

SPORTS



Welcome to **SPECIALIST HIGH SKILLS MAJORS (SHSM)**

What are **SPECIALIST HIGH SKILLS MAJORS (SHSM)?**

The **SHSM** is a specialized, ministry-approved program that allows students to focus their learning on a specific economic sector while meeting the requirements of the Ontario Secondary School Diploma (OSSD).

SHSMs assist students in their transition from secondary school to apprenticeship training, college, university, or the workplace.

These programs enable students to gain sector-specific skills and knowledge in engaging, career-related learning environments, and to prepare in a focused way for graduation and postsecondary education, training, or employment.



6 KEY BENEFITS for STUDENTS



- 1 Customize their secondary school education to suit their interests and talents;
- 2 Develop specialized knowledge and skills that are valued by the sector and postsecondary education institutions;
- 3 Earn credits that are recognized by the sector and postsecondary education institutions;
- 4 Gain sector-specific and career-relevant certification and training;
- 5 Develop essential skills and work habits that are valued by the sector;
- 6 Identify, explore, and refine their career goals and make informed decisions about their postsecondary destination.

HOW DO I ENROLL?



- Contact lead SHSM teacher in your school, preferably in Grade 10
- During course selection in Grade 10
- Contact the Guidance Department in your school



SPECIALIST HIGH SKILLS MAJOR

COMPONENTS of an SHSM

1. BUNDLED CREDITS

Eight to ten Grade 11 and Grade 12 credits focused in the area of the skilled career, including cooperative education credits



2. CERTIFICATION AND TRAINING

Sector-recognized certifications and specialized training courses



3. EXPERIENTIAL LEARNING & CAREER EXPLORATION ACTIVITIES

Experiential activities within the sector and career field



4. REACH AHEAD EXPERIENCES

Learning experiences connected with the student's postsecondary plans, including apprenticeship, college, university or workplace

5. SECTOR PARTNERED CONTEXTUALIZED EXPERIENCE

The offerings within this component include, Innovation Creativity and Entrepreneurship (ICE) training, sector-delivered contextualized coding, sector-delivered contextualized mathematical literacy

All SHSMs are offered in all four pathways: apprenticeship training, college, university, and workplace.

What do **GRADUATES RECEIVE?**

Students who complete the requirements for the OSSD (Ontario Secondary School Diploma) and for the SHSM will receive an OSSD with an embossed SHSM seal on it. Credits earned towards the SHSM are indicated on the Provincial Report Card, and completion of the SHSM is recorded on the Ontario Student Transcript (OST).

REQUIRED COMPONENTS FOR THE SHSM–SPORTS

The SHSM–Sports has the following **FIVE** required components:



1 A BUNDLE OF NINE (9) GRADE 11 AND GRADE 12 CREDITS

- **FOUR sports major credits** (that lead to apprenticeship training, college, university or workplace)
- **THREE other required credits** (one English, one Mathematics, one science or business studies)
- **TWO cooperative education credits**

2 SIX (6) SECTOR-RECOGNIZED CERTIFICATIONS AND/OR TRAINING COURSES/PROGRAMS

THREE (3) COMPULSORY

- **Cardiopulmonary Resuscitation (CPR) Level C**
– includes automated external defibrillation (AED)
- **Standard First Aid**
- **Workplace Hazardous Materials Information System (WHMIS)**
– generic (i.e., not site-specific) instruction

THREE (3) ELECTIVES FROM THE LIST BELOW

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|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> advanced training in a technique (e.g., fundamental skills in sport, fundamental movement skills, paddling technique, Spinning) | <input type="checkbox"/> conflict resolution | <input type="checkbox"/> instructor certification | <input type="checkbox"/> sector-specific software 1 |
| <input type="checkbox"/> coaching – performance | <input type="checkbox"/> customer service | <input type="checkbox"/> leadership skills | <input type="checkbox"/> sport nutrition |
| <input type="checkbox"/> coaching – theory | <input type="checkbox"/> equity and inclusion | <input type="checkbox"/> life-saving (Bronze Cross or higher) | <input type="checkbox"/> sport program design |
| <input type="checkbox"/> communication skills | <input type="checkbox"/> ergonomics | <input type="checkbox"/> marine safety/ marine first aid | <input type="checkbox"/> sports team trainer certification |
| <input type="checkbox"/> compass/map/global positioning system (GPS) | <input type="checkbox"/> ethical considerations | <input type="checkbox"/> officiating | <input type="checkbox"/> wilderness first aid |
| <input type="checkbox"/> concussion awareness | <input type="checkbox"/> event coordination | <input type="checkbox"/> personal training | <input type="checkbox"/> wilderness survival |
| | <input type="checkbox"/> geographic information system (GIS) | <input type="checkbox"/> Pleasure Craft Operator | <input type="checkbox"/> working with individuals with disabilities |
| | <input type="checkbox"/> group dynamics | <input type="checkbox"/> portfolio development | <input type="checkbox"/> wrapping and taping for performance and injury |
| | <input type="checkbox"/> health and safety – basic | <input type="checkbox"/> project management | |
| | <input type="checkbox"/> HIGH FIVE | <input type="checkbox"/> risk management | |

3 EXPERIENTIAL LEARNING AND CAREER EXPLORATION ACTIVITIES

Opportunities relevant to the sector might include the following:

- One-on-one observation of a cooperative education student at a placement in the sports sector (an example of job twinning)
- A day-long observation of an employee in the sports sector (an example of job shadowing)
- A one- or two-week work experience with a member of an industry association or a professional in the sector (an example of work experience)
- A volunteer experience at a community sports facility or at a professional sports team event
- An experience coaching an elementary school student or team in an extracurricular activity
- Participation in an exercise class at a fitness facility
- A tour of an athletic facility
- Attendance at a sports sector career fair

4 REACH AHEAD EXPERIENCES

Students are provided one or more reach ahead experiences – opportunities to take the next steps along their chosen pathway – as shown in the following examples:

- **Apprenticeship:** visiting an approved apprenticeship delivery agent in the sector
- **College:** interviewing a college student enrolled in a sector-specific program
- **University:** observing a university class in a sector-related program
- **Workplace:** interviewing an employee in the sector

5 SPCE – SECTOR-PARTNERED CONTEXTUALIZED EXPERIENCE

Provides schools with the flexibility to adjust their programming to local capacity and opportunities, and align with the interests and needs of students.

OCCUPATIONS IN THE SPORTS SECTOR

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|----------------------------------------------------------------------|------------------------------------------------|
| • Coach | • Broadcasting Sports Director |
| • Recreation Facility Manager | • Nutritionist |
| • Sports Psychologist | • Recreation/Sport Consultant |
| • Special Events Coordinator | • Health and Physical Education Teacher |
| • Athlete | • Personal Trainer |
| • Athletic Therapist | • Kinesiologist |
| • Sports Agent | • Sports Journalist/Columnist |
| • Recreation, Sports and Fitness Program and Service Director | |