

SPORTS

Name: _____

Specialist High Skills Major (SHSM) 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 **FOUR** from the list below. At least **ONE** must be from grade 11 and **ONE** from grade 12.

Grade 11:

- ASM 3O/3M - Media Arts
- AWQ 3M - Photography
- BAF 3M - Accounting
- BMI 3C - Marketing
- CLU 3M - Canadian Law
- GPP 3O - Leadership & Peer Support
- HNC 3C - Understanding Fashion
- HPC 3O - Raising Healthy Children
- HSP 3C/3U - Intro to Anthro., Soc. & Psych
- ICS 3U - Intro to Computer Programming
- PAF 3O - Personal Fitness
- PPL 3O - Healthy Active Living
- PPZ 3C - Health for Life
- SBI 3C/3U - Biology
- SCH 3U - Chemistry
- SPH 3U - Physics
- TGJ 3O/3M - Communications Technology
- TPJ 3M/3C - Health Care

Grade 12:

- AWQ 4M - Photography
- BAT 4M - Accounting
- BOH 4M - Business Leadership
- CLN 4U - Canadian Law
- HFA 4C/4U - Nutrition & Health
- HHG 4M - Human Development
- HPD 4C - Working with Children
- IDC 4U - Leadership
- PAF 4O - Personal Fitness
- PLF 4M - Recreation & Fitness Leadership
- PPL 4O - Healthy Active Living
- PSK 4U - Exercise Science
- SBI 4U - Biology
- SCH 4C/4U - Chemistry
- SPH 4C/4U - Physics
- TGJ 4M - Communications Technology
- TPJ 4M - Health Care

2. ENGLISH – Choose **ONE** of:

- ENG 3CI - College English
- ENG 3UI - University English
- ENG 4CI - College English
- ENG 4EI - Workplace English
- ENG 4UI - University English
- OLC 4OI - Literacy Course

3. MATH – Choose **ONE** of:

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

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

- BAF 3M - Accounting
- BDI 3C - Entrepreneurship
- BMI 3C - Marketing
- CLU 3M - Canadian Law
- HPC 3O - Raising Healthy Children
- HSP 3C/3U - Intro to Anthro., Soc. & Psych.
- ICS 3C/3U - Intro to Computer Programming
- SBI 3C/3U - Biology
- SCH 3U - Chemistry
- SPH 3U - Physics

- BAT 4M - Accounting
- CLN 4U - Canadian Law
- HFA 4C/4U - Nutrition & Health
- HHG 4M - Human Development
- HPD 4C - Working with School Aged Children
- OLC 4O - Literacy Course
- SBI 4UI - Biology
- SCH 4U - Chemistry
- SPH 4C/4U - Physics

5. COOPERATIVE EDUCATION

- COOP2 – 2 Credit Co-op

CERTIFICATIONS

REQUIRED:

You must complete ALL **THREE** of these:

- Standard First Aid
- Level C-CPR
- WHMIS

OPTIONAL:

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

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| <ul style="list-style-type: none"> <input type="checkbox"/> Advanced Training in a Technique <input type="checkbox"/> Coaching - Performance <input type="checkbox"/> Coaching - Theory <input type="checkbox"/> Communication Skills <input type="checkbox"/> Compass/Map/Global Positioning System <input type="checkbox"/> Concussion Awareness <input type="checkbox"/> Conflict Resolution <input type="checkbox"/> Customer Service <input type="checkbox"/> Equity & Inclusion <input type="checkbox"/> Ergonomics <input type="checkbox"/> Ethical Considerations <input type="checkbox"/> Event Coordination <input type="checkbox"/> Geographic Information System (GIS) <input type="checkbox"/> Group Dynamics <input type="checkbox"/> Health & Safety - Basic <input type="checkbox"/> High 5 <input type="checkbox"/> Incident Management <input type="checkbox"/> Innovation, Creativity & Entrepreneurship (ICE) <input type="checkbox"/> Instructor Certification | <ul style="list-style-type: none"> <input type="checkbox"/> Leadership Skills <input type="checkbox"/> Life Saving (Bronze Cross or higher) <input type="checkbox"/> Marine Safety/Marine First Aid <input type="checkbox"/> Officiating <input type="checkbox"/> Personal Training <input type="checkbox"/> Pleasure Craft Operator <input type="checkbox"/> Portfolio Development <input type="checkbox"/> Project Management <input type="checkbox"/> Risk Assessment <input type="checkbox"/> Sector-Specific Software 1 <input type="checkbox"/> Sport Nutrition <input type="checkbox"/> Sport Program Design <input type="checkbox"/> Sport Team Trainer Certification <input type="checkbox"/> Wilderness Survival <input type="checkbox"/> Wilderness First Aid <input type="checkbox"/> Working with individuals with Diabetes <input type="checkbox"/> Wrapping & Taping for a Performance and Injury |
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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 Raptors 905/TFC Career Expo*



Google Classroom
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