



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

A 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 a SHSM look like?

A SHSM is a bundle of up to 10 credits in Grade 11 and 12 that include two Experiential Learning (Co-op) credits

## What do you get by taking a 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**  
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Grand Erie...

**SUCCESS** for Every Student

**Specialist High Skills Major**



# The Health and Wellness Program Fitness Focus

## Brantford Collegiate Institute and Vocational School

The Health and Fitness SHSM at BCI focusses 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. Its great to be part of a community where everyone shares the same intrest 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 10 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
- Reach ahead experiences including kinsiology Lab at the University of McMaster, as well as Fit for Future Confrince at Mohawk
- Students complete two Co-op Credits for placements in their desired area of intrest with regards to the many Health and Fitness Promotion fields

