

## 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

## Elective Certifications (choose 3)

advanced training (feeding, airway, IV, etc)	allergy awareness	ambulation, lifting, transfers	animal first aid
anti-oppression and allyship training	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	waste management
wrap/tape for performance/injury	(*approved by and delivered under the direction of the school board's Mental Health leader)		

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2 Reach Ahead events		2 Experiential Learning events	
examples include: <ul style="list-style-type: none"><li>● Campus/Program tours (in person/virtual)</li><li>● post-secondary fair (OUF, OCIF, in-school)</li><li>● College/University application workshops</li><li>●Scholarship seminars</li></ul>		examples include: <ul style="list-style-type: none"><li>● P.A.R.T.Y. Program</li><li>● YR Skills competition<ul style="list-style-type: none"><li>● HOSA</li></ul></li><li>● job shadow / part time job in sector</li><li>● career talk or career fair</li></ul>	
1 Sector-Partnered Experience			
ICE training innovation creativity entrepreneurship		contextualized coding	mathematical literacy
2 Cooperative Education Credits			
Potential Co-op placements for this sector:			
hospital rehab center elementary school dental office		veterinary clinic fitness facility community center optometry social worker	seniors home research lab pharmacy medical imaging
4 HEALTH & WELLNESS Major Credits			
Grade 11 (select at least 1)		Grade 12 (select at least 1)	
<div><div>HFC3M</div><div>HSP3C/3U</div><div>HZB3M</div><div>PAF3O</div><div>PPL3O</div><div>SBI3C/3U</div><div>SCH3U</div><div>SPH3U</div></div> <div><div>Food &amp; Culture</div><div>Anthropology, Psychology &amp; Sociology</div><div>Philosophy: The Big Question</div><div>Personal Fitness</div><div>Healthy Active Living</div><div>Biology</div><div>Chemistry</div><div>Physics</div></div>		<div><div>HFA4C/4U</div><div>HSB4U</div><div>HSE4M</div><div>HZT4U</div><div>PAF4O</div><div>PPL4O</div><div>PLF4M</div><div>PSK4U</div><div>SBI4U</div><div>SCH4C/4U</div><div>SPH4C/4U</div></div> <div><div>Nutrition and Health</div><div>Challenge &amp; Change in Society</div><div>Equity &amp; Social Justice - From Theory to Practice</div><div>Philosophy: Questions &amp; Theories</div><div>Personal Fitness</div><div>Healthy Active Living</div><div>Recreation Leadership</div><div>Introduction to Kinesiology</div><div>Biology</div><div>Chemistry</div><div>Physics</div></div>	

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			Dual Credit courses may apply		
Plus, select one of ...					
<b>SCH3U</b>	Chemistry	<b>SPH3U</b>	Physics		
<b>HFA4C/4U</b>	Nutrition and Health	<b>HHS4C/4U</b>	Families in Canada	<b>OLC40</b>	Literacy
				<b>SPH4C/4U</b>	Physics
<b>MEL4E</b>	Math for Life	<b>GLE40/GLS40</b>	Learning Strategies/Skills		
1 Required Math credit					
Grade 11					
	MBF3C	MCF3M	MEL3E	MCR3U	
1 Required English credit					
Grade 11					
	ENG3E	ENG3C	ENG3U	NBE3C/3E/3U	



## DID YOU KNOW...

Sector Partner Experiences, Reach Ahead and Experiential Learning Events are all available through Langstaff Secondary School and the Regional SHSM Team.

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