

## Why enroll in a SHSM program?

- ✓ Customized High School Experience
- ✓ Ministry of Education Red Seal Diploma
- ✓ Enhanced Employability
- ✓ Valuable Practical Experience
- ✓ Industry Recognized Certifications



**SHSM Graduates earn a Red Seal Diploma. Employers and post-secondary institutions recognize this as a specialized, career-focused program.**



### HOW DO I REGISTER?

- No prerequisite is required to enroll
- Students can obtain an application in the Guidance office.

The Health and Wellness sector has experienced a growth of 10% growth over the last 10 years. This is due largely to Ontario's changing demographics, growth in research, technology and emerging care and treatment strategies. Employment opportunities continue to grow in this sector.

### Career Opportunities in Health and Wellness

- Child and Youth Worker
- Early Childhood Educator
- Educational Assistant
- Blood Donor Clinic Assistant
- Certified Personal Trainer
- Documentation Clerk
- Esthetician
- Fitness Instructor
- Hospital Cleaner
- Hospital Equipment Sales Representative
- Hospital Information Clerk
- Hospital Porter
- Recreation Program Leader
- Child-care Provider
- Pastoral Care
- Counsellor
- Audiologist or Speech-Language Pathologist
- Chiropractor
- Dentist
- Dietitian
- Doctor
- Kinesiologist
- Medical Microbiologist
- Midwife
- Nurse
- Optometrist
- Pharmacist
- Sports Therapist
- Paramedic
- Biomedical Engineering Technologist
- Dental Hygienist
- Personal Support Worker
- Pharmacy Technician
- Massage Therapist
- Respiratory Therapist
- Community and Social Service Worker



## HEALTH WELLNESS

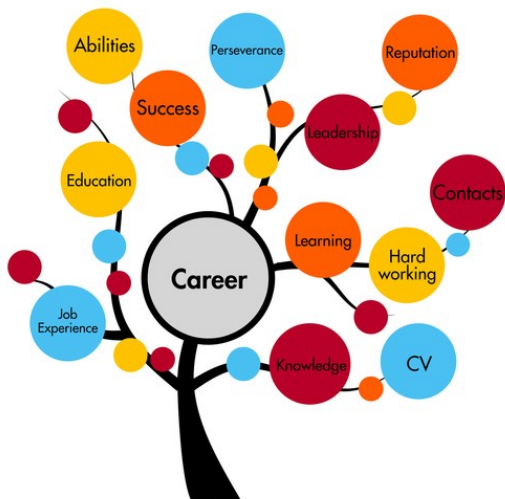


**BIRCHMOUNT PARK COLLEGIATE**  
**3663 Danforth Avenue**  
**Toronto, M1N 2G2**  
**416 396 6704**  
[schools.tdsb.on.ca/birchmount/](http://schools.tdsb.on.ca/birchmount/)

## What is a SHSM?

The Specialist High Skills Major program in Health and Wellness is an exciting opportunity for Grade 11 and 12 students that involves:

- A bundle of 4 Major Credits in which students learn important Knowledge and Skills related to the SHSM.
- 3 elective courses in English, Math, and Science/Social Sciences/Humanities.
- 2 Cooperative Education credits.
- Four Compulsory and three elective Certifications
- Field trips to learn about post-secondary education, and careers



CREDIT REQUIREMENTS	Apprenticeship		College		University		Workplace	
	Grade 11	Grade12	Grade 11	Grade12	Grade 11	Grade12	Grade 11	Grade12
<b>MAJOR CREDITS</b> 4 Credits in total*  *Usually two in each grade  It is Recommended that students take 1 <b>Biology</b> /Science credit	PAF3OF PAF3OM PPL3OF PPL3OM <b>SBI3C</b>	HFA4C PLF4M PAF4O PPL4OF PPL4OM	PAF3OF PAF3OM PPL3OF PPL3OM <b>SBI3C</b>	HFA4C PLF4M PAF4O PPL4OF PPL4OM	HSP3U HZB3M <b>SBI3U</b>	HSB4U HFA4U HSE4M HZT4U PSK4U PLF4M <b>SBI4U</b>	PAF3O PPL3OF PPL3OM	PAF4O PPL4OF PPL4OM
<b>English</b> 1 credit per year	ENG3C ENG3E	ENG4C ENG4E	ENG3C	ENG4C	ENG3U	ENG4U	ENG3E	ENG4E OLC4O
<b>Math</b> 1 senior credit	MBF3C	MAP4C	MBF3C MCF3M	MAP4C	MCF3M MCR3U	MHF4U MDM4U MCV4U	MEL3E	MEL4E
<b>Other Required Credits</b> 1 credit from either grade 11 or 12	HPC3C IDC3O SBI3C	SCH4C IDC4O	HPC3C IDC3O	SCH4C IDC4O	SCH3U SPH3U	SCH4U SPH4U SES4U	IDC3O HPC3O	HIP4O <b>SNC4E</b>
<b>Cooperative Education</b>	Students must take a minimum of 2 credit Co-Op.							