

# Specialist High Skills Major (SHSM)

## HEALTH and WELLNESS

### - STUDENT TRACKING SHEET -

This sheet is a guide to help the student ensure they have all the requirements to earn their SHSM Red Seal on their diploma. It is the student's responsibility to make sure everything is accurate on their credit counselling summary.

#### **COURSE REQUIREMENTS**

**1. MAJOR** - Choose any 4 from the list below. At least **one** must be from grade 11 and **one** from grade 12.

##### Grade 11

- PPZ 3OI – Health for Life
- PPL 3OI – Healthy Active Living
- PAF 3OI – Power/Live Fit
- SBI 3UI – Biology
- SBI 3CI – Biology
- SCH 3UI – Chemistry
- SVN 3EI – Science
- SPH 3UI – Physics
- TPJ 3MI – Health Care
- TPJ 3CI – Health Care
- HSP 3CI – Intro to Anthropology
- HSP 3UI – Intro to Anthropology
- HLS 3OI – Housing & Home Design
- HPC3OI – Raising Healthy Children
- GPP 3OI – Peer Helping
- NDA 3MI – Aboriginal Issues in Canada

##### Grade 12

- PLF 4CI – Recreation and Fitness
- PPL 4OI – Healthy Active Living
- PAF 4OI – Personal and Fitness Activities
- PSK 4UI – Exercise Science
- HFA 4UI – Nutrition and Health
- HHG 4MI – Human Development
- HHS 4U – Families in Canada
- HSB 4UI – Challenges and Change in Society
- NDW 4MI – Issues of Indigenous Peoples
- HPD 4C – Working with School-Age Children
- SBI 4UI – Biology
- SCH 4UI – Chemistry
- SCH 4CI – Chemistry
- SPH 4CI – Physics
- SPH 4UI – Physics
- TPJ 4CI – Health Care
- TPJ 4MI – Health Care
- TPJ 4EI – Health Care Support Services

**2. ENGLISH** – Choose one of:

- ENG 3CI
- ENG 3EI
- ENG 3UI
- ENG 4UI
- ENG 4CI
- ENG 4EI
- OLC 3OI
- OLC 4OI

**3. MATH** – Choose one of:

- MAP 4CI – Foundations for College Math
- MBF 3CI – Foundations for College Math
- MCT 4CI – Mathematics for College Tech
- MCF 3MI – Functions and Applications
- MCR 3UI – Functions
- MEL 3EI – Math for Work & Everyday Life
- MEL 4EI – Math for Work & Everyday Life
- MDM 4UI – Data Management
- MHF 4UI – Advanced Functions
- MCV 4UI – Calculus & Vectors

**4. ADDITIONAL** – Choose one from the list below. It must be one that was not counted above in the major credit list.

- |                                  |                         |                                  |                                    |
|----------------------------------|-------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> SBI 3CI | – Biology               | <input type="checkbox"/> SES 4UI | – Earth and Space Science          |
| <input type="checkbox"/> SBI 3UI | – Biology               | <input type="checkbox"/> PSK 4UI | – Exercise Science                 |
| <input type="checkbox"/> SBI 4UI | – Biology               | <input type="checkbox"/> HPC 3OI | – Raising Healthy Children         |
| <input type="checkbox"/> SCH 3UI | – Chemistry             | <input type="checkbox"/> HSP 3CI | – Intro to Anthropology            |
| <input type="checkbox"/> SCH 4CI | – Chemistry             | <input type="checkbox"/> HSP 3UI | – Intro to Anthropology            |
| <input type="checkbox"/> SCH 4UI | – Chemistry             | <input type="checkbox"/> HFA 4UI | – Nutrition and Health             |
| <input type="checkbox"/> SPH 3UI | – Physics               | <input type="checkbox"/> HHG 4MI | – Human Development                |
| <input type="checkbox"/> SPH 4CI | – Physics               | <input type="checkbox"/> HSB 4UI | – Challenges and Change in Society |
| <input type="checkbox"/> SPH 4UI | – Physics               | <input type="checkbox"/> NDA 3MI | – Aboriginal Issues in Canada      |
| <input type="checkbox"/> SVN 3EI | – Environmental Science |                                  |                                    |

## 5. COOPERATIVE EDUCATION

- COOP2 – two credit co-op

## CERTIFICATIONS

### REQUIRED

You must complete all **4** of these:

- |   |  |
|---|--|
| <input type="checkbox"/> Standard First Aid                   | <input type="checkbox"/> WHMIS             |
| <input type="checkbox"/> Level C-CPR (option to do HCP level) | <input type="checkbox"/> Infection Control |

### OPTIONAL

Below are the certifications available to earn at Huron Heights. You need at least **3** optional certifications.

- |  |   |
|--|---|
| <input type="checkbox"/> Medical Terminology                                   | <input type="checkbox"/> Specialized care e.g. dementia, diabetes       |
| <input type="checkbox"/> Sterile Techniques                                    | <input type="checkbox"/> Leadership Skills                              |
| <input type="checkbox"/> Ambulation, Lifting, and Patient Transfers            | <input type="checkbox"/> Allergy awareness                              |
| <input type="checkbox"/> Advanced Training in a Technique - Feeding assistance | <input type="checkbox"/> Wrapping & Taping for a performance and injury |
| <input type="checkbox"/> Lab practices   |   |
| <input type="checkbox"/> Safe body mechanics                                   |   |

## REACH AHEAD

You participate in least **one** Reach Ahead (field trip) offered by SHSM.

- Name and date of activity: \_\_\_\_\_

Examples of Reach Ahead activities offered by Huron Heights:

- *ZOOM Career Day*
- *Conestoga College Campus Visit*
- *University tours*

## EXPERIENTIAL LEARNING

You must participate in at least **one** Experiential Learning (hands-on field trip) offered by SHSM.

- Name and date of activity: \_\_\_\_\_

Examples of Reach Ahead activities offered by Huron Heights:

- *Kin Lab Day at University of Waterloo*
- *Human Anatomy Lab at University of Guelph and Waterloo*
- *St. Michael's Hospital Tour*