players with recognized athletic abilities to reach their potential as student-athletes by developing their tactical and technical skills in the game of soccer. The program aims to assist the student-athlete to achieve academic success, optimum athletic performance and exceptional conduct as a citizen of the school community. Coaches rigorously monitor the student's development related to effort, discipline, respect for self and others and commitment to success. For more information please visit the Soccer Concentration website at: <http://luirat.wix.com/rhs-soccer>

Additional school fees of approximately \$200 will apply. In addition, students will be required to purchase Soccer Concentration uniform (tracksuit, shorts, t-shirt, socks) from the RHS approved supplier – approximately \$125 Previous registration in Soccer Concentration and/or teacher recommendation is required.

VISUAL ARTS

4 PERIOD OPTION

The 4 period option is a more intense and challenging program of creating personal and media works that are used for CEGEP portfolios. The projects are more involved and a quality finished product is expected from the students. There is always an optional field trip to the Montreal Museum of Fine Arts for all students in the 4 period option class.

2 PERIOD OPTION

The 2 period option course explores a variety of techniques in art. Drawing, painting, sculpture, printmaking, digital media and art research projects with emphasis on creativity, self-expression and communicating personal and media images. Students will learn to create art using the elements and principals of art through individual and group projects.

Materials: 2B – 6B pencil kit, white eraser, pencil sharpener, glue sticks, fine point black markers, colored pencil crayons, a pencil case designated for art and a sketchbook. Sketchbooks are available for \$10 in the Art Department.