



# Brantford Collegiate Institute's

## Health and Wellness Sector: Fitness and Health Promotion

### SPECIALIST HIGH SKILLS MAJOR

Thank you for your interest in an exciting new program offered here at BCI!

The SHSM program is a Specialist Program that offers high school students an opportunity to tailor their high school course choices to suite their interests in Fitness and Health Promotion and better prepare for a career in related fields. Students will be given many opportunities to learn and achieve that are beyond the scope of the regular high school program.

Within the *Fitness and Health Promotion SHSM*, students will enrich their education through mandatory certifications in:

- Standard First Aid and CPR.
- Wilderness First Aid.
- Athletic Injuries Certifications.
- Personal Training Certification Preparation.
- Coaching Theory Level 1.
- Plyometric and Stability Ball Certifications and Twist Conditioning.

As well, field trips will be taken so that students may visit post-secondary institutions and participate in Fitness/Health Promotion related Labs and Workshops.

*In order to graduate with the "Red Seal" on the face of your OSSD diploma, which visibly shows that you graduated with a SHSM in "Fitness and Health Promotion", you must complete the program by grade 12.*

*If you choose to use your Grade 12+ year to complete the requirements of the SHSM - you will still have the SHSM stated on your transcript - however it will not be on the face of your OSSD Diploma\**

Students are required to complete nine courses as described below, with some flexibility in course selection and year of scheduling.

**Grade 11:**    **PAF 30 (required) \***  
**One of:** PPL 30, PPZ 30 or HSP3 M  
and English, Mathematics and Science courses.

**Grade 12:**    **PAF 40 (required)\***  
**2 Credit Coop (required)\***  
**One of:** PPL 40, PSE 4U, HFA4M, HSB4M.  
and English,  
Mathematics (if in the University Pathway),  
Science (if in the College/University Pathway).

Total = Nine (9) required credits.

Our hope is to attract student applicants who are seriously motivated, dedicated and driven towards a Fitness and Health Promotion career! We hope that's YOU!

If you have any questions or concerns, please contact Ms. Link at [jen.link@granderie.ca](mailto:jen.link@granderie.ca) or by calling 519-759-3210 ex 271006.



**Brantford Collegiate Institute's**  
**Health and Wellness Sector: Fitness and Health Promotion**  
**SPECIALIST HIGH SKILLS MAJOR**  
**Application Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. (home): \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

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**PARENT / GUARDIAN DECLARATION**

I / we are aware that \_\_\_\_\_ has expressed an interest in registering for the Specialist High Skills Major: Fitness and Health Promotion program.

I / we are aware that in order to complete the program, the student must complete the courses as described above, as well as satisfying the requirements for an OSSD.

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Parent / Guardian Signature(s): \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_

Student Signature: \_\_\_\_\_

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Please include the **both** of following with your application:

- Provide one letter of reference from a teacher here at BCI stating why you would be a good candidate for the SHSM in Fitness and Health Promotion. This letter DOES NOT have to be a formal letter and can be an email directed to Ms. Link. [jen.link@granderie.ca](mailto:jen.link@granderie.ca)
  - A one page description of why you are interested in Fitness and Health Promotion SHSM and how you think the SHSM program will benefit and prepare you for a post-secondary path and possible career choice in a Health related field.
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The SHSM program will be accepting current grade 10 students for the 2012-2014 program.

Application Due Date: **Thursday February 23<sup>rd</sup> 2012**

Ms. Link

Department Head of Health and Physical Education

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