

HEALTH AND WELLNESS SHSM - NEWMARKET HIGH SCHOOL

First Name:	Last Name:
Student Number:	Grade:

How many credits do I take in this section?	Course Options (A bundle of NINE courses is required)	Important notes to remember in this section...
4	<ul style="list-style-type: none"> <input type="checkbox"/> CO-OP- Cooperative Education <input type="checkbox"/> HFA4C - Nutrition and Health <input type="checkbox"/> HFA4U - Nutrition and Health <input type="checkbox"/> HFC3M - Food and Culture <input type="checkbox"/> HFL4E - Food and Healthy Living <input type="checkbox"/> HHS4C - Families in Canada <input type="checkbox"/> HHS4U - Families in Canada <input type="checkbox"/> HLS3O - Housing & Home Design* <input type="checkbox"/> HPC3O - Raising Healthy Children* <input type="checkbox"/> HSB4U - Challenge and Change in Society <input type="checkbox"/> HSP3C/3U - Introduction to Anthropology, Psychology and Sociology <input type="checkbox"/> HZT4U: Philosophy: Questions and Theories <input type="checkbox"/> IDC4U - Interdisciplinary Studies: Building Financial Securities <input type="checkbox"/> NDA3M - Contemporary First Nations, Métis and Inuit IssuesNDW4M - Contemporary Indigenous Issues and Perspectives in a Global Context <input type="checkbox"/> PAF3O - Fitness <input type="checkbox"/> PAF4O - Fitness <input type="checkbox"/> PPL3O - Physical Education <input type="checkbox"/> PPL4O - Physical Education <input type="checkbox"/> PSK4U - Kinesiology <input type="checkbox"/> SBI3C - Biology <input type="checkbox"/> SBI3U - Biology <input type="checkbox"/> SBI4U - Biology <input type="checkbox"/> SCH3U - Chemistry <input type="checkbox"/> SCH4C - Chemistry <input type="checkbox"/> SCH4U - Chemistry <input type="checkbox"/> SNC4M - Science <input type="checkbox"/> SPH3U - Physics <input type="checkbox"/> SPH4C - Physics <input type="checkbox"/> SPH4U - Physics 	<ul style="list-style-type: none"> <input type="checkbox"/> Courses in this section are called "MAJOR CREDITS" <input type="checkbox"/> You need at least one credit at the Grade 11 level <input type="checkbox"/> You need at least one credit at the Grade 12 level <input type="checkbox"/> Many Dual Credit Courses, offered through the YRDSB's Dual Credit Program, also count in this category <input type="checkbox"/> Additional co-op credits can be used to satisfy SUBJECT MAJORS <p>*Courses offered every other year</p>
2	<ul style="list-style-type: none"> <input type="checkbox"/> Grade 11 - Co-op <input type="checkbox"/> Grade 12 - Co-op <input type="checkbox"/> 4-credit Co-op 	<ul style="list-style-type: none"> <input type="checkbox"/> Must be linked to a Major Credit course <input type="checkbox"/> If you take 4 credit co-op, 1 credit can be counted as a Major Credit OR Related Credit
1	<ul style="list-style-type: none"> <input type="checkbox"/> MBF3C - College: Foundations of College Mathematics <input type="checkbox"/> MCF3M - University/College: Functions and Applications <input type="checkbox"/> MCR3U - University: Functions <input type="checkbox"/> MEL3E - Workplace: Math for Work and Everyday Life <input type="checkbox"/> MAP4C - College: Foundations for College Mathematics <input type="checkbox"/> MCT4C - College: Mathematics for College Technology <input type="checkbox"/> MCV4U - University: Calculus and Vectors <input type="checkbox"/> MDM4U - University: Mathematics of Data Management <input type="checkbox"/> MEL4E - Workplace: Math for Work and Everyday Life <input type="checkbox"/> MHF4U - University: Advanced Functions 	<ul style="list-style-type: none"> <input type="checkbox"/> One credit needed in either Grade 11 or Grade 12
1	<ul style="list-style-type: none"> <input type="checkbox"/> ENG3C - College English <input type="checkbox"/> ENG3E - Workplace English <input type="checkbox"/> ENG3U - University English <input type="checkbox"/> NBE3C - Understanding Contemporary First Nations, Métis, and Inuit Voices, College English <input type="checkbox"/> NBE3E - Understanding Contemporary First Nations, Métis, and Inuit Voices, Workplace English <input type="checkbox"/> NBE3U - Understanding Contemporary First Nations, Métis, and Inuit Voices, University English <input type="checkbox"/> ENG4C - College English <input type="checkbox"/> ENG4E - Workplace English <input type="checkbox"/> ENG4U - University English <input type="checkbox"/> OLC4O - Ontario Secondary School Literacy Course 	<ul style="list-style-type: none"> <input type="checkbox"/> One credit needed in either Grade 11 or Grade 12

1	<ul style="list-style-type: none"> <input type="checkbox"/> GLE401- Advanced Learning Strategies: Skills for Success after Secondary School <input type="checkbox"/> HFA4C - Nutrition and Health <input type="checkbox"/> HFA4U - Nutrition and Health <input type="checkbox"/> HFC3M - Food and Culture <input type="checkbox"/> HHS4C - Families in Canada <input type="checkbox"/> HHS4U - Families in Canada <input type="checkbox"/> HPC3O - Raising Healthy Children* <input type="checkbox"/> HSB4U - Challenge and Change in Society <input type="checkbox"/> HSP3C - Introduction to Anthropology, Psychology and Sociology <input type="checkbox"/> HSP3U - Introduction to Anthropology, Psychology and Sociology <input type="checkbox"/> HZT4U - Philosophy: Question and Theories <input type="checkbox"/> ICS3U - Introduction to Computer Science <input type="checkbox"/> ICS4U - Computer Science <input type="checkbox"/> MEL3E - Workplace: Math for Work and Everyday Life <input type="checkbox"/> MEL4E - Workplace: Math for Work and Everyday Life 	<ul style="list-style-type: none"> <input type="checkbox"/> OLC4O - Ontario Secondary School Literacy Course <input type="checkbox"/> NBE3C - Understanding Contemporary First Nations, Métis, and Inuit Voices, College English <input type="checkbox"/> NBE3U - Understanding Contemporary First Nations, Métis, and Inuit Voices, University English <input type="checkbox"/> NDA3M - Contemporary First Nations, Métis and Inuit Issues <input type="checkbox"/> NDW4M - Contemporary Indigenous Issues and Perspectives in a Global Context <input type="checkbox"/> PSK4U - Kinesiology <input type="checkbox"/> SBI3C - Biology <input type="checkbox"/> SBI3U - Biology <input type="checkbox"/> SBI4U - Biology <input type="checkbox"/> SCH3U - Chemistry <input type="checkbox"/> SCH4C - Chemistry <input type="checkbox"/> SCH4U - Chemistry <input type="checkbox"/> SES4U - Earth and Space Science <input type="checkbox"/> SNC4M - Science <input type="checkbox"/> SPH3U - Physics <input type="checkbox"/> SPH4C - Physics <input type="checkbox"/> SPH4U - Physics 	<ul style="list-style-type: none"> <input type="checkbox"/> This section is called "Related Credits" <input type="checkbox"/> One credit needed in either Grade 11 or Grade 12 <p style="text-align: right;">*Courses offered every other year</p>
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Certifications			
Compulsory (4)			
CPR level C with AED	WHMIS (through Co-op)	Infection Control	Standard First Aid
Electives (3)			
<ul style="list-style-type: none"> • Advanced Training in a Technique (i.e., feeding, airway management) • Allergy Awareness • Ambulation, Lifting, and Transfers • Animal First Aid • Anti-oppression and Allyship Training • Approaches to Healing • Babysitting • Behaviour Management 	<ul style="list-style-type: none"> • Child Safety and Injury Prevention • Communication Skills • Concussion Awareness • Conflict Resolution • Customer Service • Dietary Considerations • Equity and Inclusion • Ethical Considerations • Fire Safety and Fire Extinguisher Use • First Aid Awareness • Fitness 	<ul style="list-style-type: none"> • Food Handler Certification • Group Dynamics • Lab Practices • Leadership Skills • zMarine and Wilderness First Aid • Medical Terminology • Mental Health Awareness • Mental Health First Aid • Non-violent Crisis Intervention • Personal Training • Personality Inventory 	<ul style="list-style-type: none"> • Portfolio Development • Project Management • Safe Body Mechanics • Safe Food Handling - Basic • Sign Language • Spa Service • Specialized Care • Sterile Techniques • Stress Management Techniques • Waste Management • Wrapping and Tapping for Performance and Injury

Students in the SHSM program must also complete 1 experiential learning, 1 reach ahead, and 1 SPE:	
<input type="checkbox"/> Experiential learning and career exploration activities <input type="checkbox"/> "Reach Ahead" experiences	<input type="checkbox"/> Sector-partner experience (SPE) in: <ul style="list-style-type: none"> <input type="checkbox"/> Coding <input type="checkbox"/> Innovation, creativity and entrepreneurship <input type="checkbox"/> Mathematical literacy

Career Options		
<ul style="list-style-type: none"> • Acupuncturist • Athletic/ Occupational Therapist • Certified Personal Trainer • Chiropractor • Child and Youth Worker • Clinical Aide • Dental Hygienist • Dental Therapist • Dentist • Denturist • Dietitian 	<ul style="list-style-type: none"> • Educational Assistant • Funeral Director and Embalmer • Health Information Management • Hospital Support Worker • Kinesiology • Licensed Practice Nurses • Massage Therapist • Medical Doctor • Medical Administrative Assistant • Midwifery • Nutritionist 	<ul style="list-style-type: none"> • Paramedic • Personal Support Worker • Pharmacist • Physical/ Occupational Therapy Assistant • Physiotherapist • Psychology • Recreation & Leisure Leadership • Registered Nurse • Social and Community Service Worker • Sports Medicine • Veterinary Assistant

And...so much more!