IFSS
Iroquois Falls Secondary School

Specialist High Skills Major

Health & Wellness

2026-2027

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
- Intermediate 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.**	

District School Board Ontario North East

Specialist High Skills Major
Health & Wellness

Student Name: _____

Year of graduation: _____

Pathway of interest:

☐ Apprenticeship ☐ College ☐ University ☐ Workplace

Certifications (Mandatory*):	Date Completed:	3 Sector Specific Certifications:	Date Completed:
☐ * Intermediate First Aid	_____	☐ _____	_____
☐ *CPR Training	_____	☐ _____	_____
☐ *WHMIS Training	_____	☐ _____	_____
☐ *Infectious Control	_____		

Pathway	Apprenticeship	College	University	Workplace
4 Major Credits: Students can 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: _____