



Health and Wellness SHSM St. David 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	HRF30, HRT3M	Families in Canada	HSB4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Philosophy	HZT4U
Physical Education	PAF30, PPL30	Contemporary Indigenous Issues and Perspectives in a Global Context	NDW4M
Biology	SBI3C, SBI3U	Phys Ed Leadership	PLF4M
Chemistry	SCH3U	Physical Education	PPL4O
Physics	SPH3U	Kinesiology	PSK4U
Baking	TFB3E	Biology	SBI4U
Hospitality	TFJ3E	Chemistry	SCH4C, SCH4U
Health Care	TPJ3M	Physics	SPH4U, SPH4C
Hairstyling and Aesthetics	TXJ3E	Hospitality	TFC4E, TFJ4E
		Healthcare	TPJ4M
		Hairstyling and Aesthetics	TXJ4E
Dual Credit Courses include: 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

NBE3C or ENG4C - English, College	NBE3U 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 - elearn	Contemporary Indigenous Issues and Perspectives in a Global Context	NDW4M
World Religions	HRF30, HRT3M	Ontario Literacy Course	OLC4O
Challenge and Change in Society	HSB4U	Kinesiology	PSK4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Biology	SBI3C, SBI3U, SBI4U
Philosophy	HZT4U	Chemistry	SCH3U, SCH4C, SCH4U
Computer Science	ICS3U, ICS4U	Physics	SPH3U, SPH4U, SPH4C
Math - Workplace	MEL3E		

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