



Course Registration Booklet 2016-2017



Calgary Board
of Education



The National Sport School Course Registration Booklet

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Background

The National Sport School is a collaboration between WinSport Canada and the Calgary Board of Education. It was established in 1994 to provide an environment for Canada's high-performance student-athletes to pursue excellence in both their academic and athletic careers. The National Sport School is well known for its strong academic standing as well as its innovative teaching and learning environment personalized for high-performance student-athletes.



Calgary Board of Education

"Educating Tomorrow's Citizens Today"



"Igniting Passion for Sport"

School Mission

At the National Sport School, we provide a supportive academic environment to enable developing high-performance athletes to mature as self-directed, life-long learners while pursuing excellence in sport.

Guiding Principles

We believe that learning occurs best when:

- A culture of excellence in sport and learning permeates the school.
- All stakeholders – students, parents, coaches, teachers and WinSport Canada– participate in the decisions affecting student-athletes and their educational programs.
- Student-athletes assume responsibility for the achievement of their academic goals by developing the attitudes and skills to become independent learners through effective time management and communication skills.
- Student-athletes are provided with a hybrid educational environment, individualized scheduling, programs and support. A Teacher-Advisory program, small group instruction, tutorials, the opportunity to negotiate deadlines and the use of distance learning technologies facilitate student-athletes to continue their studies while training and competing.
- As interdependent members of a learning community, student-athletes endeavour to develop positive relationships with other members of our school community (fellow students, teachers, support staff and community partners).

Balancing School and Sport

A working relationship between the sport organizations and the school takes into consideration the best interests of the student-athletes. The school recognizes that there are times when sport commitments will take priority over academic responsibilities; correspondingly, there are times when the sport organizations need to recognize that academic requirements must take priority over sport.

Although student-athletes are given greater flexibility in how they complete their work, they still must cover all the material in the course outline and in accordance with the Program of Studies, as provided by Alberta Education. The flexible school environment allows student-athletes to adjust their academic responsibilities to their training and competition schedules. Student-athletes who are heavily involved in their sport in a specific term should take fewer classes during that academic term. Flexibility within a course exists where athletes may negotiate with the subject teacher to accommodate their athletic commitments.

How Student-Athletes Access Instruction At NSS

It is possible for student-athletes to access instruction at the NSS 24 hours a day, 7 days a week through our unique hybrid instructional environment. This access is offered the following ways:

1. There are regularly scheduled classes.
2. Work or tutorial time is scheduled every day. All teachers are available at these times.
3. Student-athletes can access their course content in class through the on-line learning environment (D2L) and/or through distance packages.
4. All teachers are available by email, phone or D2L. Contact information is available on our website.

Application Procedures

Application forms are available on our website: www.nationalsportschool.ca

Document Checklist:

Completed NSS Application: Basic Information form (page 4).

Completed NSS Application: Specific Parent/Guardian Information form (page 5).

Completed School Academic Review form (in a sealed envelope) (page 7).

One of the following two items (as applicable):

If applying to the NSS as a student-athlete affiliated with a specific sport ("sport-specific stream"):

National Sport Organization (NSO) and Provincial Sport Organization (PSO) 'sport approval'/endorsement (in a sealed envelope) – see Appendix I for further information.

OR

If applying to the NSS as a student-athlete with athletic potential but NOT affiliated with a specific sport ("general athleticism stream"):

General Athleticism Stream Application - see Appendix II for further information.

Please retain a copy of the entire completed application package for your later use.

Application processing fee:

\$200 non-refundable fee.

Cheque or money order made payable to WinSport.

If you wish to pay by credit card, please complete the section on page 6.

Submit completed application package unfolded in an 8"x11" envelope by hand or mail to:

RE: NSS Application Process

Admissions Committee

National Sport School

110-151 Canada Olympic Road SW

Calgary Alberta T3B 6B7

Deadline for STEP 1: Application is MARCH 1st. Incomplete applications WILL NOT be considered.

After the Admissions Committee review of the application package, applicants will be advised as to whether an invitation to progress to 'STEP 2: Individual Evaluation' below will be extended.

STEP 2: Individual Evaluation.

Those applicants invited to progress to STEP 2 will spend an entire day at the WinSport Winter Sport Institute in the early Spring.

Applicants selected to progress to STEP 2 will be notified in a separate communication of the actual day to attend the Institute, together with the itinerary of the day and items to bring with them.

The day will be comprised of these tasks:

1. Physical literacy and functional movement tasks.
2. Physical fitness and challenge tasks.
3. Questionnaires (short and long-answer format).

Physical tasks will cover a comprehensive range of elements, and span challenges that are specific in nature (e.g. speed, stamina, suppleness) as well as more general (e.g. obstacle courses, cognitive function).

After review of the various assessments by the Admissions Committee, applicants will be advised of whether an invitation to progress to 'STEP 3: Interviews, Facility tour, Information & FAQs' will be extended.

STEP 3: Interviews, Facility Tour, Information & FAQs.

The time spent at the Institute during this step of the application process will involve an interview with the applicant and his/her parent(s)/guardian(s), together with sport/athleticism and academic representatives from several organizations, including, but not limited to the CBE, the Canadian Sport Institute and WinSport.

Applicants invited to participate in STEP 3 will have the opportunity to familiarize themselves with the facilities, key personnel, lifestyle, expectations, and atmosphere at the Winter Sport Institute's Canada Olympic Park campus. There will be ample opportunity to ask questions concerning "life at the NSS" and any other pertinent aspects applicants would like to discuss.

After review of information gathered at STEP 3 by the Admissions Committee, applicants will be advised of whether an invitation to progress to 'STEP 4: CBE Academic Review' will be extended.

STEP 4: Calgary Board of Education Academic Review.

At STEP 4, the CBE reviews the applicant's academic record and qualifications for admission to the NSS. The CBE does not participate in the sport or athletic assessment of the applicant.

STEP 4 occurs only if the previous steps have resulted in the favorable recommendation of the applicant.

After completion of this process, the applicant will be advised of whether an offer of **provisional acceptance** will be extended to the applicant (anticipated notification date: before June 1st).

Grade Nine Program Requirements

All Grade Nine students are required to take the following courses:

- Language Arts 9
- Social Studies 9
- Mathematics 9
- Science 9 & 10
- Physical Education \ Athlete Development 9
- Blast Class (Combination of Options)

Only science 9 and 10 are semestered, the remaining courses run over the entire school year. The Government of Alberta Achievement Tests are written at the end of the semester in which the course is completed.

Grade Ten Program Requirements

It is recommended that each Grade Ten student-athlete have a full program consisting of eight subjects with a total of at least 40 credits.

On the basis of a minimum of 40 credits for Grade Ten, 35 credits for Grade Eleven, and 30 credits for Grade Twelve, a student-athlete would complete a three-year program with the credits required for a high school diploma. For some of our student-athletes, better final results will be achieved if they complete their high school diploma with a second year in Grade 12. This can be arranged in consultation with the student-athlete's teacher advisor and administration. The following courses are compulsory in Grade Ten:

- English 10
- Social Studies 10
- Mathematics 10
- Science 10
- Physical Education \ Athlete Development 10

Options:

- Sports Medicine 15
- French 10, 20, 30
- French Challenge 10, 20, 30
- Biology, Chemistry or Physics 20
- CTS (Career & Technology Studies)
- Art

The Alberta High School Diploma

To earn an Alberta High School Diploma, a student must:

- earn a minimum of 100 credits

- meet the standards and complete the following courses:

- English Language Arts 30-1 or 30-2 or Français 30
- Social Studies 30-1 or 30-2
- Any of the 20 Level Mathematics courses including: Math 20-1, Math 20-2 and Math 20-3
- Science 20 or 24 or Biology 20 or Chemistry 20 or Physics 20

Note: Successful completion of a diploma examination is required for English Language Arts 30-1 or 30-2 or Français 30 and Social Studies 30-1 or 30-2. For those going to 30-level Mathematics and Science courses, successful completion of a diploma examination is also required.

- meet the standards and complete the following:

- Physical Education 10 (3 credits)
- Career and Life Management (CALM) 20 (3 credits)
- 10 credits, in any combination, from:
 - Career and Technology Studies (CTS)
OR
 - Fine Arts or Second Languages
OR
 - Physical Education 20, Physical Education 30

-earn 10 credits in any 30-level courses in addition to English Language Arts 30-1/30-2 and Social Studies 30-1/30-2

University Entrance Requirements

Admission requirements to universities vary according to the institution and program chosen. Each faculty will require at least five specified subjects. For example, Communication and Culture at the University of Calgary will require :

1. English 30-1
2. Math 30-2, Math 30-1, Math 31 **OR** a Second Language 30
- 3/4. Any two courses from the following list: Social Studies 30, Science 30, Biology 30, Chemistry 30, Physics 30, Math 30-1 or 30-2, Mathematics 31, a Second Language 30.
5. Another subject from the list above OR another Grade 12 subject (5 credit or two-3 credit courses, excluding Special Projects 30)

PLEASE NOTE that entrance requirements are changing throughout Alberta. Students should see the Administration for up-to-date information. For an updated and detailed list of High School Math Requirements for Post-Secondary Admission, please go to <http://alis.alberta.ca/ps/ep/aas/ta/mathreq.html>. The requirements for each program at each post-secondary institution are different and should be consulted prior to building a high school timetable.

Student-athletes should see the Administration if they are planning to attend a different faculty or institution. More information is available from Administration.

PSAT and SAT

Student-athletes in the National Sport School who may want to attend an American College or University should write the PSAT (Preliminary Scholastic Achievement Test) in Grade 10 and the SAT (Scholastic Achievement Test) in Grade 11 and Grade 12. There is only one writing time for the PSAT test (Oct.). The dates for these exams are published at the beginning of the school year with many writing dates available throughout the year. Additional information can be found in the Student Centre in D2L. It is recommended that Grade 12 student-athletes plan to write the tests before the end of December.

K & E COURSES:

Any student-athletes who because of their individual learner profile require K & E courses need to make arrangements with the Principal.

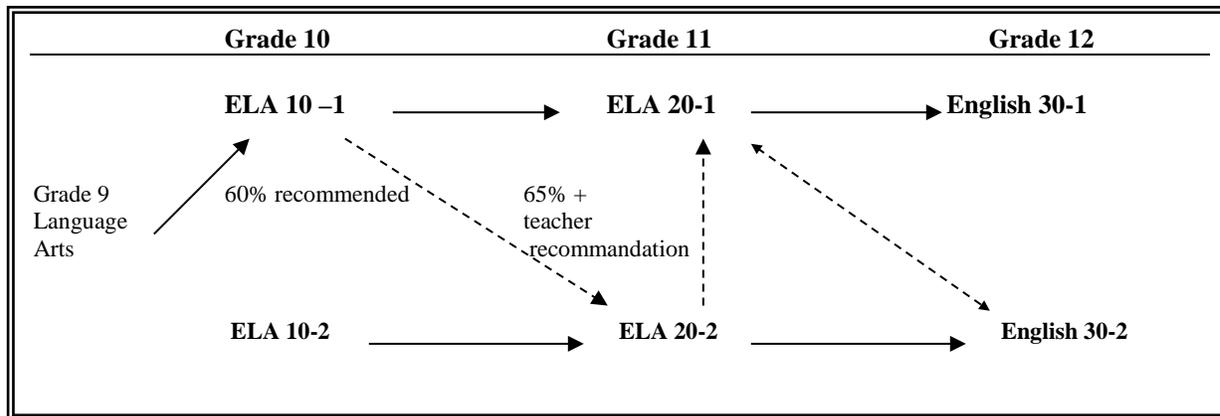
English Language Arts Course Selection

Language Arts 9

The Senior High Language Arts programme extends the experiences and growth begun in Elementary and Junior High School in six strands of Language Arts (reading, writing, listening, speaking, representing and viewing). Students engage in all six strands as they study texts and create their own texts in relevant situations for a variety of purposes and audiences.

Materials include short stories, media studies, poetry, novels, non-fiction and drama appropriate to the maturity and reading levels of this grade. Grade 9 students write the Provincial Achievement Test at the end of the course.

Senior High English Courses



English Language Arts 10-1 - (5 credits)

English 10-1 is designed for students who have demonstrated strength in their use of language and their understanding of print and non-print materials. The course focuses on an introduction to literary interpretation and criticism through various genres including Shakespeare, novels, short stories, drama, poetry, non-fiction, and media works. Emphasis is placed on preparing students to respond critically to course content and literature in particular. Computer skills are an important component.

English Language Arts 20-1 - (5 credits)

Prerequisite: Recommended mark of 60% in ELA 10-1

ELA 20-1 is designed for the academic student and aims to build language skills in all areas of writing, speaking, listening, reading, viewing and presenting. Various types of literature are studied as the basis for interpretation, discussion and written responses. The materials at this level are more sophisticated and require perceptive reading, viewing and analysis. Assignments grow out of the materials studied and may include personal response essays, critical analysis, and visual and oral presentations. Computer skills remain a component as do media studies.

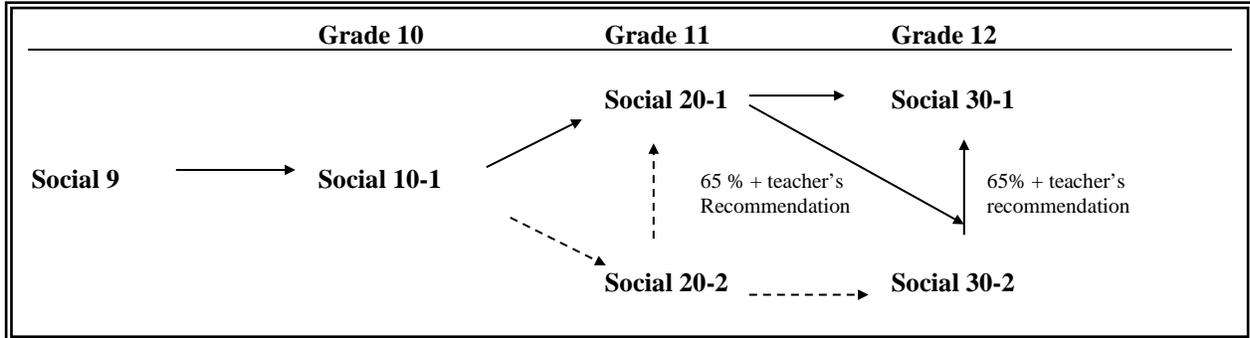
English Language Arts 30-1 - (5 credits)

Prerequisite: Recommended mark of 60% in ELA 20-1

ELA 30-1 is designed for students seeking university entrance. The course surveys a variety of literary genres with emphasis on understanding themes and literary techniques. It focuses on developing written and oral communication skills, analytical writing, techniques of formal expository essays, and the development of personal style. Short stories, poetry, essays, novels, plays and visual texts will be studied as a basis for discussion and writing. It is assumed that each student registered already has acquired a proficiency in written English. Time will be spent preparing students for their diploma exam, which is worth 50% of the final grade.

Social Studies Course Selection

Senior High Social Studies Courses



"Social Studies is the study of people in relation to each other and to their world. It is an issues-focused and inquiry-based interdisciplinary subject that draws upon history, geography, ecology, economics, law, philosophy, political science and other social science disciplines. Social Studies fosters students' understanding of and involvement in practical and ethical issues."
(Program of Studies, Social Studies K-12, page 1)

Social Studies 9

Canada's Opportunities and Challenges are studied. Students will analyze the relationship between Canada's political and legislative processes and their impact on issues pertaining to governance, rights, citizenship and identity. Students will also explore issues of economics and their impact on quality of life, citizenship and identity in Canada and the United States. Grade 9 students write the Provincial Achievement Exam at the end of the course.

Social Studies 10-1 - (5 credits)

To what extent should we embrace globalization is the key issue for Social Studies 10. Students will explore the impacts of globalization on their lives, evaluate the impacts of historical globalization on indigenous and non-indigenous peoples, assess the economic, environmental and other contemporary impacts of globalization and explore their roles and responsibilities in a globalizing world.

Social Studies 20-1 - (5 credits)

Prerequisite: Recommended mark of 65% in Social Studies 10-1

To what extent should we embrace nationalism is the key issue for Social Studies 20-1. Students will explore the relationships among identity, nation and nationalism; assess impacts of nationalism, ultra nationalism and the pursuit of national interest; consider impacts of pursuing internationalism in contemporary global affairs; and evaluate strategies for negotiating the complexities of nationalism within the Canadian context.

Social Studies 30-1 - (5 credits)

Prerequisite: Recommended mark of 65% in Social Studies 20-1

To what extent should we embrace an ideology? Students will explore the origins and complexities of classical and modern liberalism. An analysis of various political and economic ideologies will allow students to assess the viability of the principles of liberalism. Developing understanding of roles and responsibilities associated with citizenship will encourage students to respond to emergent global issues. This understanding will enable students to effectively investigate, analyze and evaluate government policies and actions and develop individual and collective responses to local, national, and global issues. Grade 12 students write the Provincial Diploma examination at the end of the course which is worth 50% of the final grade.

Mathematics Course Selection

As of September, 2012, there is a new Mathematics curriculum in Alberta. Applied Math and Pure Math will no longer be offered. The change is far more significant than just the names of the courses. The content, transferability, and acceptability at post-secondary institutions have also changed.

All students successful in grade 9 Math will take a common Math 10C course. Based on the student's achievement in Math 10C, our experienced Math teachers will make a recommendation whether the student should take Foundations of Mathematics 20 (Math 20-2) or Pre-calculus 20 (Math 20-1). Please see the figure below for the possible progressions through the Math course sequences taken from our course registration booklet.

There is a significant jump in difficulty going from the 10 level to the 20 level courses. System wide – and here at NSS - students who have gone against their teacher recommendation are not being successful at the 20 level. Many are failing and being forced to extend or repeat the course – complicating high school planning.

Foundations Math 30-2 is a rigorous academic course. It is accepted for University and other post secondary admission in numerous programs (the U of C prefers this course for B. Sc. Nursing, for example). For an updated and detailed list of High School Math Requirements for Post-Secondary Admission, please go to <http://alis.alberta.ca/ps/ep/aas/ta/mathreq.html>

The Pre-calculus Math 30-1 is also a rigorous academic course. It is designed for students who will need to take Calculus (Engineering, Commerce, and Science degree programs for example). Many students do not require Calculus for their chosen programs. Pre-calculus does not include Statistics.

A significant change to the previous curriculum is the fact that students are not 'stuck' in a stream once it is started. A student successful in Math 20-2 and 30-2 who changes plans can take Math 30-1 if it makes sense to do so. The 'old' Applied and Pure streams did not allow for this movement between streams.

Please feel free to contact me directly with any questions about Math course selection at <mailto:jsbeaudin@cbe.ab.ca>.

Mathematics 9

This course covers the major strands of math from the Alberta curriculum. Students are introduced to the mathematics topics of numbers, algebra, trigonometry, geometry, transformations and probability. There is a Provincial Achievement Test for all students at the end of June of their grade nine year.

Senior High Math Selections

Math 10C (5 credits)

In the 2011/2012 school year students entering Grade 10 at the NSS will be registered in Math 10C. This course has been designed to facilitate a smoother transition between Grade 9 and 10 Mathematics. Students will have one course of high school math before deciding whether to register in Math 20-1 or Math 20-2. Guidance will be provided to students about which sequence to select depending on their grades and their post-secondary plans. Topics covered in this course are number and powers, algebra and polynomials, measurement and trigonometry.

Math 20-1 "Precalculus" (5 credits)

Prerequisite: Math 10C with a recommended mark of 70%. 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 include algebra and number; measurement; relations and functions, and trigonometry.

Math 20-2 “Foundations of Mathematics” (5 credits)

Prerequisite: Math 10C. This course sequence is designed to provide students with the mathematical understandings and critical-thinking skills identified for post-secondary studies in programs that **do not** require the study of calculus. Topics include geometry, measurement, number and logic, logical reasoning, relations and functions, statistics, and probability.

Math 30-1 “Pre-Calculus” (5 credits)

Prerequisite: MATH 20-1 with a recommended mark above 70%. 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 include relations and functions, permutations and combinations, binomial theorem and trigonometry.

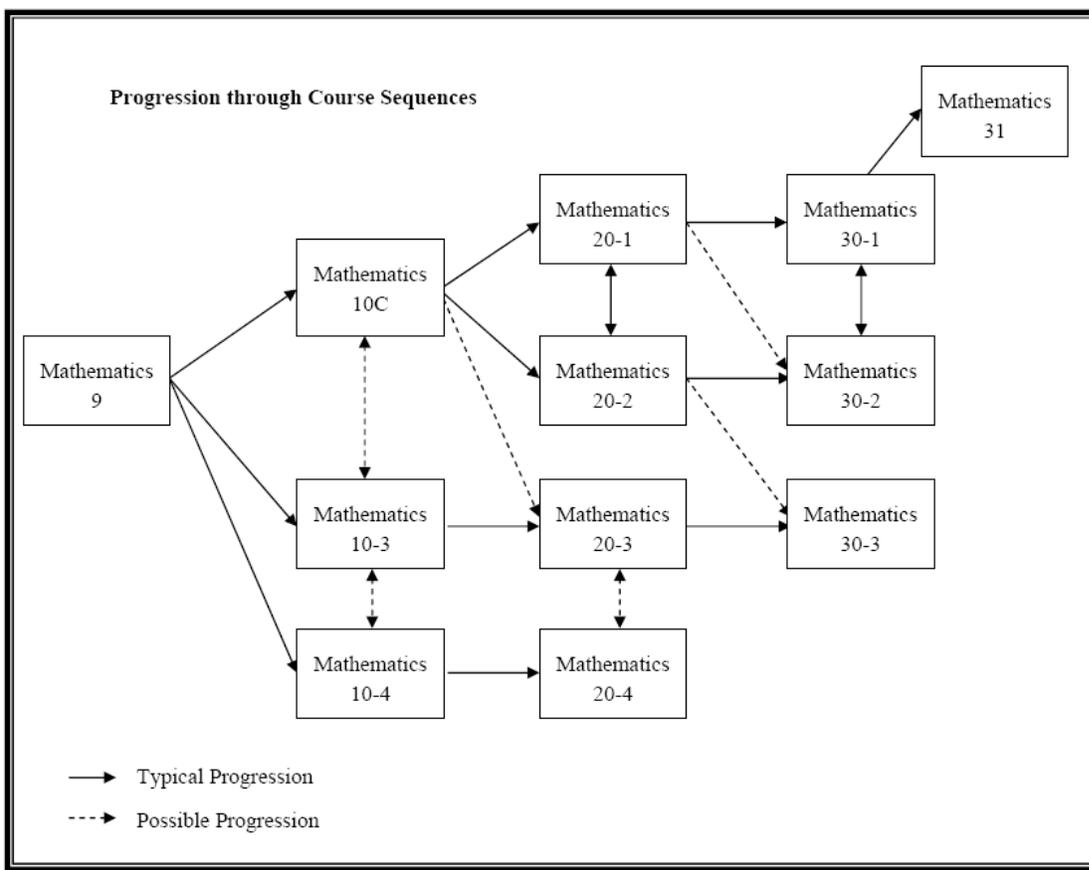
Math 30-2 “Foundations of Mathematics” (5 Credits)

Prerequisite: MATH 20-1 or MATH 20-2. This course sequence is designed to provide students with the mathematical understandings and critical thinking skills identified for post-secondary studies in programs that **do not require** the study of calculus. Topics include Logical Reasoning, Relations and Functions and Probability.

Mathematics 31 – (5 credits)

Pre-requisite: MATH 30-1 with a recommended mark above 80%.

This is a first course in Calculus. It is designed for highly motivated students who have a strong interest in mathematics or want to explore courses requiring calculus at university, technical institute or at the college level. Students interested in engineering, physical sciences, or medical sciences should consider taking Math 31.



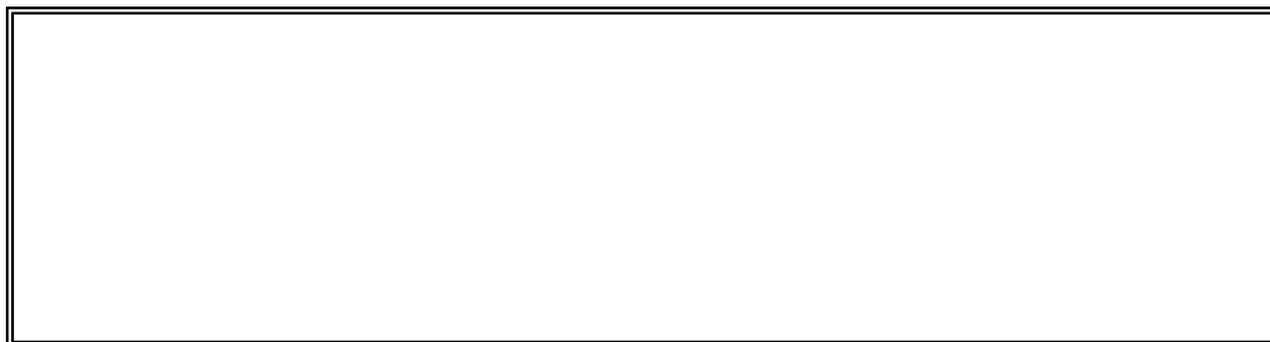
Science Course Selection

Science 9

Students develop knowledge, skills and attitudes that help them understand and interpret the world around them. Students learn and apply basic concepts from units on Biodiversity, Chemistry, Environmental Chemistry, Electricity and Space. Through their studies, students learn how to experiment, evaluate, and apply scientific problem-solving skills to real world problems. The Grade 9 program develops three common themes: the nature of science, science and technology, and science and society.

Senior High Science Courses

Students are required by Alberta Education to complete Science 10 before taking another science course at the 20 and 30 level: Biology, Chemistry, or Physics. Students who desire all three science courses, that is, Biology 30, Chemistry 30 and Physics 30, will have time for very few other options in their timetable and should consider beginning a 20 – level course in their grade 10 year (Biology or Chemistry).



Science 10 - (5 credits)

The major theme of Science 10 is the interaction of matter and energy as reflected in the diversity, equilibrium, and change of various systems. The purpose of the course is to help students develop their scientific curiosity, analytical skills, and knowledge in preparation for higher level courses. Science 10 consists of four units of study: Climate Change, Biology, Chemistry, and Physics. From successful completion of Science 10, students will be able to choose the 20 level science(s) to which they are best suited, based on ability and interests.



Biology 20 - (5 credits)

Prerequisite: 50% in Science 10.

This course deals with two major themes: Ecology and Human Physiology. Units include the Biosphere, Ecosystems, Evolution, Photosynthesis, Cell Respiration, Digestion, Respiratory, Motor, Circulation, Excretion, Gas Exchange, and Musculoskeletal Systems. The next course in this sequence is Biology 30.

Biology 30 - (5 credits)

Prerequisite: Recommended 60% minimum in Biology 20 and completion of Math 10 is recommended.

This course expands on selected concepts from Biology 20 and introduces new concepts in human physiology. Units covered include the Nervous and Endocrine systems that regulate homeostasis, Reproduction, Embryonic development, Cell division, Genetics and Population Dynamics. A diploma exam worth 50% of their mark is written at the end of the course.

Chemistry 20 - (5 credits)

Prerequisite: 50% in Science 10. It is recommended the students have finished Math 10 or are taking it concurrently. This course deals with topics such as solutions, gases, stoichiometry, bonding and acids and bases. The next course in this sequence is Chemistry 30.

Chemistry 30 - (5 credits)

Prerequisite: Recommended 60% minimum in Chemistry 20

This course is more theoretical in nature than Chemistry 20; it enables students to be aware of chemistry in their lives and environment. Core topics include a study of the various aspects of chemical reactions including energy of reactions, organic chemistry, chemical equilibrium, and oxidation-reduction reactions. Students are required to do extensive lab work to support the theoretical side of the course. A diploma exam worth 50% of their mark is written at the end of this course.

Physics 20 - (5 credits)

Prerequisite: Recommended 60% minimum in Science 10. Due to the strong algebraic skills required for success in Physics 20 it is also recommended that students have a 65% in Math 10C

The Physics 20 course is a study of uniform motion, accelerated motion, object in free fall, projectile motion, circular motion, simple harmonic motion, mechanical energy, mechanical waves and the dynamics of motion. This course is very useful for athletes to better understand the underlying physical basis of their sport.

Physics 30 - (5 credits)

Prerequisite: Recommended 65% minimum in Physics 20.

The Physics 30 course is a comprehensive course of study that requires an understanding of physical theory as well as a strong ability to solve problems. The core topics include the conservation of momentum, the nature of light, electric fields and forces, electromagnetism, theories of the nature of the atom, wave-particle duality, the structure of the nucleus, radioactivity, and the standard model of matter. Interested students will find a rich and rewarding experience in this course. A diploma exam worth 50% of their mark is written at the end of this course.

Physical Education and CALM Course Selection

Our goal at the NSS is for each student to acquire an appreciation for a variety of physical activities and a desire to pursue a lifestyle of physical fitness purely for enjoyment and health after competitive sport. Four other primary program aims are to:

1. Develop physical skills and knowledge of several activities that will enable participation in a wide variety of activities.
2. Develop social skills that promote acceptable standards of behaviour and positive relationships with others.
3. Develop positive attitudes that will encourage participation in various physical recreational activities, promoting a positive self-image and respect for others.
4. Have fun in less competitive physical activities.
5. Develop leadership and team building skills in a non-competitive environment.

Physical Education 9 & 10 \ Athlete Development - (10 credits)

Physical Education 9 and 10 are compulsory courses in the province of Alberta. It is our goal to have students involved in a variety of activities and, in doing so, learn about sportsmanship, fair play, and physical well-being. This course will provide exposure to a variety of games as well as some individual activities and experiences in alternative environments. This Phys Ed. program supports Canada's long term athlete development model by continuing to enhance physical literacy, develop mental fitness and ongoing athletic learning. Sports psychology, yoga, fundamentals of training, are among the CTS modules students will be exploring in the context of athlete development and exploration of sport.

Physical Education \ Athlete Development 20 (10 credits)

Prerequisite: Physical Education 10 or 20

Students will develop their leadership skills through participation in and planning of a variety of activities. This program provides opportunities for students to explore recreational opportunities, lead activities, and be involved in sport in a cooperative environment. This Phys Ed. program supports Canada's long term athlete development model by continuing to enhance physical literacy, develop mental fitness and ongoing athletic learning. Sports psychology, yoga, fundamentals of training, are among the CTS modules students will be exploring in the context of athlete development and exploration of sport.

Physical Education \ Athlete Development 30 (10 credits)

Prerequisite: Physical Education 10 or 20

Students will develop their leadership skills through participation in and planning of a variety of activities. This program provides opportunities for students to explore recreational opportunities, lead activities, and be involved in sport in a cooperative environment. This Phys Ed. program supports Canada's long term athlete development model by continuing to enhance physical literacy, develop mental fitness and ongoing athletic learning. Sports psychology, yoga, fundamentals of training, are among the CTS modules students will be exploring in the context of athlete development and exploration of sport.

Career and Life Management (CALM) 20 - (3 credits)

CALM is a compulsory course required to attain an Alberta High School Diploma and is the core course for health literacy at the senior high school level. The course aims to develop students' critical thinking skills, thereby preparing them to make informed decisions around their own well-being in ways that respect self and others. Course content themes include career planning, independent living, relationship and development issues, health and wellness and human sexuality. In an effort to best accommodate our student-athletes' timetables, this course is offered online throughout the year, with daily opportunities for one-to-one guidance and facilitation. Most of the course content will be managed independently in an online format; however, there will be opportunities for students to attend and participate in select guest speaker presentations throughout the year.

Applied Sports Course Selection

Sports Medicine 15/25/35

Sports Medicine 15/25/35 introduces a progression of information related to the prevention, identification, and treatment of athletic injuries. All sports medicine students will have the opportunity to participate in a Red Cross Standard First Aid / CPR course certification for an additional cost that will cover the required Red Cross manual and certification card expenses \$35.00. Guest speakers may include but are not limited to Calgary EMS Paramedics, Physiotherapists, Acupuncturists, Massage Therapists and Yoga Instructors. The sports medicine program at NSS is a hands-on project-based program that challenges students to work collaboratively and creatively while increasing their knowledge and understanding of anatomy, physiology, and injury management. As the program progresses, students are expected to become more independent, demonstrate initiative and take on leadership roles within the classroom.

Sports Medicine 15 – introductory - (5 credits)

Course content presents information regarding the anatomy and physiology of the human body, and introduces additional information related to basic injury identification and treatment options. Practical course components will include a general introduction to taping, massage, first aid and CPR

Sports Medicine 25- intermediate - (5 credits)

Students will progress into a more independent learning project-based environment than the Sports Medicine 15 level. Course content will review basic anatomy and physiology of the human body, introduce additional information related to body systems, and continue to develop basic injury management skills. Students will have the chance to develop leadership and presentation skills by demonstrating taping techniques, creating resources, and sharing their knowledge with students in the Introductory Sports Medicine 15 course.

Sports Medicine 35- advanced - (5 credits)

Sports Medicine 35 provides an independent learning environment and requires initiative and leadership in the classroom. Students are expected to demonstrate and teach to introductory and intermediate Sports Medicine students. Advanced sports medicine students will also be exposed to the sports medicine industry in a variety of settings to deepen their understanding of the prevention and treatment of sports related injuries and related careers.



Optional Course Selection

Grade 9 Option (Blast Class)

The Grade 9 Students are offered an integrated option course which includes Fine Arts (Art & Drama) and Career and Technology Studies (photography design, computer applications and more) in conjunction with the core subjects.

Fine Arts Courses

French 10-3Y - (5 credits)

No prerequisite. This is a beginning level French course. The students will develop listening, reading, speaking and writing skills in a theme-based setting.

French 20-3Y- (5 credits)

Prerequisite: 60% in French 10-3Y. This course is for students continuing on from French 10-3Y or for students with a knowledge of basic French. Listening, reading, speaking and writing skills continue to be developed in a theme-based setting.

French 30-3Y - (5 credits)

Prerequisite: 60% in French 20-3Y. This course is for students continuing on from French 20-3Y or for students with a good background in oral and written French. Oral competence, reading and writing continue to be developed.

Art 10 - (3 - 5 credits)

Prerequisite: None

Art 10 is designed to be enjoyable and challenging to students with an interest in art. Emphasis is placed on drawing, composing works and responding to visual imagery. No previous art training is required, but a desire to learn and a positive, enthusiastic attitude is an asset. Basic skills in drawing, painting, sculpture and design are developed through a variety of assignments.

Art 20 - (3 - 5 credits)

Prerequisite: Art 10

Art 20 builds on skills and techniques from Art 10. Skills in drawing, composition and imagery are further developed through a variety of assignments, which involve sketching, painting, sculpture and design. Time is allocated for projects personally selected by each student. Students at this level are encouraged to organize a portfolio of their work.

Art 30 - (5 credits)

Prerequisite: Art 20

A variety of projects are individually assigned to students depending on their interests or needs. Emphasis is placed on portfolio development. Senior students often undertake larger, more advanced and skilled projects. Entrance requirements are a focus for students applying to post-secondary art institutions.



CTS Computer Courses

Design Studies 10 – 5 credits

Prerequisite - None

Explore the world of design– architectural, environment, industrial, and interior. Learn basic sketching and rendering techniques, computer aided design (CAD) software and 3D modeling and creates and present a variety of designs based on specific client details. You have a choice of computer or hand drawn plans and rendering.

Sketch, Model & Draw DES1010, the Design Process DES1020, CAD 1 DES1050, CAD 2 DES2055, 3D Design 1 DES1040, 3D Design 2 DES2045

Media Arts 10 – 5 credits

Prerequisite - None

Learn the basics of each type of media (print, video, photography, animation and graphics) and the software (Adobe Photoshop, Illustrator, Flash, InDesign and iMovie) that produces it and then use your knowledge to produce multimedia pieces to inform, entertain and persuade your viewers.

Visual Communication COM1005, Graphic Tools COM1035, Web Design COM1055, Animation 1 COM1145, Photography – Digital Processing COM1275

Creative Writing 15

Prerequisite - None

This course is designed for students who wish to refine their creative writing beyond what is offered in their Humanities and English Language Arts courses. Whether you are an experienced writer, or someone who wants to expand their creative side, opportunities will be given to exploring and develop one's own ideas, writing in a variety of methods, forms, and styles.

This is a hands on course where students will be expected to share and workshop their writing in a safe, encouraging environment. Because of the workshop aspect of the course, keeping on pace with the class will be necessary, even while away.