REGINA CATHOLIC SCHOOLS
LEARNING ONLINE

Program of Studies
2023-2024

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Humanities

English Language Arts

English Language Arts A9
ELA A9 utilizes an integrated literature and language approach focusing on the strands of reading, writing, listening, speaking, viewing and representing. A variety of genres arranged thematically in the forms of fiction and nonfiction – short stories, novels, modern plays, essays and articles - are explored to achieve the outcomes under the three course goals: Comprehending and Responding, Composing and Creating, and Assessing and Reflecting. This course comprises 50% of the ELA 9 grade.

English Language Arts B9
ELA B9 utilizes an integrated literature and language approach focusing on the strands of reading, writing, listening, speaking, viewing and representing. A variety of genres arranged thematically in the forms of fiction and nonfiction – short stories, novels, modern plays, essays and articles - are explored to achieve the outcomes under the three course goals: Comprehending and Responding, Composing and Creating, and Assessing and Reflecting. A Shakespearean play is also studied. This course comprises 50% of the ELA 9 grade.

English Language Arts A10 ***(Prerequisite: ELA 9)***
This course is neither a prerequisite for, nor a follow-up to English Language Arts 10B. This course develops two of the following three themes: The Unknown, Challenges and Canadian Frontiers. Short stories, poetry, a novel, a modern play, essays and non-fiction are used to develop skills and proficiency in reading, writing, listening and speaking.

English Language Arts B10 ***(Prerequisite: ELA 9)***
This course is neither a prerequisite for, nor a follow-up to English Language Arts A10. The course develops two of the three themes: Equality, Decisions and the Environment. Short stories, poetry, a novel, a Shakespearean play, essays and non-fiction are used to develop skills and proficiency in reading writing, listening and speaking.

Creative Writing 20 ***(Prerequisite: ELA A10/B10)***
This course focuses on writing as an art form. Students are encouraged to develop creative ideas and express them through writing in a variety of forms and genres. The four major genres include: poetry, short fiction, play writing and non-fiction. One unit is an independent project focused on individual student interest.

English Language Arts 20 ***(Prerequisite: ELA A10 and ELA B10)***
This course encourages students to reflect on the many aspects of humanity's life journey through the themes of Starting Out – Beginning and Becoming and Moving Forward – Establishing and Realizing. Reading comprehension, vocabulary, sentence structure and variety, and essay writing are developed from the literature program, without losing sight of the goal of literature for enjoyment and appreciation. Students study both the reading and writing of essays, with a specific focus on the research essay. Through reading, writing, listening, viewing and presenting activities students will gain an understanding and appreciation of literature and language.

English Language Arts A30 ***(Prerequisite: ELA 20)***
This course utilizes Canadian Literature to explore the issues that influence Canadian culture and Canadian identity. The students practice their language skills including comprehending and responding, composing and creating, assessing and reflecting within the context of a variety of literary genres. Two units are explored:
Unit One: Canadian Perspectives: Distinct and Rich (Define the Individual, Negotiate the Community; Celebrate the Glorious, Acknowledge the Scandalous; Shift Centres, Blur Margins; Understand Beliefs, Initiate Action)
Unit Two: Canadian Landscapes: Diverse and Dynamic (Natural and Constructed; Psychological and Physical; Historical and Contemporary; Personal and Societal).

English Language Arts B30 ***(Prerequisite: ELA 20)***
This course focuses on World Literature in a variety of forms. The students practice their language skills including comprehending and responding, composing and creating, assessing and reflecting Themes are explored through a variety of literary genres including a Shakespearean play, Two units are explored:
Unit One: The Search for Self (Sense of Self; Joy and Inspiration; Doubt and Fear)
Unit Two: The Social Experience (Dealing with Universal Issues; Ambition, Power, and the Common good; Social Criticism; Addressing the Issues).

Languages

French 10 ***(Recommended: French 9) – only offered during the Summer***
This program uses the communicative/experiential approach to learning French. Students, exposed to various activities, will be encouraged to speak, read and write extensively.

French 20 ***(Prerequisite: French 10) – not always offered***
The French 20 program increases the student's vocabulary and understanding of the French language through use of the communicative/experiential learning approach. Much student interaction will be encouraged, with theme projects used as final tasks.

French 30 ***(Prerequisite: French 20) - not always offered***
This course draws on previous Core French classes. A variety of themes encourage use of the language.

Mathematics

Mathematics 9
Grade 9 Mathematics extends material covered in elementary school, introduces new concepts and provides a foundation for future high school math courses. The units of study in math include integers, rational numbers, polynomials, circles and prisms, linear relations/equations/inequality, and statistics and probability.

This course is a full year class and divided into two parts; Mathematics 9A in semester one and 9B in semester two.

Foundations of Mathematics and Pre-Calculus 10 ***(Prerequisite: Mathematics 9)***
This course is a pre-requisite for both the Foundations Math and the Pre-Calculus Math in Grade 11. It introduces and/or focuses on the following concepts: factoring, rational and irrational numbers, laws of exponents, operations with polynomials, trigonometry, relations and functions, slope, linear relations, graphing, linear systems, the metric system and imperial measurements.

Workplace and Apprenticeship Mathematics 10 ***(Prerequisite: Mathematics 9)***
This course is a pre-requisite for Workplace and Apprenticeship 20. This course focuses on both the metric and imperial systems of measurement, and because its challenging concepts include area of 2-D shapes and 3-D objects, games involving spatial reasoning, the Pythagorean Theorem, polygons, an introduction to trig ratios (sine, cosine and tangent), angles, pricing and currency exchange, and income. The seven units taught in this course are Unit Pricing and Currency Exchange; Earning an Income; Length, Area and Volume; Mass, Temperature and Volume; Angles and Parallel Lines; Similarity of Figures; and Trigonometry of Right Triangles.

Foundations of Mathematics 20 ***(Prerequisite: Foundations of Mathematics and Pre-Calculus 10)***
This course is a pre-requisite for Foundations of Math 30 in Grade 12. It introduces and/or focuses on the following concepts: inductive/deductive reasoning, proportional reasoning, angles and triangles, sine and cosine laws, data analysis, linear inequalities and basic quadratic functions. As well, students research and present an historical mathematical event or area of interest. The majority of programs at SIAST and faculties in both Saskatchewan universities accept this course.

Mathematics 20 – Pre-Calculus ***(Prerequisite: Foundations of Mathematics and Pre-Calculus 10)***
This course is a pre-requisite for Math 30 Pre-Calculus in Grade 12. It introduces and/or focuses on the following concepts: absolute value, radical numbers, rational expressions and equations, the primary trig ratios, sine and cosine laws, factoring of polynomial expressions, quadratic functions, quadratic equations, inequalities, arithmetic and geometric sequences and series, and reciprocal functions. Students in this course should be planning to take Calculus in Grade 12.

Workplace and Apprenticeship Mathematics 20 ***(Prerequisite: Workplace and Apprenticeship Mathematics 10)***
This course is a pre-requisite for Workplace and Apprenticeship 30. It asks students to deepen their understanding of topics introduced in Grade 10, including surface area, volume, capacity, formulas, right triangles, 3D objects, and mathematical games involving numerical reasoning. As well, it introduces the following topics: data analysis using a variety of graphs; personal budgeting; compound interest and financial institution services; slope, including using technology; and unit analysis and scale.

Foundations of Mathematics 30 ***(Prerequisite: Foundations of Mathematics 20)***
This pathway continues the learning begun in Foundations 20 and includes the following topics: inductive and deductive reasoning; financial decision making; set theory and its applications; odds/probability; permutations and combinations; and lastly, logarithmic, exponential, sinusoidal and basic polynomial functions. As well, students have the opportunity to research and present a current event or area of interest using data collection and analysis. This course is intended for students considering post-secondary education that does not involve engineering, etc.

Mathematics 30 – Pre-Calculus *(Prerequisite-Mathematics 20 Pre-Calculus)*
This pathway focuses on the following concepts: angles; rational and radical functions; operations on and transformations of functions; trigonometric ratios, equations, functions and identities; the unit circle; logarithms; advanced polynomial functions; relations and their inverses; and finally, combinatorics (permutations, combinations and the binomial theorem). As the pre-requisite for Calculus, this course is intended for students heading to university to study engineering, etc.

Workplace and Apprenticeship Mathematics 30 ***(Prerequisite: Workplace & Apprenticeship Mathematics 20)***
This pathway continues the focus of its two prerequisites on very "real world" math, including mathematics required for the Trades. Real world applications include how to buy a vehicle, and how to and how to set up a small business. Math concepts include linear relations; limitations of measuring instruments; statistics; probability and odds; triangles, quadrilaterals and regular polygons; transformations of 2-D shapes and 3-D objects; trigonometry – the sine and cosine laws; and puzzles and games involving spatial reasoning. This course is primarily intended for students who want to attend some SIAST programs and/or work in the Trades. This math may be used for entrance into Fine Arts, Arts, Social Work and some Faculty of Education programs at the University of Regina.

Sciences

Science 9
This class has four units: Physical Science (electricity, atoms, elements); Life Science (cellular and human reproduction); and Earth and Space Science (exploring our universe).

Science 10 ***(Prerequisite: Science 9)***
This course addresses three major themes: Climate and Ecosystem Dynamics, Chemical Reactions and Force and Motion in Our World. In the first, students examine factors that influence Earth's climate and ecosystems, the role of feedback mechanisms within those systems and the interdependence between climate and ecosystems. Chemical Reactions builds on student understanding of atoms and elements by examining the ways in which chemicals react to form new substances and how to represent chemical reactions using models, words and equations. The third theme enables students to collect and analyze data from a variety of moving objects and to examine the role of force in causing changes to the motion of an object. Students will also investigate career paths related to the various disciplines and sub-disciplines of science.

Computer Science 20 ***(Prerequisite: Science 10)***
This is an introductory course in computer programming. The course begins with a history of computer programming and the binary number system. Visual Basic will be used to introduce the concepts of computer programming and the binary number system. Visual Basic will be used to introduce the concepts of computer programming. Concepts to be taught include variables, decision statements and loops. A strong understanding in Math is recommended for success.

Environmental Science 20 ***(Prerequisite: Science 10)***
Students will learn how to examine local and global environmental issues such as climate change, water, soil, and air quality, urbanization, bio-resource management, waste handling and disposal, land-use planning, and the impacts of agriculture and industry on the environment from scientific and Indigenous knowledge perspectives. Students will examine the role of environmental policies and ethics on decision making, and will investigate environmental science related careers. Student directed studies will lead to the development of environmental action plans.

Health Science 20 ***(Prerequisite: Science 10)*** *(High Performance Option Available)*
This course will challenge students to look at the health science field from holistic and analytic perspectives to provide a basis for making sound personal health choices. Students will examine the range of philosophies that guide health care and consider ethical decision within those contexts. Understanding the basic anatomy and physiology of the human body will provide a context for studying the normal and abnormal functioning of various body systems, including the role of nutrition and metabolism. Lastly, students will examine diagnostic tools and procedures and how 18 they are used to inform treatment. Students will also complete an independent study project on a topic related to Health Science.

Physical Science 20 ***(Prerequisite: Science 10)***
This course combines chemistry and physics in an integrated manner to investigate concepts related to the foundations of chemistry, including the mole and quantitative analysis of molecules and chemical reactions, and the characteristics and properties of waves and heating and cooling. Student inquiry will guide independent investigations of physical science phenomena.

Biology 30 ***(Prerequisite: Environmental Science 20 or Health Science 20) – Only offered during the Summer***
The major themes of this course are to examine the significance of evolution as a key unifying theme in biology and to explore what life is and how it changes over time. Students will examine the organization of life in all kingdoms through the study of biomolecules, cellular processes, and organism function. In genetics and biotechnology, students will explore inheritance, and how information is stored, transmitted, and expressed at chromosomal and molecular levels. Student inquiry will guide independent investigations of biology-related phenomena.

Chemistry 30 ***(Prerequisite: Physical Science 20)***
A major focus of the course is the study of the role of chemical properties and bonds in determining what makes materials suitable for use in specific applications. Students will actively investigate the nature of equilibrium in chemical reactions. In electrochemistry, students explore oxidation-reduction reactions and the impact of electrochemistry on society and the environment. Other topics include organic compounds and acid-base chemistry. Student inquiry will guide independent investigations of chemistry-related phenomena.

Physics 30 ***(Prerequisite: Physical Science 20)***
This course enables students to investigate concepts related to modern physics such as quantum mechanics, relativity, and nuclear physics. Students will use Newtonian mechanics to analyze various types of motion and the forces that cause motion. Using the conservation laws of momentum and energy, students will analyze and predict the results of interactions between objects. Lastly, students will explore gravitational, electric, and magnetic fields and their interactions. Student inquiry will guide independent investigations of physics-related phenomena.

Computer Science 30 ***(Prerequisite: Computer Science 20)***
Students will expand on concepts taught in Computer Science 20. Using a different computer language, students will review previous concepts as well as be introduced to functions, arrays and file sharing.

AP Computer Science Support Options
Through Learning Online, RCSD offers support courses to aid students in preparing for the Advance Placement Computer Science exam. RCSD students must register in one of the following two options in order to write the AP Computer Science exam. These options are both offered in the second semester and can be taken in addition to a full course load.

Option One: Robotics and Automation 30 AP Prep (credit course)
This for credit course prepares students for the AP Computer Science exam and provides them with a PAA 30: Robotics and Automation credit. Students will work through online modules that introduce them to Java in preparation for the AP exam as well as build and program a robot that they will be able to keep. There is a $125 course fee for the robotics kit.

Option Two: AP Computer Science Tutorial Course (non-credit course)
This non-credit tutorial support will guide students through online modules that introduce them to Java in preparation for the AP Computer Science exam.

Only offered if teacher is available.

Social Sciences

Social Studies 9
The grade 9 Social Studies course is an introduction to social science concepts and focuses on understanding the relationships between measuring time, human evolution, early civilizations and First Nations. In particular the course focuses on the origin and roots of Canadian Society and Culture. The purpose is to use these themes to help students know and appreciate the past, understand the present, influence the future and make connections between events and issues of the past, present and the future.

History 10 ***(Prerequisite Social Studies 9)*** *(French Immersion Available in summer – Histoire 10)*
Students develop the knowledge, skills, and values necessary to appreciate the past, understand the present, and influence the future. The theme of this course is social organizations. Within this theme, students will study politics, economics, nationalism, international trade, and international relations in a historic setting. The periods of The Enlightenment, French Revolution, Industrial Revolution, Nineteenth Century Nationalism, Imperialism, and the prelude to World War I will be used to illustrate a variety of global concepts.

History 20 ***(Prerequisite History 10 or Native Studies 10)*** *(French Immersion Available in summer – Histoire 20)*
This course examines the major personalities, issues, forces and events that have shaped the 20th Century. We study concepts such as change, ideology, nationalism, imperialism, and collective security. Specific topics include Russian Revolution, World War I, totalitarian regimes, World War II, the Cold War, Arab-Israeli relations, and current world affairs.

Psychology 20 *(High Performance Option Available)*
Psychology 20 guides students to a better understanding of themselves as individuals and as part of society. It addresses the question: How are the thoughts, feelings and behaviours of people influenced by the actual, imagined or implied presence of others? Topics include: understanding behaviour, ethics, motivation, attitudes, personality, familial and cultural influences, and substance abuse/addiction.

Psychology 30
Psychology 30 focuses on human development. Developmental psychology is the field of psychology that focuses on human development across the lifespan. Students will learn about human growth and changes in behavior associated with age, including the various stages of development from our genes to prenatal development through infancy, childhood, adolescence, adulthood, and old age. As well, students will learn how psychological studies are conducted and engage in studies of their own through real interaction with babies and young children. Students will be encouraged to re-assess preconceived ideas and prejudices, and begin to discover how psychological theories, methods, and studies led to greater understanding of how, in general, humans think, feel and behave relative to each stage of development.

Law 30
Law 30 exposes students to the principles of law and knowledge of their rights and responsibilities under the law. Students will become familiar with the law as it affects their personal lives. Discussion will involve topics surrounding consumer, property, criminal, tort, contractual, and family law. The course is presented to students through lecture, case studies, discussions, and role-playing activities.

Native Studies 30 ***(Prerequisite History 10 or Native Studies 10)***
Native Studies 30 examines contemporary issues relevant to Indigenous People. This course provides students with political, legal, and Indigenous perspectives on issues such as Rights, Land Claims, Treaty and Treaty Rights.

Practical and Applied Arts

Accounting 10 ***(Course fee $45)***
This first accounting course introduces students to the purposes and practices of accounting. Topics include accounting careers and concepts, starting an accounting system, journalizing business transactions, posting, developing a work sheet with financial statements, adjusting and closing entries, and accounting for a sole proprietorship. Emphasis is on individualized work with a number of practical simulations. *This course has a $45 fee to cover the cost of the online workbook.*

Communication Media 10*
This is an introductory class studying multimedia and video production. Students will learn about the fundamentals of filmmaking and web page design. They will develop skills in editing, storyboarding, filming, audio recording, and web-page design.

Robotics and Automation 10 ***(Course fee $10)***
This course is provides an introduction to robotics and automation. Topics include the history of robotics, 3D design and printing, and an introduction to coding. In this course, students will have the opportunity to design and print 3-dimensional objects as well as build a virtual robot. ***Only offered if teacher is available***

Accounting 20 ***(Prerequisite: Accounting 10) (Course fee $45)***
Basic accounting principles are expanded to include the preparation of the Worksheet, Income Statement, and Balance Sheet for a merchandising firm. Analytical ratios are used to interpret financial statements and make managerial operating decisions. Topics include an accounting system with special journals, uncollectable accounts, and end-of-period financial statements for a partnership.

Communication Media 20* ***(Recommended Communications Media 10)***
This course expands upon the CM 10 course. Students will further develop skills in filmmaking and web page design and will be engaged in all aspects of creating videos from idea development through to public screening. Skills in editing, story-boarding, filming, audio recording, script writing, and lighting will be developed.

Communication Media 30 * ***(Recommended Communications Media 20)***
Communication Media 30 engages students in one or more major projects that may focus on audio, video, or multimedia production or a combination of these. It is expected that students will engage in more sophisticated post-production activities at this level. Some students may make use of work study opportunities with communication production companies in their communities.

Robotics and Automation 30 ***(Course fee $125)***
Students will work through online modules that introduce them to Java as well as build and program a robot that they will be able to keep. There is a $125 course fee for the robotics kit. ***Only offered if teacher is available***

Life Transitions 30 *(High Performance Option Available, French Immersion Option Available in Summer – Transitions dans la vie 30)*
The aim of Life Transitions 30 is to enable the student to acquire and refine the knowledge, skills and abilities to plan and enhance the student's personal health, family life, community life, and career development. This will assist in effectively managing the change encountered in the transitions students will face throughout life.

****The Communication Media courses have software requirements which are not supplied by Learning Online. It is the student's responsibility to locate software required for the course. The following are programs most used by the Technology Department: Adobe Photoshop, Adobe Flash, iMovie or Movie Maker, Word, PowerPoint, and/or GarageBand. Freeware is available online for download for Photoshop (Gimp), Flash (Pencil), and GarageBand (Audacity). RCSD students have access to these programs and work areas during school hours.***

Health, Wellness, and Physical Education

Wellness 10
The aim of this course is the lifelong pursuit of Wellness. Through the interaction of mind, body and spirit, students will strive to establish and maintain a balanced lifestyle. Using an integrated physical activity component, students will develop and maintain healthy attitudes and behaviors within the five components of Wellness. These components include: Physical Fitness & Activity, Stress Management, Healthy Eating, Leisure, and Relationships.

Catholic Studies

Catholic Studies 9
The aim of Catholic Studies is for students to understand, value, and engage in their faith so that they may hear an invitation, or deepen their commitment, to live as followers of Jesus Christ. Throughout all grades, students investigate, apply and reflect on various aspects of these actions which call upon the Church. The Catholic Studies 9 curriculum focuses in part on the importance of community in supporting and deepening one's faith

Catholic Studies 10 ***(Prerequisite Christian Ethics 9 or Catholic Studies 9)***
The aim of Catholic Studies is for students to understand, value, and engage in their faith so that they may hear an invitation, or deepen their commitment, to live as followers of Jesus Christ. Throughout all grades, students investigate, apply and reflect on various aspects of these actions, which call upon the Church to proclaim Jesus Christ, worship Christ through the sacraments, form a communion of people, give witness, and serve.
The Catholic Studies 10 curriculum focuses in part on the role and importance of evangelization. Students examine what it means to be called to evangelize and consider how and why the Church evangelizes.

Catholic Studies 20 ***(Prerequisite Christian Ethics 10 or Catholic Studies 10)***
The aim of Catholic Studies is for students to understand, value, and engage in their faith so that they may hear an invitation, or deepen their commitment, to live as followers of Jesus Christ. Throughout all grades, students investigate, apply and reflect on various aspects of these actions, which call upon the Church to proclaim Jesus Christ, worship Christ through the sacraments, form a communion of people, give witness, and serve.
The Catholic Studies 20 curriculum focuses in part on the role and importance of Catholic Identity.

Catholic Studies 30 ***(Prerequisite Christian Ethics 20 or Catholic Studies 20)***
The aim of Catholic Studies is for students to understand, value, and engage in their faith so that they may hear an invitation, or deepen their commitment, to live as followers of Jesus Christ. Throughout all grades, students investigate, apply and reflect on various aspects of these actions, which call upon the Church to proclaim Jesus Christ, worship Christ through the sacraments, form a communion of people, give witness, and serve.
The Catholic Studies 30 curriculum focuses in part on the role and importance of Embracing Spiritual and Religious Life

French Immersion

Français 9
This course is designed for students who have chosen to pursue their education in the French Immersion program setting. The emphasis will be put on reading and writing abilities and on oral communication, which are all essential to the acquisition of a second language.

Français 10 *(Prerequisite Français 9)*
This course will include an experiential dimension emphasizing communication and allowing the student to approach various themes and interesting subjects in order to encourage an authentic usage of the French language. There is also an analytical dimension allowing the student to correctly integrate the necessary knowledge of the language in comprehension and in production.

Français 20 *(Prerequisite Français 10)*
This course will include an experiential dimension emphasizing communication and allowing the student to approach various themes and interesting subjects in order to encourage an authentic usage of the French language. There is also an analytical dimension allowing the student to correctly integrate the necessary knowledge of the language in comprehension and in production. Unit 1: Photo-novel and comic strips Unit 3: The novel Unit 2: Reporting and the electronic press Unit 4: Grammar (integrated throughout the other three units)

Français 30 *(Prerequisite Français 20)*
This course will include an experiential dimension emphasizing communication and allowing the student to approach various themes and interesting subjects in order to encourage an authentic usage of the French language. There is also an analytical dimension allowing the student to correctly integrate the necessary knowledge of the language in comprehension and in production. Unit 1: Theatre and a play Unit 4: Poetry and songs Unit 2: The novel Unit 5: Grammar (integrated throughout the other four units) Unit 3: Advertising

Science Humanes 9
The grade 9 Social Studies course is an introduction to social science concepts and focuses on understanding the relationships between measuring time, human evolution, early civilizations and First Nations. In particular the course focuses on the origin and roots of Canadian Society and Culture. The purpose is to use these themes to help students know and appreciate the past, understand the present, influence the future and make connections between events and issues of the past, present and the future.

Histoire 10 - ***(Prerequisite Sciences Humanes 9)***
Students develop the knowledge, skills, and values necessary to appreciate the past, understand the present, and influence the future. The theme of this course is social organizations. Within this theme, students will study politics, economics, nationalism, international trade, and international relations in a historic setting. The periods of The Enlightenment, French Revolution, Industrial Revolution, Nineteenth Century Nationalism, Imperialism, and the prelude to World War I will be used to illustrate a variety of global concepts.

Histoire 20 ***(Prerequisite Histoire 10)***
This course examines the major personalities, issues, forces and events that have shaped the 20th Century. We study concepts such as change, ideology, nationalism, imperialism, and collective security. Specific topics include Russian Revolution, World War I, totalitarian regimes, World War II, the Cold War, Arab-Israeli relations, and current world affairs.

Français Intégré A20 – Only offered during the Summer.
This course provides students the opportunity to use and practice their French language skills while working through modules. The modules that are included in Français Intégré A20 are la sociologie and le cinéma.

Transitions dans la vie 30
The aim of Transitions dans la vie 30 is to enable the student to acquire and refine the knowledge, skills and abilities to plan and enhance the student's personal health, family life, community life, and career development. This will assist in effectively managing the change encountered in the transitions students will face throughout life.

Science Sociales 30 ***(Prerequisite Histoire 10, History 10, or Native Studies 10)***
This course deals with contemporary issues facing Canadians. The emphasis in this course is to develop students' abilities to think and reason dialectically in their consideration of issues, and their approach to solving problems. In each unit the historical experience of Canadians is viewed from a modern perspective in an attempt to understand who we are, and why we react the way we do as a people, to the current issues and problems which confront us as citizens of the nation and the world.

Regina Catholic Schools – High Performance Courses

Learning Online courses provide students involved in high performance activities the opportunity to balance busy training, competition, and performance schedules with academics. The flexible programing keeps students connected to their Regina Catholic School community while pursuing elite activity and academic goals.

High Performance Courses teach the curricular outcomes and objectives through the lens of sport and other high performance activities. Students will be able to make connections between their course content and their experiences in their elite activity pursuits.

RCSD High Performance courses include Psychology 20, Health Science 20, and Life Transitions 30.