

Specialist High Skills Major

Health & Wellness

2025-2026

Profile

Kinesiologist, childcare worker, audiologist, fitness instructor, doctor, nurse, physiotherapist, youth care worker, hospital porter, and medical technicians are just some of the numerous and varied occupations in the Health and Wellness sector. This sector not only has a wide variety of careers, but also is significant for the number of workers it employs and is the nation's third largest employer after manufacturing and the retail trade. The demand for health and wellness professionals will only increase. One reason is that many employees in the sector are nearing retirement age. In addition, as our population ages, the demands on the health care sector will rise.

Certifications (7)

Mandatory (4)

- Cardiopulmonary Resuscitation (CPR) Level C or HPC with AED
- Infection Control
- Standard First Aid
- WHMIS

Electives (3) (more options at Ontario.ca)

- Specialized Care (diabetes, dementia, nutrition)
- Basic Life Support CPR and AED
- Airway Management and IV Insertion
- Ambulation, Lifting and Transfers
- Concussion Awareness
- Ethical Considerations
- Group Dynamics
- Lab Practices
- Leadership Skills
- Personality Inventory
- Safe body mechanics
- Sterile Techniques
- Communication Skills

Other Opportunities:

- Industry visits
- Community partnerships
- Possible dual credits

Possible Occupations in the Sector

Workplace	Apprenticeship	College	University
Personal Trainer Fitness Instructor Lifeguard	Child and Youth Worker Child Development Practitioner Educational Assistant	Paramedic PSW Practical Nurse	Physician Occupational Therapy Physiotherapy

Additional Information

- SHSMs are for students in all four pathways: Workplace, Apprenticeship, College, and University.
- Major credits may be offered in school, but additional courses are offered through eLearning and booklet courses.
- You can indicate your interest at www.myblueprint.ca or speak with your Guidance Counsellor.
- There are no extra credits required - the SHSM is obtained within the 30 OSSD credits.
- SHSMs are two-year programs and are made up of Grade 11 and 12 courses.
- There are no additional fees for students to participate in a SHSM.



H & W SHSM Pathway (Total of 9 credits)

Please check the Ministry's Master List for more approved courses

Grade 11 Courses

Grade 12 Courses

Major Credits (4 credits)

Students can now substitute 3 additional Cooperative Education credits related to their sector in place of 3 major credits

GPP3O – Leadership and Peer Support
HFC3M – Food and Culture
HFC3E – Food and Culture
HPC3O – Raising Healthy Children
HPW3C – Working with Infants and Young Children
HSP3C – Introduction to Anthropology, Psychology, and Sociology
HSP3U – Introduction to Anthropology, Psychology, and Sociology
PAL3O – Healthy Living and Large-Group Activities
PAI3O – Healthy Living and Individual and Small Group Activities
PPL3O – Healthy Active Living
SBI3C – Biology
SBI3U – Biology
SCH3U – Chemistry
SPH3U – Physics
SVN3E – Environmental Science
TPJ3M – Health Care

HHG4M – Human Development throughout the Lifespan
HHS4C – Families in Canada
HHS4U – Families in Canada
HIP4O – Personal Life Management
HSB4U – Challenges and Change in Society
PAF4O – Healthy Living and Personal Fitness
PAI4O – Healthy Living and Individual and Small Group Activities
PAL4O – Healthy Living and Large-Group Activities
PLF4M – Recreation and Health Active Living Leadership
PPL4O – Healthy Active Living
PSK4U – Exercise Science
SCH4C – Chemistry
SCH4U – Chemistry
SNC4M – Science
SBI4U – Biology
SBI4U – Biology
SPH4C – Physics
TOJ4C – Child Development and Gerontology
TPJ4M – Health Care

English (1 credit)

NBE3C - Understanding Contemporary First Nations, Métis, and Inuit Voices
NBE3E - Understanding Contemporary First Nations, Métis, and Inuit Voices
NBE3U - Understanding Contemporary First Nations, Métis, and Inuit Voices

ENG4C – English
ENG4E – English
ENG4U – English
OLC4O – Ontario Secondary School Literacy Course

Math (1 credit)

MBF3C – Foundations for College Math
MCF3M – Functions and Applications
MEL3E – Mathematics for Work and Everyday Life
MCR3U – Functions

MAP4C – Foundations for College Mathematics
MCT4C – Mathematics for College Technology
MDM4U – Data Management
MCV4U – Calculus and Vectors
MHF4U – Advanced Functions
MEL4E – Math for Work and Everyday Life

Other (1 credit)

Students can now substitute 1 additional Cooperative Education credit related to their sector in place of 1 other credit

HFC3M – Food and Culture
HFC3E – Food and Culture
HPC3O – Raising Healthy Children
HPW3C – Working with Infants and Young Children
HSP3C – Introduction to Anthropology, Psychology, and Sociology
HSP3U – Introduction to Anthropology, Psychology, and Sociology
MEL3E – Mathematics for Work and Everyday Life
SBI3C – Biology
SBI3U – Biology
SCH3U – Chemistry
SPH3U – Physics
SVN3E – Environmental Science
SVN3M – Environmental Science

HHG4M – Human Development throughout the Lifespan
HHS4C – Families in Canada
HHS4U – Families in Canada
HSB4U – Challenges and Change in Society
HIP4O – Personal Life Management
PSK4U – Exercise Science
SBI4U – Biology
SCH4C – Chemistry
SCH4U – Chemistry
SNC4M – Science
SPH4C – Physics
SPH4U – Physics
GLE4O – Advanced Learning Strategies
GLS4O – Advanced Learning Strategies
OLC4O – Ontario Secondary School Literacy Course

**Cooperative Education (2 credits taken in grade 11 OR 12)
Summer co-op available.**



Specialist High Skills Major Health & Wellness



Student Name: _____

Year of graduation: _____

Pathway of interest:

☐ Apprenticeship ☐ College ☐ University ☐ Workplace

Certifications (Mandatory*): ☐ *Standard First Aid ☐ *CPR Training ☐ *WHMIS Training ☐ *Infectious Control	Date Completed: _____ _____ _____	3 Sector Specific Certifications: ☐ _____ ☐ _____ ☐ _____	Date Completed: _____ _____ _____
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Pathway	Apprenticeship	College	University	Workplace
4 Major Credits: New: Students can now substitute 3 additional Cooperative Education credits related to their sector in place of 3 major credits	☐ _____ ☐ _____ ☐ _____ ☐ _____	☐ _____ ☐ _____ ☐ _____ ☐ _____	☐ _____ ☐ _____ ☐ _____ ☐ _____	☐ _____ ☐ _____ ☐ _____ ☐ _____
	☐ 1 extra sector-related coop credit _____ ☐ 1 extra sector-related coop credit _____ ☐ 1 extra sector-related coop credit _____			
1 English:	☐ _____	☐ _____	☐ _____	☐ _____
1 Math:	☐ _____	☐ _____	☐ _____	☐ _____
1 Other Required Credit: Students can substitute 1 additional Cooperative Education credit related to their sector in place of 1 minor credit	☐ _____	☐ _____	☐ _____	☐ _____
	☐ 1 extra sector-related coop credit _____			
2 Sector Related Cooperative Education Credits:	☐ Coop _____ ☐ Coop _____	☐ Coop _____ ☐ Coop _____	☐ Coop _____ ☐ Coop _____	☐ Coop _____ ☐ Coop _____

Minimum 1 Experiential Learning, 1 Reach Ahead Experience & 1 Sector-Partner Experience:

☐ Experiential: _____ Date: _____
☐ Reach Ahead: _____ Date: _____
☐ SPE: _____ Date: _____