



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

| Compulsory Certifications | 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"> • concussion awareness • customer service • fitness • lab practices • medical terminology • Mental Health First Aid • safe body mechanics • wrap and tape for sport injury | <ul style="list-style-type: none"> • MLSE Career in Sport Seminars • College and University program days • Interview with sector employees • Industry tours • Guest speakers |

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

Co-op Placement suggestions:

hospital
rehab center
elementary school
nutrition

fitness facility
community center
dental office
medical technologist

seniors home
HPA
pharmacy
support worker

4 HEALTH & WELLNESS Major Credits

Grade 11 (select at least 1):

| | |
|----------|----------|
| HPC30 | SBI3C/3U |
| HPW3C | SCH3U |
| HSP3C/3U | SPH3U |
| NBV3E/3C | SVN3E/3M |
| PAD30 | |
| PAF30 | |
| PPL30 | |

Grade 12 (select at least 1):

| | |
|----------|----------|
| HFA4C/4U | PAF40 |
| HIP4O | PPL4O |
| HHS4U | PSK4U |
| HSB4U | SBI4U |
| HZT4U | SCH4C/4U |
| | SPH4C/4U |

**Dual Credit codes may also apply

Plus: Select at least 1 of...

(...if not already selected above...)

| | | | |
|----------|----------|----------|-------------|
| HPC30 | SBI3C/3U | HFA4C/4U | PSK4U |
| HPW3C | SCH3U | HHS4C/4U | SBI4U |
| HSP3C/3U | SPH3U | HSB4U | SCH4C/4U |
| NBV3E/3C | SVN3E/3M | HZT4U | SPH4C/4U |
| | | MEL4E | GLE4O/GLS4O |
| | | | OLC4O |

1 Required Math

| | | | | |
|------------------|-------|-------|-------|-------|
| Grade 11: | MEL3E | MBF3C | MCF3M | MCR3U |
|------------------|-------|-------|-------|-------|

1 Required English

| | | | |
|------------------|-------|-------|-------|
| Grade 11: | ENG3E | ENG3C | ENG3U |
|------------------|-------|-------|-------|