



## Health and Wellness SHSM 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 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	
World Religions	<b>HRF30, HRT3M</b>	Families in Canada	<b>HSB4U</b>
Introduction to Anthropology, Psychology, and Sociology	<b>HSP3U</b>	Interdisciplinary Studies	<b>IDC4U</b>
Aboriginal Beliefs, Values, and Aspirations	<b>NBV3E</b>	Physical Education	<b>PAF40, PPL40</b>
Physical Education	<b>PAF30, PPL30</b>	Phys Ed Leadership	<b>PLF4M</b>
		Kinesiology	<b>PSK4U</b>
Biology	<b>SBI3C, SBI3U</b>	Biology	<b>SBI4U</b>
Chemistry	<b>SCH3U</b>	Chemistry	<b>SCH4C, SCH4U</b>
Physics	<b>SPH3U</b>	Physics	<b>SPH4C, SPH4U</b>
Hospitality	<b>TFJ3E</b>	Hospitality	<b>TFJ4E</b>
Hairstyling and Aesthetics	<b>TXJ3E</b>	Child Development and Gerontology	<b>TOJ4C</b>
		Hairstyling and Aesthetics	<b>TXJ4E</b>
<b>Dual Credit Courses include:</b> Personal Support Worker (PSW), Psychology Today, ECE (2 courses), Criminology, Positive Psychology, and Intro to Manicures. See your Guidance Counselor for more information.			

### Choose 1 English Credit

<b>ENG3C</b> or <b>ENG4C</b> - English, College	<b>ENG3U</b> or <b>ENG4U</b> - English, University
<b>ENG3E</b> or <b>ENG4E</b> - English, Workplace/Apprenticeship	<b>OLC40</b> - Ontario Secondary School Literacy Course

### Choose 1 Math Credit

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

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

Learning Strategies	<b>GLE40</b>	Ontario Literacy Course	<b>OLC40</b>
World Religions	<b>HRF30, HRT3M</b>	Kinesiology	<b>PSK4U</b>
Challenge and Change in Society	<b>HSB4U</b>	Biology	<b>SBI3C, SBI3U, SBI4U</b>
Introduction to Anthropology, Psychology, and Sociology	<b>HSP3U</b>	Chemistry	<b>SCH3U, SCH4C, SCH4U</b>
Computer Science	<b>ICS3C, ICS3U, ICS4C, ICS4U</b>	Earth and Space Science	<b>SES4U</b>
Math - Workplace	<b>MEL3E, MEL4E</b>	Workplace Science	<b>SNC4E</b>
Aboriginal Beliefs, Values, and Aspirations	<b>NBV3E</b>	Physics	<b>SPH3U, SPH4C, SPH4U</b>

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

Co-op Credits can be Regular Co-op, Summer Co-op, or UCEP, your Dual Credit program, or through Credits@Work at St. Louis. See Guidance for more information.

**Total number of Credits needed: 9**