



Health and Wellness SHSM St. Mary's H.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	
Peer Tutoring and Leadership	GPP30	Challenge and Change in Society	HSB4U
World Religions	HRF30, HRT3M	Philosophy	HZT4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Interdisciplinary Studies	IDC4U
Physical Education	PAF30, PPL3O	Indigenous Perspectives	NDW4M
Health for Life	PPZ3C	Phys Ed Leadership	PLF4M
Biology	SBI3C, SBI3U	Physical Education	PPL4O
Chemistry	SCH3U	Kinesiology	PSK4U
Physics	SPH3U	Biology	SBI4U
Environmental Science	SVN3M	Chemistry	SCH4C, SCH4U
Hospitality	TFJ3C, TFJ3E	Workplace Science	SNC4E
Health Care	TPJ3C, TPJ3M	Physics	SPH4C, SPH4U
Hairstyling and Aesthetics	TXH3E	Hospitality	TFJ4E
Baking	TFB3E	Child Development and Gerontology	TOJ4C
		Health Care	TPJ4C, TPJ4M
		Hairstyling and Aesthetics	TXH4E
Dual Credit Courses include: Psychology Today, Positive Psychology, Criminology, PSW, ECE Foundations, ECE Child Development, and Intro to Manicures. See your Guidance Counselor for more information			

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)

Entrepreneurship	BDI3C	Ontario Literacy Course	OLC4O
Learning Strategies	GLE4O	Kinesiology	PSK4U
World Religions	HRF30, HRT3M	Biology	SBI3C, SBI3U, SBI4U
Challenge and Change in Society	HSB4U	Chemistry	SCH3U, SCH4C, SCH4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Earth and Space Science	SES4U
Philosophy	HZT4U	Workplace Science	SNC4E
Computer Science	ICS3C, ICS3U, ICS4C, ICS4U	Physics	SPH3U, SPH4C, SPH4U
Math - Workplace	MEL3E, MEL4E	Environmental Science	SVN3M
Indigenous Perspectives	NDW4M		

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

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

Total number of Credits needed: 9