

# **HEALTH & WELLNESS**



# **Emily Carr S.S.**

### **CHECKLIST** 4 Mandatory Certifications ☐ CPR level C (with AED) ■ 4 Health & Wellness Major Credits between grade 11 and 12 Standard First Aid □ Basic WHMIS ☐ 1 additional Social Science or Science in Grade Infection Control 11 OR 12 **□** 3 Elective Certifications (see sample list below) ☐ 1 Required Math in Grade 11 OR 12 ☐ 1 Required English in Grade 11 OR 12 ■ 2 Reach Ahead Learning (see sample list below) ☐ Co-op Placement- minimum 2 credits ■ Sector-Partnered Contextualized Experience **□** 2 Experiential Learning (see sample list below) (at least 1) (see sample list below)

#### Required Certifications (4)

- CPR level C (with AED)
- Standard First Aid
- Basic WHMIS
- Infection Control

#### \*offered yearly

### **Elective Certifications (3)**

#### Samples:

- customer service
- leadership skills
- wrapping & taping for injury
- Fitness
- safe food handling, basic
- safe body mechanics
- lab practices
- ethical considerations
- SafeTalk
- sterile techniques
- child safety and injury prevention
- non-violent crisis intervention
- stress management techniques

..and more!

\*certification options will vary from year to year

# Reach Ahead / Experiential Learning (2 each)

#### Samples:

- university/college workshops
- industry tours
- skills competitions
- career fairs
- guest speakers
- P.A.R.T.Y. Program

..and more!

\* opportunities will vary from year to year

Note: Only when you complete 2 RA or 2 EL it will show completed on your transcript.

## Sector-Partnered Contextualized Experience (at least 1)

- Innovation, Creativity, Entrepreneurship Challenges
- Contextualized Coding
- Mathematical Literacy



# **HEALTH & WELLNESS**



## **Emily Carr S.S.**

#### Co-op Placements (minimum 2 credits- ½ a day for 1 semester) COP3X2 or COP4X2

Students apply their learning from an SHSM pathway course in an authentic learning environment. Future careers **may** include one of the following (this is not a complete list of careers for this sector):

Biomedical Engineering Technologist

Medical Secretary

Child & Youth Worker/Counselor

Nursing

Certified Personal Trainer Personal Support Worker

Midwife

Community & Social Service Worker

Early Childhood Education

Pharmacist

**Education Assistant** 

Physiotherapist/Occupational Therapist

Hairstylist

Veterinary Medicine

Optometrist

Naturopath

### FOUR Health & Wellness Major Credits between grade 11 and 12

Grade 11 (select at least 1)

GPP30 - Leadership & Peer Support

**HFC3M** - Food and Culture

HPW3C - Working with Infants and Young Children

HSP3C/U - Intro. to Anthropology, Sociology & Psychology

HZB3M - Philosophy

PAD30 - Outdoor Education

PAF3O - Personal Fitness

PAL30 - Healthy Living and Large Group Activities

PPL3O8/9 - Health and Active Living Education

PPZ3C/O - Health for Life

SBI3C/U - Biology

SCH3U - Chemistry

SPH3U - Physics

TPJ3M - Health Care

TXJ3E - Hairstyling & Aesthetics

Grade 12 (select at least 1)

**HFA4U - Nutrition and Health** 

**HHG4M** - Human Development Throughout the Lifespan

HHS4U - Families in Canada

**HIP40 - Personal Life Management** 

HSB4U - Challenge and Change in Society

PAF40 - Personal Fitness

PPL40 - Healthy Active Living

PSK4U - Introductory Kinesiology

SBI4U - Biology

SCH4C/U - Chemistry

SPH4C/U - Physics

TPJ4M - Health Care

TXJ4E - Hairstyling & Aesthetics

**HPD4C-** Working with School Age Children and Adolescents

COLLEGE DELIVERED DUAL CREDITS AVAILABLE- See

your guidance counsellor

#### Plus: ONE additional Social Science or Science in Grade 11 OR 12

HSP3C/U HHG4M SBI3C SCH3U GLE4O MEL3E HZB3M HHS4U HSB4U SPH4C SCH4C ICS3C/U ICS4C/U SBI3U HPD4C

Plus: ONE Required Math in Grade 11 OR 12

Grade 11: MBF3C MEL3E MCF3M MCR3U Grade 12: MCV4U MDM4U MHF4U

MAP4C MCT4C

Plus: ONE Required English in Grade 11 OR 12

Grade 11: ENG3E ENG3C ENG3U Grade 12: ENG4E ENG4C ENG4U