September 2020 – June 2022

Dear Student, Parents, and Guardians,

Congratulations! We are pleased to offer your son/daughter a place in the Fitness and Health Promotion Specialist High Skills Major Program at Corpus Christi Catholic Secondary School.

Your signature below, as parent or guardian, will serve to indicate your permission for us to enroll your son or daughter in the program, and to make any necessary timetable adjustments to accommodate the program’s course requirements.

We look forward to working with you and your son or daughter throughout the coming months and years. Please review the details regarding the specific courses and additional requirements for the program and do not hesitate to contact us should you have any questions or concerns.

Sincerely,

Ms. Andrea Martin Mrs. Val Kelenc

Program Lead Teacher Department Head of Guidance

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**NOTE FOR SHSM STUDENTS:** Students who complete the requirements for the OSSD and for the SHSM will receive an OSSD with the SHSM Red Seal.

**In order to complete the SHSM diploma, the following special conditions must be met:**

* **Additional required courses**
* **Additional industry certification and training**
* **Additional reach-ahead and experiential learning activities**
* **2 sections of Co-op**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ give permission for my son/daughter, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(Please print) (Please print)

**to enroll in the Fitness and Health Promotion Program at Corpus Christi Catholic Secondary School.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Date) (Signature)**

**PATHWAYS CHART SHSM – CORPUS CHRISTI – FITNESS & HEALTH PROMOTION**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Apprenticeship Training Pathway** | | **Workplace Pathway** | | **College Pathway** | | **University Pathway** | |
| **Credits** | **11** | **12** | **11** | **12** | **11** | **12** | **11** | **12** |
| **Major Credits (4 Credits)** | PPL 3O  PAF 3OG/B  PAF 3OF  PAI 3O  PPZ 3O  SBI 3C  TPJ 3C | PPL 4O  PAF 4OG/B  PAF 4OF  PLF 4CO | PPL 3O  PAF 3OG/B  PAF 3OF  PAI 3O  PPZ 3O  SBI 3C  TPJ 3C | PPL 4O  PAF 4OG/B  PAF 4OF  PLF 4CO | PPL 3O  PAF 3OG/B  PAF 3OF  PAI 3O  PPZ 3O  SBI 3C  TPJ 3C | PPL 4O  PAF 4OG/B  PAF 4OF  PLF 4CO | PPL 3O  PAF 3OG/B  PAF 3OF  PAI 3O  PPZ 3O  SBI 3U  TPJ 3C | PPL 4O  PAF 4OG/B  PAF 4OF  PLF 4CO  SBI 4U  HFA 4U  PSK 4U  IDC 4US |
| **Math Credit (1 Credit)** | MBF 3C | | MEL 3E | | MCF 3M or MBF 3U | | MCR 3U or MCF 3M | |
| **English Credit (1 Credit)** | ENG 3C | ENG 4C | ENG 3E | ENG 4E | ENG 3C | ENG 4C | ENG 3U | ENG 4U |
| **Elective Credit (1 Credit)** | Choose 1 of the following courses in either grade 11 or 12:  HRE 4M  HRF 40  HSE 4M  SPH 3U  SCH 3U  SCH 4C  SPH 4C  SPH 4U  SCH 4U | | | | | | | |
| **COOP (2 Credits)** | CO-OP (2 – 4 credits) related to the major credits taken in Grade 11 or 12 | | | | | | | |

**CERTIFICATIONS AND/OR TRAINING COURSES/PROGRAMS**

The SHSM in Fitness and Health Promotion requires students to complete seven sector-recognized certifications and/or training courses/programs. Of these, four are compulsory and the remaining three are electives that must be chosen from the list in the following table:

|  |  |  |  |
| --- | --- | --- | --- |
| **FOUR COMPULSORY** | | | |
| Cardiopulmonary Resuscitation (CPR)  Level C | generic instruction about the Workplace Hazardous Materials Information System  (WHMIS) | infection control | Standard First Aid |
| **THREE ELECTIVES FROM THE LIST BELOW** | | | |
| ambulation, lifting, and transfers | automated external defibrillation (AED) | babysitting | behaviour management |
| coach/personal trainer | communication skills | conflict resolution | customer service |
| ethical considerations | feeding assistance | fitness | group dynamics |
| lab practices | leadership – group activities | marine and wilderness first aid | medical terminology |
| non-violent crisis information | personality inventory | safe body mechanics | safe food handling - basic |
| sign language | specialized care (e.g., diabetes, dementia) | sterile techniques | suicide prevention |
| waste management | instructor certification | risk management | sports program design |
| wrapping and taping for sports | Fundamental skills in a sport |  |  |

**EXPERIENTIAL LEARNING AND CAREER EXPLORATION ACTIVITIES**

The following opportunities relevant to the sector may include:

* One-on-one observation of a co-op student at a placement (job twinning)
* A day-long observation of an employee in the sports/fitness or health sector (job shadowing)
* A volunteer experience at a community sports/fitness or health care facility
* An experience coaching an elementary school or team in an extracurricular activity
* Participation in an exercise class at a fitness facility or assisting an exercise class in a long-term care facility
* Tour of an athletic facility
* Attendance at a sports/fitness or health care career fair

**REACH AHEAD ACTIVITIES**

Students are provided one or more reach ahead experiences – opportunities to take the next steps along their chosen pathway – as shown in the following examples:

* **Apprenticeship**: visiting an approved apprenticeship delivery agent in the sector
* **College**: interviewing a college student enrolled in a sector-specific program
* **University**: observing a university class in a sector-related program
* **Workplace**: interviewing an employee in the sector

**ESSENTIAL SKILLS, WORK HABITS AND THE OSP (Ontario Skills Passport)**

Students will develop Essential Skills and work habits required in the sector and document them using the OSP, a component of the SHSM.

|  |  |
| --- | --- |
| **ESSENTIAL SKILLS** | **WORK HABITS** |
| Reading text  Writing  Document use  Computer use  Oral communication  **Numeracy**  Money math  Scheduling or budgeting and accounting  Measurement and calculation  Data analysis  Numerical estimation  **Thinking Skills**  Job task planning and organizing  Decision making  Problem solving  Finding information | Working safely  Teamwork  Reliability  Organization  Working independently  Initiative  Self-advocacy  Customer service  Entrepreneurship |