

## Health & Wellness Major - Resurrection 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**

Guidance - **Leadership & Peer Support** (GPP30)  
 Humanities - **Intro to Anthropology** (HSP3C or HSP3U)  
 Humanities - Parenting, **Raising Healthy Children** (HPC30)  
 Phys. Ed - **Games for Girls** (PAL30)  
 Phys. Ed - **Health for Life** (PPZ30)  
 Phys. Ed - **Health for Life - eLearning** (PPZ3C)  
 Phys. Ed - **Healthy Active Living** (PPL30)  
 Phys. Ed - **PEAT Program** (PAI30)  
 Phys. Ed - **Personal Fitness/Power Fit** (PAF30)  
 Religion - **World Religions** (HRF3O or HRT3M)  
 Science - **Biology** (SBI3C or SBI3U)  
 Science - **Chemistry** (SCH3U)  
 Science - **Physics** (SPH3U)  
 Tech - **Hairstyling & Aesthetics** (TXH3E)

#### Major Credits in **Grade 12**

Humanities - **Challenge & Change in Society** (HSB4U)  
 Humanities - **Families in Canada** (HHS4C or HHS4U)  
 Humanities - **Indigenous People** (NDW4M)  
 Humanities - **Philosophy** (HZT4U)  
 Phys. Ed - **Exercise Science** (PSE4U)  
 Phys. Ed - **Games for Girls** (PAL4O)  
 Phys. Ed - **Healthy Active Living** (PPL4O)  
 Phys. Ed - **Rec & Healthy Active Living Leadership** (PLF4M)  
 Phys. Ed - **Intro to Kinesiology** (PSK4U)  
 Phys. Ed - **PEAT Program** (PAI4O)  
 Phys. Ed - **Personal Fitness/Power Fit** (PAF4O)  
 Phys. Ed - **Rec & Healthy Active Living** (PLH4M)  
 Science - **Biology** (SBI4U)  
 Science - **Chemistry** (SCH4C or SCH4U)  
 Science - **Physics** (SPH4C or SPH4U)  
 Science - **Workplace** (SNC4E)  
 Tech - **Hairstyling & Aesthetics** (TXH4E)

### 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 - **Families in Canada** (HHS4C or HHS4U)  
 Humanities - **Intro to Anthropology** (HSP3C or HSP3U)  
 Humanities - **Parenting, Raising Healthy Children** (HPC3O)  
 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 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**