

SHSM HEALTH & WELLNESS: Health Care or Fitness/Health Promotion

This SHSM is an opportunity for students with an interest in fitness, health care, health promotion, and wellness to discover connections between their high school experience and post-secondary goals that may include working in a hospital, healing clinic or fitness center.

Possible certifications include:

- First Aid & CPR
- Infection Control
- Medical terminology
- Wrapping & taping for injury prevention
- Leadership and communication skills

Career Exploration and Experiential Field trips may include:

- Trauma prevention program at RVH or Sunnybrook
- Post-secondary anatomy labs as well as high-performance fitness/athletic centers
- Health clinics, long term care facilities
- Demonstrations from a wide variety of health care practitioners

Students may choose from the selection of courses that contribute to this SHSM as outlined below:

Course Titles		Grade 11		Grade 12	
Major Credits 4 Required At least 1 from each Grade level	Health & Physical Education	PPL3OF PPL3OM	PAF3O PAL3O PAD3O	PPL4O1 PAF4O PAL4O	PSK4U
	Science	SBI3C SBI3U	SCH3U	SNC4E SCH4C	SBI4U SCH4U
	Social Science & Humanities			HFA4C HFA4U	
	Technology -- Health Care	TPJ3C	TPJ3M	TPJ4E	TPJ4C TPJ4M
English 2 Required 1 CLA Required	English	ENG3C/NBE3C ENG/NBE3E OLC3O	ENG/NBE3U	ENG4C ENG4E OLC4O	ENG4U
Mathematics 1 Required CLA Required	Mathematics	MBF3C MCR3U	MCF3M MEL3E	MAP4C MCT4C MEL4E	MHF4U MCV4U MDM4U
Other 1 Required CLA Required	Science		SPH3U		SNC4E SPH4C SPH4U
	Social Science & Humanities	HFC3E HPC3O	HSP3C HSP3U	HFL4E HPD4C	HIP4O HSB4U
Co-op 2 Credits Required	Cooperative Education Placement related to SHSM program sector	DCO3O2 (2 credit)		GLN4O2 (2 credit) GLN4O4 (4 credit)	

+ students must complete Contextualized Learning Activities (CLAs) : the goal of a CLA is to build on the student's existing knowledge, enrich the learning experience & create connections outside the subject – with a specific SHSM focus.

For more information about the SHSM in Health & Wellness at OSS, please speak with the following teachers:

Ms. Mavrou (Health Care)
 Mr. Kudar (Health & Physical Education)
 Mrs. Gagnon (Guidance)

