

SPECIALIST HIGH SKILLS MAJOR (SHSM)

-SPORTS-

STUDENT TRACKING SHEET

This sheet is a guide to help the student ensure they have all the requirements to earn their SHSM Red Seal on their diploma. It is the student's responsibility to make sure everything is accurate on their credit counselling summary.

COURSE REQUIREMENTS:

MAJOR - Choose any **four** from the list below. At least **one** must be from Grade 11 and **one** from Grade 12.

GRADE 11

- ☐ AWQ 3M - Photography
- ☐ BAF 3M - Accounting
- ☐ BMI 3C - Marketing
- ☐ CLU 3M - Canadian Law
- ☐ GPP 3O - Leadership & Peer Support
- ☐ HNC 3C - Understanding Fashion
- ☐ HPC 3O - Raising Healthy Children
- ☐ HSP 3C/3U - Intro. to Anthro, Soc, & Psych
- ☐ ICS 3U - Intro. to Computer Programming
- ☐ IDC 3O - Leadership
- ☐ PAD 3O - Outdoor Education
- ☐ PAF 3O - Personal Fitness
- ☐ PPL 3O - Healthy Active Living
- ☐ PPZ 3C - Health for Life
- ☐ SBI 3C/3U - Biology
- ☐ SCH 3U - Chemistry
- ☐ SPH 3U - Physics

GRADE 12

- ☐ AWQ 4M - Photography
- ☐ BAT 4M - Accounting
- ☐ BOH 4M - Business Leadership
- ☐ CLN 4U - Canadian Law
- ☐ EWC 4U - Writer's Craft
- ☐ HFA 4C/4U - Nutrition & Health
- ☐ HHG 4M - Human Development
- ☐ IDC 4O/4U - Leadership
- ☐ PAF 4O - Personal Fitness
- ☐ PLF 4M - Recreation & Fitness Leadership
- ☐ PPL 4O - Healthy Active Living
- ☐ PSK 4U - Exercise Science
- ☐ SBI 4U - Biology
- ☐ SCH 4C/4U - Chemistry
- ☐ SNC 4M - Science
- ☐ SPH 4U - Physics

ENGLISH - Choose **one** of:

- ☐ ENG 3E/C/UI - English
- ☐ ENG 4E/C/U - English

MATH - Choose **one** of:

- ☐ MBF 3C - Foundations for College Math
- ☐ MCF 3M - Functions & Applications
- ☐ MCR 3U - Functions
- ☐ MEL 3E - Math for Work & Everyday Life
- ☐ MAP 4C - Foundations for College Math
- ☐ MCT 4C - Mathematics for College Tech
- ☐ MCV 4U - Calculus & Vectors
- ☐ MDM 4U - Data Management
- ☐ MEL 4E - Math for Work & Everyday Life
- ☐ MHF 4U - Advanced Functions

COOPERATIVE EDUCATION

- ☐ COOP2 - 2 Credit Coop

ADDITIONAL - Choose **one** from the list below. It must be one that was **not** counted above in the major credit list.

- ☐ BAF 3M - Accounting
- ☒ AWE 4M

- | | |
|---|---|
| <input type="checkbox"/> BDI 3C - Entrepreneurship | <input type="checkbox"/> BAT 4M - Accounting |
| <input type="checkbox"/> BMI 3C - Marketing | <input type="checkbox"/> CLN 4U - Canadian Law |
| <input type="checkbox"/> CLU 3M - Canadian Law | <input type="checkbox"/> EWC 4U (also need to add SNC4E/4M) |
| <input type="checkbox"/> HNC 3C - Understanding Fashion | <input type="checkbox"/> HFA 4C/4U - Nutrition & Health |
| <input type="checkbox"/> HPC 3O - Raising Healthy Children | <input type="checkbox"/> HHG 4M - Human Development |
| <input type="checkbox"/> HSP 3C/3U - Intro. to Anthro, Soc & Psych | <input type="checkbox"/> ICS 4C - Computer Programming |
| <input type="checkbox"/> ICS 3C/3U - Intro. to Computer Programming | <input type="checkbox"/> OLC 4O - Literacy Course |
| <input type="checkbox"/> SBI 3C/3U - Biology | <input type="checkbox"/> SBI 4U - Biology |
| <input type="checkbox"/> SCH 3U - Chemistry | <input type="checkbox"/> SCH 4U - Chemistry |
| <input type="checkbox"/> SPH 3U - Physics | <input type="checkbox"/> SPH 4U - Physics |

CERTIFICATIONS:

REQUIRED - You must complete ALL **THREE** of these:

- ☐ Standard First Aid
- ☐ Level C - CPR
- ☐ WHMIS

OPTIONAL CERTIFICATES:

Below are the certifications available to earn at Cameron Heights. You need at least **THREE** optional certifications.

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Advanced Training in a Technique | <input type="checkbox"/> Conflict Resolution | <input type="checkbox"/> Infection Control | <input type="checkbox"/> Sector-Specific Software 1 |
| <input type="checkbox"/> Advanced Training in Technology | <input type="checkbox"/> Customer Service | <input type="checkbox"/> Instructor Certification | <input type="checkbox"/> Sport Nutrition |
| <input type="checkbox"/> Anti-oppression & Allyship Training | <input type="checkbox"/> Equity & Inclusion | <input type="checkbox"/> Leadership Skills | <input type="checkbox"/> Sport Program Design |
| <input type="checkbox"/> Coaching - Performance | <input type="checkbox"/> Ergonomics | <input type="checkbox"/> Life Saving (Bronze Cross or higher) | <input type="checkbox"/> Sport Team Trainer Certification |
| <input type="checkbox"/> Coaching - Theory | <input type="checkbox"/> Ethical Considerations | <input type="checkbox"/> Marine Safety/Marine First Aid | <input type="checkbox"/> Risk Assessment |
| <input type="checkbox"/> Communication Skills | <input type="checkbox"/> Event Coordination | <input type="checkbox"/> Officiating | <input type="checkbox"/> Wilderness Survival |
| <input type="checkbox"/> Compass/Map/Global Positioning System | <input type="checkbox"/> Geographic Information System (GIS) | <input type="checkbox"/> Personal Training | <input type="checkbox"/> Wilderness First Aid |
| <input type="checkbox"/> Concussion Awareness | <input type="checkbox"/> Group Dynamics | <input type="checkbox"/> Pleasure Craft Operator | <input type="checkbox"/> Working with Individuals with Disabilities |
| | <input type="checkbox"/> Health & Safety - Basic | <input type="checkbox"/> Portfolio Development | <input type="checkbox"/> Wrapping & Taping for a Performance and Injury |
| | <input type="checkbox"/> High 5 | <input type="checkbox"/> Project Management | |
| | <input type="checkbox"/> Incident Management | | |

REACH AHEAD - You participate in at least **one** Reach Ahead (field trip) offered by SHSM.

(Examples of Reach Ahead activities offered: College Campus Visits or University Tours)

- ☐ Name and Date of Activity: _____

EXPERIENTIAL LEARNING - You must participate in at least **one** Experiential Learning (hands-on field trip) offered by SHSM.

(Examples of Reach Ahead activities offered: Wrapping & Taping Workshop, Raptors 905/TFC Career Expo)

- ☐ Name and Date of Activity: _____

SECTOR-PARTNERED EXPERIENCES (SPE's) - You must participate in at least **one** SPE offered by SHSM.

(Examples of Reach Ahead activities offered: Innovation, Creativity & Entrepreneurship (ICE))

- ☐ Name and Date of Activity: _____