



# 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 <b>ADDITIONAL</b> Co-op credits can count as Major Credits			
Major Credits in Grade 11		Major Credits in Grade 12	
Dance	<b>ATC3M</b>	Families in Canada	<b>HHS4U</b>
Parenting	<b>HPC3O</b>	Challenge and Change in Society	<b>HSB4U</b>
World Religions	<b>HRF3O, HRT3M</b>	Interdisciplinary Studies	<b>IDC4U</b>
Introduction to Anthropology, Psychology, and Sociology	<b>HSP3C, HSP3U</b>	Indigenous Perspectives	<b>NDW4M</b>
Contemporary First Nations, Métis, and Inuit Issues and Perspectives	<b>NDA3M</b>	Physical Education	<b>PAD4O, PAF4O, PAI4O, PAR4O, PPL4O</b>
Physical Education	<b>PAD3O, PAF3O, PAI3O, PAR3O, PPL3O</b>	Phys Ed Leadership	<b>PLF4M</b>
Biology	<b>SBI3C, SBI3U</b>	Kinesiology	<b>PSK4U</b>
Chemistry	<b>SCH3U</b>	Biology	<b>SBI4U</b>
Physics	<b>SPH3U</b>	Chemistry	<b>SCH4C, SCH4U</b>
Environmental Science	<b>SVN3E</b>	Physics	<b>SPH4C, SPH4U</b>
Hospitality	<b>TFJ3C</b>	Baking	<b>TFB4E</b>
Health Care	<b>TPJ3M</b>	Hospitality	<b>TFJ4C, TFJ4E</b>
Hairstyling and Aesthetics	<b>TXJ3E</b>	Health Care	<b>TPJ4M</b>
Baking	<b>TFB3E</b>	Hairstyling and Aesthetics	<b>TXH4E, TXJ4E</b>

Dual Credit Courses include: Manicures (TXK4T), Makeup (TXI4T), PSW (HIC4T), Health Care (PHA4T), Psychology Today (HBF4T), ECE (TOB4T), and Criminology today (HCC4T).

E-learning credits earned through PRISM may be eligible to fulfill major course requirements in your sector.

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

English	Mathematics
Choose 1 English Credit	Choose 1 Math Credit
<b>ENG3C</b> or <b>ENG4C</b> - English, College	Calculus and Vectors <b>MCV4U</b>
<b>ENG3E</b> or <b>ENG4E</b> - English, Workplace/Apprenticeship	Foundations for College Mathematics <b>MBF3C, MAP4C</b>
<b>ENG3U</b> or <b>ENG4U</b> - English, University	Functions <b>MCF3M, MCR3U, MHF4U</b>
<b>NBE3C</b> or <b>NBE3U</b> - Understanding Contemporary First Nations, Métis, & Inuit Voices	Mathematics and Data Management <b>MDM4U</b>
<b>OLC4O</b> - Ontario Secondary School Literacy Course	Mathematics for College Technology <b>MCT4C</b>
	Mathematics for Work and Everyday Life <b>MEL3E, MEL4E</b>