

Health & Wellness Major - St. Benedict C.S.S.

Courses listed below will count toward your SHSM designation in any Pathway
(APPRENTICESHIP, COLLEGE, UNIVERSITY, or WORKPLACE)

Choose 4 Major Credits related to Health and Wellness

Minimum one Grade 11 & one Grade 12 credit

AND two credits from Grade 11 or Grade 12 (one of which can be an additional Co-op Credit)

Major Credits in **Grade 11**

Arts - **Dance** (ATC30)
 Humanities - **Current Aboriginal Issues** (NDA3M)
 Humanities - **Intro to Anthropology** (HSP3C or HSP3U)
 Humanities - **Parenting, Raising Healthy Children** (HPC30)
 Phys. Ed - **Health for Life** (PPZ3C)
 Phys. Ed - **Healthy Active Living** (PPL30)
 Phys. Ed - **Healthy Active Living** - Off campus option (PAL30)
 Phys. Ed - **LEAP Program** (PAI30)
 Phys. Ed - **Outdoor Education** (PAD30)
 Phys. Ed - **Personal Fitness** (PAF30)
 Religion - **World Religions** (HRF30 or HRT3M)
 Science - **Biology** (SBI3C or SBI3U)
 Science - **Chemistry** (SCH3U)
 Science - **Physics** (SPH3U)
 Tech - **Hairstyling & Aesthetics** (TXJ3E)
 Tech - **Health Care** (TPJ3C or TPJ3M)

Major Credits in **Grade 12**

Humanities - **Challenge & Change in Society** (HSB4U)
 Humanities - **Families in Canada** (HHS4C or HHS4U)
 Humanities - **Indigenous People** (NDW4M)
 Phys. Ed - **Healthy Active Living** (PPL40)
 Phys. Ed - **Healthy Active Living** - Off campus option (PAL40)
 Phys. Ed - **Intro to Kinesiology** (PSK4U)
 Phys. Ed - **LEAP Program** (PAI40)
 Phys. Ed - **Personal Fitness** (PAF40)
 Science - **Biology** (SBI4U)
 Science - **Chemistry** (SCH4C or SCH4U)
 Science - **Physics** (SPH4C or SPH4U)
 Tech - **Hairstyling & Aesthetics** (TXJ4E)
 Tech - **Health Care** (TPJ4C or TPJ4M)

Choose 1 English Credit

English, Workplace/Apprenticeship (ENG3E or ENG4E)
 English, College (ENG3C or ENG4C)
 English, University (ENG3U or ENG4U)

Choose 1 Math Credit

Math, Workplace/Apprenticeship (MEL3E or MEL4E)
 Math, College (MBF3C)
 Math, University (MCF3M or MCR3U or MCV4U or MHF4U or MDM4U)

Choose 1 Other Credit from the list below (or an additional Co-op Credit)

Religion - **World Religions** (HRF30 or HRT3M)
 Humanities - **Challenge & Change in Society** (HSB4U)
 Humanities - **Families in Canada** (HHS4C or HHS4U)
 Humanities - **Intro to Anthropology** (HSP3C or HSP3U)
 Humanities - **Parenting, Raising Healthy Children** (HPC30)
 Science - **Biology** (SBI3C or SBI3U)
 Science - **Chemistry** (SCH3U or SCH4C or SCH4U)
 Science - **Environment** (SVN3E)
 Science - **Earth & Space** (SES4U)

Choose a Health-Focused Cooperative Education Experience (2 Credits)

Co-op Credits can be Regular Co-op, Summer Co-op, UCEP, or Community Build.
 Dual Credits (including CCEP, CAPP, and Exploring Construction) MAY count towards your SHSM designation.
 See Guidance for more information.

Total number of Credits needed: 9