

Health, Recreation and Human Services (HRH) Courses

Introductory Level	Intermediate Level	Advanced Level
Community Care Services (CCS) - 26 courses		
CCS1020: Back Care Basics CCS1030: Caring for Body Systems 1 CCS1080: Community Volunteerism 1 CCS1910: CCS Project A	CCS2010: Health Care 1 CCS2030: Caring for Body Systems 2 CCS2040: Integrative Health CCS2080: Community Volunteerism 2 CCS2910: CCS Project B CCS2920: CCS Project C CCS2950: CCS Intermediate Practicum	CCS3010: Health Care 2 CCS3020: Health Care 3 CCS3030: Aging CCS3050: Supporting Positive Behaviour CCS3060: Supporting Persons with Disabilities 1 CCS3070: Supporting Persons with Disabilities 2 CCS3080: Community Enhancement CCS3110: Early Learning & Child Care 1 CCS3120: Early Learning & Child Care 2 CCS3130: Early Learning & Child Care 3 CCS3140: Early Learning & Child Care 4 CCS3150: Early Learning & Child Care 5 CCS3910: CCS Project D CCS3920: CCS Project E CCS3950: CCS Advanced Practicum
Cosmetology (COS) - 16 courses		
COS1010: Personal & Professional Practices COS1020: Long Hair Design 1 COS1910: COS Project A	COS2000: Salon Design COS2010: Long Hair Design 2 COS2210: Client Services & Sales 1 COS2910: COS Project B COS2920: COS Project C COS2950: COS Intermediate Practicum	COS3000: The Science of Cosmetology COS3010: Professional Relationships COS3020: Long Hair Design 3 COS3280: Client Services & Sales 2 COS3910: COS Project D COS3920: COS Project E COS3950: COS Advanced Practicum
Credentialed Pathway: Hairstylist (HSA) First and Second Period Apprenticeship		
See Apprenticeship information on Alberta Education website.		

Health, Recreation and Human Services (HRH) Courses

Introductory Level

Intermediate Level

Advanced Level

Criminal Justice Studies (CJS) - 25 courses (new 2015)

Dual Credit Pathway

CJS3400: Criminal Justice Systems
CJS3405: Criminal Justice Principles
CJS3410: Police Services & Trends
CJS3415: Courts & Sentencing
CJS3420: Correctional Systems
CJS3425: Health & Wellness Foundations
CJS3430: Personal Fitness Standards
CJS3435: Safety & Risk Management
CJS3440: Professional Ethics & Standards
CJS3445: Ethical Principles
CJS3450: Ethical Dilemmas
CJS3455: Case Studies in Ethics
CJS3460: CJS Ethics Project
CJS3465: Communication Skills
CJS3470: Interpersonal Skills
CJS3475: Relationships & Roles
CJS3480: Communication Contexts & Barriers
CJS3485: CJS Communication Project
CJS3490: Basic Security Procedures
CJS3495: Advanced Security Procedures
CJS3500: CJS Practice 1
CJS3505: CJS Practice 2
CJS3510: CJS Practice 3
CJS3515: CJS Practice 4
CJS3520: CJS Practice 5

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Esthetics (EST) - 33 courses		
EST1020: Skin Care Practices	EST2030: Facials	EST3010: Spa Awareness
EST1025: Skin Care Practices – Client Services	EST2035: Facials – Client Services	EST3030: Body Therapy
EST1070: Manicuring 1	EST2050: Make-up	EST3040: Hair Removal
EST1140: Theatrical Make-up 1	EST2055: Make-up – Client Services	EST3045: Hair Removal – Client Services
EST1910: EST Project A	EST2070: Manicuring 2	EST3060: Facial & Body Adornment
	EST2075: Manicuring 3 – Client Services	EST3070: Pedicuring
	EST2090: Nail Art	EST3075: Manicuring & Pedicuring – Client Services
	EST2140: Theatrical Make-up 2	EST3090: Nail Enhancement – Gel
	EST2910: EST Project B	EST3100: Nail Enhancement – Acrylic
	EST2920: EST Project C	EST3105: Nail Enhancement – Client Services
	EST2950: EST Intermediate Practicum	EST3115: Esthetics – Client Services
		EST3140: Theatrical Make-up 3
		EST3145: Theatrical Make-up 4 – Client Services
		EST3150: Competition Esthetics
		EST3910: EST Project D
		EST3920: EST Project E
		EST3950: EST Advanced Practicum

Foods (FOD) - 46 courses

FOD1010: Food Basics	FOD2030: Food Decisions & Health	FOD3010: Food for Life Stages
FOD1020: Contemporary Baking	FOD2040: Cake & Pastry	FOD3020: Nutrition & Digestion
FOD1030: Snacks & Appetizers	FOD2050: Bread Products	FOD3030: Creative Baking
FOD1040: Meal Planning 1	FOD2060: Milk Products & Eggs	FOD3040: Yeast Products
FOD1050: Fast & Convenience Foods	FOD2070: Soups & Sauces	FOD3050: Advanced Soups & Sauces
FOD1060: Canadian Heritage Foods	FOD2090: Creative Cold Foods	FOD3060: Food Presentation
FOD1070: Farm to Table	FOD2100: Basic Meat Cookery	FOD3070: Short-order Cooking
FOD1080: Food & Nutrition Basics	FOD2110: Fish & Poultry	FOD3080: Advanced Meat Cookery
FOD1910: FOD Project A	FOD2120: Meal Planning 2	FOD3090: Butcher Shop
	FOD2130: Vegetarian Cuisine	FOD3100: Entertaining with Food
	FOD2140: Rush-hour Cuisine	FOD3110: Food Processing
	FOD2150: Food Safety & Sanitation	FOD3120: Food Evolution/Innovation
	FOD2160: Food Venture	FOD3130: The Food Entrepreneur
	FOD2170: International Cuisine	FOD3160: Regional Cuisine
	FOD2180: Vegetables & Fruits	FOD3900: Food Safety
	FOD2190: Grains, Legumes, Pulses, Nuts & Seeds	FOD3910: FOD Project D
	FOD2910: FOD Project B	FOD3920: FOD Project E
	FOD2920: FOD Project C	FOD3950: FOD Advanced Practicum
	FOD2950: FOD Intermediate Practicum	

Credentialed Pathway: Baker (BKA) First Period Apprenticeship

[See Apprenticeship information on Alberta Education website.](#)

Credentialed Pathway: Cook (CKA) First Period Apprenticeship

[See Apprenticeship information on Alberta Education website.](#)

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Intermediate Level

Advanced Level

Health Care Aide (HCA) - 27 Courses

Dual Credit Pathway

HCA3400: Role & Responsibilities
HCA3405: Safety Systems
HCA3410: Communication Level 1
HCA3415: Communication Level 2
HCA3420: The Human Body
HCA3425: Aging & Illness
HCA3430: Client Hygiene
HCA3435: Bathing & Elimination
HCA3440: Bed Making & Mobility
HCA3445: Positioning & Meals

Clinical Practicum 1: Option A (1 credit each)

HCA3450: Clinical Practice 1A
HCA3455: Clinical Practice 1B

Clinical Practicum 1: Option B (2 credits)

HCA3460: Clinical Practice 1

HCA3465: Complex Care Needs 1
HCA3470: Complex Care Needs 2
HCA3475: Medication Delivery
HCA3480: Diverse Client Groups
HCA3485: Clients with Dementia
HCA3490: Disability & Mortality

Clinical Practicum 2: Option A (1 credit each)

HCA3495: Clinical Practice 2A
HCA3500: Clinical Practice 2B
HCA3505: Clinical Practice 2C
HCA3510: Clinical Practice 2D
HCA3515: Clinical Practice 2E
HCA3520: Clinical Practice 2F
HCA3525: Clinical Practice 2G

Clinical Practicum 2: Option B (7 Credits)

HCA3530: Clinical Practice 2

Health Care Services (HCS) - 28 courses

HCS1050: Musculoskeletal System
HCS1060: Digestive System
HCS1070: Respiratory System
HCS1080: Cardiovascular System
HCS1100: Infection & Immunity 1
HCS1110: Infection & Immunity 2
HCS1910: HCS Project A

HCS2020: First Aid/CPR with AED
HCS2050: Nervous System & Senses
HCS2060: Endocrine System
HCS2070: Urinary System
HCS2100: Infection & Immunity 3
HCS2120: Pain & Pain Management
HCS2130: Chronic Conditions
HCS2910: HCS Project B
HCS2920: HCS Project C
HCS2950: HCS Intermediate Practicum

HCS3000: Workplace Safety Systems
HCS3010: Workplace Safety Practices
HCS3020: First Responder 1
HCS3030: First Responder 2
HCS3040: Child Care First Aid
HCS3050: Reproduction & Readiness for Parenting
HCS3060: Pregnancy, Birth & Infant Care
HCS3150: Advances in Medical Technology
HCS3910: HCS Project D
HCS3920: HCS Project E
HCS3950: HCS Advanced Practicum

Human and Social Services (HSS) - 27 courses

HSS1010: Health Services Foundations
HSS1020: Nutrition & Wellness
HSS1030: Communication Skills for Health Professionals
HSS1040: Developing Maturity & Independence
HSS1050: Introduction to Mentorship
HSS1080: Leadership Fundamentals 1
HSS1090: Speaking & Presenting
HSS1100: Nature & Wellness
HSS1910: HSS Project A

HSS2020: Nurturing Children
HSS2030: Perspectives on Interpersonal Relationships
HSS2040: Family Foundations
HSS2050: Becoming a Mentor
HSS2080: Leadership Fundamentals 2
HSS2910: HSS Project B
HSS2920: HSS Project C
HSS2950: HSS Intermediate Practicum

HSS3010: Professional Standards & Ethics
HSS3020: Mental Health & Wellness
HSS3050: Becoming a Mentee
HSS3060: Extending the Mentoring Relationship
HSS3070: Peer Mentoring
HSS3080: Leadership Fundamentals 3
HSS3090: Governance & Leadership
HSS3910: HSS Project D
HSS3920: HSS Project E
HSS3950: HSS Advanced Practicum

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Legal Studies (LGS) - 22 courses		
LGS1010: Private Law	LGS2010: Family Law	LGS3010: Property Law
LGS1020: Public Law	LGS2020: Employment Law	LGS3020: Dispute Resolution
LGS1030: Relationship Law	LGS2030: Environmental Law	LGS3040: Negligence
LGS1910: LGS Project A	LGS2040: Aboriginal Law	LGS3050: Small Business Law
	LGS2050: Law & the Traveller	LGS3060: Controversy & Change
	LGS2910: LGS Project B	LGS3070: Landmark Decisions
	LGS2920: LGS Project C	LGS3080: Criminal Law
	LGS2950: LGS Intermediate Practicum	LGS3910: LGS Project D
		LGS3920: LGS Project E
		LGS3950: LGS Advanced Practicum
Recreation Leadership (REC) - 40 courses		
REC1020: Injury Management 1	REC2010: Nutrition for Recreation Activities & Sport	REC3010: Human Movement
REC1030: Technical Foundations for Injury Management	REC2015: Athletic Development	REC3015: Flexibility Training
REC1040: Foundations for Training 1	REC2020: Injury Management 2	REC3020: Injury Management 3
REC1045: Group Exercise Trends	REC2030: Anatomy of Joints	REC3025: Cardiovascular Training
REC1050: Sport Psychology 1	REC2040: Foundations for Training 2	REC3030: Speed & Agility
REC1910: REC Project A	REC2045: Training for Core Muscles	REC3040: Training & Conditioning
	REC2050: Sport Psychology 2	REC3045: Periodization
	REC2060: Leadership in Recreation & Sport	REC3050: Sport Psychology 3
	REC2070: Functional Independence	REC3060: Ever Active Kids Leadership
	Training Program Leader	REC3070: Fitness Instruction Leadership Principles
	REC2120: Coaching 1	REC3080: Resistance Training Leadership
	REC2910: REC Project B	REC3085: Olympic Weightlifting
	REC2920: REC Project C	REC3090: Aquatic Fitness Training Leadership
	REC2950: REC Intermediate Practicum	REC3100: Fitness Leadership for the Older Adult
		REC3110: Group Exercise Leadership
		REC3120: Coaching 2
		REC3130: Officiating
		REC3140: Sport & Society
		REC3910: REC Project D
		REC3920: REC Project E
		REC3950: REC Advanced Practicum

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Tourism (TOU) - 29 Courses		
TOU1010: The Tourism Sector	TOU2010: Event Management	TOU3000: Tourism Essentials
TOU1030: Quality Guest Service	TOU2040: Food & Beverage Service	TOU3010: Food & Beverage Functions
TOU1040: The Food & Beverage Industry	TOU2050: Meetings & Conferences	TOU3020: Food & Beverage Manager
TOU1050: The Accommodation Industry	TOU2060: Travel Destinations 1	TOU3040: Accommodations Operations
TOU1060: The Travel Industry	TOU2070: Travel Destinations 2	TOU3060: Destination Management
TOU1070: The Attractions Industry	TOU2080: Travel Planning	TOU3080: Air Transportation
TOU1120: Adventure & Ecotourism 1	TOU2120: Adventure & Ecotourism 2	TOU3090: Surface Transportation
TOU1910: TOU Project A	TOU2910: TOU Project B	TOU3120: Adventure & Ecotourism 3
	TOU2920: TOU Project C	TOU3910: TOU Project D
	TOU2950: TOU Intermediate Practicum	TOU3920: TOU Project E
		TOU3950: TOU Advanced Practicum