



**Specialist High Skills Major–Health and Wellness  
St. John Catholic High School  
Application Form for 2017-2018**

**Personal Information**

Legal Name: \_\_\_\_\_

Gender:

- Male
- Female
- Not specified

Date of Birth: (YYYY MM DD) \_\_\_\_\_

Present Age: \_\_\_\_\_

Present Grade: \_\_\_\_\_

Home Address:

Home Phone:

Cell Phone:

E-mail:

**Intended Graduation Date:**

- 2018
- 2019
- 2020

**Major Courses**

Please check the **Major Courses for Grade 11** that you plan to take, or have taken:

**GRADE 11**

- |   |                    |
|---|--------------------|
| <input type="radio"/> World Religions (compulsory for all students)   | HRF30/F            |
| <input type="radio"/> Physical and Health Education                   | PPL30              |
| <input type="radio"/> Fit for Life                                    | PAF30              |
| <input type="radio"/> Health for Life (online only in summer)         | PPZ3C              |
| <input type="radio"/> Working with Children and Infants               | HPW3C              |
| <input type="radio"/> Parenting (online only in summer)               | HPC3O              |
| <input type="radio"/> Intro to Anthropology, Psychology and Sociology | HSP3U/C            |
| <input type="radio"/> Leadership and Peer Support                     | GPP3O              |
| <input type="radio"/> Food and Culture/Hospitality                    | HFC3M/E or TFT3C/E |

Please check the **Major Courses for Grade 12** that you plan to take, or have taken

### GRADE 12

- |   |         |
|---|---------|
| <input type="radio"/> Nutrition and Health  | HFA4U/C |
| <input type="radio"/> Physical and Health Education   | PPL4O   |
| <input type="radio"/> Advanced Fitness  | PAF4O   |
| <input type="radio"/> Philosophy  | HZT4U   |
| <input type="radio"/> Families and Individuals in a Diverse Society (online only)                                 | HHS4ME  |
| <input type="radio"/> World Cultures (online only)  | HSC4ME  |
| <input type="radio"/> Issues of Indigenous Peoples in a Global Context  | NDW4M   |
| <input type="radio"/> Introduction to Kinesiology   | PSK4U   |
| <input type="radio"/> Biology   | SBI4U   |
| <input type="radio"/> Chemistry   | SCH4U/C |
| <input type="radio"/> Physics   | SPH4U/C |
| <input type="radio"/> Approved Dual Credit at an Ontario College (i.e. Science of Addictions/Fitness) PPP4T/PPH4T |         |

### Destination Pathway

❖ Which preparation **Pathway** do you intend to pursue? (Circle one)

**APPRENTICESHIP      COLLEGE      UNIVERSITY      WORKPLACE**

❖ Which area of **Focus** are you most interested in? (Circle one)

**Health Care Focus**

**Fitness Focus**

**Child Care and Family Services Focus**

### Other Required Courses

Please circle the **Other Required Courses** you plan to take, or have taken:

#### 1. Grade 11 or 12 Science OR Social Science\* (choose 1)

Science: SVN3E (Workplace)

Science: SNC4E (Workplace)

Biology: SBI3C (College) or SBI3U (University)

Biology: SBI4U (University)

Chemistry: SCH3U (University)

Chemistry: SCH4U/4C

Physics: SPH3U (University)

Physics: SPH4U/4U

\*(HPW3C, HPC3O, HSP3U/C, HFC3M/E, HHG4M, HHS4M, HSC4M)

## Cooperative Education and Experiential Learning / OSP

Students must earn **2 credits in Cooperative Education** at a placement in the Health and Wellness sector.

Please list 3 Cooperative Education placement settings that you would be interested in exploring:

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_

- ❖ Students are also required to participate/volunteer in a minimum of 2 **Experiential Learning** events: Relay for Life, Blood Donor Clinic, OneMatch “Get Swabbed”, Hoops for Heart, Think Fast, Athletic Council, JAC, or Terry Fox Run.

## Certifications and Training

**4 COMPULSORY** (circle any that you already have earned)

CPR (Level C) Cardiopulmonary Resuscitation (CPR) Level C – includes automated external defibrillation (AED)	Standard First Aid	Infection Control	Generic WHMIS Workplace Hazardous Materials Information System
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**3 ELECTIVE** (circle any that you have already earned)

allergy awareness	ambulation, lifting, and transfers	babysitting	behaviour management
child safety and injury prevention	coaching /personal trainer	communication skills	conflict resolution
customer service	ethical considerations	feeding assistance	fire extinguisher use
fitness	group dynamics	lab practices	leadership - group activities
marine and wilderness first aid	medical terminology	non-violent crisis intervention	personality inventory
safe body mechanics	safe food handling - basic	sign language	Specialized care (diabetes, dementia, etc)
sterile techniques	stress management techniques	waste management	wrapping and taping for performance

### Reach Ahead Opportunities

Opportunities to explore post-secondary learning will be provided to registered students, during the school day. Students are also required to participate in a minimum of 2 **Reach-Ahead** events. They may involve travel and missed classes in order to visit college or university campuses, job or trade shows. Students will be invited to attend particular events, based on the information in this application. Please check the field-trips you would be interested in:

- Cadaver Lab (Queen's)
- Ontario College Fair
- Ontario University Fair
- Connections Event – spend a day in a post-secondary program
- Sport Industry Conference (K-Rock Centre)
- Health Expo (Ottawa)
- Women in Uniform Event (Algonquin)
- Sens @ School (Canadian Tire Centre)

### Agreement

- I am interested in registering in the Specialist High Skills Major program in Health and Wellness at St. John Catholic High School and would like to complete the requirements for the diploma.

Student Signature:

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Parent Signature:

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Date: \_\_\_\_\_

### Attachments

- I have attached the most recent version of my Resume to this application.
- Provide the names of 2 references in the space below who would recommend you for this program (if they are not included on your resume).