



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)

CPR-C with AED	Standard First Aid	generic WHMIS	infection control
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Elective Certifications (choose 3)

advanced training (feeding, airway, IV, etc)	allergy awareness	ambulation, lifting, transfers	animal first aid
babysitting	behaviour management	child safety and injury prevention	communication skills
concussion awareness	conflict resolution	customer service	dietary considerations
equity and inclusion	ethical considerations	fire safety/extinguisher use	fitness
Food Handler	group dynamics	lab practices	leadership skills
marine/wilderness first aid	medical terminology	mental health awareness*	Mental Health First Aid
non-violent crisis intervention	personal training	personality inventory	portfolio development
project management	safe body mechanics	safe food handling basic	sign language
specialized care (nutrition, dementia, etc)	sterile techniques	stress management techniques	waste management
wrap/tape for performance/injury	(*approved by and delivered under the direction of the school board's Mental Health leader)		

2 Reach Ahead events

examples include:

- Campus/Program tours (in person/virtual)
- post-secondary fair (OUF, OCIF, in-school)
- College/University application workshops
- Scholarship seminars

2 Experiential Learning events

examples include:

- P.A.R.T.Y. Program
- MLSE career in sport seminar and game
- HOSA
- job shadow / part time job in sector
- career talk or career fair

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1 Sector-Partnered Experience

ICE training innovation creativity entrepreneurship	contextualized coding	mathematical literacy
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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
HZB3M	SCH3U/3U
PAF30	SPH3U/3U

Grade 12 (select at least 1)

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

(DUAL CREDIT COURSES MAY ALSO APPLY)

Plus, select one of ...

Grade 11

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

Grade 12

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

1 Required Math credit

Grade 11

MBF3C	MCF3M	MEL3E	MCR3U
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1 Required English credit

Grade 11

ENG3E	ENG3C	ENG3U
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