

*A person who has
health has hope;
and a person who has
hope has everything.*

Arabian Proverb



George S. Henry Academy's
First SHSM Class 2015



George S. Henry Academy

200 Graydon Hall Drive
North York, ON

Phone: 416-395-3240
Fax: 416-395-3248

SPECIALIST HIGH SKILLS MAJOR

HEALTH AND WELLNESS



GEORGE S. HENRY ACADEMY



What is a Health and Wellness Specialist High Skills Major (SHSM)?

The SHSM—Health and Wellness allows students to gain sector-focused knowledge and skills related to one of three different sectors: health studies, fitness, and child care/family services.

The SHSM is designed to help students whether they are going to University, College, an apprenticeship program, or the workplace

Related Occupations

Apprenticeship	College
Child and Youth Worker	Ambulance Attendant
Early Childhood Educator	Dental Hygienist or Assistant
Educational Assistant	Health Care Aide
	Massage Therapist
	Paramedic
	Pharmacy Technician
	Practical Nurse
University	Workplace
Chiropractor	Blood Donor Clinic Assist.
Dentist or Doctor	Certified Personal Trainer
Kinesiologist	Fitness Instructor
Midwife	Lifeguard
Optometrist	Recreation Program Leader
Podiatrist	
Nurse	

Required Courses

Students must complete specific course requirements in order to complete the SHSM program and obtain a red seal on their diploma.

GRADE 11 COURSES	
ENGLISH (Choose 1)	◇ ENG3C ◇ ENG3E ◇ ENG3U
MATH (Choose 1) Note: Students can use a grade 11 or 12 math to meet the SHSM requirements	◇ MBF3C ◇ MCF3M ◇ MEL3E ◇ MCR3U ◇ MAP4C ◇ MHF4U
COOPERATIVE EDUCATION	◇ COOP2 (2 credits)

GRADE 12 COURSES	
ENGLISH (Choose 1)	◇ ENG4C ◇ ENG4E ◇ ENG4U
MATH	See Table Above

GRADE 11/12 SHSM COURSES	
BUNDLE A (Choose any 4 - 2 per year) Must take at least one Grade 11 and one Grade 12 course Science, Social Science, and Physical Education Bundle	◇ HPW3C ◇ HHS4C/4U ◇ HSP3C ◇ PAF4O ◇ GPP3O ◇ PAQ3O/4O ◇ PAF3O ◇ PPL/PAL4O ◇ PPL3O ◇ PSK4U ◇ SBI3C ◇ SBI4U ◇ SBI3U ◇ SCH4C ◇ SCH3U ◇ SCH4U
BUNDLE B (Choose 1) Science, Social Science Bundle	◇ HHS4C ◇ SBI3C ◇ HHS4U ◇ SBI3U ◇ HPW3C ◇ SCH4U ◇ HSP3C ◇ SCH4C ◇ PSK4U ◇ SPH3U

Other Benefits

Students will also receive seven industry recognized certifications, including CPR and First Aid, WHMIS and Infection Control.

Experiential Learning and Reach Ahead Activities

SHSM students will have opportunities to:

- Visit post-secondary institutions
- Visit a Health and Wellness work environment
- Participate in hands-on activities such as a high/low ropes course at a YMCA camp.
- Access unique volunteer activities such as a Rene Gordon Health and Wellness Fair
- Meet with Health and Wellness professionals

SHSM Course Code Decoder

HPW – Living and Working with Children

HSP – Intro to Anthropology, Psychology and Sociology

HHS – Families in Canada

PAF – Fitness

PAL – Large Group Activities

PAQ – Aquatics

PPL – Physical and Health Education

PSK – Kinesiology

SBI – Biology

SCH – Chemistry

SPH – Physics

C – College Level

E – Workplace Level

O – Open Level

U – University Level