

### 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 and 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 (4)

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

#### Elective Certifications (3)

*samples:*

- customer service
- leadership skills
- wrapping & taping for injury
- fitness
- medical terminology
- safer food-handling
- ethical considerations
- lab practices
- ambulation, lifting and transfers
- wilderness
- behaviour management
- SafeTalk
- safe food - handling, basic

*..and more!*

#### 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!*

#### Sector-Partnered Contextualized Experience (1 of)

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

### 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  
Certified Personal Trainer  
Dentist/Medical Doctor  
Personal Support Worker  
Midwife  
Community & Social Service Worker

Early Childhood Education  
Pharmacist  
Physiotherapist/Occupational Therapist  
Hairstylist  
Veterinary Medicine  
Practical Nurse  
Naturopath  
Yoga Instructor

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

#### Grade 11 (select at least 1)

**HSP3U** - Sociology, Anthropology, Psychology  
**HFC3M** - Food and Culture  
**NDA3M** - Current Aboriginal Issues in Canada  
**PAF3O** - Personal Fitness  
**PPL3O** - Healthy & Active Living  
**PAL3O** - Volleyball  
**SBI3C/U** - Biology  
**SCH3U** - Chemistry  
**SPH3U** - Physics  
**TXJ3E** - Hairstyling and Aesthetics

#### Grade 12 (select at least 1)

**HHG4M** - Human Growth and Development  
**HSB4U** - Challenge and Change  
**HZT4U** - Philosophy  
**NDW4M** - Native Studies  
**PAF4O** - Personal Fitness  
**PAL4O** - Volleyball  
**PLF4M** - Recreation and Healthy Living Leadership  
**PPL4O** - Healthy & Active Living  
**SBI4U** - Biology  
**SCH4C/U** - Chemistry  
**SPH4C/U** - Physics  
**TXJ4E** - Hairstyling and Aesthetics  
**COLLEGE DELIVERED DUAL CREDITS AVAILABLE**- See your guidance counsellor

### Plus: ONE Required Math in Grade 11 OR 12

**Grade 11:** MBF3C MEL3E MCF3M MCR3U

**Grade 12:** MDM4U MHF4U MAP4C

### Plus: ONE Required English in Grade 11 OR 12

**Grade 11:** ENG3E ENG3C ENG3U

**Grade 12:** ENG4E ENG4C ENG4U

### Plus: ONE Required Science or Social Science

|          |         |       |       |       |         |         |       |       |
|----------|---------|-------|-------|-------|---------|---------|-------|-------|
| HSP3U    | SBI3C/U | SCH3U | SPH3U | SBI4U | SCH4C/U | SPH4C/U | OLC4O | GLE4O |
| MEL3E/4E | ICS3U   | ICS4U | HSG3M |       |         |         |       |       |

**APPLY TO SHSM!**  
[bit.ly/YRDSBSHSMapp](http://bit.ly/YRDSBSHSMapp)