



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
- Paramedical Occupations
- Fitness Instructor
- Kinesiologist

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

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



SHSM - HEALTH & WELLNESS

For more information contact Student Services
Phone: 519-735-3326

Website: <http://mail.wecdsb.on.ca/~164>

Specialist High Skills Major Health & Wellness

St. Joseph High School



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



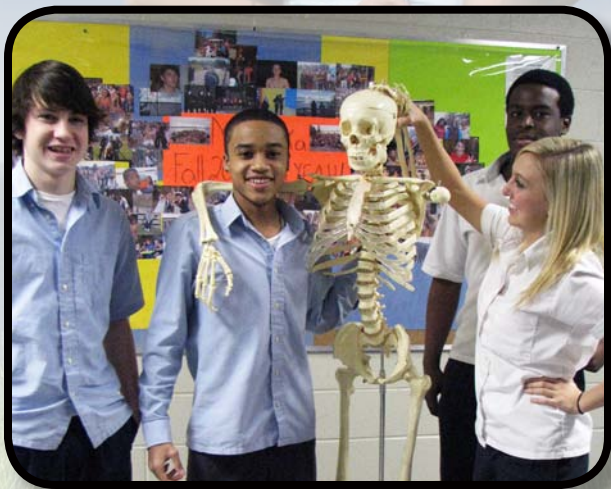
Student success is the mandate of the new Specialist High Skills Major

Health & Wellness Focus at St. Joseph

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 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 health and wellness sector.

What skills and certifications will I earn?

Earn seven of these compulsory and additional certifications:

- Standard First Aid and CPR
- WHMIS Certification
- Infection Control
- Leadership Training
- Group Dynamics
- Aqua Fitness Certificate
- High Ropes Belay 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	
Grade 11 Majors Choose a min. of 2 courses (by pathway).	PPL3O	Healthy Active Living	PPL3O	Healthy Active Living	PPL3O	Healthy Active Living
	PAF3O	Personal/Fitness Activities	PAF3O	Personal/Fitness Activities	PAF3O	Personal/Fitness Activities
	SVN3E/ SVN3M	Environmental Science	SVN3M	Environmental Science	SVN3E	Environmental Science
	HRF3O	World Religions	HRT3M	World Religions	HRF3O	World Religions
	SBI3C	Biology	SBI3U	Biology		
	HSP3M	Social Science	SCH3U	Chemistry		
<i>Grade 11 Religion is always automatically included as part of your SHSM for all pathways</i>						
Grade 12 Majors Choose a min. of 2 courses (by pathway).	PPL4O	Healthy Active Living	SBI4U	Biology	PPL4O	Healthy Active Living
	PAF4O	Personal/Fitness Activities	PSE4U	Exercise Science	PAF4O	Personal/Fitness Activities
	SCH4C	Chemistry	SCH4U	Chemistry		
	SPH4C	Physics	SPH4U	Physics		
	HSB4M	Social Science				
	PLF4C	Recreation/Fitness Leadership				
Co-operative Education	All students must take a minimum of two periods (placement equivalent to 2 credits or a half day) of co-op					