



Health & Wellness Major - Monsignor Doyle C.S.S.



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

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	
HRF3O	World Religions and Belief Traditions in Daily Life	HHG4M	Human Development Throughout the Lifespan - elearning
HRT3M	World Religions: Beliefs, Issues & Religious Traditions - eLearning	HHS4U	Families in Canada - elearning
HSP3C	Introduction to Anthropology, Psychology, and Sociology	HIP4O	Personal Life Management - elearning
HSP3U	Introduction to Anthropology, Psychology, and Sociology	HSB4U	Challenge and Change in Society
NBV3E	World Views and Aspirations of First Nations: Metis, and Inuit Peoples in Canada	HZT4U	Philosophy: Questions and Theories - eLearning
PAF3O	Healthy Living and Personal and Fitness Activities	NDG4M	First Nations - elearning
PPL3O	Healthy Active Living - CoEd	NDW4M	Contemporary Indigenous Issues and Perspectives in a Global Context
PPZ3C	Health for Life - eLearning	PAF4O	Healthy Living and Personal and Fitness Activities
SBI3C	Biology	PLF4M	Recreation Leadership
SBI3U	Biology	PPL4O	Healthy Active Living - CoEd
SCH3U	Chemistry	PSK4U	Introductory Kinesiology
SPH3U	Physics	SBI4U	Biology
TFJ3E	Hospitality and Tourism	SCH4C	Chemistry
TXJ3E	Hairstyling and Aesthetics	SCH4U	Chemistry
		SNC4E	Science
		SNC4M	Science - elearning
		SPH4C	Physics
		SPH4U	Physics
		TFJ4E	OYAP Hospitality and Tourism
		TOJ4C	Child Development and Gerontology
		TXJ4E	Hairstyling and Aesthetics

Choose **1** English Credit

ENG3C or **ENG4C** - English, College

ENG3E or **ENG4E** - English, Workplace/Apprenticeship

ENG3U or **ENG4U** - English, University

NBE3C or **NBE3U** - Understanding Contemporary First Nations, Métis, & Inuit Voices

OLC4O - Ontario Secondary School Literacy Course

Choose **1** Math Credit

MAP4C Foundations for College Mathematics

MBF3C Foundations for College Mathematics

MCF3M Functions & Applications

MCR3U Functions

MCT4C Mathematics for College Technology

MCV4U Calculus and Vectors

MDM4U Mathematics and Data Management

MEL3E Mathematics for Work and Everyday Life

MEL4E Mathematics for Work and Everyday Life
MHF4U Advanced Functions

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

BDI3C Entrepreneurship: The Venture - eLearning
HHG4M Human Development Throughout the Lifespan - elearning
HHS4U Families in Canada - elearning
HIP4O Personal Life Management - elearning
HRF3O World Religions and Belief Traditions in Daily Life
HRT3M World Religions: Beliefs, Issues & Religious Traditions
HSB4U Challenge and Change in Society
HSP3C Introduction to Anthropology, Psychology, and Sociology
HSP3U Introduction to Anthropology, Psychology, and Sociology
HZT4U Philosophy: Questions and Theories - eLearning
ICS3C Introduction to Computer Programming
ICS3U Introduction to Computer Science
ICS4C Computer Programming
ICS4U Computer Science
NBE3C Understanding Contemporary First Nations
NBE3U Understanding Contemporary First Nations
NBV3E World Views and Aspirations of First Nations: Metis, and Inuit Peoples in Canada
NDW4M Contemporary Indigenous Issues and Perspectives in a Global Context
PSK4U Introductory Kinesiology
SBI3C Biology
SBI3U Biology
SBI4U Biology
SCH3U Chemistry
SCH4C Chemistry
SCH4U Chemistry
SES4U Earth and Space Science - elearning
SNC4E Science
SNC4M Science - elearning
SPH3U Physics
SPH4C Physics
SPH4U Physics

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

Co-op Credits can be Regular Co-op, Summer Co-op, UCEP, or Community Build.
Dual Credits (including CCEP, CAPP, and Exploring Construction) MAY count towards your SHSM designation.
See Guidance for more information.

Total number of Credits needed: 9