

**Specialist High Skills Major (SHSM)- Health and Wellness Destination Pathways Chart - St. Francis Xavier Secondary School**

**\*\*Students are permitted to complete courses in various pathways as long as prerequisites have been fulfilled. Please consult with your Guidance Counsellor.\*\***

		Apprenticeship Pathway		College Pathway		University Pathway		Workplace Pathway	
		Grade 11	Grade 12	Grade 11	Grade 12	Grade 11	Grade 12	Grade 11	Grade 12
<b>Select 4 Major Credits: <u>Strongly Recommended:</u></b> <b>*Health and Wellness Stream:</b> Gr. 11: TPJ3M Gr. 12: TPJ4M  <b>*Childcare/ Family Services Stream:</b> HPW3C  <b>*Fitness Stream:</b> PAF30  <b>3 Elective:</b> *Select from four Pathways on the right- both Gr. 11 and Gr. 12		GPP30 HPC30 HRF30 HPW3C PAF30 PPZ30 SBI3C TPJ3C TXJ3E	PAF40 TPJ4C TXJ4E	GPP30 HPC30 HPW3C HRF30 HSP3C NBV3C SBI3C TPJ3C TPJ3M	HFA4C SCH4C TPJ4C TPJ4M	HRT3M HSP3U SBI3U SCH3U SPH3U TPJ3M	HFA4U HSB4U HHS4U PSK4U SBI4U SCH4U SPH4U TPJ4M	HPW3C HPC30 NBV3E PAD30 PAF30 PAL30 PAI30 PPL30 PPZ30 TPJ3C TXJ3E	PAD40 PAF40 PAL40 PAI40 TOJ 4C TPJ4C TXJ4E
			ENG4C ENG4E		ENG4C ENG4E		ENG4U		ENG4C ENG4E
<b>Select 1 Science or Health Sciences</b> (may be completed in Gr. 11 or Gr. 12)		SBI3C SBI3U SCH3U SPH3U SVN3E SBI4U SCH4C SCH4U SPH4C SPH4U							
<b>Select 1 Math Credits</b>		MBF3C MCF3M MEL3E		MBF3C MCF3M MCR3U			MDM4U MHF4U MAP4C MCT4C	MEL3E MBF3C MCF3M MCR3U	
<b>Co-op Credits (2 credits are Mandatory)</b>		2, 3 or 4 Credit Co-op (mandatory) You may complete Co-op up to three times at a placement of your choice.		2, 3, 4 Credit Co-op (mandatory) You may complete Co-op up to three times at a placement of your choice.		2, 3, 4 Credit Co-op (mandatory) You may complete Co-op up to three times at a placement of your choice.		2, 3, 4 Credit Co-op (mandatory) You may complete Co-op up to three times at a placement of your choice.	

**Certifications:**

**4 Mandatory:** 1) Infection Control; 2) Standard First Aid; 3) CPR C; 4) WHMIS (completed in Co-op class)

**Plus three of the following certifications:**

Including but not limited to: 1) Communication Skills; 2) Leadership; 3) Conflict Resolution

Babysitting	Allergy Awareness	Ambulaton/lifting/transfers	Communication Skills
Fire Safety and Fire Extinguisher Use	Behaviour Management	Child Safety and injury prevention	Ethical Considerations
Concussion Awareness	Conflict Resolution	Customer Service	Group Dynamics
Medical Terminology	Fitness	Food Handler Certification	Safe Body Mechanics
Personal Training	Lab Practices	Leadership Skills	Project Management
Mental Health First Aid	Mental Health Awareness	Specialized Care (ie. Diabetes, dementia nutrition)	Non-violent Crisis Intervention
Personality Inventory	Sterile Techniques	Portfolio Development	Wrapping and Taping for Performance and Injury
Stress Management Techniques	Safe Food Handling-Basic	Sign Language	Waste Management

**Reach Ahead Experience:** Students are provided with one or more reach ahead experiences and opportunities to explore chosen pathways, i.e. trip to colleges, universities or apprenticeship locations with sector partners

**Experiential Learning Experience:** Students are provided with one or more opportunities to engage in interactive and hands-on activities with community partners, i.e. Live from the Heart

**SPE/Sector Partner Experience:** Students will participate in a Sector-Partner Experience including ICE (Innovation, Creativity, Entrepreneurship) collaborating with their peers, and brainstorming with sector partners, keynote speakers and other experiences.