

Health & Wellness Specialist High Skills Major Course Options



SHSM Major Credits Must include at least 1 grade 11 and 1 grade 12 credit. Up to 3 credits may be substitued with additional sector related co-op credits.	
Must include at least 1 grade 11 and 1 grade 12 credit. Up to 3 credits may be substitued with additional sector	
Legend: E = workplace M = mixed C = college U = university T = dual credit	
English	l
1 credit in grade 12	
Science or Social Studies and Humanitites	
May be substituted with one additional sector related co-op or major credit.	
Cooperative Education	1
	1

4 credits					
Grade 11		Grade 12			
GPP3O Leadership & Peer Support	SBI3U Blology	HHS4C Families in Canada-Sociology	SBI4U Blology		
HPC3O Raising Healthy Children	SCH3U Chemistry	HHS4U Families in Canada-Sociology	SCH4C Chemistry		
NBV3C Beliefs of Aboriginal Peoples	SPH3U Physics	HPD4C Working w Children & Teens	SCH4U Chemistry		
PAF3O Personal Fitness	TFJ3C Culinary Arts	HSB4U Challenge&Change in Society	SNC4M Science		
PPL3O Phys Ed	TFJ3E Hospitality & Tourism	HZT4U Philosophy, Questions&Theories	SPH4C Physics		
SBI3C Blology		PAF4O Personal Fitness	SPH4U Physics		
		PLF4M Recreation Leadership	TFJ4C Culinary Arts		
		PPL4O Phys Ed	TFJ4E Hospitality & Tourism		
		PSK4U Introductory Kinesiology			
1 credit					
ENG4E English	ENG4C English	ENG4U English	OLC4O Ontario Literacy Course		
1 credit					
Grad 11		Grade 12			
MBF3C Foundations for College Math	MCR3U Functions	MAP4C College & Apprenticeship Math	MDM4U Data Management		
MCF3M Functions and Applications	MEL3E Math for Everyday Life	MCT4C Math for College Technology	MEL4E Math for Everyday Life		
		MCV4U Calculus and Vectors	MHF4U Advanced Functions		
1 credit					
Grade 11		Grade 12			
BDI3C Entrepeneurial Studies	SBI3C Blology	GLE4O Advanced Learning Strategies	SBI4U Blology		
HPC3O Raising Healthy Children	SBI3U Blology	HHS4C Families in Canada-Sociology	SCH4C Chemistry		
ICS3U Intro to Computer Science	SCH3U Chemistry	HHS4U Families in Canada-Sociology	SCH4U Chemistry		
NBV3C Beliefs of Aboriginal Peoples	SPH3U Physics	HPD4C Working w Children & Teens	SES4U Earth and Space		
OLC4O Ontario Literacy Course		HSB4U Challenge&Change in Society	SNC4M Science		
		ICS4U Computer Science	SPH4C Physics		
		PSK4U Introductory Kinesiology	SPH4U Physics		
2 credits					
9 credits					

Dual Credits can be used as a major credit See your Guidance Counsellor for current list of Dual Credits available.