

## What is a Specialist High Skills Major (SHSM)?

An SHSM allows students to customize their high school experience to fit career interests. Offered in grade 11 and 12, an SHSM allows students to receive a specialized high school diploma that is recognized in various economic sectors in all four pathways.

## What does an SHSM look like?

An SHSM is a bundle of 8 to 10 grade 11 and grade 12 credits that include two Experiential Learning (Co-op) credits.

## What do you get by taking an SHSM?

- Sector-recognized certifications and training
- Real workplace experience
- Learning experiences connected with post-secondary opportunities
- Skills and work habits required for employment success



**Student Success**  
 A Grand Erie Program

*Grand Erie...*

# More Programs, More Choices

Specialist High Skills Major

## The Health and Wellness Program Fitness Focus

Brantford Collegiate Institute and Vocational School

The Health and Fitness SHSM at BCI focuses on those students interested in a job or career that emphasizes health promotion, fitness training, injury and illness prevention as well as overall health of body, mind and spirit.

*"Being a part of SHSM is a really great experience. It's great to be part of a community where everyone shares the same interest and has similar job goals. The SHSM program is a great program to reflect on your passion for Health and Wellness." BCI student*

### Benefits of the Health and Wellness Program:

- Students are required to take both the Grade 11 and 12 Fitness Focus course, which teaches lifelong fitness training and vitality, with a focus on client fitness program design and mentorship
- Students can become certified in their Coaching Level A and B course for Sport Coaching at various levels
- Training in Athletic Injuries and Injury Prevention, through Standard First Aid/CPR certification and Athletic Injuries/Sport Taping Course
- Reach ahead experiences include Kinesiology Lab at the University of McMaster, as well as a Fit for Future Conference at Mohawk
- Students complete two Co-op credits for placements in their desired area of interest with regards to the many Health and Fitness Promotion fields



Learn more information about Specialist High Skills Majors, visit [www.granderie.ca](http://www.granderie.ca)

