

# 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
- Recreation Director
- Nursing
- Dentistry
- Registered Massage Therapist

# Specialist High Skills Major

# Health and Wellness

**Cardinal Carter Catholic Secondary School**



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



SHSM - Health and Wellness  
Cardinal Carter Catholic Secondary School  
For more information, contact Student Services

**519-322-2804**

<https://sites.google.com/a/catholicboard.ca/cardinal-carter-portal/>

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

# Health and Wellness

Cardinal Carter Catholic  
Secondary 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.

*“Learning together in faith & 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?

Earn seven of these compulsory & additional certifications:

- Standard First Aid
- WHMIS Certification
- Leadership Training
- Customer Service
- CPR Level C
- Infection Control
- Safe Food Handling
- Portfolio Development

## 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
<b>Grade 11 Majors</b>  Choose a min. of 2 courses (by pathway).	SBI3C Biology	SBI3U Biology	PAF3O Fitness
	HSP3C Psych, Sociology, Anthro	SPH3U Physics	HRF3O World Religions
	HRT3M World Religions	SCH3U Chemistry	PPL3O Healthy Active Living Education
	GPP3O Leadership	HSP3C Psych, Sociology, Anthro	
	<i>Grade 11 Religion is always automatically included as part of your SHSM for all pathways</i>		
<b>Grade 12 Majors</b>  Choose a min. of 2 courses (by pathway).	SCH4C Chemistry	SCH4U Chemistry	PAF4O Fitness
	PLF4M Leadership	PLF4M Leadership	PPL4O Healthy Active Living Education
	SPH4C Physics	SBI4U Biology	
		PSK4U Kinesiology	
<b>Co-operative Education</b>	All students must take a minimum of two periods (placement equivalent to 2 credits or a half day) of co-op		