



Specialist High Skills Major (SHSM) - Health and Wellness -

In Grades 11 and 12, students acquire the sector-specific knowledge and technical skills required to earn their OSSD with an SHSM – Health and Wellness by completing the five required components outlined below. Students and their parents/guardians are encouraged to consult with guidance counsellors and teachers to select the courses that will enable students to pursue their goals.

1. A bundle of nine Grade 11 and Grade 12 credits that comprises:

- **Four health and wellness major credits** that provide sector-specific knowledge and skills
Grade 11: **SBI 3U** (Biology), **TPJ 3M** (Health Care), **SCH 3U** (Chemistry), **SVN 3M** (Environmental Science), **HSP 3U** (Intro to Anthropology, Psychology & Sociology), **SPH 3U** (Physics)
Grade 12: **SBI 4U** (Biology), **SPH 4U** (Physics), **TPJ 4M** (Health Care), **PSE 4U** (Exercise Science), **SCH 4U** (Chemistry), **HHG 4M** (Issues in Human Growth and Development), **HFA 4U** (Nutrition and Health), **HHS 4U** (Families in Canada), **SNC 4M** (Science)
Note: Students must earn a minimum of one grade 11 major and one grade 12 major; however, the other two credits can be earned in either grade 11 or grade 12.
- **Three other required credits from the Ontario curriculum** in which some expectations are met through learning activities, contextualized to the health and wellness sector
1 English (**ENG 3U / ENG 3C / ENG 3E / ENG 4U / ENG 4C / ENG 4E**)
1 Math (**MCR 3U / MCF 3M / MEL 3E / MBF 3C / MCV 4U / MHF 4U / MDM 4U**)
A choice of Science [**SBI 3U** (Biology) / **SCH 3U** (Chemistry)], Social Sciences and Humanities (**HSP 3U**) or Religion (**HRF 3O / HRT 3M / HRT 3MF**)
Note: For each of these other “required credits,” students must complete a “Contextualized Learning Activity” (CLA), which incorporates a minimum of 6 hours of learning – this is equivalent to one unit guide at Mary Ward or a few activities/assignments in different guides within the course.
- **Two co-operative education credits** tied to the sector that provide authentic learning experiences in a workplace setting, enabling students to refine, extend, apply, and practise sector-specific knowledge and skills
PLEASE NOTE: Students may substitute up to two additional co-operative education credits for other credits in the bundle:
Note: Students can choose to take one additional co-operative education credit to replace one major credit and/or one “other required” credit. In total, students may earn up to two additional co-operative education credits to be used in place of a major credit and an “other required credit” within the bundle.

2. Seven sector-recognized certifications and / or training courses / programs (4 compulsory and a choice of 3 electives)

The SHSM in health and wellness requires students to complete seven sector-recognized certifications and/or training courses/programs.

Four compulsory training courses / programs			
Cardiopulmonary Resuscitation (CPR) Level C	Generic (i.e. not site-specific) Instruction about the Workplace Hazardous Materials Information System (WHMIS)	Infection control	Standard First Aid

Three electives from the list below			
Ambulation, lifting and transfers	Automated external defibrillation (AED)	Babysitting	Behaviour management
Coach / personal trainer	Communication skills	Conflict resolution	Customer service
Ethical considerations	Feeding assistance	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 (e.g. diabetes, dementia)	Sterile techniques	Suicide prevention
Waste management			

3. Experiential learning and Career Exploration activities / opportunities within the sector, including:

- One-on-one observation of a cooperative education student at a placement in the health and wellness sector (example of job twinning)
- Day-long observation of a health and wellness sector employer or employee (example of job shadowing)
- One- or two-week work experience with a member of an industry association or a professional in the sector (example of work experience)
- Volunteer experience in a long-term care facility
- Experience coaching an elementary school student in reading as part of a reading buddy program, or other curricular or extracurricular activities
- Assisting in an exercise class in a long-term care facility
- *Note: Experiential Learning and Career Exploration activities in the health and wellness sector may require a student to consent to a police records check, immunization clearance and/or Confidentiality and Privacy Agreements*
- *Note: It is Ministry Policy that volunteer activities in an SHSM cannot be counted towards the hours of community involvement required to earn the OSSD*

4. Reach ahead experiences – opportunities to take the next steps along their chosen pathway – connected with the student’s post-secondary plans

- Interviewing a student enrolled in a sector-specific program
- Interviewing an employee in the health care field
- Observing a post-secondary class in a sector-related program
- Attending a conference or workshop held by the sector
- Completing a dual credit course, which counts for credit towards both the OSSD and a post-secondary certificate, diploma, or degree, or Level 1 apprenticeship. Dual credit courses are Ministry funded and subject to separate approval policies and procedures.

5. Development of Essential Skills and work habits required in the sector, and documentation of them using the Ontario Skills Passport (OSP)

- Essential Skills are the generic skills used in virtually all occupations and many aspects of daily life. They enable people to perform tasks required in their jobs and to participate fully in the workplace and the community. Essential Skills provide the foundation for learning other skills, such as technical skills and job- or workplace-specific skills, and they help people adjust to change. The OSP also includes important work habits such as working safely, working as part of a team, reliability, and initiative.

The Essential Skills and work habits described in the OSP are illustrated in the table below:

Essential Skills	Work Habits
Reading Text Writing Document Use Computer Use Oral Communication Numeracy Money Math Scheduling or Budgeting and Accounting Measurement and Calculation Data Analysis Numerical Estimation Thinking Skills Job Task Planning and Organizing Decision Making Problem Solving Finding Information	Working Safely Teamwork Reliability Organization Working Independently Initiative Self-advocacy Customer Service Entrepreneurship

Students pursuing a university pathway are advised to complete their required cooperative education credits in Grade 11, in order to allow room in their timetables in Grade 12 for credits needed to meet university entrance requirements.

When helping students plan their SHSMs, particularly with respect to the selection of courses to fulfil the requirement for credits in the major, teachers should bear in mind that technological education courses can be offered as single-credit or multiple-credit courses.

