

## Health and Wellness – Fitness and Leadership

This program will help students develop a personalized approach to healthy living. They will examine the factors that affect their own health and the health of individuals as members of the community. The program will also focus on the development of leadership and coordination skills related to recreational activities. Students will acquire the knowledge and skills required to plan, organize and implement recreational events. They will also learn how to promote the value of physical fitness, personal well being and personal safety to others through mentoring.

### Certifications Offered:

Workplace Hazardous Materials Information Systems (WHMIS)  
Standard First Aid  
CPR, Level A  
Infection Control  
Customer Service  
Leadership Group Activities  
Fitness

### Course Selection Chart (Please see guidance for course planning)

	Grade 11	Grade 12
<b>SHSM Major Subjects</b> (2 credits each year)	PPL 3O PPZ 3O SBI 3U SPH 3U	PLF 4C PPL 4O PSE4U SBI 4U SPH 4U
<b>English</b> (1 credit)		ENG 4E ENG 4C ENG 4U
<b>Gr 11 Math</b> (1 credit)	MBF 3C MCF 3M MEL 3E	MHF4U MDM4U MCV4U
<b>Gr 11 or 12 Science</b> (1 credit)	SBI 3C SBI 3U SPH 3U SCH 3U SVN 3E SVN 3M	SCH 4C SCH 4U SPH 4C SPH 4U SNC 4E SNC 4M
<b>Coop</b>	2 credit coop tied to SHSM Sector	2 credit coop tied to SHSM Sector