

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)

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 resume
- Prepare for post-secondary opportunities
- Explore and refine their career goals
- Earn the SHSM Distinction on their OSSD
- Engage in experiential learning with like-minded peers

Required Certifications

- CPR level C (with AED)
- Standard First Aid
- Infection Control
- Generic WHMIS (not site specific)

**offered yearly*

Elective Certifications (at least 2)

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....**and more!**

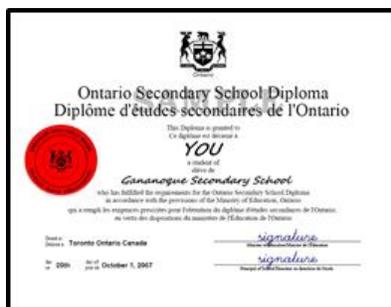
**certification options will vary from year to year*

Reach Ahead / Experiential Learning Field Trips (min.3)

SAMPLES:

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

**opportunities will vary from year to year*



APPLY TO SHSM!
bit.ly/YRDSBSHSMapp

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):

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| <ul style="list-style-type: none"> • Biomedical Engineering Technologist • Medical Secretary • Child & Youth Worker/Counselor • Nursing • Certified Personal Trainer • Dentist/Medical Doctor • Personal Support Worker • Midwife • Community & Social Service Worker • Social Services-Planner/Researcher | <ul style="list-style-type: none"> • Early Childhood Education • Pharmacist • Education Assistant • Physiotherapist/Occupational Therapist • Hairstylist • Veterinary Medicine • Optometrist • Practical Nurse • Naturopath • Yoga Instructor |
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Four Major Credits between grade 11 and 12 with a focus in Health & Wellness

Grade 11 (select at least 1)

GPP30- Leadership & Peer Support
HSP3C/U- Introduction to Anthropology, Sociology & Psychology
HPC30- Raising Healthy Children
HRT3M- World Religions
HZB3M- Philosophy
PAD30- Outdoor Education
PAF30- Personal Fitness
PPL30- Healthy Active Living
PPZ30- 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
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

** College delivered Dual Credit courses available (see your guidance counsellor for course options)*

Plus: ONE additional Social Science or Science in Grade 11 OR 12 (Includes a CLA)

HSP3U	HPC30	HRF30	SBI3C	SCH3U	SVN3E
HZB3M	HHS4U	HSB4U		SPH4C	SCH4C

Plus: ONE Required Math in Grade 11 OR 12 (includes a CLA)

Grade 11:	MBF3C	MCF3M	MCR3U	MEL3E	Grade 12:	MDM4U	MHF4U
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Plus: ONE Required English in Grade 11 OR 12 (includes a CLA)

Grade 12:	ENG4E	ENG4C	ENG4U
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HEALTH & WELLNESS

Emily Carr S.S.



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