

performance

management

entertainment

recreation

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 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 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 	<ul style="list-style-type: none"> • High Five • coaching: NCCP Part A • wrap and tape for sport injury • basic health & safety • concussion awareness • customer service • officiating • Pleasure Craft Operator • Fundamental Movement Skills 	<ul style="list-style-type: none"> • MLSE Career in Sport Seminars • College and University program days • Interview with sector employees • Industry tours • Guest speakers

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2 Cooperative Education Credits

Co-op Placement suggestions:

hospital	sporting goods retail	seniors home
rehab center	fitness facility	legal
elementary school	community center	financial
media outlets	sports marketing	HPA

4 SPORT Major Credits

Grade 11 (select at least 1):

*any grade 11 HPE course

ATC3M	SBI3C/3U
AWQ30/M	SCH3U
BMI3C	SPH3U
HPW3C	TGJ3M
HSP3C/U	TGV3M
IDC3O	

Grade 12 (select at least 1):

*any grade 12 HPE course

ATC4M	PLF4M
CLN4U	PSK4U
EWC4U	SBI4U
HFA4U	SCH4C/U
HHG4M	SPH4U
HSC4M	TGJ4M
IDC4U1	TGV4M

Plus: Select at least 1 of... (includes CLA)

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

BAF3M	BDI3C	BMI3C	CLN4U
HFA4U	HHG4M	HPW3C	HSP3U
SBI3C	SBI3U	SCH3U	SPH3U
SCH4C/U	SBI4U	SPH4C/U	

1 Required Math (includes a CLA)

Grade 11:	MEL3E	MBF3C	MCF3M	MCR3U
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1 Required English (includes a CLA)

Grade 12:	ENG4E	ENG4C	ENG4U
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