

Course Title	Course Description
ADST - Art Metal Jewelry 12	Metal Art and Jewelry is a course designed to allow students to develop technical and creative skills using metal as the medium to demonstrate their knowledge and skills. The technical aspects of the course will focus on learning to safely use hand and power tools and metalworking equipment as well as knowledge and understanding of the materials being used. The creative side of the course will focus on developing an eye for design, through sketching and drawing of ideas and application of design through shape, colour, form and function of the products being manufactured. Students will design and make rings, pendants, chains and other jewelry throughout the course.
ADST - Automototive Technologies (Power Tech) 10	Power Technologies 10 gives students an opportunity to explore the concepts of movement, power, and various power technologies such as combustion engines, transfer and conversion of energy, and alternate energy resources. During this course, we will cover shop safety, measurement, fasteners, electric motors, electrical circuits and batteries, small engine basics, engine diagnostics and maintenance, automotive maintenance, and STEM-based engineering design
ADST - Automototive Technologies 11/12	Automotive Technologies 11/12 covers vehicle maintenance, diagnostic procedures, engine operation, vehicle safety systems, vehicle chassis, steering, and various other concepts related to automotive technologies. This course is designed to prepare students for car ownership, maintenance, and possible careers in the mechanical trades. Students are strongly encouraged to bring in their own vehicles, motorbikes, quads, snowmobiles, or other combustion engines to work on.
ADST - Computer Programming & Game Design 10-12	This is a mixed level course where students will be exposed to various learning pathways in game design. We will be learning the fundamentals of planning, testing and creating a prototype game. Students will be learning appropriate tools and technologies for specific tasks as well as developing their abilities to problem solve, identify and modify code structures. Intermediate and advanced students will have the opportunity to extend their learning.
ADST - Culinary Arts (Cafeteria) & Foods 10-12	New for 2025-26 - In order to keep our brilliant LVR Culinary Arts (Cafeteria) program & services running, we will prioritize placing students in Culinary Arts 10-12 before deciding on how many Foods 10-12 classes to run. Each Culinary Arts (Cafeteria) 10-12 class will have 16 students in two groups of 8, with students alternating between two weeks in the kitchen and two weeks working on assignments & trainings.
	Culinary Arts (Cafeteria) focuses on quantity food preparation and service. Students develop the skills necessary for commercial food preparation as they participate in daily activities of receiving, storing, preparing, presenting and serving nutritious foods. Culinary Arts students can apply their skills in their homes as well as in public food service facilities. They may choose to use their training to secure entry level employment in the growing hospitality industry or to pursue careers in the food industry.
	Foods classes are a great place to be and a great way to have a little fun, learn to cook or add to what you already know, and to be social and make new friends. Choose this course – show up and be ready to cook and eat! This is an active environment where you get to socialize while you cook. You have the opportunity to learn to cook, get creative with recipes, try out recipes that you select and get a little competitive in cook offs. You are welcome to come with zero cooking skills and learn as you go, or you can come with lots of cooking knowledge and share what you know. Everyone is welcomed with open arms. Classes focus on a variety of culinary skills, learning nutrition, and understanding cooking processes. Favorite recipes include spanakopitas, perogies, bannock, tiramisu, homemade pasta and bread, tikka marsala, and more.

ADST - Drafting 10	This course introduces students to the world of 3D design and architecture. Students who have interests in design, architecture, engineering, or trades should take this course! Students will learn how to use industry standard Computer Aided Drafting (CAD) software such as Fusion 360 and AutoCAD. Students will also learn how to design products and objects for the real world. Students will also learn to use 3D printers and CNC Machines. A portion of this course will focus on the production of a complete set of house plans including floor plans, elevations, and section views. If you are interested in design, engineering, fashion, or the trades, this course will develop skillset that is useful for many career paths.
ADST - Drafting 11	This course expands on Drafting and Design 10, focusing on 3D design and architecture. Students will enhance their skills with CAD/CAM software like Fusion 360, AutoCAD, and Revit, learning to virtually test structures, design bridges, and create realistic renderings and assemblies. They can also use 3D printers and CNC machines for hands-on applications. A key component involves producing a full set of house plans, including floor plans, elevations, section views, and interior details like kitchens and furniture. This course is ideal for students interested in design, engineering, fashion, or trades, offering valuable skills for diverse career paths.
ADST - Drafting 12	Prerequisites: Drafting and Design 10 or 11. This course builds on Drafting and Design 10 and 11, allowing students to refine their skills with CAD software such as Fusion 360, AutoCAD, and Revit. Students will learn to virtually test structures, design bridges, and create realistic renderings. Following a self-directed study path, students can focus on areas of personal or career interest, such as interior design, architecture, product design, engineering, or trades. The course aims to help students develop a professional portfolio and fully explore the potential of CAD software. Graduates will be well-prepared for post-secondary programs in design, architecture, engineering, or trades fields.
ADST - Engineering 11/12	Engineering 11/12 is a course that covers the basics of Engineering that students will experience in post secondary and work environments after they finish at LVR. This course is designed to introduce students to a wide array of engineering concepts and experiences through hands-on learning and design challenges.
ADST - Media Arts 10-12	This is a mixed level course where students will have the opportunity to grow artistic expression through different types of media art. Students will build on their media production skills by exploring and practicing different media technologies and image development strategies. They will also learn how to communicate ideas and respond to cultural contexts as well as demonstrate awareness of self, others and place through their own original artworks. Areas of Focus - Graphic design and typography; Photoshop and Illustrator; Print design; Film and effects; Animation
ADST - Metal Technology 10-12	Metalwork is a split-level course where students learn different skills and processes used in the metal trades. Welding, machining, and sheet metal tools are used to make projects that will help students build skills. Design, measurement, safety and blueprint reading are also taught. Students are divided into three levels and build upon the skill learned in the previous level. Each project is designed to get students using machines and learning different process.

ADST - Photography 10-12	This is a split level course where students will be exposed to various types of photography. Students will develop their photography skills by practicing different creative processes and image development strategies. They will also learn how to communicate ideas, respond to social issues and develop personal answers to aesthetic questions through their own original artworks. Areas of Focus - Different styles of photography; Photography equipment; Digital and analog post production methods; Principles of composition; Principles of light
ADST - Textiles 10-12	Textiles 10-12 is an introduction to the expansive and creative world of textiles. Students will develop proficiencies with multiple hand and/or machine tools and technologies through skill building projects that will give them the skills to tackle increasingly complex and self-directed projects throughout the course. Projects include but are not limited to upcycled and new garments, stuffies, bags, natural dyes, pine-needle baskets, beading, quilting, and repairing. Students will learn about creating and designing projects using the design cycle, which includes the cultural, ethical, and environmental dimensions of their designs, the elements and principles of design, and more. Students will also have the opportunity to meet local designers and makers throughout the course. Students who have previously taken this course will be given more choice and opportunity with regards to creative projects.
ADST - Woodworking 10	Woodworking 10 provides students, whether new to woodworking or with prior experience, the chance to build foundational skills and advance existing ones. The course begins with skill-building projects like a turned object, folding camp chair, and jewelry box. After completing these, students will design and build a project of their choice. They will learn design and drawing techniques, hand and power tool safety, and various joinery methods. Additionally, students will explore using drafting software and a CNC machine. The course emphasizes creativity, precision, and safety, equipping students with valuable skills for future woodworking projects.
ADST - Woodworking 11	Woodworking 11 builds on Woodworking 10 skills but is open to beginners. The course starts with a carpentry project for the school or community, followed by a furniture build (bedside table, tool, or wall cabinet). It concludes with a design-and-build project of the student's choice. Past student projects include furniture, musical instruments, jewelry boxes, sculptures, and wood art. Emphasis is placed on precision and quality craftsmanship. Students will also learn drafting techniques and how to use a CNC machine. This course fosters creativity, technical skills, and attention to detail, preparing students for advanced woodworking projects.
ADST - Woodworking 12	Woodworking 12 builds on skills from Woodworking 10 and 11 but is open to beginners. This course is ideal for students seeking to refine their joinery and woodworking skills. Students will design and build projects of their choice, including furniture, cabinetry, art, musical instruments, or prototypes. Success requires self-motivation, consistent effort, and precision in craftsmanship. Students may also use this course to develop their Capstone Projects. Additional opportunities include learning drafting techniques and using a CNC machine. With a focus on creativity, accuracy, and efficiency, this course prepares students for advanced woodworking and design challenges.

ADST - Furniture and Cabinetry 12	Furniture and Cabinetry 12 is for students who have completed Woodworking 10, 11, and 12 and wish to advance their skills. Students will design and build one or more pieces of furniture or cabinetry, working independently and following their woodworking passions. This course emphasizes motivation, precision, and craftsmanship. It is ideal for those pursuing careers in Carpentry or Joinery or completing a woodworking capstone project. Students will have access to all woodworking equipment and technologies at LVR, providing opportunities to refine techniques and create high-quality projects while preparing for future woodworking endeavors.
Arts - Art Studio 10	Fun and inspiring learning activities, project based assignments and 'Sketchbook Friday' will build skills with a variety of art making materials and processes. We will investigate ideas around thinking, communication, and ways of knowing through a variety of worldviews and personal themes. Students enjoy projects in charcoal and ink drawing, acrylic and watercolour painting, and printmaking is always a favourite. Sculpture projects can include everything from clay to community arts events like making a paper lantern for the Lantern Festival.
Arts - Art Studio 11/12	Drawing, Painting, Printmaking, and Sculpture are the building blocks, but students are invited to imagine developing and extending learning in their favourite areas. Art 12 offers more opportunities for independent project work and support for individual ideas, depending on students interest and abilities. Skills continue to develop through art making demonstrations, visiting artists, project based assignments, and collaborations with spaces in our community to host student shows, build portfolios and engage in 'Friday Open Studio' projects.
Arts - Ceramics & Sculpture 11/12	Clay based materials are used to create a collection of glazed pottery. Students will also learn the processes and language for a variety of sculpture based materials in order to experience and present 3D work and installations. Students enjoy creating projects that transform people, animals and objects into cool sculptures, or can represent ideas such as shared experiences on the surfaces of their hand made pottery. Artists can mix and combine materials in this hands on course.
Arts - Concert Band 10-12	In Concert Band 10-12, students will work on improving their instrument skills, like melody, harmony, dynamics, tempo, tone, and articulation, while playing concert band and popular music. Students will also learn music theory, sight reading, and performance skills in order to become well-rounded musicians. This will be done through group rehearsals, sectional practices, solo practice, and performances.
Arts - Dance Academy - Choreography 10-12	The purpose of the Dance Academy is to improve each student's dance technique and artistry while increasing the depth of their supporting knowledge. Technique classes will be intensive and will focus on alignment, strength, flexibility, use of breath and musicality primarily through ballet and contemporary dance technique. Choreography classes will focus on the fundamental elements of choreography and the choreographic process. Active participation is required in every class. The choreography course typically runs in semester 1.
Arts - Dance Academy - Technique & Performance 10-12	create new works, tour, and attend workshops, festivals, and other community performances. Students will be responsible for production and leadership tasks throughout the year. This group will meet off the timetable twice weekly. Additional rehearsals will be required and are considered part of the curriculum. A costume fee of \$75.00 is charged for this course. Prerequisites: Intermediate or advanced dance experience or experience in related sports such as silks, parkour, synchronized swimming, martial arts and gymnastics. This course runs in Semester 2.

Arts - Dance Company (Outside the Timetable)	<p>This performance-based ensemble will create new works, tour, and attend workshops, festivals, and other community performances. Students will be responsible for production and leadership tasks throughout the year. This group will meet off the timetable twice weekly. Additional rehearsals will be required and are considered part of the curriculum. Prerequisites: Intermediate or advanced dance experience or experience in related sports such as silks, parkour, synchronized swimming, martial arts and gymnastics.</p>
Arts - Drama 10-12	<p>Drama 10-12 explores creative expression and is focused on learning techniques and elements of theatre in a safe, community space. Students will focus on the creative process of theatre and design elements collaboratively. Through active participation students will explore and elaborate these techniques through presentation and performance. No experience necessary.</p>
Arts - Beginner/Intermediate Guitar 10-12	<p>The aim course is about becoming a better guitar player and musician through personal and group practice. This will require focus, dedication, patience, and your presence. An open mind towards new ideas, techniques, and musical genres will optimize your ability to grow as a guitarist. Learning and progression will happen through a variety of teaching methods that emphasize "learning by doing". This is a safe and supportive environment where you are encouraged to take chances and make mistakes! We are all in this together and egos need to be checked at the door. Kindness, encouragement, and compassion for others are all great elements to display here. You can expect to be playing your guitar daily in this class! Songs from a variety of musical genres will be learned and some recording will also be involved. I will make great efforts to have a variety of local guitarists come and visit us on double block days. You will not want to miss these guest musicians!</p>
Arts - Jazz Band 10-12	<p>The Jazz Band 10-12 course helps students improve their jazz music skills through playing, learning music theory, jazz history, and developing musicianship. Students will work on techniques like melody, harmony, dynamics, and tone while playing jazz and popular music. They will also practice sight reading and performance skills in group rehearsals, sectionals, and solo practice. The course includes plenty of opportunities to perform at school, in the community, and at the BC Interior Jazz Festival in Kelowna.</p>
Arts - Theatre Production 10-12 (Outside the Timetable)	<p>Theatre Production focuses on the elements of how to stage a production. Students enrolled in the class can choose to focus on design and construction, including costume, set, lights and sound or to enhance acting and stage management for the actual productions. Where as drama is about creative process, theatre is about creatively and collaboratively developing and sharing a product to an audience.</p>
Career Life Connections (CLC) 12 & Capstone Project <u>Inside the Timetable</u>	<p>Career Life Connections 12 aims to meet the needs and reflect the nature of 21st-century learners. It has at its heart the concepts of effective and respectful communication, planning for graduation and beyond, career and post-secondary exploration, the importance of health, financial literacy, and thinking creatively and critically. Career Life Connections 12 aims to meet the needs and reflect the nature of 21st -century learners. Effective and respectful communication, planning for graduation and beyond, career path exploration, health, financial literacy and creative and critical thinking are key components of this course. The Capstone is a culminating project, presentation, or performance that allows students the opportunity to consolidate and showcase the learning from the school and life experience into a meaningful and relevant product. Students will use innovation, cross-curricular knowledge, and critical thinking skills in an area of interest as the basis for the project, which is applicable to a real world concept.</p>

Career Life Connections (CLC) 12 & Capstone Project <u>Outside the Timetable</u>	<p>Career Life Connections 12 aims to meet the needs and reflect the nature of 21st-century learners. It has at its heart the concepts of effective and respectful communication, planning for graduation and beyond, career and post-secondary exploration, the importance of health, financial literacy, and thinking creatively and critically. Career Life Connections 12 aims to meet the needs and reflect the nature of 21st -century learners. Effective and respectful communication, planning for graduation and beyond, career path exploration, health, financial literacy and creative and critical thinking are key components of this course. The Capstone is a culminating project, presentation, or performance that allows students the opportunity to consolidate and showcase the learning from the school and life experience into a meaningful and relevant product. Students will use innovation, cross-curricular knowledge, and critical thinking skills in an area of interest as the basis for the project, which is applicable to a real world concept.</p>
Career Life Education (CLE) 10	<p>Career Life Education 10 is a required course for students in BC and is mandatory for high school graduation. The aim of Career Life Education 10 is to enable students to develop the skills they need to become self-directed individuals who set goals, make thoughtful decisions, and take responsibility for pursuing their goals after high school and throughout their lives. This course is designed to help students explore and learn many useful things about themselves, how they relate to others, career options and about life. They will learn how their decisions affect their lives and the lives of others, now and in the future. This course is also designed to help students start to prepare for life beyond high school and to give them some tools to maintain a healthy and balanced lifestyle while in high school and going into adulthood.</p>
ATLAS Academy 12	<p>ATLAS 12 is designed for students who have a strong personal interest in outdoor recreation. Moreover, students may have a desire to pursue a career in the field of adventure tourism / recreation or a related area. These occupations could include but are not limited to mountain guiding, ski patrol, park warden, outdoor educator, park naturalist, wild land fire fighter, and field assistant. This course will introduce students to the technical skills required for a variety of adventure-based industries. This opportunity will facilitate students to develop their "outdoor skills resume", a requirement for many adventure tourism post-secondary programs. Furthermore, in order to increase the likelihood of students gaining employment in this industry and / or furthering their studies in adventure tourism, ATLAS 12 would, subject to alignment with legislation and School District No. 8 Board Policy & Administrative Procedures, provide successful students with specific certifications. This program is a full semester in the second half of grade 12 and has an application process.</p>
Elective - Creative Writing 12	<p>In this course, we will explore the wonderful world of creative writing. You will have the chance to experiment with many different writing styles while developing your own personal voice. Reading literature is part of the class but as a means of inspiration for our own work rather than a purely analytical exercise (yes, that means we will never write formal essays). We will also focus on the revising and editing process which will include peer feedback. If you are interested in a particular style of writing and would like it to be incorporated into the course, please let me know. I'm open to suggestions. In every class you can expect time for silent reading as well as an opportunity to write. Writing may come in the form of writing prompts, responses, or time to work on one of your writing projects.</p>
Elective - LVTV 10-12 (Outside the Timetable)	<p>LVTV is our news broadcasting program that creates & records news casts out of the LVTV studio & green room. Currently, we are working on getting LVTV back up & running for weekly broadcasts for the rest of 2024-25.</p>

Elective - Mountain Biking, Intermediate & Advanced	This course seeks to develop: recreational, competitive, and potential career opportunities in the field of mountain biking. Recently, there have been several post-secondary programs structured directly around Mountain Biking tourism and sustainable practices as a career. Contained within course programming are: skill development, wilderness first aid, grant application writing and implementation, bike mechanics, sustainable trail design/construction and maintenance, physical conditioning, and leadership/guiding skills. This program will serve as an introduction to the huge variety of career opportunities within the field of adventure tourism. This course would cover all elements and facets of learning about, and participating in, the sport of mountain biking.
Elective - Psychology 11	Psychology 11 is an introductory course designed to offer students insight to the various aspects of psychology such as the History of Psychology; Memory; Biology and the Brain; Social Psychology; and Consciousness. This is a Board Authorized (BA) class, not an Advanced Placement (AP) class. The course will also provide the opportunity for students to examine areas of personal interest in Psychology through an independent inquiry project.
Elective - Psychology 12	Psychology 12 builds on what students learned in Psychology 11 and introduces new topics such as a brief overview of the history of psychology, learning, thinking, language, intelligence, psychological disorders, and therapy. This is a Board Authorized (BA) class, not an Advanced Placement (AP) class. Students will also have the opportunity to explore topics that interest them through case studies, book/documentary analysis, and an independent inquiry project.
Elective - Rec Leadership 11/12 (Outside the Timetable)	Recreational Leadership will teach you how to organize, plan, and lead intramural programs, and school wide events. You will also be encouraged to volunteer for at least one community event. In this course you will learn organizational and planning skills that are essential to life. Students enrolled in this course should have a desire to improve school spirit, and be committed to motivating others to participate in our events.
English 11 - Literary Studies	The purpose of this course is to help students "write effectively and confidently in their university and college courses across the curriculum and in their professional and personal lives." (The College Board, AP English Course Description). In short, students are expected to read critically, think analytically, and communicate clearly in both writing and speech. AP Language is a rhetoric course. Rhetoric is the "art of crafting effective texts for specific audiences" (Jolliffe). Non-fiction texts and their analysis is the focus of this course.
English 11 Advanced Placement (AP) - Language & Composition	The purpose of this course is to help students "write effectively and confidently in their college courses across the curriculum and in their professional and personal lives" (The College Board, AP English Course Description). In short, students are expected to read critically, think analytically, and communicate clearly in both writing and speech. AP Language is a rhetoric course. Rhetoric is the "art of crafting effective texts for specific audiences" (Jolliffe). As such, these are our main goals.
English 12	English Studies 12 is a comprehensive course that enhances students' understanding of literature, language, and communication. Students will engage with diverse texts, analyzing ideas, perspectives, and cultural contexts while developing critical and creative thinking skills. Emphasis is placed on refining writing and speaking skills to prepare for academic and professional opportunities. The course fosters personal growth and lifelong literacy through reflection and meaningful exploration of identity and worldview.

English 12 Advanced Placement (AP) - Literature & Composition	<p>The over arching goal of Advanced Placement 12 is to provide students with the opportunity to read and write extensively about fictional, or imaginative, works of literature "of recognized literary merit". This course will provide students with the intellectual challenges and workload consistent with a typical undergraduate university English Literature/Humanities course. As a culmination of the course, students have the opportunity to take the AP English Literature and Composition Exam given in May. A student who earns a grade of 4/5 or above on the exam may be granted university/college credit at most colleges and universities throughout Canada and the United States.</p>
English First Peoples 10 Literary Studies & Composition	<p>English First Peoples Literary Studies and Composition 10 explores the rich diversity of First Peoples' literature and storytelling traditions. Students will examine a wide range of texts, including short stories, novels, poetry, and media, to gain insight into the perspectives, histories, and cultures of Indigenous peoples. Through critical analysis and creative expression, students will develop their reading, writing, and communication skills, with an emphasis on building understanding, empathy, and respect for diverse voices. The course fosters connections between literature and identity while empowering students to express their ideas effectively and thoughtfully. This course meets the BC Indigenous Graduation Requirement.</p>
French Immersion - Education au choix de carrière et de vie (French CLE) 10	<p>Career-Life Exploration provides relevant learning opportunities, helping students relate their learning in school to the demands of the working world and the expectations of society. It also provides opportunities for students to develop those skills, attitudes and behaviors that will allow them to manage their lives more purposefully and effectively, enhance their personal well-being and realize their full potential.</p>
French Immersion - Français Langue (FRAL) 10	<p>This course is designed for students who have completed French Immersion 9, to help them continue to develop their skills in speaking, reading, writing, and understanding French. Throughout the course, students will expand their vocabulary, grammar, and communication skills by participating in conversations, presentations, and creative writing projects such as stories and poems. They will explore Francophone cultures worldwide, learning about the connections between language and culture while examining texts, music, films, and current events. This course not only supports bilingualism but also enhances cognitive skills, broadens career options, and opens doors for future educational and travel opportunities.</p>
French Immersion - Français Langue (FCLF) 11	<p>This course helps students build confidence in speaking, reading, writing, and understanding French. Students will explore diverse texts, including stories, poems, and articles while gaining a deeper understanding of Francophone cultures and histories. The course encourages critical thinking through the thematic examination of themes, messages, and writing styles while allowing students to express themselves creatively through writing projects and presentations. Students will continue to expand their grammar and vocabulary to communicate more effectively and gain a greater appreciation for Francophone culture. This course is a prerequisite for French Immersion 12.</p>
French Immersion - Français Langue (FRAL) 12	<p>This course helps students deepen their understanding of the French language and explore factors shaping bilingual identity. A requirement for the Double Dogwood diploma, it builds on skills from La langue et la culture francophone 11. Students will engage with diverse texts, such as stories, articles, and media, to understand cultural diversity and language's influence on identity. Emphasis is placed on critical thinking, text analysis, and refining speaking, reading, writing, and listening skills. Activities like writing projects, presentations, discussions, and cultural exploration strengthen language proficiency. French Immersion 12 enhances students' ability to express ideas confidently and appreciate Francophone cultures, supporting future academic and career success.</p>

French Immersion - Sciences Humaines & Soc. (French Social Studies) 11	Exploration in Socials 11 is a foundational humanities course. It is an important platform to acquire the knowledge for other humanity 12 courses. This course will explore the more recent history and connect to current events through themes of Human Rights, Politics, Genocides and Social Justice. You will learn how Canada developed to this day, our international relationships as well as our national relationships. How did we get to where we are, and how do we move forward?
French Immersion - Sciences Humaines (French Social Studies) 10	Social Studies 10 looks at the growth of Canada as it develops its independence on an economic, political and international relations level as well as our growing role on the world stage. The time frame that will be covered in this class is 1919 to 1969. It teaches students to analyze historical events through the Six Historical Thinking concepts and connect history to the present.
Languages - Core French 10	Following the movement both within Canada and worldwide, this course supports the current communicative approach in second Language-Learning. This approach requires much active involvement on the part of the student in the classroom situation. Thus, regular attendance and punctuality are directly related to success in acquiring foreign language skills. Also, the learning process cannot progress during class-time alone: material presented in one lesson forms the basis for the following-one, and it is strongly recommended that students devote twenty minutes each evening to review and be mentally prepared for subsequent communicative work. Note that the communicative approach will be supplemented with a variety of other strategies.
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Languages - Spanish 10	In this course you will learn the basics of speaking, reading and listening to Spanish. In addition, you will have the opportunity to experience various aspects of Hispanic culture such as music, food and art from across the Spanish speaking world. Whether you are interested in travel, connecting with friends and relatives, or even the ability to watch shows or listen to music in another language, this course will help you work towards your goals while boosting your cognitive potential.
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Mathematics - Calculus 12	Calculus 12 is a preview course of the 1st year Calculus courses offered at post-secondary institutions. While it is not a pre-requisite for most BC post-secondary programs, it is highly beneficial for students looking to study in STEM fields (Science, Tech, Engineering, Math) to have studied Calculus prior to 1st year. This course will cover the topics of Limits, Derivatives, Integrals and Applications of Calculus, and covers approximately 70% of the content from 1st year Calculus.

Mathematics - Foundations of Mathematics & Pre-Calculus 10	<p>Foundations of Mathematics & Pre-Calculus 10 is designed to prepare students for the demands of post-secondary institutions and the workplace. Throughout this course students will continue to build the necessary skills needed for future academic endeavors. They will also learn the wonders and value of mathematics in this world. FPC 10 is the highest academic course of Math offered in Grade 10. It requires strong foundational skills and a diligent work ethic. Students are required to do homework if the assigned classwork is not completed during class time. COURSE TOPICS - Prime Factorization & Exponents; Trigonometry; Polynomial Operations; Factoring Polynomials; Relations; Functions; Characteristics of Linear Relations; Equations of Linear Relations; Systems of Linear Equations</p>
Mathematics - Foundations of Mathematics 11	<p>This course is intended for students who either do not intend on pursuing STEM courses at university but require an academic math course for trade programs, or for students who choose to hone their math skills before tackling Math Pre-Calculus 11. Course topics include Scale Factors, Angle Relationships, Quadratic Functions, Systems of Linear Equations and Inequalities, Statistics, and Finance.</p>
Mathematics - Foundations of Mathematics 12	<p>COURSE TOPICS - Logical Reasoning & Set Theory; Permutations & Combinations; Probability; Exponential & Logarithmic Functions; Polynomial & Sinusoidal functions; Financial Mathematics. This course requires the use of a graphing calculator for many of the processes. The programs in the graphing calculator are used as an alternative to solving problems using algebra. Furthermore, this course involves more problem-solving scenarios than other Mathematics 12 courses. Successful completions of Foundations of Math 11 or Precalculus 11 is a prerequisite of this course.</p>
Mathematics - Pre-Calculus 11	<p>COURSE TOPICS - Exponents and Radicals; Operations on Radicals; Factoring & Applications; Angles & Ratios; Sine & Cosine Laws; Quadratic Functions & Equations; Rational Expressions & Equations; Inequalities; Financial Mathematics. This course involves a substantial amount of factoring and algebra. Students enrolling in Precalculus 11 should be comfortable with their number sense (eg. multiplication tables) and with simple algebra. Successful completions of Foundations of Math & Precalculus 10 is a prerequisite of this course.</p>
Mathematics - Pre-Calculus 12	<p>This course is intended for students who plan to continue with post-secondary studies in a STEM field (Science, Technology, Engineering or Math) and is a compulsory pre-requisite for admission to many STEM-based programs. Pre-Calculus 12 is a challenging course that requires strong foundational skills in Mathematics. This course focuses on graphing a variety of functions, and modelling real-world situations using equations and graphs. Strong skills in solving algebraic equations are required, and so it is highly recommended that students have, at a minimum, a "B" grade in Pre-Calc 11 in order to be adequately prepared for the demands of Pre-Calc 12. Retaking Pre-Calc 11 or taking Foundations 12 prior to taking Pre-Calc 12 is the recommended pathway to success for those who need to improve their foundational skills.</p>
Mathematics - Workplace Mathematics 10	<p>WMath10 focuses on real life problem solving (less academic abstract concepts) to better understand the world, confidently solve problems, make connections, and familiarize concepts expected during a lifetime. Areas of focus emphasize reasoning, numeracy, and problem solving primarily within financial concepts, measurement, geometry, and proportion. Often the path of choice for many post secondary trade programs.</p>

Mathematics - Workplace Mathematics 11	WMath11 emphasizes real life math applications (less abstract academic concepts) to better understand the world, confidently solve problems, make connections, and familiarize concepts expected during a lifetime. Areas of focus emphasize reasoning, numeracy, and problem solving primarily within the areas of financial literacy, graphing, geometry, and scale. (60%+ achievement is usually required for most trade programs)
Physical & Health Education - Active Living 11/12	Active Living 11/12 focuses on the development of a personalized approach to a healthy and active lifestyle. This course requires students to participate in a variety of sport and recreational activities that have the potential to engage students' interest throughout their lives. Students will experience activities that include: team games, individual sports, and minor games that all emphasize recreational participation. Regular fitness activities will also be included. It will also provide students with opportunities to refine previously learned athletic skills and reinforce the attitudes/strategies learned in PHE10. * i.e. co-operation, teamwork, good sportsmanship, leadership, respect for individual differences, interpersonal relationships.
Physical & Health Education - Basketball 11/12	The Basketball Academy course provides a setting for students who have a passion for or wish to improve on their skills, coaching, and overall understanding of the game of basketball. With a focus on practical and authentic experiences, students will hone their skills, coach and referee younger players and manage school tournaments. This course includes the teaching and practice of fundamental skills, offensive and defensive strategies, and positional play used at all levels of basketball. Additionally, it will have a focus on building community and developing leadership skills. Students will be
Physical & Health Education - Strength & Conditioning 11/12	Strength and Conditioning is a Physical Education course designed to introduce students to the fundamentals of physical fitness, focusing on developing strength, endurance, flexibility, and overall athletic performance. Students will learn the basic principles of resistance training, cardiovascular exercise, mobility, and injury prevention, with an emphasis on safe, effective exercise techniques. The course covers a variety of fitness methods, including weight training, bodyweight exercises, and flexibility routines. Students will also explore nutrition, recovery strategies, and goal-setting to enhance their performance. Throughout the course, students will participate in structured workouts and learn how to create personalized fitness plans based on individual needs and athletic goals. The course aims to foster a lifelong commitment to fitness, improve athletic performance, and promote overall health and well-being. By the end, students will have the knowledge and skills to continue strength training safely and effectively. The course largely works out of the Nelson District Community Complex.
Physical & Health Education - Volleyball 11/12	The Volleyball Academy course provides a unique setting for students who are keen to improve their fundamental skills, learn offensive and defensive schemes and their overall understanding of the game of volleyball. The course included the teaching, refereeing and practice of fundamental volleyball skills. Students will be involved in activities both at LVR and beyond to help coach and mentor elementary students. The course will follow the LTAD (Long Term Athlete Development) model set out by Volleyball BC and Canada Volleyball to ensure the safety and appropriate development of young athletes.

Physical & Health Education 10	PHE10 focuses on developing physical literacy, fitness, and health awareness for students in grade 10. The course includes a variety of individual and team sports, as well as fitness activities, to improve physical skills, endurance, and teamwork. Students also explore topics related to personal health, including mental wellness, stress management, body image, and healthy decision-making. PHE10 encourages positive social interactions, communication, and collaboration, fostering teamwork and respect. By participating in a range of activities and learning about healthy lifestyles, students are empowered to make informed choices that contribute to their overall physical and mental health. This course is a grad requirement.
Science 10	This is an introduction to Biology (genetics and evolution) Chemistry (bonding, chemical reactions, acid base reactions, nuclear reactions, radioactivity), Physics (motion, energy), and Earth Science. By the end of the course students should know which science courses they are going to choose for grade 11.
Science - Biology 11 - Life Sciences	Biology 11 is a survey of all living things, their structures, functions, classification, evolution and interactions. Classroom time may be spent on direct instruction, labs, dissections (clam, squid, crayfish, fish and frog), daily games, projects, public speaking and guest speakers.
Science - Biology 12 - Human Anatomy & Physiology	Biology 12 is a human physiology course, the study of how the human body works. The first half of the course looks at the small parts that make up a human (i.e. biochemistry, cells, DNA, membranes and enzymes) while the second half examines five organ systems (i.e. digestion, circulation, respiration, nervous and urinary). Classroom time is spent on direct instruction, labs, daily games, projects, public speaking and guest speakers.
Science - Chemistry 11	Chemistry 11 explores the world of science on an atomic level and is designed to build students' knowledge of core chemistry concepts. The course focuses on big ideas related to atoms, molecules and moles, chemical reactions and energy, solution chemistry, chemical bonding and organic chemistry. In Chemistry 11, we will use learning activities and problem solving to discover different types of chemical reactions and the mole concept. We will explore the properties, molecular structure and naming of a wide variety of chemical compounds, and investigate trends in the periodic table using atomic structure to explain behavior of matter. We will also use mathematical operations to convert between the number of moles, number of molecules, mass, volume, and concentration of various chemical compounds. A strong showing in the Science 10 chemistry unit and strong math skills are recommended prior to taking this course.
Science - Chemistry 12	Chemistry 12 covers topics that are important to students interested in taking further studies in science at university. The topics tend to be at quite a theoretical level and are supported by many challenging experiments. Chemistry 12 is a good deal more demanding than Chemistry 11, and a 73% or higher in Chemistry 11 with excellent math skills and work habits are strongly recommended. Students planning to take first year sciences in college or university are greatly encouraged to take this course.
Science - Earth Science 11	Earth Science 11 provides you an opportunity to explore the many aspects of our physical world. This course allows you to travel back in geologic time as well as to explore the world as we know it today. With this in mind, the goal of this course is to expose you to the many aspects of Earth Science. This will be done through in-class instruction, practical outdoor learning experiences (field trips), and laboratories. Earth Science 11 is an academic course and satisfies a science 11 graduation requirement.

Science - Physics 11	Physics 11 is an introductory course that focuses on the principles and theories of physics, encourages investigation of physical relationships and illustrates the relationship between theory and application. Topics investigated include Kinematics, Dynamics, Energy. Students participate in a variety of activities, which includes weekly laboratory work and problem solving in small group situations. This offers the student the opportunity to learn to work cooperatively and productively with other students. Strong Math skills and a strong mark in the Physics component of Science 10 is recommended.
Science - Physics 12	Physics 12 is the study of classical mechanics and electromagnetism and is designed to help students develop analytical and problem-solving skills. It provides opportunities for students to understand and apply the principles and concepts of physics to practical situations. Topics studied include: A Review of Vector Kinematics, Vector Dynamics, and an introduction to: Momentum, Equilibrium, Circular Motion, Gravitation, Electrostatics, Circuits and Electromagnetism. This course is recommended for students who have strong solid standing in Pre-Calculus or Foundations 11 and Physics 11.
Science - Physics 11 Honours	Welcome to Honors Physics 11 ! This course is for students who enjoy a challenge and are willing to take on a very heavy course load. Students who have exceptional time management skills, strong Math skills, and who are looking forward to a high level of difficulty. Topics investigated include Kinematics, Dynamics, Energy and Momentum. Students participate in a variety of activities, which includes weekly laboratory work and problem solving in small group situations. It is recommended that if possible they take Precalc 11 concurrently. Students who sign up for this course should sign up for AP1-Physics 12 at the same time.
Science - Physics Advanced Placement 1- Physics 12	Welcome to AP1- Physics 12! This course is for students who enjoy a challenge and are willing to take on a very heavy course load. This course is open to students who have completed Honours Physics 11 or who have special permission of the teacher. This course completes the AP1 curriculum that was covered in Honors Physics 11. It also delivers the regular Physics 12 topics that are not covered in AP1. This is an 8 credit course. In the first term the AP Physics 1 curriculum is completed, assessed, and granted 4 credits. In the second term the Physics 12 curriculum is completed, assessed, and granted 4 credits. This course is faster paced than Physics 12 and emphasizes higher-level problem solving skills, open inquiry labs, and scientific argument. It is assumed that students are familiar with algebra and trigonometry, although some theoretical developments may use basic concepts of calculus. Therefore excellent math abilities are necessary for this course.
Science - Physics Advanced Placement 2	Welcome to AP2! This course follows the AP2 Physics curriculum and builds on the AP Physics 1 curriculum. Topics include: thermodynamics, geometric optics, waves, sound, modern and nuclear physics. This course is open to students who have completed AP Physics 1 or have special permission from the teacher. It is a fast paced course that emphasizes higher-level problem solving skills, open inquiry labs, and scientific argument. It completes the topics covered in first year university curricula. It is assumed that students are familiar with algebra and trigonometry, although some theoretical developments may use basic concepts of calculus. Therefore excellent math abilities are necessary for this course.
Social Studies 10	Social Studies 10 looks at the growth of Canada as it develops it's independence on an economic, political and international relations level as well as our growing role on the world stage. The time frame that will be covered in this class is from World War 1 through to the Cold War. It teaches students to analysis historical events through the Six Historical Thinking concepts and connect history to the present.

Social Studies - Explorations in Social Studies 11	Exploration in Socials 11 is a foundational humanities course. It is an important platform to acquire the knowledge for other humanity 12 courses. This course will explore the more recent history and connect to current events through themes of Human Rights, Politics, Genocides and Social Justice. You will learn how Canada developed to this day, our international relationships as well as our national relationships. How did we get to where we are, and how do we move forward?
Social Studies - 20th Century History 12	Are you curious about the world? Why some countries are democracies and others autocracies? Why certain regions of the world have a high standard of living and others have a much lower standard of living? Or, why certain regions always seem to be in conflict? In 20th Century World History, we will develop our historical thinking skills by exploring history within the context of the 20th century. We'll analyze conflicts, revolutions, globalization, economic & political systems, and current events by researching, watching, discussing, debating, reading, and co-creating knowledge. You will be encouraged to inquire into areas of your own interest and develop personal connections to the past, while developing a deeper understanding of how history is created as a shared narrative.
Social Studies - BC First Peoples 12	BC First Peoples 12 focuses on the diversity, depth, and integrity of the cultures of British Columbia's Indigenous Peoples. In emphasizing the languages, culture, and history of Indigenous peoples, the course addresses an important part of the history of British Columbia. The course provides an opportunity for BC students to acquire knowledge and understanding of the traditions, history, and present realities of BC Indigenous peoples, as well as a chance to consider future challenges and opportunities.
Social Studies - Comparative Cultures 12	This course investigates the history of humanity from a cultural perspective exploring the notion of what is culture and how societies differ. The course will trace humanity from the earliest times to the present day, give or take a few years, exploring diverse societies from around the world, with particular regard to the political, cultural and economic structures and historical forces that shape the foundation of the modern world.
Social Studies - Human Geography 12	Human Geography is a course that explores the world around us. It explains how people and society came to be, less so through a history lens, but instead through studying the phenomenons that continue to shape the world. It approaches the content in a way that encourages students to consider different perspectives over personal experience, helping to understand why and how various societies work. It encourages meaningful discussions and debates that aim to broaden one's understanding of others. Students in this course will learn to approach problems by analyzing the societal, political, geographical and environmental causes and how they impact people today. They will learn to see the world as the complex organism that it is, instead of just in terms of good and bad or one dimensional . This creates a deeper understanding of issues, allowing for more realistic problem solving.
Social Studies - Law Studies 12	In this course we will explore the main components of the Canadian legal system. In doing so, you will learn about how laws are made, criminal law and the rights and freedoms that exist within Canada, among other topics. Additionally, you will have an opportunity to debate and reflect on the principles of morality and justice that form the foundation of our legal system.