

What's New for 2020/2021

GRADE 10

AMI201B – Music for Beginners

Prerequisite: None

This course emphasizes the creation and performance of music at a level consistent with previous experience. Students will develop musical literacy skills by using the creative and critical analysis processes in composition, performance, and a range of reflective and analytical activities. Students will develop their understanding of musical conventions, practices, and terminology and apply the elements of music in a range of activities. They will also explore the function of music in society with reference to the self, communities, and cultures.

*** This music course is for students with limited or no previous music experience.

PAR201 – Healthy Active Mindfulness

Prerequisite: None

This course will focus on a variety of individual and small group activities that promote mindfulness, stress and anxiety management, suppleness, and strength of body & mind. Such activities will include but are not limited to yoga practice, mindfulness activities, hiking, and breath-centered movements. Students may be given opportunities to network with community resources supporting these practices through guest instructors and class trips

GRADE 11

Blended Learning Options

Grade 11 English can be selected as either a Blended Class or an in Class course:

- **ENG3C1 or ENG3C1B (Blended Learning)**
- **ENG3U1 or ENG3U1B (Blended Learning)**

PPZ3C1B – Health for Life

Prerequisite: None

This course enables students to examine the factors that influence their own health practices and behaviours as well as those factors that contribute to the development of healthy communities. It emphasizes the concept of wellness, which addresses all aspects of well-being – physical, cognitive, emotional, spiritual and social – and promotes healthy eating, physical activity, and building and maintaining a positive sense of self. Students will develop the skills necessary to make healthy choices and create a personal wellness plan. They will also design initiatives that encourage others to lead healthy, active lives. The course prepares students for college programs in health sciences, fitness, wellness, and health promotion.

*** This course is not a course that includes required participation in physical activity in a gym setting. This is a Blended Learning course where students will complete assignments based on theory, health and wellness.

OTHER NEW OPTIONS

NBE3C1 and NBE3U1 – ENGLISH: Aboriginal Voices

Prerequisite: ENG2P1 or ENG2D1

This course focuses on themes, forms, and stylistic elements of a range of literary, informational, and graphic texts of First Nation, Métis, and Inuit authors in Canada. They will analyze changes in use of text forms by Aboriginal authors over time periods and within cultures when expressing themes of identity, relationships, and sovereignty in the 21st century. Students will create oral, written, and media texts to explore their own ideas and understanding focusing on the development of literacy, communication, critical and creative thinking skills necessary for success in academic and daily life. The course is intended to prepare students for the compulsory Grade 12 university preparation course.

*** These Aboriginal Courses count as your grade 11 English Credit.

Grade 11 PPL301 & PAF301 Phys. Ed. Courses

Students will now have the option to choose Coed or Female only.

PAR301 – Healthy Active Mindfulness

Prerequisite: None

This course will focus on a variety of individual and small group activities that promote mindfulness, stress and anxiety management, suppleness, and strength of body & mind. Such activities will include but are not limited to yoga practice, mindfulness activities, hiking, and breath-centered movements. Students may be given opportunities to network with community resources supporting these practices through guest instructors and class trips

TXH3E1 – Barbering

Prerequisite: None

The barber course offers students an opportunity to work in a barber/salon environment and provide services for a diverse clientele. Students can focus on a barbering career in a growing service economy. Students will gain hands-on experience using professional materials and equipment and practising current techniques. They will use professional terminology related to barbering, acquire transferable problem-solving skills, and learn about the work habits that are important for success in these fields. At the same time, they will expand their communication and interpersonal skills as they interact with their peers and clients.

This course enables students to develop knowledge and skills in barbering and offers a variety of applications that will equip students to provide services for a diverse clientele. Students will identify trends in the barbering industry, learn about related health and safety laws, and expand their communication and interpersonal skills through interactions with peers and clients. Students will acquire a more detailed knowledge of apprenticeships and direct-entry work positions.

TMM3M1 – Manufacturing Engineering Technology: Mechanical Engineering

Prerequisite: None

This Certified Production Technician (CPT) ® program, operated in partnership with Mohawk College, allows you to master advanced manufacturing production skills. Your knowledge of these techniques will help you to find higher-paid jobs and ensure increased productivity and competitiveness for your employer.

The CPT program, located here at Orchard Park, has four individual certificates that can be completed during two (2) credits of TMM3M and TMM4M (Manufacturing Engineering Technology: Mechanical Engineering). Each certificate requires approximately 40 hrs of on-line work. The course will include some hands on shop work to supplement the theory. The modules include:

- Safety
- Quality Practices & Measurement
- Manufacturing Processes & Production
- Maintenance Awareness

GRADE 12

Blended Learning Options

Grade 12 English can be selected as either a Blended Class or an in Class course:

- **ENG4C1 or ENG4C1B (Blended Learning)**
- **ENG4U1 or ENG4U1B (Blended Learning)**

The Following Grade 12 Math courses can be selected as either a Blended Class or an in Class course:

- **MCV4U1 or MCV4U1B (Blended Learning)**

The Following classes will **ONLY** be offered as Blended Learning classes:

- **BBB4M1 – International Business**

Prerequisite: None

- **IDC4U1- Interdisciplinary Studies in Finance**

Prerequisite: Any university or university/college course in Canadian & World Studies, English or Social Sciences & Humanities

- **CGR4M1 – The Environment & Resource Management**

Prerequisite: Any university or university/college course in Canadian & World Studies, English or Social Sciences & Humanities

- **CHY4U1 – World History**

Prerequisite: Any university or university/college course in Canadian & World Studies, English or Social Sciences & Humanities

- **MCT4C1B – Mathematics for College Technology**

Prerequisite: MCF3M1

OTHER NEW OPTIONS

Grade 12 PPL301 & PAF301 Phys. Ed. Courses

Students will now have the option to choose Coed or Female only.

PAR401 – Healthy Active Mindfulness

Prerequisite: None

This course will focus on a variety of individual and small group activities that promote mindfulness, stress and anxiety management, suppleness, and strength of body & mind. Such activities will include but are not limited to yoga practice, mindfulness activities, hiking, and breath-centered movements.

Students may be given opportunities to network with community resources supporting these practices through guest instructors and class trips

PSK4U1 – Introduction to Kinesiology

Prerequisite: None

This course examines the fundamental concepts and principles for human sport performance. An effective health professional must understand the essential components of the body's systems. To enable course outcomes, we will focus on the language and terminology of healthcare, human anatomy, the science of performance physiology, skeletomuscular function, cardiology, and sport psychology. In addition, the class offers several practical and recognized certifications in Fundamental Movement Skills*, Ethical Decision Making*, Coach Initiation in Sport* and Concussion Awareness*.

Students will develop a health professional's perspective on the developmental features that guide human development and performance. We will explore ways to reflect on the body's systems that lead to an understanding, and practical application for improved movement skills and overall performance. We will give special consideration to the challenges of managing and employing effective strategies for exercise prescription and maintenance. This will also include a section on wrapping and taping for performance and injury prevention*. At the end of the semester students will be able to 1) identify and describe key considerations impacting sports performance 2) formulate and evaluate alternative solutions to facilitate sports performance; and 3) learn verbally and in writing to present analyses of exercise science and their impact on human performance.

*** These elements of the PSK course can be considered towards Orchard Park's SHSM Health and Wellness elective certifications.

* There may be a Cost associated with some certifications

TMM4M1 – Manufacturing Engineering Technology: Mechanical Engineering

Prerequisite: None

This Certified Production Technician (CPT) ® program, operated in partnership with Mohawk College, allows you to master advanced manufacturing production skills. Your knowledge of these techniques will help you to find higher-paid jobs and ensure increased productivity and competitiveness for your employer.

The CPT program, located here at Orchard Park, has four individual certificates that can be completed during two (2) credits of TMM3M and TMM4M (Manufacturing Engineering Technology: Mechanical Engineering). Each certificate requires approximately 40 hrs of on-line work. The course will include some hands on shop work to supplement the theory. The modules include:

- Safety
- Quality Practices & Measurement
- Manufacturing Processes & Production
- Maintenance Awareness