



SHSM Careers

in many industries:

- Education
- Sports Tourism
- Recreation
- Media



in many careers:

- Broadcasting
- Recreation/Sports Program Instructor
- Special Events Coordinator
- Kinesiologist
- Personal Trainer
- Nutritionist
- Coach



Specialist High Skills Major Sports

Catholic Central High School



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 Sports sector

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

Or...

if you are planning to:

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



SHSM - SPORTS: CATHOLIC CENTRAL

For more information, contact Student Services
Phone: 519-256-3171

Website: <http://wecdsb.on.ca/cch>



Student success is the mandate of the new Specialist High Skills Major

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

Sports Focus at Catholic Central

Explore exciting skills and techniques in sports methods

Including, but not limited to:

- Competitive and Recreational Sports
- Sports Management and Business
- Sports Media and Broadcasting
- Sports Science and Engineering



Get valuable experience through partnerships with:

- Sector professionals (ie. coaches, trainers, therapists, athletes, medical representatives)
- Other forward thinking sports community and business members.

“Learning together in faith and 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 sport sector.

What skills and certifications will I learn?

Earn six of these compulsory and additional certifications:

- Standard First Aid
- CPR (Level C)
- WHMIS Certification
- Automated External Defibrillation (AED)
- Coaching/ Personal Training
- Sports Program Design
- Fundamental Skills in Sport
- Officiating
- Instructor Certification
- Leadership – Group Activities

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 min. of 2 courses (by pathway).	PAL30	Healthy Living & Large Group Activities	PAF30	Fitness	PAL30	Healthy Living & Large Group Activities
	PPL30	Health Active Living			PPL30	Health Active Living
	SBI3C	Biology	SPH3U	Physics	SBI3U	Biology
			SCH3U	Chemistry		
Grade 12 Majors Choose a min. of 2 courses (by pathway).	PLF4M	Recreation & Healthy Active Living Leadership	PLF4M	Recreation & Healthy Active Living Leadership	PAF40	Fitness
	PPL40	Health Active Living	PSK4U	Kinesiology	PPL40	Health Active Living
	SCH4U	Chemistry	SCH4U	Chemistry		
			SBI4U	Biology		
Co-operative Education	All students must take a minimum of two periods (placement equivalent to 2 credits or a half day) of co-op					