



What is SHSM?

Specialist High Skills Majors let students focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD). Students complete a bundle of courses and gain valuable work experience through Co-op. SHSM programs lead to all post-secondary pathways – university, college, apprenticeship, and the workplace.

Why consider SHSM – HEALTH & WELLNESS?

This program enables students to:

- Customize their secondary school education to suit their interests and skills
- Complete sector recognized certifications to build their résumé
- Prepare for post-secondary opportunities
- Explore and refine their career goals
- Earn the SHSM Red Seal designation on their OSSD

Required Certifications (4)	Elective Certifications (choose 3)	Reach Ahead / Experiential Learning Field Trips
<ul style="list-style-type: none"> • CPR level C (with AED) • Standard First Aid • generic WHMIS • infection control 	<ul style="list-style-type: none"> • ethical considerations • lab practices • coaching • concussion awareness • safe food handling • SafeTALK • personal training • personality inventory • specialized care • wrap and tape for sport injury • customer service • leadership • sign language • stress management 	<ul style="list-style-type: none"> • College / University tours • MLSE Career seminars • P.A.R.T.Y. program • TD Discovery Days in Health Science • HOSA

One Sector-Partnered Contextualized Component:

- Innovation, Creativity and Entrepreneurship (I.C.E.) training
- contextualized coding
- mathematical literacy

Apply at: bit.ly/YRDSBSHSMapp



2 Cooperative Education Credits

Potential Co-op placements for this sector:

Hospital	Physiotherapist office	Pharmacy	Fitness Centre
Elementary school	Dental office	Lab Assistant	Senior's home
Optometrist office	Child Development Practitioner	Veterinary Clinic	Medical Clinic

4 HEALTH & WELLNESS Major Credits

Grade 11 (select at least 1)

GPP30	PAI30
HFC3E/3M	PAL30
HPW3C	PPL30
HSP3C/3U	SBI3C/3U/3UZ
HZB3M/3MZ	SCH3U/3UZ
PAF30	SPH3U/3UZ

Grade 12 (select at least 1)

HFA4C/4U	PLF4M
HHG4M	PSK4U
HHS4U	SBI4U/4UZ
HSB4U	SCH4C/4U/4UZ
HZT4U	SPH4C/4U/4UZ
PAF40	SNC4M/4MZ/4M2
PPL40	

(DUAL CREDIT COURSES MAY ALSO APPLY)

Plus, select at least one of... (includes a CLA)

Grade 11 Courses

HFC3E/3M	SBI3C/3U/3UZ
HPW3C	SCH3U/3UZ
HSP3C/3U	SPH3U/3UZ
HZB3M/3MZ	
ICS3C/3U	

Grade 12 Courses

GLE40/GLS40	MEL4E
ICS4C/4U	OLC40
HFA4C4U	SBI4U/4UZ
HHG4M	SCH4C/4U/4UZ
HHS4U	SPH4C/4U/4UZ
HSB4U	SNC4M2/4MZ
HZT4U	

1 Required Math Credit (includes a CLA)

MBF3C	MCF3M	MEL3E	MCR3U/3UZ
-------	-------	-------	-----------

1 Required Gr. 12 English Credit (includes a CLA)

ENG4E	ENG4C	ENG4U/4UZ
-------	-------	-----------

Apply at: bit.ly/YRDSBSHSMapp