



St. John
Catholic High School



SHSM – Health and Wellness

October 11, 2017

Welcome!





Learning Goal:

- To understand the requirements of the SHSM: Health and Wellness Major and to plan how to meet them before Graduation/Leaving
- To learn from each other how to prepare for future careers in the Health and Wellness field



Graduation Success!

- Class of 2009 - 1
- Class of 2010 - 10
- Class of 2011 - 17
- Class of 2012 - 10
- Class of 2013 - 14
- Class of 2014 - 6
- Class of 2015 - 17
- Class of 2016 - 12
- Class of 2017 - 9
- Class of 2018 - ?





Ontario Secondary School Diploma Diplôme d'études secondaires de l'Ontario

This Diploma is granted to
Ce diplôme est accordé à

Jane Smith

a student of
élève de

ABC Secondary School



who has fulfilled the requirements for the Ontario Secondary School Diploma
in accordance with the provisions of the Ministry of Education, Ontario.

qui a rempli les exigences prescrites pour l'obtention du diplôme d'études secondaires de l'Ontario
en vertu des dispositions du ministère de l'Éducation de l'Ontario

Issued at
Toronto, Ontario, Canada

on
le 20th
du 10 October 1, 2007

signature

Minister of Education Ontario

signature

Minister of Education Ontario

✓ Fill out an Application

- Courses – Grade 11, Grade 12 and Coop; Dual Credits*
- Certificates and Training (CT)
- Experiential Learning (EL)
- Reach-Ahead (RA)
- Program Promotion (PP)
- Tracking!



The Grade 11 Courses

- World Religions (compulsory for all students)
HRT₃M/HRF₃O
- Physical and Health Education
PPL₃O
- Fit for Life
PAF₃O
- Working with Children and Infants HPW₃C
- Intro to Anthropology, Psychology and Sociology
HSP₃U/C
- Leadership and Peer Support
GPP₃O
- Food and Culture
HFC₃M/E/TFT₃C/E

The Grade 12 Courses

- Nutrition and Health HFA₄U/C
- Physical and Health Education PPL₄O
- Advanced Fitness PAF₄O
- Issues of Indigenous Peoples in a Global Context
NDW₄M
- Introduction to Kinesiology (Exercise Science)
PSK₄U
- Biology SBI₄U
- Chemistry SCH₄U/C
- Physics SPH₄U
- Approved Dual Credit at an Ontario College (i.e. Science of Addictions/Fitness) – PPH₄T /PPP₄T

Cooperative Education

- 2 credits of coop LINKED to one of those Grade 11 or 12 Major courses
- Sem 1/Sem 2/ Summer/Evening

The Certificates

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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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

The Advantages

- Focused Learning
- Experiences
- Dual Credits
- Community Contacts
- Resume Building
- Part-Time and Full-Time Work
- Post-Secondary Applications
- Scholarships and Bursaries

