

SHSM is for you if...

you are interested in
one or more of:

- Earning valuable sector skills
- Graduating with a special designation
- Making connections in the health care sector

Or...

if you are planning to:

- Go to University
- Go to College
- Become an Apprentice
- Go to the Work World



Employers say...
"You're hired!"

SHSM Careers

in many industries:

- Emergency Response
- Health Care
- Recreation
- Education
- Sports Facilities
- Training
- Wellness
- Business

in many careers:

- Child & Youth Worker
- Health Services
- Fitness Instructor
- Physiotherapy
- Teaching
- Recreational Director
- Nursing
- Dentistry
- Registered Massage Therapist



SHSM Health and Wellness
Assumption College Catholic High School

For more information contact Student Services

519-256-7801

<https://www.wecdsb.on.ca/schools/assumptionhs>

Specialist High Skills Major Health & Wellness

**Assumption College
Catholic High School**



- *Customized High School Experience*
- *Ministry of Education Red Seal*
- *Advanced Employer Standing*
- *Valuable Practical Experience*
- *Industry Recognized Certifications*



**Student Success is the mandate of the
Specialist High Skills Major**

Health & Wellness

focus at Assumption College
Catholic High School

Explore exciting health care skills

Including but not limited to:

- Leadership Development
- Exercise Science
- Personal Physical Fitness



Get valuable experience through partnerships with:

- Sector professionals (ie. in health care areas, personal fitness and sports associations).
- Other forward thinking leadership and business community members.

*"Building communities of
faith, hope & service."*

When can I start my SHSM?

The SHSM is open to all students. Entry should occur prior to a student's grade 11 year, with special emphasis on scheduling a two credit co-operative placement in the health care sector.



WINDSOR-ESSEX CATHOLIC
DISTRICT SCHOOL BOARD

What skills & certifications will I earn?

Here is a list of
certifications offered:

- WHMIS
- Infection Control
- Standard First Aid
- CPR Level C
- Conflict Resolution
- Dietary Considerations
- Mental Health Awareness
- Safe Body Mechanics
- Wrapping & Taping for performing & injury

What courses do I need?

Whether you are going to University, College, the World of Work or becoming an Apprentice, there is a course choice for you. Refer to the pathway chart below to help you select courses that are right for you.

Course Choices	POST SECONDARY PATHWAYS FOR SHSM		
	College or Apprenticeship	University	Workplace
Grade 11 Majors Choose a minimum of 2 courses (by pathway).	SBI3C Biology	SBI3U Biology	PAF30 Fitness
	HSP3C Psych Sociology, Anthro	SPH3U Physics	HRF30 World Religions
	HRT3M World Religions	SCH3U Chemistry	PPL30 Healthy Active Living Education
	GPP30 Leadership	HSP3C Psych Sociology, Anthro	
	Grade 11 Religion is always automatically included as part of your SHSM for all pathways.		
Grade 12 Majors Choose a minimum of 2 courses (by pathway).	SCH4C Chemistry	SCH4U Chemistry	PAF40 Fitness
	PLF4M Leadership	PLF4M Leadership	PPL40 Healthy Active Living Education
		SBI4U Biology	
	SPH4C Physics	PSK4U Kinesiology	
Co-operative Education	All students must take a minimum of two periods (placement equivalent to 2 credits or a half day) of co-op		