

Penhold Crossing Secondary School

Senior High CTS Courses

(Career and Technology Studies Courses)



The following courses are those that have historically been offered at PCSS. Course offerings for 2025/26 may vary depending on enrollments.

For course information on Core courses please click on this link: [SR. HIGH CORE COURSES](#)

CTS Course Fees:

CTS courses have course fees of \$12 per credit earned.

CTS Shop Courses have a fee of \$120 per 5 credits.

CTS Foods have a fee of \$80 per 5 credits.

Art

These courses are designed to introduce students to a multitude of two and three-dimensional art making practices. Students will utilize a variety of mediums which will vary depending on course level. Students will gain artistic skills, as they discover various ways to share their artistic ideas.

Audio, Visual & Film Production

Behind the Hollywood camera & how the 'movie magic' is made. Within this option, you will explore the expansive field of film and television production. Students will focus on the production elements (behind the camera) these include: audio mixing, cinematography production, props, special effects and using editing software. Throughout the course, students will create a variety of short films & experimental projects to refine their skills.

Band

Students work toward mastery of their chosen instrument in this course. The repertoire increases in difficulty, but the skill of the students is set to meet this expectation. Many aspects of music are addressed - creating, consuming and critiquing in various ways. Concerts and field trips are a key component of this course.

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Coaching

The aim of this course is to grow the love of sport[volleyball focus] and develop skills in Coaching, Leadership, Sport Psychology, and Mentorship. This program will emphasize an environment with safe physiological and positive learning and growth opportunities! It will re-enforce that a positive and caring coach can have huge impacts on those they work with and how things in these areas also affect daily life as well. Reasons why students will enjoy Coaching 101 include: Leadership Skills, Positive Mental Health, Activity Focused, Active Lifestyles, Skill Development, Positive Interactions, Self-Confidence and Coaching Fundamentals.

Cosmetology

Cosmetology covers theoretical and practical aspects of the cosmetology profession. Cosmetology 10 is offered in the school and it is a “hands on” course that introduces students to the concepts and applications of basic hair, skin and nail care services. Cosmetology 20 & 30 are intermediate and advanced level programs where more emphasis is given on specialized skills, knowledge and attitude relevant to the cosmetology career field, in readiness for transition into apprenticeship and entry level employment in the Hairstylist Trade industry. Students will have an opportunity to apply to Demar College to continue to strengthen their Cosmetology skills after Cosmetology 10.

Leadership

Students taking this course are expected to be independent, reliable, and motivated individuals. There is both paperwork and hands on assignments to complete in this course to demonstrate an understanding of leadership qualities and leadership growth. Students will be asked to help with school wide events, both during school hours and after school hours. Finally, for the Mentorship Module students may be working with younger students in a classroom setting helping with various tasks.

Design and Development (Computer Science)

Do you have a passion for creating? Want to build skills that will carry forward into your future career? In this introductory course, students will journey through both Design (DES) and Computer Science (CSE) modules to allow students to sample a wide variety of modules that have complementary skill sets. Students will have the opportunity to participate in building understanding of the design process, 3D design and printing, and learning the foundations of CAD skills.

Entrepreneurship

Are you interested in opening a business and want to learn more about moving from dream to reality? This option is set to examine the current market, generate ideas for venture opportunities, assess their feasibility, set goals, and create a business plan.

Esports

Are you a gamer? Are you interested in learning more about the world of Esports while being able to game at school? In this course, the modules will fall under marketing and management. Students will learn how to market, manage, communicate and promote in the world of Esports. Currently,

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there are over \$25 million in scholarships available across North America in the collegiate gaming industry. Why not earn credits and open up future opportunities while gaming at school!

*This is a proposed course, and we hope to have it up and running by semester 2.

Event Planning and Grad Design

Students enrolled in Event Planning will propose and plan all aspects of the current year's grad ceremony. Students will learn to organize and plan aspects of an event, including the location, decor and method associated with managing an event. Concepts taught in the course include developing a proposal, developing a budget, creating decor in alignment with a theme, creating an event schedule, and organizing student help.

Film Studies

Are you a film buff? Are you interested in viewing and analyzing film? This CTS class is all about the wonders of cinema. In this class, we explore the fundamental elements of storytelling and film creation. We watch roughly 10 films, from a wide variety of genres (western, rom-com, action, thrillers, indie & many more). Near the end of the Semester we generally include a creative project where students are asked to create a podcast or cinematic piece to share what they have learned. We look to critique and dissect the various elements of each film. FYI, this class will include a trip to a local cinema to get the full experience!

Fitness

The purpose of the Fitness course is to provide High School students with an opportunity to learn about the various facets of wellness, nutrition and personal training.

1. Understanding physical, emotional, social, spiritual and intellectual wellness
2. The importance of nutrition when being physically active.
3. Evaluate food, supplements, food labels and ingredients and how they have an impact of physical activity and our daily lives
4. Apply basic training & movement principles to health and skill related components of fitness
5. Create a personal fitness plan to achieve health and skill related goals
6. A 3 month membership to PENFIT (Penhold Multiplex fitness center) to put their fitness plan in place to develop lifelong fitness goals. \$60.00 fee for 3 month membership

Guitar

This course is for students with little or no previous musical experience to students that have played guitar for years. This is a course in basic techniques including reading of melodies and rhythms, chording, strumming and finger-picking. Music theory related to guitar is covered. Techniques are applied to all styles of guitar including classical, folk, pop, and rock.

Foods

Sr. High Foods explores cooking more in-depth dishes with an emphasis on preparing and creating fresh products with fresh ingredients. Students who enroll are expected to have an interest in furthering their cooking experiences and skills in a fast-paced, but enjoyable environment!

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Phys. Ed. 20/30

The aim of the PE 20/30 program is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active and healthy lifestyle.

Psychology

In this course you will learn about the historical origins of psychology while learning a variety of case studies and methods that have been used in the past as well as modern day. Students will also learn about the differences between states of consciousness and the phenomenon of our unconscious mind with hands-on approaches to meditation as a method to reduce anxiety and stress as well as some fun dream analysis will also be included. Aspects of social psychology will be addressed including conflict and communication styles based on archetypes.

Shop: Construction

Students learn safe use of hand and power tools through safety modules and guided lessons. Prescribed projects in grade 9 include a tool box, cutting board, rolling pin, toy truck, and step stool. Construction 10 includes a storage crate, serving tray, and additional projects of the students choosing. Construction 20 & 30 provides students with the freedom to plan and build complex projects.

Shop: Fabrication (Welding)

Students learn safe use of hand and power tools through safety modules and guided lessons. Once completed students will learn to mig, stick, and fluxcore weld. Most of the work is done practicing weld beads and different types of welds.

Work Experience 15/25/35 - See Career and Academic Counselor for info.

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Dual Credit CTS Classes:

The following courses are those that have historically been offered as dual credit options. Course offerings for 2025/26 may vary. These classes will be taken during a CTS option block with supervision from a teacher at PCSS. These courses give credit at both the high school & post-secondary level.

Olds College:

AHT 1140 Veterinary Practice: The Team Connection

AHT 1050 Intro to Veterinary Profession

MKG 1021 Marketing Principles

ATG 1007 Agricultural Electronic & Control Systems

ATG 1008 Solving Technology Problems

HRT 1500 Managing Landscapes

HRT 1700 Producing Horticultural Crops

SPM 1020 Training for Performance

SPM 1260 Introduction to Sports Management

ACT 1011 Accounting Principles 1

ACT 1012 Accounting Principles 2

EVS 1210 Applied Ecology

HAT 1255 Accommodation Managements

Red Deer Polytechnic:

HCA 1001 Roles and Responsibilities

SOCI 260 Introductory Sociology

PSYC 260 Principles of Psychology 1

FINS 1150 Personal Finance

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Career High Option Classes:

The following courses are those that have historically been offered as career high option classes. Grade 10 students are recommended not to take career high options due to the independent learning model. With parental consent, students are permitted to enroll in a 'career high' option class where attendance is required.

Name	Credits:	Prerequisite:
Career Directions	5	Gr 12 students only
Forensic Science 25	3	Science 10 <u>or</u> 14
Forensic Science 35	3 <u>or</u> 5	Forensics 25
Learning Strategies 15	3	
Learning Strategies 25	3	LS15
Learning Strategies 35	5	LS25
General Sociology 20	3	
General Psychology 20	3	
Personal Psychology 20	3	
Abnormal Psychology 35	3	Gen. or Pers. Psych 20
Experiment Psychology 30	3	Gen. or Pers. Psych 20
Reading Development 15	5	
Reading Foundations 15	5	
World Geography 30	3	
Aboriginal Studies 10	5	
Aboriginal Studies 20	5	Ab. St. 10
Aboriginal Studies 30	5	Ab. St. 20
Various CTS	1 Ea	