



TDSS

Timiskaming District Secondary School

Specialist High Skills Major Health & Wellness 2025-2026

Profile

The Specialist High Skills Major - Health and Wellness program at TDSS is a specialized program which allows our diverse student population the ability to focus their learning on one of the fastest growing economic sectors: health care. Students can select from two areas of focus: **Clinical Health Care** or **Search and Rescue**. During the program students have access to skilled classroom instructors with various backgrounds including Biochemistry, Paramedicine, Nursing, Environmental Science and physical fitness. These instructors, in addition to many community partners within the Health Care and Emergency Services sector, will deliver programming which cater to students in all pathways. The course will also include value-added sector-recognized certifications to further the knowledge base and transferable skills which employers are seeking.

Certifications (7)

Mandatory (4)

- CPR / AED Level C or Basic Life Support (BLS)
- 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



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.



Other Opportunities:

- Industry visits
- Community partnerships
- Possible dual credits

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

IDC3O – Interdisciplinary Studies
PAF3O – Healthy Active Living and Personal Fitness
PPL3O – Healthy Active Living
SBI3C – Biology
SBI3U – Biology
SPH3U – Physics
SCH3U – Chemistry
SVN3E – Environmental Science
TPJ3M – Health Care

Possible Dual Credits

PHW3T – Anatomy and Physiology I

IDC4O – Interdisciplinary Studies
IDC4U – Interdisciplinary Studies
PAF4O – Healthy Living and Personal Fitness
PPL4O – Healthy Active Living
PSK4U – Exercise Science
SNC4M – Science
SBI4U – Biology
SCH4C – Chemistry
SPH4U – Physics
SPH4C – Physics
SNC4M – Science
TPJ4E – Health Care: Support Services
TPJ4M – Health Care

Possible Dual Credits

PHW4T – Anatomy and Physiology II

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

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

HPC3O – Raising Healthy Children
MEL3E – Mathematics for Work and Everyday Life
NBE3C – Understanding Contemporary First Nations, Métis, and Inuit Voices
NBE3U – Understanding Contemporary First Nations, Métis, and Inuit Voices
NBV3E – World Views and Aspirations of First Nations, Métis, and Inuit Communities in Canada
OLC3O – Ontario Secondary School Literacy Course
SBI3C – Biology
SBI3U – Biology
SCH3U – Chemistry
SPH3U – Physics
SVN3E – Environmental Science
SVN3M – Environmental Science

HFL4E – Food and Healthy Living
HHG4M – Human Development throughout the Lifespan
HSB4U – Challenge and Change in Society
HSE4M – Equity and Social Justice: From Theory to Practice
MEL4E – Mathematics for Work and Everyday Life
SBI4U – Biology
SCH4C – Chemistry
SCH4U – Chemistry
SPH4C – Physics
SPH4U – Physics
GLE4O – Advanced Learning Strategies
GLS4O – Advanced Learning Strategies
OLC4O – Ontario Secondary School Literacy Course
PSK4U – Introductory Kinesiology

**Cooperative Education: 2 credits sector-related 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 other 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: _____