

2019-2020 Extra-Credit Courses List

Secondary Level	Course Title	Teaching Language	Teacher
<b>1</b>			
	Beginners Spanish	Bilingual	Jimmy Roa Bernal
	Intermediate Spanish	Bilingual	Jimmy Roa Bernal
	Wind and Percussion Orchestra	Bilingual	Gabriel Barrière
	Literature: Legends, Myths and Fairy Tales	English	Marina Lesenko
<b>2</b>			
	Beginners Spanish	Bilingual	Jimmy Roa Bernal
	Intermediate Spanish	Bilingual	Jimmy Roa Bernal
	Wind and Percussion Orchestra	Bilingual	Gabriel Barrière
	Literature: Legends, Myths and Fairy Tales	English	Marina Lesenko
	Fitness - Boot Camp Style	Bilingual	Benoit Houle
<b>3</b>			
	Beginners Spanish	Bilingual	Jimmy Roa Bernal
	Intermediate Spanish	Bilingual	Jimmy Roa Bernal
	Nutrition and Fitness	Bilingual	Ashley Quaglia
	Law - Building a Case	Bilingual	Giulia Bartolone
	Fitness - Boot Camp Style	Bilingual	Benoit Houle
	Wind and Percussion Orchestra	Bilingual	Gabriel Barrière
	Literature: Legends, Myths and Fairy Tales	English	Marina Lesenko

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Secondary Level	Course Title	Teaching Language	Teacher
<b>4</b>			
	Intermediate Spanish	Bilingual	Jimmy Roa Bernal
	Nutrition and Fitness	Bilingual	Ashley Quaglia
	Fitness - Boot Camp Style	Bilingual	Benoit Houle
	Law - Building a Case	Bilingual	Giulia Bartolone
	Wind and Percussion Orchestra	Bilingual	Gabriel Barrière
<b>5</b>			
	Intermediate Spanish	Bilingual	Jimmy Roa Bernal
	Nutrition and Fitness	Bilingual	Ashley Quaglia
	Fitness - Boot Camp Style	Bilingual	Benoit Houle
	Law - Building a Case	Bilingual	Giulia Bartolone
	Wind and Percussion Orchestra	Bilingual	Gabriel Barrière
	Pre-Calculus	French	Jean-François Pomerleau
	Pre-Calculus	English	André Cholmsky

## 2019-2020 Extra-Credit Course Descriptions

### **Beginners Spanish (Secondary 1 to 3, Bilingual)**

This course seeks to provide students with the tools needed to understand Spanish and express themselves, both orally and in writing in everyday life situations, while increasing their awareness of Hispanic culture. Students will be able to use familiar expressions as well as simple statements aimed at meeting concrete needs. They will not only be able to introduce themselves or someone else, ask and answer questions, but also communicate simply if the other person speaks slowly and is cooperative.

### **Intermediate Spanish (Secondary 1 to 5, Bilingual)**

This course is for students who already have a foundation in Spanish or have taken the Spanish course in 2018-2019.

### **Nutrition and Fitness (Secondary 3 to 5, Bilingual)**

This course is designed to provide students with up-to-date knowledge about basic aspects of fitness and wellness, training principles and basic nutrition. It will include both theoretical and practical components and explore topics such as anatomy, biomechanics and physiology as well as program design and nutritional plans. Students will have the opportunity to try various types of training and workouts as well as create individualized workout programs and nutritional plans.

### **Law – Building a Case (Secondary 3 to 5, Bilingual)**

This is a hands-on course that allows students to closely examine criminal and civil liberty cases. As the year progresses, students will be assigned parts of a case and be required to engage with the facts and legal arguments to determine how it will play out. The course will culminate with a final project that will require students to present their case through a mock trial, a legal brief, or a creative exhibition.

### **Wind and Percussion Orchestra (Secondary 1 to 5, Bilingual)**

The purpose of the course is to bring together students from both sectors and allow them to develop a musical repertoire of more varied and advanced styles. All students who play a musical instrument, are not afraid of challenges and want a stimulating musical experience are welcome. Registered students will get to participate in a concert held in April and have the opportunity of representing Villa Maria at festivals.

### **Pre-Calculus (Secondary 5, French)**

This course provides complementary and supplementary mathematical content. Its purpose is, on the one hand, to expand on mathematical topics already covered in high school courses and, on the other hand, to introduce the content of college math courses in health science and pure and applied science profiles. In addition to obtaining advanced preparation for CEGEP, students enrolled in this course will explore new areas of mathematics.

### **Pre-Calculus (Secondary 5, English)**

The purpose of this course is to prepare students for the calculus courses required in CEGEP science and commerce programs. All topics included in a typical first calculus course will be covered. Particular attention will be given to topics that students find difficult such as limits and problem-solving. A wealth of material resources will be provided to students including extensive notes, hint sheets, fully solved sample problems, exemplars of CEGEP tests and exams, etc.

## 2019-2020 Extra-Credit Course Descriptions

**Fitness – Boot Camp Style (Secondary 2 to 5, Bilingual)**

This course seeks to provide students with the possibility to work on their cardiovascular system while also teaching them the proper postures and techniques when exercising.

**Literature: Legends, Myths and Fairy Tales (Secondary 1 to 3, English)**

The course will begin by examining the purpose and meaning of fairy tales in society. However, the ultimate aim is to study the original fairy tales in comparison to Disney versions. It would incorporate, as well, the telling and the crafting of original fairy tales, in either French or English.