

# 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

**1. MAJOR** - Choose any **FOUR** from the list below. At least **ONE** must be from grade 11 and **ONE** from grade 12.

##### Grade 11:

- ☐ ASM 3M - Media Arts
- ☐ 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
- ☐ PAF 3O - Personal Fitness
- ☐ PPL 3O - Healthy Active Living
- ☐ PPZ 3C - Health for Life
- ☐ SBI 3C/3U - Biology
- ☐ SCH 3U - Chemistry
- ☐ SPH 3U - Physics
- ☐ TGJ 3M - Communications Technology
- ☐ TPJ 3M/3C - Health Care

##### Grade 12:

- ☐ ASM 4M - Media Arts
- ☐ AWQ 4M - Photography
- ☐ BAT 4M - Accounting
- ☐ BOH 4M - Business Leadership
- ☐ CLN 4U - Canadian Law
- ☐ HFA 4C - Nutrition & Health
- ☐ HHG 4M - Human Development
- ☐ IDC 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
- ☐ SPH 4U - Physics
- ☐ TGJ 4M - Communications Technology
- ☐ TPJ 4M - Health Care

**2. ENGLISH** – Choose **ONE** of:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> ENG 3CI - College English</li> <li><input type="checkbox"/> ENG 3UI - University English</li> <li><input type="checkbox"/> NBE 3UI - Indigenous Studies English</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> ENG 4CI - College English</li> <li><input type="checkbox"/> ENG 4UI - University English</li> </ul> |
|--|---|

**3. MATH** – Choose **ONE** of:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> MBF 3CI - Foundations for College Math</li> <li><input type="checkbox"/> MCF 3MI - Functions and Applications</li> <li><input type="checkbox"/> MCR 3U - Functions</li> <li><input type="checkbox"/> MEL 3EI - Math for Work &amp; Everyday Life</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> MAP 4CI - Foundations for College Math</li> <li><input type="checkbox"/> MCT 4CI - Mathematics for College Tech</li> <li><input type="checkbox"/> MCV 4UI - Calculus &amp; Vectors</li> <li><input type="checkbox"/> MDM 4UI - Data Management</li> <li><input type="checkbox"/> MEL 4EI - Math for Work &amp; Everyday Life</li> <li><input type="checkbox"/> MHF 4U - Advanced Functions</li> </ul> |
|---|---|

#### 4. ADDITIONAL

major credit list.

Choose **ONE** from the list below. It must be one that was **NOT** counted above in the

- |  |   |
|--|---|
| <input type="checkbox"/> BAF 3M - Accounting                     | <input type="checkbox"/> BAT 4M - Accounting                        |
| <input type="checkbox"/> BDI 3C - Entrepreneurship               | <input type="checkbox"/> CLN 4U - Canadian Law                      |
| <input type="checkbox"/> BMI 3C - Marketing                      | <input type="checkbox"/> HFA 4C/4U - Nutrition & Health             |
| <input type="checkbox"/> CLU 3M - Canadian Law                   | <input type="checkbox"/> HHG 4M - Human Development                 |
| <input type="checkbox"/> EMS 3O - Media Studies                  | <input type="checkbox"/> HIP 4O - Personal Life Management          |
| <input type="checkbox"/> HPC 3O - Raising Healthy Children       | <input type="checkbox"/> HPD 4C - Working with School Aged Children |
| <input type="checkbox"/> HSP 3C/3U - Intro to Anthro, Soc & Phys | <input type="checkbox"/> ICS 4U - Computer Programming              |
| <input type="checkbox"/> ICS 3U - Intro to Computer Programming  | <input type="checkbox"/> OLC 4O - Literacy Course                   |
| <input type="checkbox"/> SBI 3C/3U - Biology                     | <input type="checkbox"/> SBI 4UI - Biology                          |
| <input type="checkbox"/> SCH 3U - Chemistry                      | <input type="checkbox"/> SCH 4U - Chemistry                         |
| <input type="checkbox"/> SPH 3U - Physics                        | <input type="checkbox"/> SPH 4C/4U - Physics                        |

#### 5. COOPERATIVE EDUCATION

- ☐ COOP2 – 2 Credit Co-op

#### CERTIFICATIONS

##### REQUIRED:

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

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

##### OPTIONAL:

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

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

#### REACH AHEAD

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

☐ Name and date of activity: \_\_\_\_\_

Examples of Reach Ahead activities offered by Huron Heights:

*College Campus Visits or University Tours*

## **EXPERIENTIAL LEARNING**

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

☐ Name and date of activity: \_\_\_\_\_

Examples of Reach Ahead activities offered by Huron Heights:

- *Wrapping & Taping Workshop*

*Raptors 905/TFC Career Expo*

-

## **SECTOR-PARTNERED EXPERIENCES (SPE's)**

You must participate in at least **one** SPE offered by SHSM.

☐ Name and date of activity: \_\_\_\_\_

Examples of Reach Ahead activities offered by Huron Heights:

*Innovation, Creativity & Entrepreneurship (ICE)*

-