



Health and Wellness Sector SHSM - HOLY TRINITY



Health Care Focus

Courses listed below will count toward your SHSM designation in any Pathway
(APPRENTICESHIP, COLLEGE, UNIVERSITY, or WORKPLACE)

Choose 4 Major Credits related to Health and Wellness Sector

Minimum one Grade 11 & one Grade 12 credit AND two credits from Grade 11 or Grade 12 (one of which can be an additional Co-op Credit)

Major Credits in Grade 11			Major Credits in Grade 12		
Health Care	Mandatory**	TPJ3M/3C	Health-Related Science	Mandatory**	SNC4M

** One of TPJ3C/3M OR SNC4M are mandatory, not both

Leadership	GPP3O	Biology	SBI4U
Living and Working with Children	HPW3CH	Chemistry	SCH4U / SCH4C
Parenting	HPC3OH	Challenge and Change in Society	HSB4U
World Religions	HRF3O/ HRT3M	Families in Canada	HHS4U/4C
Introduction to Anthro, Psych, and Soc	HSP3C / HSP3U	Personal Life Management	HIP4O
Physical Education	PPL3O	Personal Fitness	PAF4O
Health for Life	PPZ3C	Physical Education	PPL4O
Personal Fitness	PAF3O	Phys Ed Leadership	PLF4M
Healthy Living	PAL3O	Healthy Living	PAL4O
Biology	SBI3C / SBI3U	Kinesiology	PSK4U
Chemistry	SCH3U	Health Care	TPJ4C
Hairstyling	TXJ3E / TXH3E	Hairstyling	TXJ4E / TXH4E

Choose 1 English Credit

ENG3C or ENG4C - English, College	ENG3U or ENG4U - English, University
ENG3E or ENG4E - English, Workplace/Apprenticeship	OLC4O - Ontario Secondary School Literacy Course

Choose 1 Math Credit

Foundations for College Mathematics	MAP4C	Calculus and Vectors	MCV4U
Foundations for College Mathematics	MBF3C	Mathematics and Data Management	MDM4U
Functions & Applications	MCF3M	Mathematics for Work and Everyday Life	MEL3E
Functions	MCR3U	Mathematics for Work and Everyday Life	MEL4E
Mathematics for College Technology	MCT4C	Advanced Functions	MHF4U

Choose 1 Other Credit from the list below (or an additional Co-op Credit)

Students can also substitute one extra class from the Majors List.

Biology	SBI3C/3U or SBI4U	Learning Strategies	GLE4O
Chemistry	SCH3U or SCH4C /4U	Physics	SPH3U or SPH4C/ 4U
Environmental Science	SVN3M / SVN3E		

Choose a Health and Wellness- Health Care Focused Cooperative Education Experience (2 Credits)

Co-op Credits can be Regular Co-op or Summer Co-op.

Total number of Credits needed: 9

