



# SHSM Careers

## *In many industries:*

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



## *In many careers:*

- Phy Ed. Teacher
- Recreation Director
- Child & Youth Worker
- Health Services
- Fitness Instructor
- Physiotherapy

# Specialist High Skills Major Health & Wellness

Holy Names Catholic High School



## SHSM is for you if...

*you are interested in one or more of:*

- Earning valuable sector skills
- Graduating with a special designation
- Enhancing health through active living

## Or...

*if you are planning to:*

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

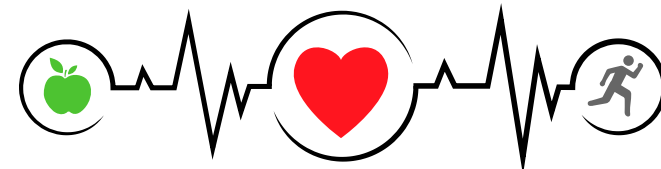


SHSM - HEALTH & WELLNESS: HOLY NAMES

For more information, contact Student Services  
Phone: 519-966-2504

Website: <http://mail.wecdsb.on.ca/hnhs>

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



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

Student success is the mandate  
of the Specialist High Skills Major program.

# Health & Wellness Focus at Holy Names

## Explore exciting physical & character development methods

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 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 health and wellness sector.

## What skills and certifications will I learn?

Earn seven of these compulsory and additional certifications:

- Standard First Aid and CPR
- WHMIS Certification
- Infection Control
- Leadership Training
- Safe Food Handling
- High Ropes Relay Certificate (Leadership)
- National Coaching Certification Program - Level 1 Theory

## 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).	PPL30	Health & Physical Education	PPL30	Health & Physical Education	PPL30	Health & Physical Education
	PAF30	Personal & Fitness Activities	PAF30	Personal & Fitness Activities	PAF30	Personal & Fitness Activities
	SVN3E	Environmental Science			SVN3E	Environmental Science
	PAD30	Outdoor Activities	SCH3U	Chemistry	PAD30	Outdoor Activities
	SBI3C	Biology	SBI3U	Biology		
	ATC3M	Dance	ATC3M	Dance		
			SPH3U	Physics		
<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).	PPL40	Health & Physical Education	PSE4U	Exercise Science	PPL40	Health & Physical Education
	PAF40	Personal & Fitness Activities	SBI4U	Biology	PAF40	Personal/Fitness Activities
	SCH4C	Chemistry	SCH4U	Chemistry		
	SPH4C	Physics	SPH4U	Physics		
	ATC4M	Dance	ATC4M	Dance		
			HSB4U	Challenges & Changes in Society		
		HHS4U	Families in Canada			
<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					