



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

An SHSM is a program offered in Grade 11 and 12 to students in all four pathways. The program enables students to focus their high school education on their career interests. Students who complete their SHSM will graduate with a specialized high school Diploma that is sector recognized

## What does an 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 an SHSM?

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



**Student Success**  
A Grand Erie Program  
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*Grand Erie...*  
**SUCCESS** for Every Student

**Specialist High Skills Major**



# The Sports Program Fitness Focus

**North Park Collegiate-Vocational School**

The North Park Sports SHSM is designed for students who have expressed an interest in careers such as recreation, kinesiology, sports training, fitness and leisure, and who want a "leg up" in their post-secondary pathway.

*"I like that we get to do so many different activities, like the Mohawk Fitness Challenge. We've also been able to experience different exercises, canoeing, swimming, coaching and leadership. I've really enjoyed the Sports SHSM and how it's provided many health benefits." - Eric Conway (Grade 12 student)*

## Benefits of the Sports Program:

- Certifications include: CPR, First Aid, WHMIS, AED and sports related training
- Reach Ahead Opportunities like industry visits, college and university visits, and other relevant field trips
- Open minds and expand ideas concerning sports, fitness and nutrition
- Take multiple physical education courses
- Exposure to potential careers in the sports related field

