

VIBRANT

CÉGEP DE SEPT-ÎLES

300.A3

SOCIAL SCIENCE (ENG) WORLD AND IDENTITIES



PROGRAM DESCRIPTION

2025-2026

300.A3

Social Science

Program Objective

The *Social Science* program enables students to pursue university studies in a broad range of social sciences, law, education, and administration, through the integration of knowledge and methods acquired in various social science disciplines.

General Goals of the Program

The general goals of the program are to help students:

- Explain human realities by using the main facts, concepts, theories, models and approaches specific to the social science disciplines.
- Examine various issues related to citizenship in today's world.
- Use academic work tools and methods as well as the technology needed to successfully pursue their studies.
- Demonstrate scientific intellect and intellectual curiosity and think critically.
- Experiment with social science research methods. Convey their ideas in a clear and organized manner in the language of instruction and use information resources in their second language in the context of their social science studies.
- Demonstrate that the subject-specific and methodological learning required to study human realities has been integrated.
- Appreciate the Contribution of Quebec to Social Sciences and Initiate Oneself to Indigenous Realities.

Admission

Candidates who hold a secondary school diploma (SSD) but who have not passed the following courses will be required to complete remedial courses:

- Secondary V Language of Instruction
- Secondary V Second Language
- Secondary IV Mathematics
- Secondary IV Physical Science
- Secondary IV History of Quebec and Canada

University Studies

The *Social Science* program is a pre-university program of the Ministère de l'Éducation et de l'Enseignement supérieur. It was designed as a lead-in to university studies in the broad areas of social science, law, education, and administration.

Field of University Studies :

- Accounting
- Anthropology
- Archaeology
- Cinema
- Commerce
- Computer Science
- Criminology
- Cultural Affairs
- Dramatic Arts
- Economics
- Education
- Educational Psychology
- Educational and Vocational Counselling
- Folk Art and Traditions
- Environmental Design
- Genealogy
- Geopolitics
- Geography
- Gerontology
- Graphic Design
- History
- Human Kinetics
- Industrial Relations
- Information Management
- Journalism
- Law
- Legal Science
- Leisure Studies
- Management
- Mathematics
- Philosophy
- Physical Education
- Psychology of Communications
- Public Relations
- Political Science
- Religious Studies
- Remedial Education
- Sexology
- Social Work
- Sociology
- Special Education
- Teaching: preschool, elementary and secondary
- Translation
- Tourism Management
- Urban Planning

The Social Science Program is what I'm looking for because...

It is aimed at preparing me to pursue my university studies in the major social science fields, law, education, and management by providing me with a scientific grounding based on the acquisition and integration of the knowledge and methods common to a variety of social sciences.

The Bilingual Education Option

- Allows me to enrol in a personalized immersion program during my sciences humaines/social science college studies;
- Is an important mechanism for providing me with an excellent pre-university education;
- Is a unique advantage for entry into the labour market regardless of the job and its location (province, country, or elsewhere).

If I am a first- and second-year student, I can register in the bilingual option on a term-by-term basis. I choose the course(s) that I wish to take in the French profile, 300.A1 Sciences humaines, for each term. At the beginning of the semester, I meet with the teachers involved for an assessment of linguistic skills and level of motivation.

Program Outlines

At the Cégep de Sept-Îles, Social Science is a fifty-eight and two thirds-credit program of thirty (31) courses.

General Education Component (26 2/3 credits)

Rights Holders with French classes

- English, language of instruction and literature (4 courses)
- French, second language (5 courses)
- Humanities (3 courses)
- Physical Education (3 courses)

Rights Holders with classes in French

- English, language of instruction and literature (4 courses)
- French, second language (2 courses)
- Humanities (3 courses)
- Physical Education (3 courses)
- Complementary courses (2 courses)

Non-Rights Holders

- English, second language (3 courses)
- French, first language (3 courses)
- Humanities (3 courses)
- Physical Education (3 courses)
- Complementary courses (2 courses)

Specific Component (32 credits)

Compulsory Methodology Courses (4 courses)

300-MSS-SI Methodology in Social Sciences

360-223-RE Quantitative Analysis in Social Science

300-222-RE Qualitative Research and Methods in Social Science

300-PRJ-SI Integration Project in Social Science

Compulsory Introduction Courses (4 courses)

385-GAC-SI Introduction to Geopolitics: Organizations and Challenges

383-GBL-SI Global Economics

350-PS1-SI Discovering the Human Experience

330-HFW-SI World Historical Foundations

Application/Enrichment Courses

330-CH1-SI Contemporary History

385-CTC-SI Citizens in the City: Systems and Institutions

401-BLW-SI Business and Law / 401-403-SI Les affaires et le droit for Rights Holders with classes in French

383-EVW-SI Economic Views

350-PS2-SI Psychology in Human Life Span

101-SH1-RE Human Biology

300-SWL-SI Social Sciences Around the World

300-REG-SI Social Sciences and Regional Context

401-BSA-SI Business Administration

Graduation Requirements

To graduate, in addition to the successful completion of all the courses in the program grid, Rights Holders students are required to pass the English Exit Exam, also called the Ministerial Exam of Language of Instruction. Non-Rights Holders are required to pass "l'épreuve uniforme de français". Both student categories also required to pass the Comprehensive Assessment by the end of the fourth semester, in the 300-PRJ-SI course (Integration Project in Social Science).

In each discipline (History, Psychology, Economics, etc.), the introductory course is a prerequisite for the following second or third courses, when it applies.

NEW - International Cooperation Trip Option

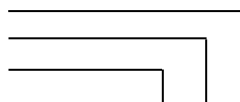
It will be possible for students to opt for an international cooperation trip as part of one of the final diploma course leading to a college diploma (300-SWL-SI). (In development)

Class Distribution

300.A3 Social Science – Rights holders (Program courses in French)

Periods/week

Personal work
Laboratory work
Theory – Class



1 st Semester (Autumn)		Pond.		
General education courses				
109-101-MQ	Physical Activity and Health	1	1	1
345-101-MQ	Knowledge	3	1	3
603-101-MQ	Introduction to College English	2	2	4
XXX-XXX-XX	Complementary Course #1 (in French)	1	2	3
Specific or Concentration courses				
300-MSS-SI	Methodology in Social Science	1	2	3
383-GBL-SI	Global Economics	2	1	2
385-GAC-SI	Introduction to Geopolitics: Organizations and Challenges	2	1	2

2 nd Semester (Winter)		Pond.		
General Education Courses				
109-102-MQ	Physical Activity and Effectiveness	0	2	1
345-102-MQ	World Views (PER: 345-101-MQ)	3	0	3
602-10X-MQ	Langue française et... (Test de classement)	2	1	3
603-102-MQ	Literary Genres (PEA : 603-101-MQ)	2	2	3
XXX-XXX-XX	Complementary Course #2 (in French)	1	2	3
Specific or Concentration Courses				
330-HFW-SI	World Historical Foundations	3	1	2
350-PS1-SI	Discovering the Human Experience	2	1	3
360-223-RE	Quantitative Analysis in Social Science	2	2	2

Note: Prerequisite course

A course is considered as a prerequisite for another if it provides the student with necessary knowledge and helps them develop skills or behaviours essential to another course.

PEA: Prerequisite – required establishment

PER: Prerequisite – relative establishment (50 %)

PEC: Prerequisite – concurrent establishment

3 rd Semester (Autumn)		Pond.		
Formation générale				
109-103-MQ	Physical Activity and Autonomy (PEA : 109-101-MQ and 109-102-MQ)	1	1	1
602-GTX-SI	Langue française et... (PER: 602-10X-MQ)	2	1	3
603-103-MQ	Literary Themes (PEA : 603-102-MQ)	2	2	3
Specific or Concentration Courses				
300-222-RE	Qualitative Research and Methods in Social Science (PER: 300-MSS-SI)	2	2	3
330-CH1-SI	Contemporary History (PER: 330-HFW-SI)	2	1	2
350-PS2-SI	Psychology in Human life Span (PER: 350-PS1-SI)	2	1	3
385-CTC-SI	Citizens in the City: Systems and Institutions (PER : 385-GAC-SI)	1	2	3
401-BSA-SI	Business Administration	2	1	2

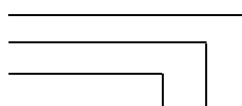
4 th Semester (Winter)		Pond.		
General Education Courses				
345-GTS-SI	Ethics (PER : 345-101-MQ and 345-102-MQ)	3	0	3
603-GTM-SI	English for Programs: Non-Fiction	2	2	2
Specific or Concentration Courses				
101-SH1-SI	Human Biology	2	1	2
300-PRJ-SI	Integration Project in Social Science (PER: 300-222-RE)	1	2	3
300-REG-SI	Social Science in Regional Context	1	2	3
300-SWL-SI	Social Science Around the World	1	2	2
383-EVW-SI	Economic Views (PER: 383-GBL-SI)	2	1	3
401-403-SI	Les affaires et le droit (PER: 401-BSA-SI)	2	1	2

Class Distribution

300.A3 Social Science – Rights holders (French language courses)

Periods/week

Personal work
Laboratory work
Theory – Class



1 st Semester (Autumn)		Pond.		
General education courses				
109-101-MQ	Physical Activity and Health	1	1	1
345-101-MQ	Knowledge	3	1	3
602-D01-MQ	Français, travail et numérique (niveau 1)	2	1	3
603-101-MQ	Introduction to College English	2	2	4
Specific or Concentration courses				
300-MSS-SI	Methodology in Social Science	1	2	3
383-GBL-SI	Global Economics	2	1	2
385-GAC-SI	Introduction to Geopolitics: Organizations and Challenges	2	1	2

2 nd Semester (Winter)		Pond.		
General Education Courses				
109-102-MQ	Physical Activity and Effectiveness	0	2	1
345-102-MQ	World Views (PER: 345-101-MQ)	3	0	3
602-10X-MQ	Langue française et... (Test de classement)	2	1	3
602-C01-MQ	Français et société québécoise (niveau 1)	2	1	3
603-102-MQ	Literary Genres (PEA: 603-101-MQ)	2	2	3
Specific or Concentration Courses				
330-HFW-SI	World Historical Foundations	3	1	2
350-PS1-SI	Discovering the Human Experience	2	1	3
360-223-RE	Quantitative Analysis in Social Science	2	2	2

Note: Prerequisite course

A course is considered as a prerequisite for another if it provides the student with necessary knowledge and helps them develop skills or behaviours essential to another course.

PEA: Prerequisite – required establishment

PER: Prerequisite – relative establishment (50 %)

PEC: Prerequisite – concurrent establishment

3 rd Semester (Autumn)		Pond.		
Formation générale				
109-103-MQ	Physical Activity and Autonomy (PEA : 109-101-MQ and 109-102-MQ)	1	1	1
603-103-MQ	Literary Themes (PEA : 603-102-MQ)	2	2	3
602-GTX-SI	Langue française et... (PER : 602-10X-MQ)	2	1	3
Specific or Concentration Courses				
300-222-RE	Qualitative Research and Methods in Social Science (PER: 300-MSS-SI)	2	2	3
330-CH1-SI	Contemporary History (PER: 330-HFW-SI)	2	1	2
350-PS2-SI	Psychology in Human life Span (PER: 350-PS1-SI)	2	1	3
385-CTC-SI	Citizens in the City: Systems and Institutions (PER : 385-GAC-SI)	1	2	3
401-BSA-SI	Business Administration	2	1	2

4 th Semester (Winter)		Pond.		
General Education Courses				
345-GTS-SI	Ethics (PER : 345-101-MQ and 345-102-MQ)	3	0	3
602-E02-MQ	Projet expérientiel en français (niveau 2)	1	2	3
603-GTM-SI	English for Programs: Non-Fiction	2	2	2
Specific or Concentration Courses				
101-SH1-SI	Human Biology	2	1	2
300-PRJ-SI	Integration Project in Social Science (PER: 300-222-RE)	1	2	3
300-REG-SI	Social Science in Regional Context	1	2	3
300-SWL-SI	Social Science Around the World	1	2	2
383-EVW-SI	Economic View (PER: 383-GBL-SI)	2	1	3
401-BLW-SI	Business and Law (PER: 401-BSA-SI)	2	1	2

Class Distribution

300.A3 Social Science Non-rights holders

Periods/week

Personal work
Laboratory work
Theory – Class

1 st Semester (Autumn)		Pond.		
General education courses				
109-101-MQ	Physical Activity and Health	1	1	1
345-101-MQ	Knowledge	3	1	3
604-10X-MQ	Langue anglaise et... (Test de classement)	2	1	3
601-101-MQ	Écriture et littérature	2	2	3
XXX-XXX-XX	Complementary Course #1 (in French)	1	2	3
Specific or Concentration courses				
300-MSS-SI	Methodology in Social Science	1	2	3
383-GBL-SI	Global Economics	2	1	2
385-GAC-SI	Introduction to Geopolitics: Organizations and Challenges	2	1	2

2 nd Semester (Winter)		Pond.		
General Education Courses				
109-102-MQ	Physical Activity and Effectiveness	0	2	1
345-102-MQ	World Views (PER: 345-101-MQ)	3	0	3
604-GSX-SI	Langue anglais et... (PER : 604-10X-MQ)	2	1	3
601-102-MQ	Littérature et imaginaire (PEA : 601-101-MQ)	3	1	3
Specific or Concentration Courses				
330-HFW-SI	World Historical Foundations	3	1	2
350-PS1-SI	Discovering the Human Experience	2	1	3
360-223-RE	Quantitative Analysis in Social Science	2	2	2

Note: Prerequisite course

A course is considered as a prerequisite for another if it provides the student with necessary knowledge and helps them develop skills or behaviours essential to another course.

PEA: Prerequisite – required establishment

PER: Prerequisite – relative establishment (50 %)

PEC: Prerequisite – concurrent establishment

3 rd Semester (Autumn)		Pond.		
Formation générale				
109-103-MQ	Physical Activity and Autonomy (PEA : 109-101-MQ and 109-102-MQ)	1	1	1
601-103-MQ	Littérature Québécoise (PEA: 601-102-MQ)	3	1	4
XXX-XXX-XX	Complementary Course #2 (in French)	1	2	3
Specific or Concentration Courses				
300-222-RE	Qualitative Research and Methods in Social Science (PER: 300-MSS-SI)	2	2	3
330-CH1-SI	Contemporary History (PER: 330-HFW-SI)	2	1	2
350-PS2-SI	Psychology in Human life Span (PER: 350-PS1-SI)	2	1	3
385-CTC-SI	Citizens in the City: Systems and Institutions (PER : 385-GAC-SI)	1	2	3
401-BSA-SI	Business Administration	2	1	2

4 th Semester		Pond.		
General Education Courses				
345-GTS-SI	Ethics (PER : 345-101-MQ and 345-102-MQ)	3	0	3
603-GTM-SI	English for Programs: Non-Fiction	2	2	2
Specific or Concentration Courses				
101-SH1-SI	Human Biology	2	1	2
300-PRJ-SI	Integration Project in Social Science (PER: 300-222-RE)	1	2	3
300-REG-SI	Social Science in Regional Context	1	2	3
300-SWL-SI	Social Science Around the World	1	2	2
383-EVW-SI	Economic View (PER: 383-GBL-SI)	2	1	3
401-403-SI	Les affaires et le droit (PER: 401-BSA-SI)	2	1	2

SPECIFIC OR CONCENTRATION COURSES

300-MSS-SI **Methodology in Social Sciences** **1-2-3**

A

This is the first course in the methodological sequence specifically intended for Humanities students. It aims to develop the following skill: applying intellectual work methods in the humanities. It allows students to develop skills to better understand the society in which they live and acquire skills that will be useful for pursuing their studies or joining the labour force. More specifically, the theoretical and practical content will enable them to develop the skills needed to carry out intellectual work.

360-223-RE **Quantitative Analysis in Social Science** **2-2-2**

W

This course aims to familiarize students with the fundamental concepts of the quantitative method applied to scientific research in the social sciences and humanities, along with its basic techniques. It will also enable them to better evaluate the quantitative information that they will confront in everyday life. We will approach statistical concepts with an emphasis on understanding the fundamental notions involved, always in relation to their practical applications and methodological limitations. The knowledge gained in this course will be used in a number of courses in the program, including courses 300-222-RE and 300-400-SI, which are the last in the methodological sequence.

385-GAC-SI **Introduction to Geopolitics: Organizations and Challenges** **2-1-2**

A

The course Introduction to Geopolitics: Organizations and Challenges aims to familiarize students with the contemporary world through the study of its main actors and organizations, as well as the geographical, political, economic, and cultural characteristics that constitute it. Furthermore, students will be introduced to the major contemporary issues that concern both states and citizens, such as climate change, nuclear proliferation, and terrorism. In other words, geopolitics involves studying not only the influence of geographical, economic, and cultural factors on the politics of states and international relations but also the national and international issues at hand.

383-GBL-SI **Global Economics** **2-1-2**

A

The content covered in this course will include questions or examples related to Quebec's real-life economic issues. We will analyze the role of the state in the economic behaviour of a democratic nation. Among other concepts, we will examine inflation, currency, unemployment, as well as interest rates and their effects.

350- PS1-SI **Discovering the Human Experience** **2-1-3**

W

Discovering Psychology explores a wide range of topics which are investigated by psychologists in their desire to comprehend human nature and behavior. Some of the areas covered will include: the human brain, genetics and evolution, sensation and perception, emotion and motivation, cognition, memory, consciousness, sex and gender, personality and individual differences, psychopathology, and its treatments. It is to be noted the emphasis placed on a specific theme may vary according to the professor's specialty. Moreover, basic concepts, methods, theories, and major findings in these areas will be examined.

330-HFW-SI **World Historical Foundations** **3-1-2**

W

This course deals with concepts in history and world history. As we delve into the Greek and Roman civilizations, we address notions such as democracy, the state, Romanization, Christianization, and the various legacies that they have bequeathed to us. For the Middle Ages, we cover the following topics: feudalism, economic and urban revival, and the great crises of the late Middle Ages. We will also examine exchanges between different civilizations. In particular, we will discuss the significance of the Mongol Empire and various American civilizations. Then, for the Renaissance, the course covers the great explorations, commercial development, the rise of the modern state, the Protestant Reformation, and—of course—the contribution of the Enlightenment. Finally, for the contemporary period, we analyze the French, American, and Industrial Revolutions.

300-SWL-SI **W**
Social Science Around the World
1-2-2

In this course, students explore various cultural, socio-economic, and political aspects of a featured country. Through an interdisciplinary approach, students analyze theories and concepts drawn from disciplines such as history, sociology, economics, politics, and psychology. The course aims, among other things, to equip students with the technical and theoretical aspects of an international cooperation trip (optional). Discussions, group projects, and case studies are employed as tools to foster a deep understanding of contemporary international challenges. Students are thus sensitized to certain global issues and intercultural dynamics with which they have become familiar during their studies.

300-REG-SI **W**
Social Science in Regional Context
1-2-3

This multidisciplinary course explores the specific regional issues of the North Shore in Quebec. With a focus on the evolution of socio-economic, cultural, and environmental aspects, students will examine the unique challenges and opportunities that shape this region. The significant presence of First Nations on the territory, the exploitation of natural resources, and demographics are examples of issues addressed in the course. Through meetings, discussions, field explorations, and case studies, students will gain hands-on experience and a deep understanding of the dynamics of the North Shore.

300-222-RE **A**
Qualitative Research and Methods in Social Science
2-2-3 **PER: 300-MSS-SI**

Methodology in the social science remains essential for understanding human phenomena. In this sense, this course enables the acquisition of skills related to an ethical scientific approach. Within the framework of this course, students will be introduced to the foundations of the scientific method through the completion of a research project where they must apply the fundamental rules of social science research methodology.

This course will provide students with the opportunity to acquire essential skills for research in the social science, including the development of critical thinking, the application of a rigorous and objective approach, and the development of a specific qualitative research methodology tailored to the Social Science.

300-PRJ-SI **W**
Integration Project in Social Science
1-2-3 **PER: 300-222-RE**

At the end of their studies in Social Science, the student must be able to demonstrate that they have integrated the knowledge, skills, and attitudes necessary for success in their college studies and for further university studies. This course will enable the student to reuse all their college achievements in a new context. They must recall significant aspects of their learning, apply them in new situations, produce a substantial final project, and regularly evaluate their work. This end-of-program approach aims to stimulate the student's responsibility and creativity. Thus, they can demonstrate mastery of their learning. Finally, it should be noted that this course is part of the program synthesis assessment required to obtain the diploma.

330-CH1-SI **A**
Contemporary History
2-1-2 **PER: 330-HFW-SI**

This course traces the major events of the 19th and 20th centuries that structure contemporary society in political, economic, social, cultural, and intellectual terms. Contemporary society is first rooted in the principles and ideas of the French Revolution such as equality, liberty, and nationalism. Indeed, this revolution, after several revolts and revolutions in the 19th century, gives birth to the nation-state as we know it. It forms the basis of contemporary political regimes.

From this revolutionary 19th century comes a deadly 20th century, marked by the First and Second World Wars and Nazi horror. Furthermore, war continues in a different form, a so-called "cold war".

Finally, the collapse of Soviet communism in the early 1990s gives way to American domination. This hegemonic position will be challenged globally by both intellectuals and extremists. This course enables students to understand the economic, political, nationalist, social, and cultural causes of the major events that indelibly mark these two centuries.

350-PS2-SI **A**
Psychology in Human Life Span
2-1-3 **PER: 350- PS1-SI**

This Human development course is designed in such a way as to present a global view of the most significant and common developmental stages that we all go through: conception, birth, infancy, early

childhood, childhood, adolescence, adulthood (early, middle, and late), death, dying and grieving. In this journey called life, we learn to utilize our body to communicate, create relationships, work, and love. Knowing how we develop as human beings throughout the different stages allows us to better contextualize our difficulties and health problems and find possible solutions.

385-CTC-SI **A**
Citizens in the City: Systems and Institutions
1-2-3 **PER: 385-GAC-SI**

This course aims to familiarize students with the various political systems that drive our societies at the local, provincial, and federal levels. Beyond classroom theory, the course allows students to explore the forms of government present in their region. Specifically, students will go into the field to learn about the exercise of power by different levels of government: the municipal government of Sept-Îles, the Band Council of Uashat mak Mani-utenam, and the provincial and federal governments.

401-BSA-SI **A**
Business Administration
2-1-2

This course introduces students to business organization, its role in the business world, and its influence on the community. The opening to global markets and the changing behaviors of consumers require evolution in the daily management of businesses. Students are introduced to these new concerns through learning the basic principles of management and activities specific to functions such as marketing, human resources management, production, accounting, and finance.

401-BLW-SI **W**
Business and Law
2-1-2 **PER: 401-BSA-SI**

Through representative scenarios of the legal profession, this course enables students to conduct legal research and consultations applicable to business situations, recognize the legal rules inherent in the practice of the profession, and apply them, identify the consequences of a breach of regulations, and understand the main conventions influencing the judicial side of commerce.

383-EVW-SI **W**
Economic Views
2-1-3 **PER: 383-GBL-SI**

In this course, we will explore the economic behavior of businesses and individuals in our society. We will take a careful look at international, national, provincial, and regional markets, including how indigenous peoples position themselves inside those markets. We will also draw parallels between economics and marketing, both for businesses and individuals.

101-SH1-RE **W**
Human Biology
2-1-2

This course aims to understand the biological foundations of human behavior. Initially, the anatomical and physiological aspects of the neuron and the basic cell of the nervous system are addressed.

Next, students are led to identify the different structures forming the nervous system and their respective functions. They are able to appreciate how this regulatory system governs perceptions, behaviors, and memory.

The nervous system is aided in its control by the endocrine system and its set of glands secreting hormones into the blood. Students are led to recognize the important role hormones play in regulating the functioning of the entire organism and in reproduction.

Finally, the last part addresses reproduction and heredity. The reproductive system ensures the formation of gametes containing genetic information. This information directs all living beings' functioning and, consequently, explains all human behaviors.

GENERAL EDUCATION COURSES

109-101-MQ

A

Physical Activity and Health

1-1-1

A healthy mind in a healthy body.

This is now the chance to concentrate your effort on your body. How is your fitness level? How much can you improve by training for an entire semester? What are all the ramifications of being active? How can your lifestyle affect your health? All of these questions will be answered by the experience you will go through in this gym class. You will learn theory, but most of the time you will live it.

109-102-MQ

W

Physical Activity and Effectiveness

0-2-1

Did you ever think that playing in a hockey league, getting your yellow belt in judo, or running in your neighbourhood could be part of a college course? This is the case here: you will build this course with physical activity that you enjoy doing. And with motivation and determination, you will develop all the autonomy you need to pursue active living beyond your studies.

Courses from group 1

109-111-SI / Training methods – Physical activity and health (109-101-MQ)

The student will learn notions about health, fitness, and motivation factors in fitness. The fitness activities suggested by this course will consist of a mix of training methods that can be practised either in groups or individually. (E.g., jogging, spinning, circuit training, workout, etc....)

109-112-SI / Sports - Physical activity and health (109-101- MQ)

The student will learn notions about health, fitness, and motivation factors in fitness. The fitness activities suggested by this course will consist of a mix of many sports and fitness activities that can be practised in Sept-Iles. (E.g., volleyball, basketball, badminton, football, hockey, ultimate Frisbee, etc....)

Courses from group 2

109-201-SI / Badminton - Physical activity and effectiveness (109-102-MQ)

Students will learn to apply a procedure that will help improve their technical and tactical skills in badminton. The course will consist of one two-hour period per week for 15 weeks.

109-202-SI / Volleyball - Physical activity and effectiveness (109-102-MQ)

Students will learn to apply a procedure that will help improve their technical and tactical skills in volleyball. The course will consist of one two-hour per week, for 15 weeks.

109-203-SI / Cross-country skiing - Physical activity and effectiveness (109-102-MQ)

Students will learn to apply a procedure that will help improve their technical and tactical skills in cross-country skiing and modify their approach to winter outdoor activities. This course will be spread over a 10-week period, to which one or two nights or week-end mandatory activities will be added to complete the 30 hours needed for the specific course.

109-204-SI / Touch-Football - Physical activity and effectiveness (109-102-MQ)

Students will learn to apply a procedure that will help improve their technical and tactical skills in touch-football. This course will be spread over a 10-week period, to which one or two nights or week-end mandatory activities will be added to complete the 30 hours needed for the specific course.

109-206-SI / Yoga – Physical activity and effectiveness (109-102-MQ)

The student will learn to apply an approach leading to the improvement of his technical capacities in Yoga. The course will take place over a period of 10 weeks and will add one or two compulsory activities placed on evening and / or weekend hours to complete the 30 hours of the course.

109-207-SI / Jogging – Physical activity and effectiveness (109-102-MQ)

Students will learn to apply an approach leading to the improvement of their technical and tactical running abilities. The course will run over a period of 10 weeks, with the addition of one or two compulsory evening and/or weekend activities to complete the 30 hours.

Courses from group 3

109-301-SI / Individual training – Physical activity and autonomy (109-103-MQ)

Using an autonomous approach, students will apply the knowledge they acquired in the first two courses to plan and practise a chosen physical activity that will improve their fitness and lifestyle and have a positive impact on their general health. The students will be individually monitored. Coaching will be done regarding the fitness program that the students will have elaborated on their own.

345-101-MQ
Knowledge
3-1-3

A

In this course, students apply a logical analytical process of organizing and using knowledge. We choose one theme around which to organize this exploration, to recognize the basic elements of a field of knowledge, situate a field of knowledge within its historical context, organize the main components into coherent patterns, and produce a synthesis. Students research and present various projects.

345-102-MQ
World Views
3-0-3

W

PER: 345-101-MQ

In this course, students investigate how individuals, groups, societies, and nations organize ideas, perceptions, and values into explanatory patterns. Students will explore major ideas and value systems through which people seek to explain the world and their place in it by looking at the ways individuals and societies view human endeavours, today and in the past. Close examination of the worldviews of a variety of groups will help students be more aware of their personal viewpoint and the effect this perspective has on their understanding of their world.

345-GTS-SI
Ethics
3-0-3

W

PER:345-101-MQ and 345-102-MQ

In this course, students try to understand how humans decide what is right and wrong. Students explore ideas that can help them decide what to do in difficult situations. This is called applied ethics: we begin by learning about several moral theories that can be used to frame a problem; then, we look at a variety of ethical issues and use the moral theories to explore possible solutions. More than memorizing concepts and struggling with “thought problems,” the ideas explored in this course should help students respond to complicated ethical issues in their field of study, in their work, and in their personal lives.

602-10X-MQ

W

Langue française et communication
2-1-3

This first French as a second language course aims to consolidate and develop basic knowledge of French grammar in accordance with grammatical and spelling rules. The overall objective of this course, “communicating in everyday French with relative ease,” involves the following skills: writing and revising a simple text, interpreting a written text, and producing and interpreting an oral text.

602-GTX-SI

A

Langue française et communication II
2-1-3

This first French as a second language course aims to consolidate and develop basic knowledge of French grammar in accordance with grammatical and spelling rules. The overall objective of this course, “communicating in everyday French with relative ease,” involves the following skills: writing and revising a simple text, interpreting a written text, and producing and interpreting an oral text.

602-D01-MQ

A

Français, travail et numérique (niveau 1) -French, Work, and Digital World (Level 1)
2-1-3

Through activities involving oral and written interactions in a digital environment, this course enables students to communicate in French, in a simple and coherent manner, about common topics related to work. Students collaborate and assist each other in integrating their language and digital skills. In connection with their various oral and written productions, they also practice respectful critical thinking.

602-C01-MQ

W

Français et société québécoise (niveau 1) - French and Quebec Society (Level 1)
2-1-3

Through activities involving oral and written interactions related to personal life, life in society, and Quebec culture, students will be able to express themselves with a certain level of confidence about their environment and demonstrate sufficient understanding to interact with others on familiar socio-cultural topics. The use of technological tools and respectful critical thinking will help to consolidate linguistic skills.

602-E02-MQ **W**
Projet expérientiel en français - Practical Project in French (Level 2)
1-2-3

Through the completion of a project related to their course of study, students will apply the integrated skills acquired in the two previous courses. Demonstrating autonomy, they will have the opportunity to prepare, execute, and present their project, then self-assess their strengths, share the challenges they encountered, and evaluate their progress in French. The self-critical process initiated earlier leads here to a personal assessment regarding the continuation of their journey in French.

603-101-MQ **A**
Introduction to College English
2-2-4

In this course, you will read a variety of different types of essays. You will also practise writing essays that use rhetorical patterns such as narration, description, example, comparison, process analysis, classification, and definition. We will explore what makes a great essay and practice organizing our ideas into well-structured texts that make our ideas clear to our readers.

603-102-MQ **W**
Literary Genres
2-2-3

This course teaches you to use an analytical approach to interpreting imaginative literature. You will explore a variety of works from three different genres: fiction, poetry, and drama. You will practise finding literary techniques and devices in the works you read. This experience will help you analyze works and allow you to share your ideas about what we have read in the form of presentations and critical essays.

603-103-MQ **A**
Literary Themes
2-2-3

This course asks you to examine a variety of texts from a thematic perspective and explore their cultural context and value systems. A theme extends beyond the boundaries of a particular work; a theme connects to our world. Your interpretation of a theme arises out of your personal experience, background, and knowledge. If you explore the elements of a work, look for clues that reinforce important ideas, and apply a critical approach to literary themes, you will gain insight into the text and, perhaps, into your life.

603-GTM-SI **W**
English for Programs: Non-Fiction
2-2-2

In this course, you will read, analyze, and write about non-fiction works from a variety of disciplines. You will get a better understanding of how writing is adapted to various disciplines and do research that is related to your field of study. You will use a variety of tools to present information, including: concept maps, slide presentations, movie-making software, and Prezi. You will practise writing in a variety of formats, including: précis, analysis, critique, poster, blog, letter, curriculum vitae, and reflective portfolio.

For Non-rights holders

601-101-MQ
Écriture et littérature
Pondération : 2-2-3
Sessions : automne et hiver

Ce cours vise à rendre l'élève capable d'analyser des textes littéraires de genres variés et de différentes époques. Il l'amène à reconnaître le propos du texte, à repérer et à classer les thèmes et les procédés stylistiques afin d'élaborer un plan de rédaction, qui servira lors de la rédaction d'une analyse littéraire bien structurée et qui respecte le code linguistique. Parallèlement, des exercices grammaticaux fréquents favorisent l'amélioration de la maîtrise de la langue écrite.

601-102-MQ
Littérature et imaginaire
Pondération : 3-1-3
Sessions : automne et hiver
Préalable : 601-101-MQ

Dans ce cours, l'élève est invité à situer les représentations du monde proposées par des textes appartenant à des courants littéraires et à en rendre compte dans une dissertation explicative. Il explore les rapports entre le réel, le langage et l'imaginaire, détermine la conformité et les écarts des représentations du monde dans des textes littéraires appartenant à des courants et à des contextes sociohistoriques différents. Il donne à l'élève l'occasion de perfectionner sa maîtrise du code linguistique et ses habiletés rédactionnelles.

601-103-MQ**Littérature québécoise**

Pondération : 3-1-4

Sessions : automne et hiver

Préalable : 601-102-MQ

Ce cours permet à l'élève d'apprécier la littérature québécoise et d'en rendre compte dans une dissertation critique. Plus particulièrement, il vise à caractériser et à situer la littérature québécoise dans la littérature francophone en tenant compte des courants littéraires et des contextes sociohistoriques d'œuvres marquantes à l'étude. Dans ce cours, l'élève doit défendre un point de vue personnel éclairé, pertinent et reposant sur les œuvres à l'étude, et ce, tout en respectant le protocole de présentation d'un travail et le code linguistique.

COMPLEMENTARY COURSE

Autumn

120-GSB-SI

Nutrition, une science appliquée au quotidien

Pondération : 2-1-3

La nutrition suscite plus que jamais un grand intérêt. Pour la plupart d'entre nous, manger est un véritable plaisir. Cependant, nous sommes de plus en plus convaincus que des liens existent entre l'alimentation et la santé. Dans le flot de publicités et de stimuli, comment bien se nourrir? La science de la nutrition nous aide justement à saisir l'influence qu'elle exerce sur notre bien-être.

À partir de la méthode scientifique, ce cours amènera l'élève à faire face aux nombreux défis nutritionnels qu'il rencontre au quotidien et à évaluer son propre régime alimentaire, et ce, pour différentes situations de vie.

À travers une panoplie d'activités d'apprentissage variées (cuisiner et déguster des aliments nouveaux, critiquer des pratiques alimentaires, analyser l'étiquetage nutritionnel, élaborer un menu), il sera en mesure d'y voir plus clair dans le domaine fascinant, mais parfois un peu déroutant de la nutrition.

305-GSG-03

L'univers des mythes et des symboles

Pondération : 3-0-3

De tout temps, les mythes ont reflété les visions du monde, les angoisses existentielles ou les aspirations collectives des peuples. En retraçant l'évolution de quelques grands mythes et en s'attachant aux rôles qu'ils ont joués à différentes époques, l'élève sera en mesure de repérer, dans l'environnement culturel et médiatique d'aujourd'hui, le caractère mythique des approches suggérées. Et qui sait, il découvrira peut-être un rusé Ulysse ou une charmante Aphrodite qui sommeille en lui.

360-GSB-SI

À l'ère du monde virtuel

Pondération : 2-1-3

Le Web social, le multimédia et les nouvelles technologies de la communication influencent notre vie au quotidien. Mais... quelles sont ces influences? C'est ce que permettra de cerner le cours par l'étude de certains thèmes et une approche pluridisciplinaire.

Le culte de l'image (l'hypersexualisation et l'anorexie), la réalité humaine dans une société virtuelle (les réseaux sociaux et les *gamers*) et le citoyen dans la société virtuelle (la protection de l'identité personnelle et la liberté d'expression) sont les thèmes qui seront approfondis afin de comprendre l'influence et l'impact du monde virtuel dans le monde réel.

412-GSA-SI

Mise en page de documents à l'aide d'un logiciel de traitement de texte

Pondération : 1-2-3

Il s'agit d'un cours où l'élève maîtrisera une méthode de doigté, ce qui lui permettra de faire la saisie de différents documents et d'atteindre une vitesse d'exécution d'au moins vingt mots à la minute. Il aura aussi fait l'apprentissage des fonctions de base d'un logiciel de traitement de texte ainsi que des fonctions de mise en page de documents et de création de tableaux. De plus, il connaîtra les normes de présentation des documents suivants : note de service, lettre, enveloppe et étiquette, curriculum vitae et rapport administratif.

420-GSF-SI

Introduction à l'informatique

Pondération : 1-2-3

Principalement destiné aux élèves du programme *Sciences humaines*, ce cours a comme objectif d'apprendre à se servir d'une variété de notions, de procédés et d'outils informatiques à des fins d'usage courant. Il leur permettra de se familiariser à l'environnement Windows et à des logiciels de traitement de texte, de tableur, de présentation ainsi qu'à la navigation sur Internet.

510-GSA-03

Initiation à la peinture

Pondération : 1-2-3

Ce cours vise à faire découvrir aux élèves les possibilités de la peinture comme moyen d'expression.

Ils seront amenés à comprendre les éléments de base du langage plastique et la spécificité de différentes techniques en peinture pour les appliquer dans une production artistique personnelle.

Winter

203-GSA-03

Les grandes questions de l'astronomie

Pondération : 2-1-3

Ce cours vise à décrire le contexte et les étapes des découvertes de l'humanité dans le domaine de l'astronomie. L'apport de la technologie à l'évolution de la science et des connaissances en physique y est abondamment discuté.

Il offre l'occasion de traiter des croyances des peuples de l'Antiquité liées au cosmos, d'étudier les divers éléments du Système solaire, de s'intéresser aux objets stellaires connus à ce jour (étoiles, trous noirs, galaxies, etc.) et de s'enquérir sur l'Univers. Ce cours s'adresse aux amateurs et amatrices d'astronomie ainsi qu'à tous ceux et celles voulant développer leurs connaissances dans le domaine des sciences.

360-GSA-SI

La sexualité humaine : de l'interdiction à l'obsession

Pondération : 3-0-3

Crimes d'honneur, pornographie, tourisme sexuel, homoparentalité : des concepts font voler en éclats les idées reçues et nous interpellent forcément. Dans l'étude des problématiques retenues, différentes disciplines vont nous aider à saisir les liens indéniables qu'il y a avec la sexualité. Si le champ sexuel est l'un des domaines où le pouvoir de la norme opère avec le plus d'efficacité, nous nous interrogerons sur les prémisses de la véritable libération sexuelle.

360-GSC-SI

Le développement durable : une affaire humaine?

Pondération : 1-2-3

L'expression est sur toutes les lèvres ! Le concept est branché et tout le monde se sent soudainement concerné. Le développement durable est un projet de société qui touche les enjeux majeurs auxquels notre planète fait face, tels que l'exploitation des ressources, l'économie d'énergie, la consommation, le tourisme, l'écologie industrielle, la démographie, etc. Voici l'occasion de mieux comprendre pour mieux agir !

Lorsqu'un projet se développe dans notre région, par exemple une mine, plusieurs questions surviennent : est-ce un projet durable à long terme, est-ce une bonne chose pour la société, pour l'environnement, pour l'économie de notre milieu?

Tout au long du cours, l'élève sera au cœur de l'action en analysant les facettes environnementales, sociales et économiques du développement durable. À travers des activités d'apprentissage très variées (analyse, visionnement de documentaires-chocs, discussions, débats, rencontres avec des spécialistes-invités, élaboration d'une affiche scientifique), il sera en mesure

de mieux situer l'impact des activités humaines sur l'environnement et la société.

420-GSF-SI

Introduction à l'informatique

Pondération : 1-2-3

Principalement destiné aux élèves du programme *Sciences humaines*, ce cours a comme objectif d'apprendre à se servir d'une variété de notions, de procédés et d'outils informatiques à des fins d'usage courant. Il leur permettra de se familiariser à l'environnement Windows et à des logiciels de traitement de texte, de tableur, de présentation ainsi qu'à la navigation sur Internet.

511-GSC-03

Initiation à la gravure

Pondération : 1-2-3

La gravure est un art qui consiste à dessiner des motifs en entaillant une surface à l'aide d'outils électriques et manuels. Ce cours permet aux élèves de découvrir les possibilités de ces techniques d'impression comme moyen d'expression.

Les élèves seront amenés à comprendre les éléments de base du langage plastique et la spécificité de trois techniques (le pochoir sur tissu, la linogravure et la gravure sur bois de fil) pour les appliquer dans une production artistique personnelle.

607-GSA-03

Introduction à l'espagnol

Pondération : 2-1-3

Dans le contexte actuel de la mondialisation, l'espagnol occupe une place de choix pour communiquer, car cet idiome se situe au troisième rang des langues parlées dans le monde. Ce cours d'introduction à l'espagnol permet à l'élève de s'exprimer avec un vocabulaire de base, et ce, dans des situations usuelles de la vie quotidienne. À partir d'une méthode qui met l'accent sur la communication, l'élève sera initié à la syntaxe et aux différentes prononciations de l'espagnol, tout en étant sensibilisé à certains aspects culturels des pays hispanophones.