**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 |
| **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) |