

Specialist High Skills Major: Health & Wellness

Student Name: _____ Grade: _____ School _____
 Year: _____

MAJOR CREDITS: 4 required. Circle the ones you have or are planning to take **depending on offerings**

GRADE 11 CREDITIS	GRADE 12 CREDITS
Healthy Active Living PPL30	Healthy Active Living PPL40
Power Fit PAI 30	Power Fit PAI 40
Live Fit PAF 30	Live Fit PAF 40
PE for Exceptional Learners PAL 30	PE for Exceptional Learners PAL 40
Biology SBI 3U/3C	Biology SBI 4U
Chemistry SCH 3U	Chemistry SCH 4U /4C
Physics SPH 3U	Physics SPH 4U
Environmental Sciences SVM 3E/M **	Native World Issues NDW 4M**
Native Issues NDA 3M	Philosophy HZT 4U **
Philosophy HZB 3M	Sociology HHS 4C/U
Food & Culture HFC 3M	Science SNC 4E **
Peer Tutoring (Arts) GPP 30 (counts as Major NOT Coop)	Working with children HPD 4C **
Raising Healthy Children HPC 30 **	Independent Leadership **
**not offered every year	Ethics and Equity HSE 4M **
	Resource GLS 40
	Nutrition and Health HFA 4U

OTHER CREDIT: 1 Math and 1 Science / Social Science Credit Gr. 11 **OR** Gr. 12

<p>1 Math Credit in Gr 11 or 12</p> <p>Foundations for College Math MBF 3C</p> <p>Functions MCR 3U</p> <p>Advanced Functions MHF 4U</p> <p>Mathematics for College Technology MCT 4C **</p> <p>Foundations for College Math MAP 4C</p> <p>Calculus and Vectors MCV 2U</p> <p>Mathematics for Work and Everyday MEL 3E/\$E</p>	<p>1 Extra Science or a Social Science Credit in Gr 11 or 12</p> <p>Native Studies English 3E/3C/3U Raising Healthy Children HPC 30 **</p> <p>Native Studies NDA 3M Environmental Sciences SVM 3E/M **</p> <p>Philosophy HZB 3M /HZt 4U Food & Culture HFC 3M/ HFA 4U</p> <p>Physics SPH 3U/4U Sociology HHS 4C/U</p> <p>Chemistry SCH 3U/4U /4C</p> <p>Anthropology, Psychology, & Soc HSP 3C/3U</p> <p>Computer Programing ICS 3C/4C</p> <p>Computer Science ICS 3U/4U</p>
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CLA=s: A unit of work done through the following: **GRADE 12 ENGLISH ()**

COOPERATIVE EDUCATION: 2 credits related to Health and Wellness(each credit 110 hours)

Coop credit # 1 _____ Coop credit # 2 _____

(Can use peer tutoring for an P.E., Science or Math class as a coop credit BUT **MUST SIGN UP FOR COOP NOT PEER TUTORING**)

***Please contact Ms. Kasper if you have Coop questions)*(Night and Summer School options as well)**
Students can also use an EXTRA coop credit for 1 major or the other credit

4 Mandatory	3 Optional provided at your school or online (ie. Taping)
Infectious Diseases/online () First Aid/CPR (counts as 2) () online option on LDSB site WHMIS/online ()	1. _____ 2. _____ 3. _____

REACH AHEAD ACTIVITY: Experiential Activity ie. Field Trip/Visit post-secondary school ()

ONTARIO SKILLS PASSPORT: An internet resource. Go to <http://skills.edu.gov.on.ca> ()

EXPERIENTIAL LEARNING: Job shadowing, Dual- Credit, related to the arts. ()