

Elective **A** – Subject Descriptions

Each student will study **TWO** subjects from the following list, each for half of the academic year.

1. Design and Communications Graphics

This course, which covers some of the practical aspects from the Junior Certificate Technical Graphics course, will be based on the latest Computer Aided Design (CAD) package of *Solid Works* which is the industrial standard design tool of today.

The aims of this course include developing the decision-making capabilities of students in the activities associated with design and graphics, and to develop the creative thinking and problem solving abilities of students.

2. Innovative Medicine

This module, while focusing on medicine, will draw on elements from all three Leaving Certificate Science subjects.

Students picking this module will look at various aspects of medicine such as human anatomy, comparing medicines for effectiveness, looking at the workings and designs of medical equipment, looking at treating bacterial, viral and fungal diseases and designing a heart stent which could be used to treat a patient with a heart disorder.

This module will have a lot of practical elements such as dissections, growing bacteria and making common ingredients used in everyday drugs

3. Sports Coaching

Students undertaking this module will acquire the knowledge, skills and confidence to plan, implement and evaluate coaching programmes for a range of sports including rugby, GAA and soccer. The programme incorporates a variety of sport and fun activities and provides social interaction and integration for all participants.

Upon successful completion of each module, student's will be awarded a coaching certificate accredited by the IRFU, GAA and/or FAI.

4. Beginners Woodwork

This practical course is intended for those who did not study woodwork for their Junior Certificate. It teaches practical techniques and skills and will include the construction of a variety of projects.

5. Cooking and Nutrition

In this module pupils will learn basic cooking skills required to cook a new dish every week. They will also study different recipes, cooking styles/cuisines and everything required to produce tasty and nutritious dishes. No prior skills/knowledge is required for this course.

6. Sports Analysis

In this module student will learn the skill of sports analysis. This involves videoing different sporting events and then learning the basics of how to analyse these events and give feedback to the coaches and players using 'coaches eye' the latest sports analysis package.

7. Visual Communication/Graphic Design

This practical module will be based around using Adobe Photoshop. This software is used widely in the graphic design industry and students will acquire a base skillset that can be applied to any software package across Adobe's Creative Suite (InDesign, Illustrator, Flash etc.).

The students will explore the key principles of design, learning to work imaginatively and creatively to apply original thought to any given problem. They will use a wide range of skills that can be applied across the curriculum and into any chosen career.

Some course activities will include;

- Type & logo design
- Digital film & photography
- Creative and aesthetic use of visual media for business and marketing
- Brand promotion
- Addressing a business' design brief

No matter the career path, those who can arrange, present, and display material in a way that is aesthetically pleasing will have an advantage.

8. Social Justice and Human Rights

This is an interactive, theory and activity based elective that aims to challenge student's opinions and knowledge of social justice issues such as gender, age, wealth, religion, race and a myriad of other topical issues. This course will seek to equip students with the necessary social and personal awareness tools to reflect and think beyond themselves in an ever-changing world. Course content will include student-led projects and awareness- raising actions along with group-work, reflection, debates, and an end of module group retreat

9. Self Defence

The practical element of this course will be pad work based, punches, kicks, knees and elbows, using skills from Thai Boxing, Kickboxing, Boxing, Judo and Sambo. The module will also include a small amount of theory covering:

- Understanding the criminal mind-set
- Reading body language before conflict
- Physiological & psychological effects of adrenaline dump
- Verbal de-escalation skills

A few benefits of self-defence classes, and pad work classes:

- It will boost confidence - Knowing that you have the ability to defend yourself will result in much higher self-confidence.
- Students will be learning new skills while also enjoying themselves.
- Self-defence promotes calm and effective thinking which can be transferred to different areas of our lives.
- Safety and Awareness: Self-defence classes will give you the ability to protect yourself and overcome an attacker. Knowing how to defend yourself can help you feel less anxious in public, or fearful when walking alone at night.

10. Architecture

This course will cover basic architectural design and includes designing a 3 bed detached house based on the family home, using AutoCad and Solid Works. The main elements of this course will also be of benefit to students wishing to take Construction Studies to Leaving Certificate level.

Elective B – Subject Descriptions

Each student will study **TWO** subjects from the following list, each for half of the academic year.

1. Media/Journalism

In this module students will be taught the basic skills associated with all aspects of media and Journalism.

They will learn about writing articles and covering events such as matches, debating, interviews and other events in the college. They will also be taught the basics of photography and videography and get instruction in how to use software in post production to be able to edit and creating videos and soundtracks to go with their reports.

This will be a mainly practical elective, where the students will create, edit and produce items articles, reports and videos to be displayed on the college's website, newsletter, video screens etc

2. Beginner's Music

This module is for students who want to learn to play any instrument such as the guitar, drums, piano etc. In addition to playing their preferred instrument, all students will learn to play the ukulele. Among the other learning outcomes for this module are learning to play notes, chords and understanding how to read music and important music terminology. It will be a practical course designed to allow students to explore the world of music and hopefully develop a lifelong interest.

3. Advanced Music

This elective focuses on developing the skills of the student musician in playing modern and popular music. It explores a variety of popular music styles in an analytical manner by listening to a wide variety of styles and identifying the fundamental features of each.

Students also learn and apply the fundamental skills associated with their chosen instrument through performance of established songs and through the composition and performance of original pieces of music in a number of popular styles.

Students will also be introduced to music technology and will learn new skills relating to the interaction between instruments and technology in the production of modern music. The course will also feature a special session with a guest DJ to learn about the craft of mixing music.

4. Action on Climate Change and Sustainability

This unit encourages students to explore issues that are affecting their environment. They will carry out practical projects and actions such as developing a community garden, recycling, tree planting, developing devices to generate energy from renewal sources, environmental surveys. etc.

5. Life-Saving and First aid

This module offers Transition Year students the opportunity to attain their first of three certificates in order to become a fully qualified life-guard. Two Classes a week will be practical classes, based in the swimming pool and two classes will be classroom based where students will learn basic first aid. At the end of the module students will be examined by an Irish Water Safety examiner and if they pass will receive their Life-Saving and Basic Life Support Level 1 certificate.

6. Sports Physiology

This is a two-part module that combines the theory of muscle-mechanics i.e. understanding how the body moves and recovers from injury with a weekly 80-minute practical class of body movements/plyometrics. The two elements combined aim to improve sports performance, enhance the effectiveness of strength and conditioning exercise, help students improve their own personal motor skills and muscle memory and prevent sport and exercise related injury.

7. Digital Multimedia and Coding

The goal of this elective is to develop student's interests with the use of technology. This course will be a team-based, hands on, student lead and interactive program. It will incorporate creative thinking, video shooting and editing, stop animation, App Design, computer coding and Drone application and use.

The elective will have a focus on schoolwide events and students will aim to generate content (video, journalistic, photographic) of high quality that can be showcased using the school multimedia screens, social media, newsletters and website.

8. Cooking and Nutrition

Same module as in Elective A but given the popularity of this course we've included it in both electives).

In this module pupils will learn the basic skills required to cook a new dish every week. They will also study different recipes/cooking styles/cuisines, and everything required to produce tasty and nutritious dishes. There will also be a focus on the importance of Nutrition and its impact on your health/lifestyle. No prior skills/knowledge is required for this course.

9. Applied Maths

This is the Maths of Physics. Pupils learn to solve real life problems using mathematical modelling. The main elements of the Transition Year Course are: Speed, Acceleration, Projectiles, Relative Velocity, and Collision Theory. Apart from being a good foundation for the Leaving Certificate course, Applied Maths is also useful for future study at third level in the sciences, engineering, architecture, biophysics (dentistry) etc.

10. Art, Craft and Design

This module is suitable for all pupils, whether they have studied art for junior certificate or not. New pupils to Art will learn basic art skills while past pupils of Art will develop their skills.

Pupils will use many different mediums to create their own Art work and will be encouraged to be creative. They will learn to analyse their Art work to help them to create their own creations and will also be introduced to Art History which is a vital element of Art in the Leaving Certificate.