**CtK Health and Wellness SHSM Planner 2024-2025**

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| SHSM Logo.jpg**Health and Wellness Specialist High Skills Major****4 major credits are required****(Select at least one for each grade)** | **Grade 11** | **Grade 12** |
| **Technology (1 Credit Mandatory)*** **TPJ3M 1 credit Health Care**
* TXJ3E Hairstyling & Aesthetics

**Sciences*** SCH3U Chemistry
* SBI3C/U Biology
* SPH3U Physics

**Healthy Active Living** * PAF3O Weight Training
* PPL3O Healthy Active Living
* PAD3O Outdoor Phys-ed

**Guidance*** GPP3O Leadership
 | **Technology (1 Credit Mandatory)*** **TPJ4M** **1 credit Health Care**
* TXJ4E Hair. & Aesthetics

**Sciences*** SCH4C/U Chemistry
* SBI4U Biology
* SPH4C/U Physics

**Healthy Active Living** * PAF4O Weight Training
* PPL4O Healthy Active Living
* PLF4M Sports Leadership
* PSK4U Kinesiology
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| **Other Compulsory Course****Social Science, Science or Business****(Select one course from *either* gr. 11 or gr. 12)****(You can substitute this choice with a 3rd co-op credit or a dual credit)** | **Social Sciences*** HRF3O World Religions (Open)
* HRT3M World Religions (Mixed)
* HSP3C/U Anthro, Sociology, Psych
* HPC3O Parenting
* HPW3C Working with Infants

**Science** * SVN3E/M Environmental Science

**Business** * BDI3C Entrepreneurship
 | **Social Sciences*** HSB4U Challenge & Change
* HHG4U Human Growth
* HHS4C/U Families in Canada
* HSE4M Social Justice
* HFA4U Nutrition & Health
* HZT4U Philosophy

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| **Other Mandatory Courses****(Select one option from each of the three categories listed: Math, English & Co-op)** | **Math*** MCR3U Functions
* MCF3M Functions & Applications
* MBF3C Foundations for College
* MEL3E Math for Work

**English*** ENG3U English – University
* NBE3U English – Indigenous Focus
* ENG3C English - College
* ENG3E English – Workplace
 | **Internship Experience (Co-op)****(Select one option in *either* gr. 11, gr. 12 or summer)*** NGC4O1 Co-op (2 credit day)
* NGC4O3 Co-op (3 Credit OYAP)

**(For the next two options, you need to choose both or the same choice twice)*** NGC4O1 Co-op (1 credit Night)
* NGC4O1 Co-op (1 credit Summer)
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