



South Carleton HS - Health & Wellness

Eligible Courses (2024/2025)

Major Subjects

Students must complete a total of 4 of these credits, with a minimum of 1 Grade 11 & 1 Grade 12 credit.

HFC3M	PAD3O	SBI3C	HHG4M	PAD4O	SBI4U
HPC3O	PAF3O	SBI3U	HHS4C	PAF4O	SCH4C
HPW3C	PAI3O	SCH3U	HHS4U	PAI4O	SCH4U
HRT3M	PPL3O	SPH3U	HIP4O	PPL4O	SPH4U
HSP3C	PPZ3C	GPP3O	HSB4U	PLF4M	ATC4M
HSP3U			HSE4M	PSK4U	
ATC3M			HZT4U		

English

Students must complete 1 English credit.

	ENG3C	NBE3E	ENG4E	OLC4O	
	ENG3E	NBE3C	ENG4C		
	ENG3U	NBE3U	ENG4U		

Math

Students must complete 1 Math credit.

	MEL3E	MCF3M	MCV4U	MHF4U	
	MBF3C	MCR3U	MDM4U	MEL4E	

Other Required Courses

Students must complete 1 credit from Science, Social Sciences & Humanities, Literacy course, Guidance/Career Education or Math (workplace pathway)

HPC3O	MEL3E	SCH3U	HHS4U	PSK4U	GLE4O
HRF3O	SBI3C	SPH3U	HIP4O	SCH4C	GLS4O
HRT3M	SBI3U	SVN3E	HSB4U	SNC4E	MEL4E
GPP3O			HSC4M	SPH4U	OLC4O
			HZT4U		

Cooperative Education

Students must complete 2 credits of Cooperative Education where the credits are linked to 1 of completed SHSM credits. Coop placement must be within the Health & Wellness Sector.
Please note: 3rd Coop credit may be used as a Major credit, 4th Coop credit may be used as an Other credit.

Certifications

Students must complete 4 Mandatory certificates (CPR, Standard First Aid, Infection Control, WHMIS) and a minimum of 3 Optional certificates (eg: Health & Safety, Customer Service, Conflict Resolution, etc.)

If after reviewing the above details, you feel you can meet **all** of the SHSM Program course components and certification competencies by your graduation date, please request registration in the SHSM program through this link: <https://forms.ocdsb.ca/Forms/Specialist-High-Skills-Major-Program-Application>. An email confirmation will be sent to you upon review of your SHSM application.