



**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                        |                     |
|--|---------------------|--|---------------------|
| Media Arts   | ASM30               | Dance  | ATC4M               |
| Dance  | ATC3M               | Families in Canada                               | HHS4U               |
| Parenting  | HPC3O               | Working with School-Age Children and Adolescents | HPD4C               |
| World Religions  | HRF3O, HRT3M        | Challenge and Change in Society                  | HSB4U               |
| Introduction to Anthropology, Psychology, and Sociology  | HSP3C, HSP3U        | Equity and Social Justice                        | HSE4M               |
| Physical Education   | PAF3O, PAI3O, PPL3O | Interdisciplinary Studies                        | IDC4U               |
| Health for Life  | PPZ3C               | Indigenous Perspectives                          | NDW4M               |
| Biology  | SBI3C, SBI3U        | Physical Education                               | PAF4O, PAI4O, PPL4O |
| Chemistry  | SCH3U               | Phys Ed Leadership                               | PLF4M               |
| Physics  | SPH3U               | Kinesiology                                      | PSK4U               |
| Baking   | TFB3E               | Biology  | SBI4U               |
| Hospitality  | TFC3E, TFJ3E        | Chemistry  | SCH4C, SCH4U        |
| Hairstyling and Aesthetics   | TXH3E               | Workplace Science                                | SNC4E               |
|  |                     | Physics  | SPH4C, SPH4U        |
|  |                     | Hospitality and Baking                           | TFC4E, TFJ4E, TFB4E |
|  |                     | Hairstyling and Aesthetics                       | TXH4E               |
| <p><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.</p> |                     |  |                     |

**Choose 1 English Credit**

|  |  |
|--|--|
| <b>ENG3C</b> or <b>ENG4C</b> - English, College                  | <b>NBE3C</b> or <b>NBE3U</b> - Understanding Contemporary First Nations, Métis, & Inuit Voices |
| <b>ENG3E</b> or <b>ENG4E</b> - English, Workplace/Apprenticeship | <b>OLC4O</b> - Ontario Secondary School Literacy Course  |
| <b>ENG3U</b> or <b>ENG4U</b> - English, University               |  |

**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)**

|   |                            |                          |                     |
|---|----------------------------|--------------------------|---------------------|
| Entrepreneurship  | BDI3C                      | Math - Workplace         | MEL3E, MEL4E        |
| Social Media Marketing                                  | BDV4C                      | English - Native Studies | NBE3C, NBE3U        |
| Learning Strategies                                     | GLE4O                      | Indigenous Perspectives  | NDW4M               |
| Families in Canada                                      | HHS4U                      | Ontario Literacy Course  | OLC4O               |
| Parenting   | HPC3O                      | Kinesiology              | PSK4U               |
| Working with School-Age Children and                    | HPD4C                      | Biology                  | SBI3C, SBI3U, SBI4U |
| World Religions   | HRF3O, HRT3M               | Chemistry                | SCH3U, SCH4C, SCH4U |
| Challenge and Change in Society                         | HSB4U                      | Workplace Science        | SNC4E               |
| Introduction to Anthropology, Psychology, and Sociology | HSP3C, HSP3U               | Physics                  | SPH3U, SPH4C, SPH4U |
| Computer Science  | ICS3C, ICS3U, ICS4C, ICS4U |                          |                     |

**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**