

What are the benefits of pursuing SHSM Sports?

- SHSM students gain a variety of valuable sector-related experiences while participating in activities in a specific area of interest
- SHSM students are able to make informed decisions regarding their post-secondary destinations and career paths while participating in opportunities to explore and identify their goals
- SHSM students are provided with the ability to make connections between their secondary school coursework and their future careers
- SHSM students gain significant certifications, skills, and experiences that are valuable credentials which are added to their resume, i.e. on their exit resume when completing Co-op
- SHSM students participate in valuable networking and develop positive relationships with community partners which are helpful for future employment and post-secondary education



Testimonial

“Sports SHSM is an amazing opportunity presented to St. Francis Xavier students. The program allows students to define their career aspirations by presenting them with multiple certifications, reach-aheads, and experiential trips. These certifications and special trips, will provide students with a deeper understanding of various careers within the sports community. Personally, Sports SHSM was extremely useful and beneficial to myself. Through the required courses, Co-op courses, and many trips, I was able to pinpoint the best career opportunity for myself – kinesiology. Sports SHSM has opened many doors for myself and provided me with the opportunity to gain knowledge about the field of kinesiology, and allowed me to prepare for university and my future career. Not only was the program academically beneficial, but it also embraced the importance of sports and extracurricular activities in my life. This program allowed me to continue to uphold a strong academic performance, and continue to play multiple sports. The Sports SHSM program is extremely beneficial, and an ideal opportunity for students to be involved with.”

Madison MacKenzie

(St. Francis Xavier S.S. Graduating class of 2014)
Future University Kinesiology student

For more information, please contact the Guidance Department or the Co-op Department to obtain an application, which is also found on our school website.

St. Francis Xavier Secondary School

50 Bristol Road West
Mississauga, ON L5R 3K3

Phone: 905-507-6666

Fax: 905-568-1026

www.stfxss.org



**St. Francis Xavier
Secondary School**

**Sports
SHSM**

SHSM – Sports

October 2013 Update

Credits	Apprenticeship Training		College		University		Workplace	
	Gr.11	Gr.12	Gr.11	Gr.12	Gr.11	Gr.12	Gr.11	Gr.12
Major Credits (may include maximum of 1 Cooperative Education Credit)	4*		4*		4*		4*	
includes content delivered in the sector's context	English	1	1	1	1	1	1	1
	Mathematics	1	1	1	1	1	1	1
	Business Studies or Science or Social Sciences and Humanities or <i>Additional</i> Cooperative Education Credit	1	1	1	1	1	1	1
Cooperative Education	2	2	2	2	2	2	2	2
Total Number of Credits	9	9	9	9	9	9	9	9

* a minimum of one Gr 11 and one Gr 12 credit

What are the Future Career Paths for Sports?

Workplace

- Outdoor Sport and Recreational Guide, Personal Trainer, Fitness/Sport Instructor, Athlete, Coach

Apprenticeship

- Special Events Coordinator

College

- Sports Photojournalist, Sports Agent, Sports Broadcast Technician, Sports Agent, Arena Manager, Athletic Therapist

University

- Physical Education Teacher, Athletic Therapist

What are the Requirements of SHSM Sports?

There are several components of SHSM Sports, as follows:

- Completion of a bundle of eight to ten credits including:
 - a) four major sector-specific credits which may include one Cooperative Education credit (see chart below)
 - b) two-four “other” required credits
 - c) two Cooperative Education credits related to the SHSM sector in a placement, such as a chiropractic clinic, physiotherapy clinic, community exercise facility, sports retail setting
- Certifications and Training:
 - a) four compulsory sector recognized certifications including CPR/1st Aid Training and WHMIS
 - b) three additional elective, sector-specific certifications, such as coaching, leadership, and conflict management
- Reach Ahead and Experiential Learning trips, such as dogsledding, University of Toronto Faculty of Medicine presentation and tour, Raptors Career Forum, Golf day, York University Open House/Campus Tour, George Brown College, Sheridan College; Career Exploration
- St. Francis Xavier S. S. award for SHSM Sports student
- Development of Essential Skills and Work Habits as tracked in the Ontario Skills Passport



What is a Specialist High Skills Major (SHSM) Sports?

SHSM is a ministry-approved program which is tailored to students in all four pathways or post-secondary destinations (workplace, apprenticeship, college and university). SHSM students have the unique opportunity to gain sector-specific skills in conjunction with earning both their Ontario Secondary School Diploma (OSSD), and the SHSM designation upon graduation.

Who is eligible to apply for SHSM Sports?

Students may apply in Grade 10, by indicating their interest in SHSM in *MyBlueprint*. Students may also apply in Grade 11. They will need to complete an SHSM application from the school website and speak with their guidance counsellors.

