

September 2024 - June 2026

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
Program Lead Teacher

Mrs. Val Kelenc
Department Head of Guidance

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

Credits	Apprenticeship Training Pathway		Workplace Pathway		College Pathway		University Pathway	
	11	12	11	12	11	12	11	12
Major Credits (4 Credits)	PPL 30 PAF 30F/M PAF 30F PAI 30 PPZ 30 SBI 3C TPJ 3C	PPL 40 PAF 40F/M PAF 40F PLF 4CO	PPL 30 PAF 30F/M PAF 30F PAI 30 PPZ 30 SBI 3C TPJ 3C	PPL 40 PAF 40F/M PAF 40F PLF 4CO	PPL 30 PAF 30F/M PAF 30F PAI 30 PPZ 30 SBI 3C TPJ 3C	PPL 40 PAF 40F/M PAF 40F PLF 4CO	PPL 30 PAF 30F/M PAF 30F PAI 30 PPZ 30 SBI 3U TPJ 3C	PPL 40 PAF 40F/M PAF 40F PLF 4CO SBI 4U HFA 4U PSK 4U PLF 4M
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)	<p align="center">Choose 1 of the following courses in either grade 11 or 12:</p> <p align="center">HRE 4M HRF 40 HSE 4M SPH 3U SCH 3U SCH 4C SPH 4C SPH 4U SCH 4U</p> <p align="center">Note: SCH and SPH will also be considered as Major Credits</p>							
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