

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

HPC3O – Raising Healthy Children
 HRF3O – World Religions and Belief Traditions in Daily Life
 HSP3C – Introduction to Anthropology, Psychology, and Sociology
 HSP3U – Introduction to Anthropology, Psychology, and Sociology
 HPW3C – Working with Infants and Young Children
 IDC3O – Interdisciplinary Studies
 NBV3C – World Views & Aspirations of First Nations, Métis, & Inuit Peoples in Canada
 NBV3E – World Views & Aspirations of First Nations, Métis, & Inuit Peoples in Canada
 PAI3O – Healthy Living and Individual and Small Group Activities
 PAF3O – Healthy Active Living and Personal Fitness
 PPL3O – Healthy Active Living
 SBI3C – Biology
 SBI3U – Biology
 SCH3U – Chemistry
 SPH3U – Physics
 SVN3E – Environmental Science
 TFC3E – Cooking
 TPJ3C – Health Care
 TPJ3M – Health Care

HHG4M – Human Development throughout the Lifespan
 PAF4O – Healthy Living and Personal Fitness
 PAI4O – Healthy Living and Individual and Small Group Activities
 PAL4O – Healthy Living and Large-Group Activities
 PPL4O – Healthy Active Living
 PSK4U – Exercise Science
 SCH4C – Chemistry
 SCH4U – Chemistry
 SNC4M – Science
 SBI4U – Biology
 SPH4C – Physics
 TFB4E – Baking
 TPJ4C – Health Care: Support Service
 TPJ4M – Health Care, College/University

Possible Dual Credits

PHF4T – Emergency Patient Care
 HBM4T – Abnormal Psychology
 HCC4T – Criminology

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

HPC3O – Raising Healthy Children
 HRF3O – World Religions and Belief Traditions in Daily Life
 HSP3C – Introduction to Anthropology, Psychology, and Sociology
 HSP3U – Introduction to Anthropology, Psychology, and Sociology
 HPC3O – Raising Healthy Children
 HPW3C – Working with Infants and Young Children
 ICS3U – Intro to Computer Science
 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
 NBV3C – World Views & Aspirations of First Nations, Métis, & Inuit Peoples in Canada
 NBV3E – World Views & Aspirations of First Nations, Métis, & Inuit Peoples in Canada
 SBI3C – Biology
 SBI3U – Biology
 SCH3U – Chemistry
 SPH3U – Physics
 SVN3E – Environmental Science

HHG4M – Human Development throughout the Lifespan
 PSK4U – Exercise Science
 SBI4U – Biology
 SCH4C – Chemistry
 SCH4U – Chemistry
 SNC4M – Science
 SES4U – Earth and Space Science
 SPH4C – Physics
 SPH4U – Physics
 GLE4O – Advanced Learning Strategies
 GLS4O – Advanced Learning Strategies
 OLC4O – Ontario Secondary School Literacy Course

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 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: _____