

Health and Wellness SHSM - St. Benedict

Courses listed will count towards ANY pathway for SHSM (Apprenticeship, College, University, Workplace)

Credits can only be counted once; for example HRF30 cannot count as both a Major Credit AND an Other Credit

Major Credits			
ANY Combination of 4 Major Credits are required; up to 3 ADDITIONAL Co-op credits can count as Major Credits			
Major Credits in Grade 11		Major Credits in Grade 12	
Dance	ATC3M	Families in Canada	HHS4U
Parenting	HPC3O	Challenge and Change in Society	HSB4U
World Religions	HRF3O, HRT3M	Interdisciplinary Studies	IDC4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Indigenous Perspectives	NDW4M
Contemporary First Nations, Métis, and Inuit Issues and Perspectives	NDA3M	Physical Education	PAD4O, PAF4O, PAI4O, PAR4O, PPL4O
Physical Education	PAD3O, PAF3O, PAI3O, PAR3O, PPL3O	Phys Ed Leadership	PLF4M
Biology	SBI3C, SBI3U	Kinesiology	PSK4U
Chemistry	SCH3U	Biology	SBI4U
Physics	SPH3U	Chemistry	SCH4C, SCH4U
Environmental Science	SVN3E	Physics	SPH4C, SPH4U
Hospitality	TFJ3C	Baking	TFB4E
Health Care	TPJ3M	Hospitality	TFJ4C, TFJ4E
Hairstyling and Aesthetics	TXJ3E	Health Care	TPJ4M
Baking	TFB3E	Hairstyling and Aesthetics	TXH4E, 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.



Co-op Credits
2 Co-op credits are the basic SHSM requirement
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.

Choose 1 Other Credit from the list below (or an ADDITIONAL Major OR Co-op Credit)			
Entrepreneurship	BDI3C	Contemporary First Nations, Métis, and Inuit Issues and Perspectives	NDA3M
Learning Strategies	GLS4O	Indigenous Perspectives	NDW4M
Families in Canada	HHS4U	Ontario Literacy Course	OLC4O
Parenting	HPC3O	Kinesiology	PSK4U
World Religions	HRF3O, HRT3M	Biology	SBI3C, SBI3U, SBI4U
Challenge and Change in Society	HSB4U	Chemistry	SCH3U, SCH4C, SCH4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Physics	SPH3U, SPH4C, SPH4U
Computer Science	ICS3C, ICS3U, ICS4C, ICS4U	Environmental Science	SVN3E
Math - Workplace	MEL3E, MEL4E		

English
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

Mathematics	
Choose 1 Math Credit	
Calculus and Vectors	MCV4U
Foundations for College Mathematics	MBF3C, MAP4C
Functions	MCF3M, MCR3U, MHF4U
Mathematics and Data Management	MDM4U
Mathematics for College Technology	MCT4C
Mathematics for Work and Everyday Life	MEL3E, MEL4E