

Health & Wellness Major - St. Mary's High School

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**

Guidance - **Leadership & Peer Support** (GPP30)
 Humanities - **Intro to Anthropology** (HSP3M or HSP3C or HSP3U)
 Phys. Ed - **Healthy Active Living** (PPL3O)
 Phys. Ed - **Personal Fitness** (PAF3O)
 Religion - **World Religions** (HRF3O or HRT3M)
 Science - **Biology** (SBI3C)
 Science - **Chemistry** (SCH3U)
 Science - **Physics** (SPH3U)
 Tech - **Hairstyling & Aesthetics** (TXH3E)
 Tech - **Health Care** (TPJ3C or TPJ3M)

Major Credits in **Grade 12**

Humanities - **Challenge & Change in Society** (HSB4U)
 Humanities - **Indigenous People** (NDW4M)
 Humanities - **Philosophy** (HZT4U)
 Phys. Ed - **Exercise Science** (PSE4U)
 Phys. Ed - **Healthy Active Living** (PPL4O)
 Phys. Ed - **Intro to Kinesiology** (PSK4U)
 Phys. Ed - **Rec & Healthy Active Living** (PLH4M)
 Phys. Ed - **Recreation & Fitness** (PLF4C)
 Science - **Biology** (SBI4U)
 Science - **Chemistry** (SCH4C or SCH4U)
 Science - **Physics** (SPH4C or SPH4U)
 Science - **Workplace** (SNC4E)
 Tech - **Child Development & Gerontology** (TOJ4C)
 Tech - **Hairstyling & Aesthetics** (TXH4E)
 Tech - **Health Care** (TPJ4M)
 Tech - **Medical Technologies** (TPJ4C)

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** (HRF3O or HRT3M)
 Humanities - **Challenge & Change in Society** (HSB4U)
 Humanities - **Intro to Anthropology** (HSP3M or HSP3C or HSP3U)
 Humanities - **Philosophy** (HZT4U)
 Science - **Biology** (SBI3C or SBI3U)
 Science - **Chemistry** (SCH3U or SCH4C or SCH4U)
 Science - **Earth & Space** (SES4U)
 Science - **Environment** (SVN3E)
 Science - **Workplace** (SNC4E)

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

Co-op Credits can be Regular Co-op, Summer Co-op, UCEP, or Home 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