

# HEALTH & WELLNESS

# MARKVILLE SS

Updated FEBRUARY 2017

## 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 (4 required)

- CPR level C (with AED)
- Standard First Aid
- WHMIS generic
- infection control

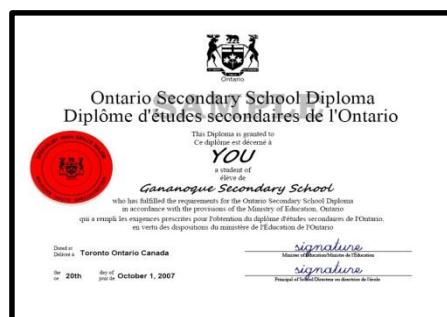
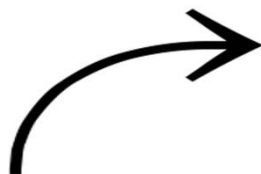
### Elective Certifications (minimum 3)

- customer service
- personal inventory
- safe food handling
- wrapping and taping for performance & injury
- conflict resolution
- sterile techniques
- leadership skills
- ICE Certificate

### Possible Reach Ahead / Experiential Learning Field Trips

- University/college workshops
- Industry tours
- Skills competitions
- Career fairs
- Guest speakers
- Visit Trent University where they are creating synthetic blood for crime scene analysis
- Tour Fleming College's Sports and Wellness Centre and their massage therapy and nursing labs

Red Seal



## Possible Sector Related Careers

- Medical Secretary
- Child & Youth Worker
- Nursing
- Dentist
- Personal Support Worker
- Medical Technician
- Early Childhood Education
- Pharmacist
- Education Assistant
- Physiotherapist
- Hairstylist
- Veterinary Medicine

APPLY TO SHSM!

**[bit.ly/YRDSBSHSMapp](http://bit.ly/YRDSBSHSMapp)**

SHSM course requirements on reverse.

# HEALTH & WELLNESS

# MARKVILLE SS

**CO-OP (minimum 2 credits--- ½ a day for 1 semester)**

**Plus: Four Major Credits between grade 11 and 12  
 with a focus in Childcare, Family Services, Healthcare, or Fitness**

*\*must be completed in DAY school at Markville SS*

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

**HRF3O/HRT3M** --- World Religion  
**HFC3M** --- Food & Culture  
**HSP3C/HSP3U** --- Anthro, Psych, Sociology  
**HPW3C** --- Working with Children  
**HZB3M** --- Philosophy  
**PAF3O** --- Fitness  
**PAL3O** --- Basketball  
**PPL3O** --- Physical & Health Education  
**SBI3C/SBI3U** --- Biology  
**TXJ3E** --- Hairstyling  
**SVN3M** --- Environmental Science  
**SPH3U** --- Physics  
**SCH3U** --- Chemistry

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

**HIP4O** --- Personal Life Management  
**HFA4C/HFA4U** --- Food and Nutrition  
**HHS4C/HHS4U** --- Families in Canada  
**HHG4M** --- Human Development  
**HSB4U** --- Challenge & Change  
**HZT4U** --- Philosophy  
**PPL4O** --- Physical & Health Education  
**PAF4O** --- Fitness  
**PAL4O** --- Volleyball  
**PLF4M** --- Recreation Leadership  
**PSE4U/PSK4U** --- Exercise Science/Kinesiology  
**SCH4U** --- Chemistry  
**SPH4C/SPH4U** --- Physics  
**SBI4U** --- Biology

*\*dual credit courses – see Guidance*

**Plus: ONE additional SOCIAL SCIENCE or SCIENCE in Grade 11 OR 12 (includes a CLA)**

**Grade 11:**

**HSP3C**    **SBI3C/3U**    **SVN3E**    **HPW3C**  
**SPH3U**    **HRT3M**    **SVN3M**    **HZB3M**  
**SCH3U**    **HSP3U**

**Grade 12:**

**SPH4C4U**    **HHS4U**    **HIP4O**    **SCH4C/4U**  
**HHG4M**    **HFA4C**    **HHS4C**    **SBI4U**  
**HSB4U**    **HFA4U**    **HZT4U**

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

**Grade 11:**

**MBF3C**    **MCF3M**    **MCR3U**    **MEL3E**

**Grade 12:**

**MCV4U**    **MDM4U**    **MHF4U**

**Plus: ONE Required ENGLISH in Grade 11 or 12 (includes a CLA)**

**Grade 11:**

**ENG3E**    **ENG3C**    **ENG3U**

**Grade 12:**

**ENG4C**    **ENG4E**    **ENG4U**