

John Cabot Catholic Secondary School Focus Courses

Below you will find a listing of the focus courses unique to John Cabot Catholic Secondary School in each of the following areas:

Arts, Health Physical Education, Interdisciplinary Courses

Arts Focus Courses

	<i>Grade 11</i>	<i>Grade 12</i>
Music	AMG3O	AMG4M
Photography	AWQ3O	

Music – Guitar, Grade 11, Open **AMG3O1**

This course develops students' artistic knowledge and skills through the performance of music and the preparation of music productions. Students will perform appropriate works, particularly works in contemporary popular styles. Independently and in groups, they will also plan, market, and produce music productions, making use of appropriate technology, and will evaluate the results. This course will be delivered using the guitar as the instrument of instruction. There will be a \$10 consumables fee for this music course

Prerequisite: AMU1O, AMU2O

Music – Guitar, Grade 12, University/College **AMG4M1**

This course emphasizes the appreciation analysis, and performance of music from the romantic period and from the twentieth century, including jazz, popular music, art music, and Canadian and non-Western music. Students will concentrate on developing interpretive skills and the ability to work independently. They will also complete complex creative projects in which they make use of new technologies. This course will be a continuation of the grade 11 Guitar course. As such, the course will be delivered using the guitar as the instrument of instruction. There will be a \$10 consumables fee for this music course

Prerequisite: AMG3O1, AMU3M

Visual Arts - Photography, Grade 11, Open **AWQ3O**

This course provides students with opportunities to further develop their skills and knowledge in visual arts. Students will explore a range of subject matter through studio activities, and will consolidate their practical skills. Students will also analyze art works and study aspects of Western art history, as well as Canadian art forms and art forms from various parts of the world. This course will focus on the fundamentals of black and white photography. This course has a \$40.00 fee for program consumables.

Prerequisites: AVI1O1 or AVI2O1

Health and Physical Education Focus Courses

	<i>Grade 11</i>	<i>Grade 12</i>
Personal and Fitness Activities-Female	PAF3OF	PAF4OF
Personal and Fitness Activities-Male	PAF3OM	PAF4OM

Personal and Fitness Activities (Male), Grade 11 – Open **PAF3OM**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety. This course is designed for male students and focuses on the promotion, development and encouragement of improved personal fitness and self-concept through fitness and weight training. Students will study basic muscle physiology and the key aspects of designing a personal strength-training program, which will be followed and monitored throughout the semester. Health related topics would include steroid abuse, nutrition, and sports supplements. No prior training experienced is required. The course is designed to meet the needs of the beginner as well as the experienced fitness enthusiast. All students are required to purchase a manual/workbook and the John Cabot gym uniform, which are available through the School Store. The physical education uniform is also available from the board-approved vendor R.J. McCarthy Ltd. Please refer to the school’s Uniform Policy for specifics.

Prerequisite: none

Personal and Fitness Activities (Female), Grade 11 – Open **PAF3OF**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety. Female students taking this course will focus on physical activities resulting in increased fitness levels and positive self-image. The physical activities are primarily aerobic exercise classes, which present low impact, high impact and step aerobics. Weight training, self-defense and yoga are also included. Health related topics would include diet, nutrition and relationships. This course is open to both the beginner and experienced aerobic enthusiast. All students are required to purchase a manual/workbook and the John Cabot gym uniform, which are available through the School Store. There will be a course fee of approximately \$75 to cover the cost of the activities that will take place out of school and in local facilities. The physical education uniform is also available from the board approved vendor R.J. McCarthy Ltd. Please refer to the school’s Uniform Policy for specifics.

Prerequisite: none

Healthy Active Living Education, Grade 12 - Open Body Alive Focus PAF40F

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students’ interests through out their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. This focus course is designed for female students and focuses on the student’s aerobic and muscular fitness. There will be a course fee of approximately \$75 to cover the cost of the activities that will take place out of school and in local facilities. All students are required to purchase a manual / workbook and the John Cabot gym uniform which are available through the School Store. The physical education uniform is also available from the board-approved vendor R.J. McCarthy Ltd. Please refer to the school’s Uniform Policy for specifics.

Prerequisite: None.

Healthy Active Living Education, Grade 12 - Open Strength-Training Focus PAF40M

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students’ interests through out their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. This is a strength training & cardiovascular conditioning focus course designed for male students. All students are required to purchase a manual / workbook and the John Cabot gym uniform which are available through the School Store. The physical education uniform is also available from the board-approved vendor R.J. McCarthy Ltd. Please refer to the school’s Uniform Policy for specifics.

Prerequisite: None.

Interdisciplinary Studies Courses

	<i>Grade 11</i>	<i>Grade 12</i>
Personal Financial Management		IDC4UP
Yearbook – Full year (2 credits)		IDC4U1 & ASM401

Interdisciplinary Studies - Personal Financial Management, University IDC4UP

This course investigates personal financial management, capital markets and ways in which capital is acquired. Students will use diverse information skills, resources, and technologies to gather information related to a variety of Canadian and international financial institutions, investigate the conceptual and mathematical foundations of increasing net worth, and examine investment in the stock market (e.g. the risks and safeguards in stock trading, stocks as investments, creating investment portfolios). They will also analyze investment products offered by the major financial institutions (e.g. banks, insurance companies, mutual fund companies and investment firms). Students will learn the practical skills required to thoroughly analyze personal investment choices and learn to solve problems through theoretical investigation and case studies.

Prerequisite: ENG3U

**Interdisciplinary Studies - Yearbook, University
Yearbook Course (2 credits) –**

IDC4U1 & ASM4O1

This is a two-credit course which runs consecutively through both semesters. Producing a school yearbook is a "real world" experience for students. Students will be expected to spend a considerable amount of time outside the classroom and after school to complete work and meet deadlines. If course enrollment is high, students may be subjected to an interview and portfolio process in order to be admitted to the course. Students interested in yearbook must choose both IDC4U1 and ASM4O1.

Yearbook Part 1, Interdisciplinary Studies -

IDC4U1

This course combines multiple disciplines that relate to the production of a large-scale project, specifically, the school yearbook. Units of study include theme development, photography, journalism, and graphic design. Students learn how to work as a team and apply the principles of design to achieve one goal – the creation of an innovative and cohesive yearbook. They will have access to current and relevant technologies and applications, such as eMacs, digital cameras, scanner, Adobe InDesign, Adobe Photoshop and Microsoft PowerPoint. Through project proposals, research, event coverage, yearbook production and critiques, students will apply and further develop their interdisciplinary studies throughout the semester and into Yearbook Part 2, Media Arts the following semester. The aforementioned skill sets will prepare students for potential careers in the areas of marketing, photography, journalism and graphic design.

Prerequisite: Any university or university/college preparation course.

Yearbook Part 2, Media Arts -

ASM4O1

This course emphasizes the development of the knowledge and skills required for the production of interactive media art forms (e.g., interactive art installations, interactive videos, simulations, network art). Students will analyze and evaluate media art works, and will create their own works using a variety of technologies and processes (e.g., computer graphics, photo-imaging, digital video production techniques, and electro-acoustics). Students will maintain a portfolio of their media art works.

Prerequisite: Any grade 11 course in the arts.

Recommended Background: Those students who have taken photography and/or computer courses and are enrolled in College/University courses.