

Social Sciences and Humanities

Grade 12

Course Offerings



HFA4U

Nutrition and Health

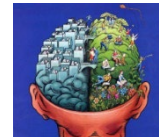


Overview of course:

- *Components of Wellness* (stress, sleep, eye health, social status, education, obesity, poverty and trends)
- *Food Science* (impact on nutrients)
- *Nutrients* - Impact on the body (carbohydrates, fats, water, vitamins, minerals, protein)
- *Nutrition throughout the life stages* (prenatal to old age)
- *Connection between nutrition in health and disease* (diabetes, obesity, lifestyle, exercise, high blood pressure)
- *Influence of Food Choices* (appetite versus hunger)
- *Current trends in food and nutrition* - case studies
- *Food Security* (environment and impact, global issues)

HHG4M

Human Development Throughout the Lifespan



Overview of course:

- *The Brain and Nervous System* (physical development and brain physiology including key structures and functions)
- *Prenatal Development* (infertility, pregnancy and fetal development with emphasis on environmental impact on development throughout the lifespan)
- *Child to Late Adulthood Development* (physical, cognitive, language, intelligence, social-emotional and personality development including factors that affect each)
- *Grieving, Loss and Disease* (factors that impact illness throughout the lifespan, role of families and support, socializations)



HZT4U

Questions & Theories



Overview of course:

- *Metaphysics* (What is real? How do I know that I am actually awake? Do we have free will or are all of our actions predetermined? Is there a God?)
- *Human Identity* (What is a person? What makes me different from other living things? Could a computer ever be a person?)
- *Epistemology* (What is truth? What is knowledge? What is the difference between knowledge and opinion?)
- *Ethics* (What is duty? Are the objective standards for determining good and evil, right or wrong or is it subjective?)
- *Social and Political Philosophy* (How should society be governed? Why do people give their power away? Do all people have the right to equal treatment?)



HSB4U Challenge & Change in Society



Overview of course:

- *Social Change* (agents of change, social movements, challenges of social change)
- *Technological Changes* (media & popular culture, science & technology trends)
- *Demographics* (changing economy, social class, challenges for youth)
- *Social Problems* (deviance, crime, poverty)
- *Social Inequity* (studies of race, ethnicity, class, gender, sexuality)
- *Globalization* (global change, human trafficking, environmental issues)
- *Research* (methods and ethics)



HHS4C Families in Canada

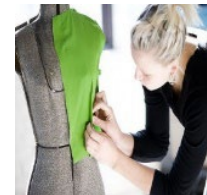


Overview of course:

- *Development* (family functions, intimate and parent-child relationships, gender roles, attraction and mate selection)
- *Effects of Roles and Norms* (individual, intimate and parent-child relationships-roles of values and impact, conflict caused by roles and norms)
- *Trends and Challenges* (demographic, social and changing family forms)
- *Family Issues* (economic, social, violence and dynamics)



HNB4M The World of Fashion



Overview of course:

- *Fashion Influences* (what shapes fashion? Trends and fads)
- *Fashion History* (past vs. present influences, designers)
- *Elements and Principles of Design* (shape, line colour, etc.)
- *Specialized markets* (men, women, children, bridal, maternity)
- *Textile Production* (types, technologies, fibres/fabrics)
- *Globalization and Social Responsibility* (labour conditions)
- *Garment Construction, Tools and Techniques* (parts, measurements, reading a pattern)



HIP4O Personal Life Management



Overview of course:

- *Transitioning from Adolescence to Adulthood* (skills, decision making, communication)
- *Planning for Employment* (steps to take to gain employment)
- *Money Matters* (money management, using credit, budgeting, global, national economy)
- *Running a Household* (home safety, wardrobe care, meal planning, major purchases)
- *Personal, Workplace, Consumer Responsibilities* (work life balance, legal documents)
- *Game of Life* (research real situations, consider impact of choices made by and for you)