

Health and Wellness SHSM - St. Mary's

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	
Peer Tutoring and Leadership	GPP30	Food and Healthy Living	HFL4E
World Religions	HRF30, HRT3M	Personal Life Management	HIP4O
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Challenge and Change in Society	HSB4U
Physical Education	PAF30, PPL3O	Philosophy	HZT4U
Health for Life	PPZ3C	Interdisciplinary Studies	IDC4U
Biology	SBI3C, SBI3U	Indigenous Perspectives	NDW4M
Chemistry	SCH3U	Phys Ed Leadership	PLF4M
Physics	SPH3U	Physical Education	PPL4O
Environmental Science	SVN3M	Kinesiology	PSK4U
Hospitality	TFJ3C, TFJ3E	Biology	SBI4U
Health Care	TPJ3C, TPJ3M	Chemistry	SCH4C, SCH4U
Hairstyling and Aesthetics	TXH3E, TXJ3E	Workplace Science	SNC4E
Baking	TFB3E	Physics	SPH4C, SPH4U
		Hospitality	TFJ4E
		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			



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	Indigenous Perspectives	NDW4M
Learning Strategies	GLE4O, GLS4O	Ontario Literacy Course	OLC4O
Dynamics of Human Relationships	HHD3O	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

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