

2025-2026

Lamont High School

Course Selection

Handbook



Alberta Education Graduation Requirements

- 100 credits including the following:
- English Language Arts – 30 Level (English Language Arts 30-1 or 30-2)
- Social Studies – 30 Level (Social Studies 30-1 or 30-2)
- Mathematics – 20 Level (Mathematics 20-1 or 20-2 or 20-3)
- Sciences – 20 Level (Science 20 or 24 or Biology 20 or Chemistry 20 or Physics 20)
- Physical Education 10
- Career and Life Management 20
- Locally developed courses in CTS, fine arts, second languages or Knowledge and Employability occupational courses:
 - 10 Credits in any combination of: Career and Technology Studies (CTS) courses
 - Fine Arts courses
 - Second Languages courses
 - Physical Education 20 and/or 30
 - Knowledge and Employability courses
 - Registered Apprenticeship Program courses
- 10 credits in any 30-level course (in addition to a 30-level English Language Arts and a 30-level Social Studies course as specified above)

CAREER AND LIFE MANAGEMENT (CALM)

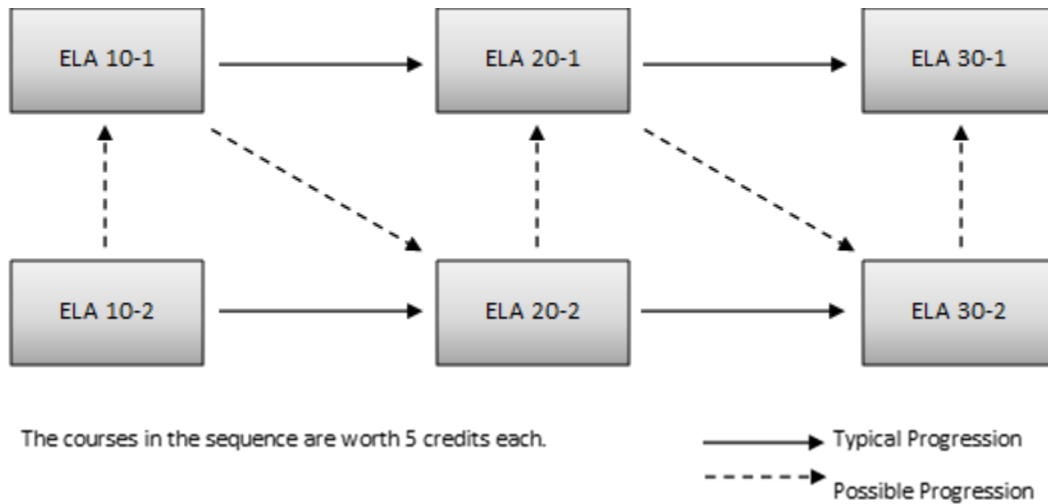
Prerequisite: none

The CALM program will provide students with opportunities to examine their life according to who they are now and who they are becoming. This will be accomplished by working through 3 major areas of study:

- Careers and the world of work
- Resource choices
- Personal choices

By working through these areas, the students will gain an understanding of the impact their choices make on themselves and others.

English



ENGLISH 10-1

Recommended: 65% in Language Arts 9

In the English 10-1 program, a student relates literary experience to personal experience; develops competence in presenting ideas in written and oral form; understands and identifies themes; recognizes stylistic devices; and learns to identify errors in grammar, usage, punctuation and spelling.

ENGLISH 10-2

Recommended: under 50% in Language Arts 9

In English 10-2, students will engage with and learn to employ strategies that contribute to increasing their understanding and interpretation of many different literary forms, including novels, films, plays, poetry, short stories, and nonfiction. Students will produce personal and exploratory writing; proofread writing for errors; read literature to expand experience; distinguish between fact and opinion; observe courtesies of group discussion; and respond with increasing sensitivity to material they read, listen to, and view.

ENGLISH 20-1

Recommended: 60% in English 10-1

Prerequisite: 50% in English 10-1

In English 20-1 a student builds and expands upon those skills and concepts developed in English 10-1. The student learns to write a convincing argument in support of a clearly defined thesis; relates literary concepts such as theme, point of view and tone to the overall effect of a piece of literature; and becomes acquainted with the work of major Canadian authors.

ENGLISH 20-2

Prerequisite: 50% in English 10-2

Building upon skills developed in English 10-2, the 20-2 student learns to write for different audiences and purposes; to plan compositions before writing; to examine values and ideas expressed through literature; to correct errors in their writing; to discuss purpose and effect of print and image; and to express thoughts clearly and with confidence.

ENGLISH 30-1

Recommended: 60% in English 20-1

Prerequisite: 50% in English 20-1

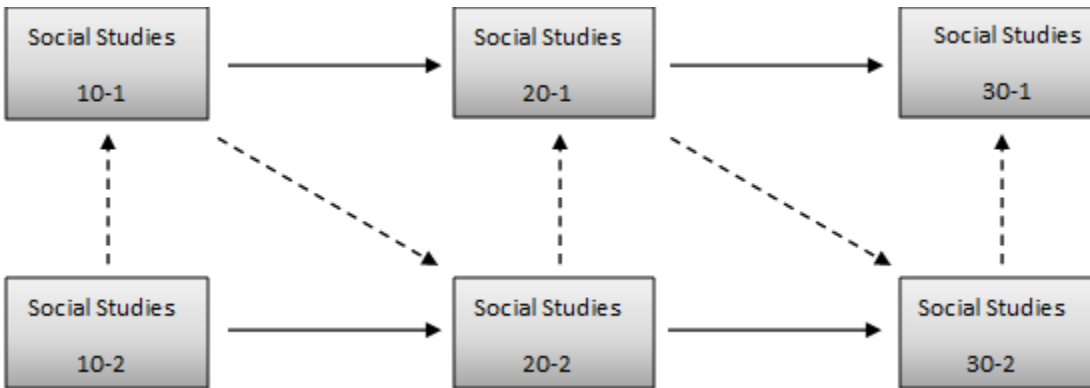
In addition to building upon and enriching those skills and concepts developed in English 10-1 and 20-1, an English 30-1 student learns to clearly present their point of view in a literary essay; to understand and evaluate literary techniques; to distinguish life from literature; and to develop mature interpretive skills. English 30-1 requires the completion of the provincial diploma examination.

ENGLISH 30-2

Prerequisite: 50% in English 20-2

As well as improving upon skills and concepts developed in English 10-2 and 20-2, an English 30-2 student learns to write clear functional prose; to appraise values and ideas in literary selections; to distinguish between emotional appeal and reasoned argument; to respond clearly to visual communication and to increase facility in discussion. English 30-2 requires the completion of the provincial diploma examination.

Social Studies



The courses in the sequence are worth 5 credits each.

— Typical Progression
- - - Possible Progression

SOCIAL STUDIES 10-1

Recommended: 65% in Social Studies 9

Students will explore multiple perspectives on the origins of globalization on lands, cultures, economies, human rights and quality of life. Students will examine the relationships among globalization, citizenship and identity to enhance skills for citizenship in a globalizing world. The infusion of multiple perspectives will allow students to examine the effects of globalization on peoples in Canada and throughout the world, including the impact on First Nations, Métis, and Inuit, and Francophone communities.

SOCIAL STUDIES 10-2

Recommended: under 65% in Social Studies 9

Students will explore historical aspects of globalization as well as the effects of globalization on lands, cultures, human rights and quality of life. Students will explore the relationships among globalization, citizenship and identity. The infusion of multiple perspectives will allow students to examine the effects of globalization of peoples in Canada and other locations, including the impact on First Nations, Métis, and Inuit, and Francophone communities. Students will develop skills to respond to issues emerging in an increasingly globalized world.

SOCIAL STUDIES 20-1

Recommended: 60% in Social Studies 10-1

Prerequisite: 50% in Social Studies 10-1

Students will explore the complexities of nationalism in Canadian and international contexts. They will

study the origins of nationalism and the influence of nationalism on regional, international and global relations. The infusion of multiple perspectives will allow students to develop understandings of nationalism and how nationalism contributes to the citizenship and identities of peoples.

SOCIAL STUDIES 20-2

Prerequisite: 50% in Social Studies 10-2

Students will examine historical and contemporary understandings of nationalism in Canada and the world. They will explore the origins of nationalism as well as the impacts of nationalism on individuals and communities in Canada and other locations. Examples of nationalism, ultranationalism, supranationalism and internationalism will be examined from multiple perspectives. Students will develop personal and civic responses to emergent issues related to nationalism.

SOCIAL STUDIES 30-1

Recommended: 60% in Social Studies 20-1

Prerequisite: 50% in Social Students 20-1

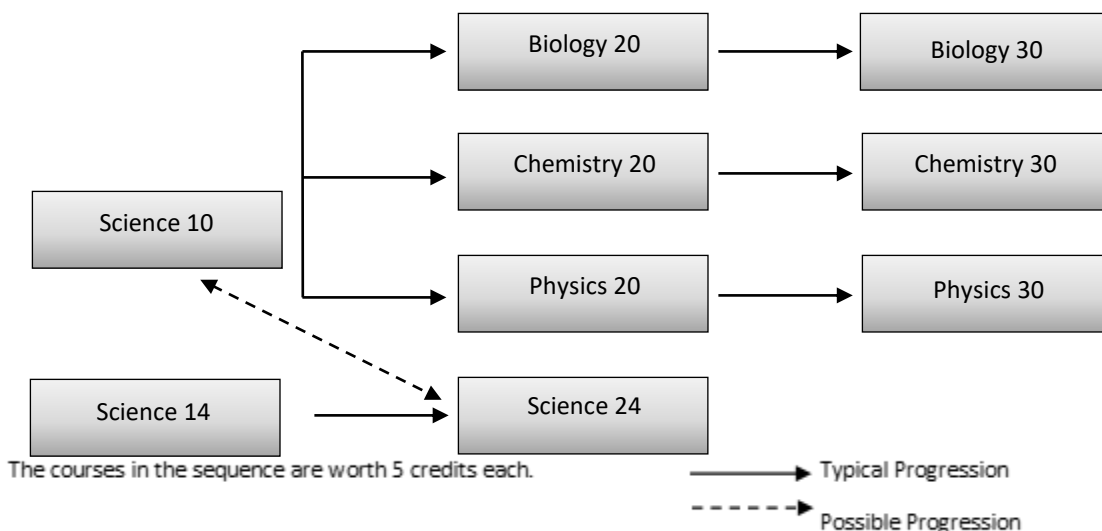
Students will explore the origins and complexities of ideologies and examine multiple perspectives regarding the principles of classical and modern liberalism. An analysis of various political and economic systems will allow students to assess the viability of the principles of liberalism. Developing understandings of the roles and responsibilities associated with citizenship will encourage students to respond to emergent global issues. Students must write an Alberta Education Diploma Examination.

SOCIAL STUDIES 30-2

Prerequisite: 50% in Social Studies 20-2

Students will examine the origins, values and components of competing ideologies. They will explore multiple perspectives regarding relationships among individualism, liberalism, common good and collectivism. An examination of various political and economic systems will allow students to determine the viability of the values of liberalism. Developing understandings of the roles and responsibilities associated with citizenship will encourage students to respond to emergent global issues. Students must write an Alberta Education Diploma Examination.

Science



SCIENCE 10

Recommended: 65% in Science 9

Science 10 is an integrated academic course that helps students learn and apply fundamental concepts and skills in biology, chemistry, and physics. The focus of the course is to provide students with an understanding of the scientific principles behind the natural events they experience and the technologies they use in their everyday lives. The course will be activity-based to allow students to develop attitudes, skills and knowledge that will permit them to evaluate scientific information and make decisions that will affect their lives. The four major themes studied are: energy from the sun; matter and energy in living systems; matter and energy in chemical change; and, energy and change.

SCIENCE 14

Recommended: 50%+ in Science 9

Science 14 is a general Science course which attempts to illustrate science-technology-society connections in these core topics: body systems, household science, environment, technology and nutrition.

SCIENCE 24

Recommended: 50% in Science 14

Students study the role of science in society and its relationship with technology. The four units used to acquire these skills are: applications of matter and chemical change, understanding common energy conversion systems, disease defense and human health and motion, and change and transportation safety. Completion of this stream will qualify the student for their science credits for their Alberta High School Diploma.

BIOLOGY 20

Recommended: 60% in Biology Unit of Science 10; 60% overall in Science 10

Prerequisite: 50% in Science 10

Biology 20 focuses on ecology, evolution, cellular energetics (cell respiration and photosynthesis) and introduces human biology. The latter will include a rigorous study of human digestion, circulation, breathing and excretion. There is a mandatory field study for the ecology unit.

BIOLOGY 30

Recommended: 60% in Biology 20

Prerequisite: 50% in Biology 20

Biology 30 completes previous studies in human anatomy and physiology with an examination of the nervous system, senses, hormonal control and reproduction. An in-depth study of reproductive technologies is included. Genetics forms the second part of the course and includes the topics of cell division, Mendelian genetics, molecular genetics, and population genetics. Students must write an Alberta Education Diploma Examination.

CHEMISTRY 20

Recommended: 60% in Chemistry Unit of Science 10; 60% overall in Science 10; 60% in Math 10C.

Prerequisite: 50% in Science 10

This course begins with a review of the prerequisite material included in the Science 10 course. The major topics introduced in this course are: a theoretical unit on chemical bonding, the chemistry of gases, an in-depth study of solution chemistry and reaction stoichiometry. Students must have good abilities in mathematics and should not register in Chemistry 20 until Math 10C has been completed.

CHEMISTRY 30

Recommended: 60% in Chemistry 20

Prerequisite: 50% in Chemistry 20

The knowledge and skills developed in Chemistry 20 are reviewed and continued in this course. Topics in Chemistry 30 include comprehensive studies of energy, an introduction to organic chemistry, electrochemistry and equilibrium, as well as acids and bases. Mathematical analysis and laboratory work constitute a significant part of the course. Students must write an Alberta Education Diploma Examination.

PHYSICS 20

Recommended: 60% in Physics Unit of Science 10; 60% overall in Science 10; 70% in Math 10C

Prerequisite: 50% in Science 10

This course begins with a review of the prerequisite material included in the Science 10 course. Linear motion, circular motion, gravitation, energy conservation, and periodic motion and wave behaviour are the main topics of Physics 20. Connections between physical science, technology and society are also studied. Laboratory work forms a major part of the course.

PHYSICS 30 (5 credits)

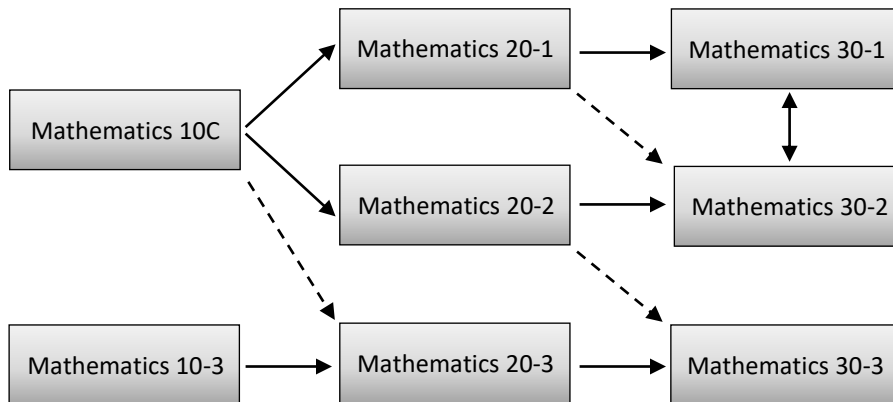
Recommended: 60% in Physics 20

Prerequisite: 50% in Physics 20

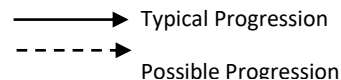
Topics studied in Physics 30 include: the conservation of linear and two-dimensional momentum in physical systems; electricity and magnetism, including the actions of forces and fields; electromagnetic radiation; and atomic physics, including the wave-particle duality of matter and energy and an introduction to the Standard Model. This course continues the Physics 20 emphasis on science-

technology-society connections as well as on appropriate laboratory work. Students must write an Alberta Education Diploma Examination.

Math



The courses in the sequence are worth 5 credits each.



MATHEMATICS 10C

Recommended: 65%+ in Grade 9 Math

This is the starting point for both -1 and -2 course sequences and will prepare students for entry into post-secondary programs that may require math. Each topic area requires that the students develop a conceptual knowledge base and skill set that will be useful in both subsequent course sequences. Specific topics of study include relations and functions, exponents, surface area and volume, factoring of polynomials, and trigonometry.

MATHEMATICS 10-3

This will help prepare students to enter most trades and for direct entry into the work force. Topics include algebra, geometry, measurement, number and logic, statistics and probability.

MATHEMATICS 20-1

Recommended: 60%+ in Grade 10C Math

This course sequence is designed to provide students with the mathematical understandings and critical thinking skills identified for entry into post-secondary programs that require the study of calculus. Topics in this sequence include sequences and series, trigonometry, quadratics, absolute values, radicals, inequalities, and system of equations.

MATHEMATICS 20-2

Recommended: 50%+ in Grade 10C Math

This course is intended for students who plan on entering a post-secondary field not requiring calculus. Specific topics of study include reasoning, trigonometry, statistical reasoning, radicals, quadratic functions and equations.

MATHEMATICS 20-3

Recommended: 50%+ in Math 10-3

This course is intended for students who intend to enter an apprenticeship or trade program or who plan on entering the work force after graduation. Students in Mathematics 20-3 study measurement involving triangles, 2D and 3D objects, scale diagrams, analyze and interpret graphs, personal finance mathematics, surface area and volume.

MATHEMATICS 30-1

Recommended: 65%+ in Math 20-1

This course is intended for students who intend to take calculus in their Grade 12 year or are entering a post-secondary program which requires calculus. The course covers concepts in transformations, logarithms, trigonometry, polynomial functions, permutations and combinations, the fundamental counting principle and the binomial theorem.

MATHEMATICS 30-2

Recommended: 50%+ in Math 20-2 or 40%+ in Math 20-1

This course is designed for students planning to attend university but not necessarily in a math related field. This course covers concepts in set theory, logic puzzles, probability, permutations, combinations, the fundamental counting principle, rational expressions, logarithms, polynomials and sinusoidal data.

Note: It is very important that students realize that this course has rigor and is valued by universities.

LHS Potential Electives

Please note that the following courses are offered and the timetable created based on student requests.

ABORIGINAL STUDIES 10/20/30 (No fee)

Aboriginal Studies enhances understanding of the diverse Aboriginal cultures within Alberta, Canada and the world. The goal of Aboriginal Studies is to shift thinking, promote understanding and knowledge of Aboriginal people, the issues and challenges they face, and highlight the contributions they have made to society. Students will examine how Aboriginal peoples are striving toward maintaining and promoting cultures and identities that reflect values based on respect for the laws of nature and a continual pursuit of balance among individuals, the family unit, the larger community and global community context.

ART 10/20/30 (\$55.00)

Focuses on the various aspects of visual learning including Drawing, Encounters and Composition. Students will develop skills in drawing, painting, sculpture, and design and art appreciation.

BAKING 10/20/30 (\$85.00)

Learn new skills in the kitchen! You will have the opportunity to learn about techniques, preparation methods, the role of ingredients and the proper use of equipment for baked goods, including breads, muffins, pastries, cookies, and cakes!

BASIC BUSINESS 10/20/30 (No fee)

Focuses on the management, marketing and use of electronic technologies to access, use and manipulate information within personal, family, workplace, community and global contexts.

COMMUNICATION TECHNOLOGY 10/20/30 (\$45.00)

This course will educate students on the fast growing and changing digital world while providing hands-on experiences with software and equipment. Topics include graphic design, animation, web design, and various print projects.

CONSTRUCTION TECHNOLOGIES 10/20/30 (SHOP) (\$139.00)

Learn about safe operation and understanding of various wood working equipment. Students will learn about safely working in the wood shop environment, exploring various building materials, and using many different machines and tools on multiple projects. As you progress through the levels of Construction, the projects become increasingly complex and continue to work on developing new and different skills. Students will work on set skill building projects as well as uniquely created projects from their own design.

COSMETOLOGY 10/20/30 (\$50.00)

Students pursue the art and science of beauty care. COS 10 introduces students to hair and skin techniques; students learn hairstyling, permanent waving, skin care, nail care and make-up. COS 20 focuses on a combination of hairstyling and esthetics; students learn haircutting, hair coloring, permanent waving, manicures, make-up, and facial waxing. COS 30 builds on coloring, highlighting, hairstyling, scalp care, color removal, advanced cutting and professional practice.

DRAMA 10/20/30 (\$21.00)

This program focuses on dramatic disciplines of movement, speech, improvisation, acting and theater studies with emphasis on the production of a final showcase - either play or variety show. Students have opportunities in acting roles and technical aspects of final production, leading up to directing.

ENVIRONMENTAL STEWARDSHIP & GARDENING 10 (Approx. \$25. Exact fee TBD)

Students develop an understanding of the social, economic and political significance of environmental stewardship. The class may include elements of gardening and agriculture.

HUMAN DEVELOPMENT *Grade 11 or 12 students only (Approx. \$25. Exact fee TBD)

Students will develop skills to assist in promoting the social-emotional and creative development with children from birth to age 6. Students will also examine the development of learning through play and learn appropriate practices related to routines in a childcare program. Completion of this course can lead to a Level 1 – Early Childhood Educator Qualification.

INTRO TO THE VETERINARY PROFESSION *Grade 11 or 12 students only (Approx. \$50. Exact fee TBD)

Students will become familiar with selected animal health organizations and will adhere to the regulations of veterinary medicine in Alberta. Students are introduced to strategies and techniques for managing self and interacting with others. Students will examine animal welfare and ethical issues. This course provides students with foundational veterinary medical terminology.

FILM & MEDIA ART 15/25/35 (FILM STUDIES) (No fee)

Film & Media Art is the exploration of film and media art as an artistic form of expression. This course provides an open and active structure for the learning and invites students, with the support of a collaborative community, to engage with ideas, colleagues and audiences through film and media art.

FOODS 10/20/30 (\$85.00)

Expand your abilities and skills for planning, preparing and presenting foods! You will develop an understanding of the relationship between wellness and food as it relates to nutrition. You will develop skills in the management of resources for preparing food, as well as safe food practices.

FORENSIC STUDIES 25 (No fee)

Intended for students interested in the use of basic scientific concepts and technologies to solve crimes. Students will investigate and analyze the strengths and limitations of forensic evidence analysis. This course will focus on the ethical considerations involved in the use of forensic evidence. As well, students will explore a variety of occupations and potential career opportunities in the field of forensics.

GENERAL MUSIC 10 (Approx. \$50. Exact fee TBD)

This class includes music theory, ear training, music and song and construction through learning acoustic or electric music covers of the student's choice. You'll explore song writing and give an outlet for creative expression through songwriting techniques. Students have a chance to showcase their original song writing and or participate in group.

PERSONAL FITNESS 10/20/30 (\$20 Fitness Centre usage fee)

This course is intended to provide learning opportunities for students with a passion for athletics, personal wellness and sports. A variety of fun activities, structured physical fitness through speed and strength training and development, as well as classroom instruction are offered in this course.

PHYSICAL EDUCATION 20/30 (No fee)

Students have opportunities for advanced knowledge in sports skills, strategies and tactics and fitness concepts, while promoting and interested in lifetime activities.

WILDLIFE 10/20/30 *Year Long Course* (\$100)

Students develop the attitudes, skills and knowledge related to wildlife and ecosystems, and an understanding for the need to manage wildlife. This class includes aspects of environmental outdoor education, including hunting, fishing, and outdoor survival skills such as cooking and building shelter. Students in this class will receive instruction and credit in Emergency First-Aid.

WORLD RELIGIONS 30 (No fee)

World Religions 30 provides students an opportunity to study the fundamental principles of major world religions. As they do, students gain insight into global communities and how religion has impacted the world, currently and throughout history.

Off Campus Education Electives

COLLEGIATE PATHWAYS *Grade 12 student or returning students only

(Fees are Course Dependent; transportation is required)

Prerequisite: Course Dependent

Collegiate Pathways are career focused education programs designed to provide students with real world skills and post-secondary opportunities while still in high school. Through hands on learning, industry partnerships, and dual credit options, students gain valuable experience, certifications and a competitive edge for their future careers.

For those interested in Collegiate Pathways programming, refer to the [Collegiate Pathways](#) information on the Division website and submit a [Collegiate Programming Student Engagement Form](#) to submit your course interest and subscribe to receive updates. Formal registration for Collegiate Pathways will take place later this spring.

DUAL CREDIT OPPORTUNITIES (Usually 5 credit) (Course Dependent; Typically a textbook is required)

Prerequisite: Course Dependent

Through Dual Credit opportunities, students can earn college/university credits from a Post-Secondary institution and high school credits in select programs. Dual credit helps students to:

- get started on a Post-Secondary education while still in high school
- save money on Post-Secondary tuition costs *(through the Dual Credit Framework, high school students do not pay post-secondary tuition fees (other than the cost of textbooks))*
- potentially earn credits in high school *and a Post-Secondary Institution at the same time*
- gain experience to succeed academically in a Post-Secondary environment

[Dual Credit & Post Secondary Partnerships Handbook](#)

GREEN CERTIFICATE FARM APPRENTICESHIP PROGRAM (Up to 16 credits)

Prerequisite: AGR3000

The Green Certificate Program is operated by Alberta Agriculture, Food and Rural Development in partnership with the farming industry. It provides an opportunity for young people to gain experience and training in the farming industry (e.g. dairy, cow-calf, field crop, sheep.) Students who wish to receive more information, or to get involved with this program and earn credits toward their high school diploma, should see the Work Experience Coordinator.

REGISTERED APPRENTICESHIP PROGRAM (RAP) (10-40 credits)

Prerequisite: HCS3000

Students in the Registered Apprenticeship Program spend part of their time in school and part in industry as registered apprentices. Participants in this program are considered full-time students and registered apprentices. Students in this program must complete the courses required for an Alberta High School Diploma.

WORK EXPERIENCE 15/25/35 (5 or more credits each)

Prerequisite: HCS3000

Work Experience courses are open to students in grade 11 or 12 only. The Work Experience Program allows the school and community to combine resources in order to provide students with the opportunity to become familiar with the world of work. Students in this program will have the opportunity to explore career interests, participate in meaningful work, receive assistance in making the transition from the school environment to that of the workplace, and develop acceptable work habits and good interpersonal skills.

A maximum of 15 Work Experience credits may be counted towards an Alberta High School Diploma.

Please note: all potential Work Experience students must have a job and a supervisor willing to work with EIPS facilitators.